

Muffin Tin Frittatas

What looks like a muffin but tastes like an omelet? And where has this delicious and handy recipe been all our lives? BY DIANE UNGER

MAKING eggs for
d, frittata is an
ice. It's like a thick,
omelet, but it's easier
the additions are mixed
eggs, and there's no
timing. You can add
g to a frittata; plus,
a temperature as it is

in a particular varia-
Instead of cooking a
as usual, I wanted to
tatas in a muffin tin,
enjoyed at a party
ood would let me
even within a single
tata recipe that we'd
st kitchen and made
vying up the seasoned
among the greased
a and baking it. But
e eggs were too pale,
were overcooked and
was a problem, too. I'd

recipe and figure out
times and temperatures.
s to prevent sticking.
I did the sensible
things: I double-
checked that I was
using an unscratched
nonstick muffin tin
and took special
care to spray it very
thoroughly. But
cautions, the frittatas
I was at a loss until
ted that I increase the
frittatas. A little half-
of cheese later, the
of the muffin tins with-
didn't hurt that they
easier than before.

tests to get just
of browning on my
While I wanted some
at overcooked eggs,
danger in a muffin tin
top because the deli-
closely surrounded
mately, I learned that
perfect. Any higher and
oked, plus they souf-
any lower and they
y brown.

a frittata with just
and believe me, I did.
ombined potato, red
cheddar cheese. For

others, I switched it up with add-ins
ranging from asparagus to chorizo to
mushrooms. I found that I could indeed
easily make half batches of the fillings,
so I baked two different types of frittatas
in one muffin tin. Now if I could just
perfect my Bloody Mary . . .

MUFFIN TIN FRITTATAS

Makes 12 muffins

Use a nonstick muffin tin or the eggs
will stick. You can prepare the egg and
filling mixtures up to a day in advance;
refrigerate them separately. Make two
different types of frittatas in a single
muffin tin by making half batches of two
different filling recipes. You'll need to
reduce the sauté time to 8 to 10 minutes
and use a 10-inch skillet.

- 8 large eggs
- ¼ cup half-and-half
- ½ teaspoon pepper
- ¼ teaspoon salt
- 1 recipe frittata filling (recipes follow)

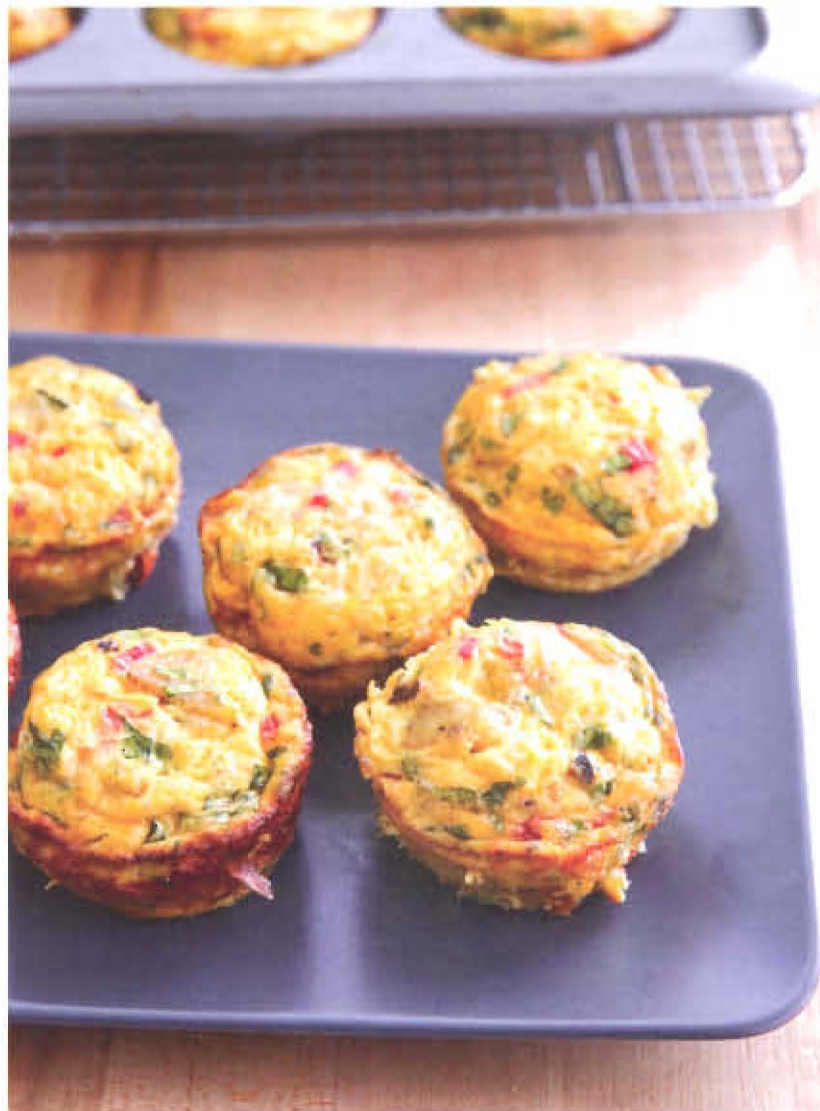
1. Adjust oven rack to lower-middle
position and heat oven to 425 degrees.
Generously spray 12-cup nonstick
muffin tin with vegetable oil spray.
Whisk eggs, half-and-half, pepper, and
salt together in large bowl.

