

## Trumpets, Broccoli, and Cheddar Cheese Frittata



Frittata is an egg-based Italian dish like an omelet or crustless quiche enriched with additional ingredients such as cheeses or vegetables. The word frittata roughly translates to “fried.” Using chanterelles, porcini, or hedgehog mushrooms in this recipe works very well, but it’s also a great way to feature a delicate tasting mushroom on top of the frittata, such as the Black Trumpet mushroom (*Craterellus calicornucopioides*), where it might be lost in a mixture with several ingredients. This frittata is best when served warm. As a hearty brunch option, it will serve several people, and when paired with a salad, it can serve as lunch.

The Black Trumpet mushroom is easily recognized by its small, dark gray to blackish funnel-shaped fruiting body and tendency to fruit in clusters. Finding it can be a challenge since its small size and dark color allow it to blend very well into its surroundings. Searching for it is often described as looking for small black holes in the ground.

11 large eggs

1 tablespoon olive oil

1 small onion, chopped finely; about 1 cup

1 cup broccoli, chopped

Salt and pepper to taste

½ cup sharp Cheddar cheese, shredded

1 cup wild mushrooms, chopped; use chanterelles, porcini, hedgehogs, etc.

2 tablespoons salted butter

1 tomato sliced thinly for garnish

¼ to ½ cup sharp Cheddar cheese, shredded, for garnish

¼ to ½ cup Black Trumpet mushrooms, sautéed, for garnish

¼ cup green onions, chopped, for garnish

Basil leaves, small, whole or chopped, for garnish

Preheat oven to 400 degrees; position rack in middle of oven. Whisk eggs in a large bowl until well blended; set aside. Heat oil in a 12-inch ovenproof nonstick skillet over medium heat until shimmering. Add onion and cook, stirring, until they begin to soften, about 4 minutes. Add broccoli, stirring until warmed through; about 2 minutes more; set aside. Sauté mushrooms in a tablespoon salted butter; set aside.

Combine the onion, broccoli, and wild mushrooms, but not the black trumpets. Season with salt and pepper to taste. Add Cheddar cheese. Pour eggs over vegetables and mushrooms, covering evenly. Cook on medium to medium-low heat, gently lifting and pushing eggs toward the center, allowing the liquid eggs to fill the space, about 4 minutes.

Sautee the black trumpet mushrooms in a tablespoon salted butter; set aside. Sprinkle the top of the frittata with Cheddar cheese. Now add the tomatoes and sautéed black trumpet mushrooms to the top of the frittata. Sprinkle more Cheddar cheese over the tomatoes and add chopped green onions.

Transfer pan to 400-degree oven. Bake frittata until golden brown and puffed up, 15-20 minutes or longer depending on your oven. The frittata should be just slightly soft in the center, but able to be loosened and then transferred to a cutting board. Add the basil leaves as garnish. Cut into 6 wedges and serve immediately.

Serves: 6