

Olive's Kitchen

Smoked Salmon Frittata - Soufflé like

Koukla Restaurant-Cafe is at Gravelly Beach on the Tamar River, Tasmania. This recipe for a very fluffy frittata was given to us by Kathy, the owner-chef. It makes a large frittata, using 12 eggs. However, we normally make exactly half this mixture. It is baked, rather than fried.

For four to six people:

- 12 quality eggs
- 600 ml runny cream (35% fat)
- ½ cup parmesan cheese, grated
- ½ bunch spring onions chopped (or equivalent in shallots/chives/onion)
- 2 tbsps fresh dill (tarragon/parsley)
- 200 g smoked salmon, chopped
- salt and pepper to taste
- oil spray, or ½ tbsp olive oil or butter

(For six eggs and half the other ingredients, use a 23 cm springform pan, 6 cm high.)



Method:

Turn the oven to 180°C.

Use a suitable deep dish like a round cake tin. Coat the sides with the butter or oil. Line well with baking paper right to the top, or beyond, as the mixture will fluff right up during cooking. However, depending on how soft it is, it can collapse right back to about half the puffed volume.

Using a whisk (or an electric beater) beat the eggs and cream well.

Fold in the remaining ingredients. Pour into the lined dish.

Bake at 180°C 45-60 minutes for the full quantity (40 to 45 minutes for the half-quantity) until firm but not hard. Remove from the tin if possible – hot straight from the oven, or when cooled a little.

Serve:

Serves four people as a main course, or more as an entrée or finger food. Serve hot or cold or reheated in the microwave, with a green salad.

Equipment:

Springform pan 25cm in diameter and at least 6cm high.

Difficulty and Time:

Not difficult (2/5). 15 to 20 minutes to prepare.

Notes and variations:

- When shopping, look out for 'smoked salmon for cooking'. It can be reasonably priced.
- The ingredients can be varied a great deal. Instead of salmon try ham, bacon, tuna, other herbs, nutmeg, blue cheese, gruyere or cheddar.
- Try it in ramekins or individual soufflé dishes or muffin trays.