2. Divide frittata filling evenly
among muffin cups. Using ladle, evenly
distribute egg mixture over filling in
muffin cups. Bake until frittatas are
lightly puffed and just set in center, 9 to
11 minutes. Transfer muffin tin to wire
rack and let cool for 10 minutes. Run
plastic knife around edges of frittatas,
if necessary, to loosen from muffin tin,
then gently remove and serve

CHORIZO, PARSLEY, AND PEPPER JACK FILLING

Makes enough for 12 muffin tin frittatas

- 1 tablespoon olive oil
- 8 ounces Spanish-style chorizo
sausage, quartered lengthwise and
sliced thin
- 8 ounces Yukon Gold potatoes,
unpeeled, quartered lengthwise and
sliced thin
- 1 large onion, chopped fine
- ½ teaspoon salt
- 2 garlic cloves, minced
- 6 ounces pepper Jack cheese,
shredded (1½ cups)
- 3 tablespoons minced fresh parsley



Serve these frittata muffins for brunch or eat them as a grab-and-go breakfast

Heat oil in 12-inch nonstick skillet
over medium heat until shimmering.
Add chorizo, potatoes, onion, and salt
and cook, stirring occasionally, until
potatoes are tender, 10 to 15 minutes.
Stir in garlic and cook until fragrant,
about 30 seconds. Transfer to bowl and
let cool for 15 minutes. Stir in pepper
Jack and parsley.

POTATO, BELL PEPPER, AND CHEDDAR FILLING

Makes enough for 12 muffin tin frittatas

High quality cheddar makes a difference
here. Do not use dried basil in this (or any
other) recipe

- 2 tablespoons olive oil
- 8 ounces Yukon Gold potatoes,

unpeeled, quartered lengthwise and
sliced thin

- 1 large onion, chopped fine
- 1 large red bell pepper, stemmed,
seeded, and chopped
- ½ teaspoon salt
- 2 garlic cloves, minced
- 6 ounces sharp cheddar cheese,
shredded (1½ cups)
- 3 tablespoons minced fresh basil

Heat oil in 12-inch nonstick skillet
over medium heat until shimmering. Add
potatoes, onion, bell pepper, and salt and
cook, stirring occasionally, until potatoes
are tender, 10 to 15 minutes. Stir in gar-
lic and cook until fragrant, about 30 sec-
onds. Transfer to bowl and let cool for
15 minutes. Stir in cheddar and basil.