

Miele

Picnic frittatas with tomato, zucchini and corn with tomato relish

By Miele

20 minutes, plus overnight resting time

Preparation Time

1 hour 40 minutes

Cooking Time

12 serves

Serves



INGREDIENTS

Filling

250 g cherry tomatoes, halved
2 tbsp olive oil
1 tsp thyme leaves
2 garlic cloves, unpeeled, crushed lightly with the back of a knife
Salt flakes and pepper, to taste
1 corn cob, husks removed
1 large zucchini, grated (approximately 2 cups)
2 spring onions, finely chopped
6 eggs
80 ml (? cup) cream
70 g (½ cup) parmesan, grated

Tomato relish

1 kg tomatoes, roughly chopped
2 brown onions, roughly chopped
2 tbsp salt flakes
330 g (1 ½ cups) white sugar
435 ml (1 ¾ cups) white wine vinegar
2 tsp mustard powder
1 tbsp curry powder
2 tsp salt flakes, or to taste

METHOD

1. Preheat the oven on Fan Plus at 200°C. Grease a 12-cup muffin pan and line the base of each hole with a 15 cm x 15 cm square of baking paper.
2. Combine the cherry tomatoes, half of the olive oil, thyme leaves and garlic cloves in a bowl. Season with salt and pepper.
3. Rub the corn with the remaining oil. Place tomatoes and corn onto a universal tray.
4. Place the tray into the oven on shelf level 2 and roast for 18 minutes until the tomatoes are soft and the corn is cooked. Set aside to cool.
5. Meanwhile, grate the zucchini, place into a bowl with a pinch of salt and leave for 10 minutes. Squeeze the excess water out of the zucchini.
6. Using a knife, trim the kernels from the cob of corn and squeeze the garlic from the cloves.
7. Combine the corn, garlic and spring onion in the bowl with the zucchini.
8. Place the eggs, cream and parmesan in another bowl, whisk well. Season to taste.
9. Place the vegetables into the muffin pan and pour over the egg mixture. Top with the roasted tomatoes.
10. Place the frittatas into the oven on shelf level 2 and bake for approximately 20 minutes, until the frittatas are cooked through.
11. Remove from the oven and set aside to cool. Serve with tomato relish, if desired.

Tomato relish

1. Combine the tomatoes, onion and salt into a large bowl. Cover and leave overnight.
2. Strain the liquid from the tomato mix and discard. Place the tomato mix, sugar and vinegar into a large saucepan, boil on high heat, induction setting 8, for 5 minutes. Add remaining ingredients, reduce heat to medium, induction setting 6, and simmer for 1 hour, or until thickened.
3. Place the relish into clean jars and secure with lids.
4. Place the jars into the steam oven and Steam at 100°C for 10 minutes to sterilise for storage.

Alternative appliance method

- These frittatas can also be cooked in the Combi steam oven. Select combi mode: Fan Plus at 180°C + 30% moisture + 20 minutes.

Hints and tips

- Frittata is a great way to use up leftovers in the fridge or pantry. Replace the zucchini with 1 cup of cooked vegetables such as roasted potato, pumpkin, sweet potato, parsnip or cauliflower. Steamed vegetables such as broccoli, asparagus or peas can also be used.
- Fresh chopped herbs such as basil, parsley, chives and dill can also be added for extra flavour, along with lightly fried bacon, chorizo or chopped ham.
- Feta cheese, goats cheese or grated hard cheeses can be added instead of the parmesan. Chopped olives, capers or sundried tomatoes can be mixed with the vegetables.