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Host Suzanne Nance loves to explore Portland's foodie culture, and what better way than to go straight to the chefs of some of our most beloved restaurants!

Together, Suzanne and the culinary artists of the City of Roses will explore music through the idea of comfort food, provide recipes, and chat about the joy of cooking, all paired with lush, beautifully crafted music.

On this week's episode, chef Katherine Deumling shares her recipe for a Greens Frittata, a truly versatile dish that can be whipped up using ingredients you already have in your kitchen.

Greens Frittata by Katherine Deumling

I learned to make frittata in Italy when I was an au-pair as an 18-year-old. They are never eaten hot, just warm or at room temp. They are a common "sandwich" filling with some arugula and smear of mayonnaise on a slab of focaccia, a snack as is, or part of a cold supper. But they make a wonderful brunch dish. And it is the perfect template. You can use whatever bits of vegetables or leftover meat or leftover pasta (yes, that's a thing too) or diced stale bread. The lightly whisked eggs hold everything together. Serve with toast, some lightly dressed greens or fruit and prosecco if you're feeling fancy!

Frittatas can accommodate any leafy green, from mustard greens, chard, spinach or kale to beet greens, bok choy greens or turnip tops. You can omit the cheese for a lighter version.

Variations:

- Add some minced hot pepper such as jalapeno or a few pinches cayenne pepper or chili flakes.
- Finely dice a potato or two and cook them for ~7 minutes before you add the garlic and greens.
- Add a crumbled sausage or a slice or two of diced bacon to the garlic and greens and cook through before you add the egg.

1 1/2 tablespoons olive oil

2 cloves garlic, thinly sliced or chopped

1 bunch mustard greens, chard or other greens (see above) washed, trimmed of any tough stems and leaves cut in half lengthwise and then crosswise into thin strips

6-7 eggs (or more if you want to feed more or have a higher ratio of egg to greens)

1/2 teaspoon salt

A bit of crumbled feta or fresh goat cheese or 1/2 cup grated sharp cheddar (optional)

Set your oven to broil.

Heat oil in an 8-9-inch (more or less) heavy sauté pan or well-seasoned cast iron pan or non-stick (if it's heatproof and can go in the oven). Add the garlic and greens and a few pinches of salt to pan and toss well and sauté for just 2-3 minutes until the greens are wilted. If you're using kale or chard you'll want to cook it for a few more minutes and add a small splash of water to make sure it gets tender quickly. (More on next page)

Meanwhile lightly whisk the eggs until they're just broken up—no need to get them frothy or really well mixed. Whisk in 1/2 teaspoon salt and several grinds of pepper. Pour eggs over the vegetables and tilt the pan to evenly distribute the eggs.

If using cheese, sprinkle evenly over the eggs. Cover and cook on medium-low heat for about 7-8 minutes. When the eggs have set around the edge take the pan off the heat and set under the broiler until the eggs are just cooked and just slightly puffed, just a minute or two. Watch closely as you don't want any browning (don't stress if it ends up browning a little—it happens to the best of us!). Alternatively, you can finish cooking it on the stove top, covered, on low heat until set.

Remove from the oven and let sit for at least 5 minutes until the edges release from the pan. Serve in wedges with toast and a few salad greens tossed with lemon juice, olive oil and salt and pepper.

Serves 2

Katherine Deumling

Founder and CEO of Cook With What You Have (CWWYH)

Katherine has always loved food and is passionate about making life delicious and using food as a tool for systemic and lasting health for people and planet. An experienced teacher and presenter, her passion for access to fresh food and good nourishment is contagious. We learn to “do” by “doing” and Katherine gives us permission and guidance to just cook.

CWWYH offers inspiration and guidance to help you become a scrappy and creative cook who can look in the fridge/pantry and make something delicious. CWWYH brings creativity and ease into the kitchen with recipes, tips and guidance to stock your pantry and make the most of it. This approach saves time and money by not running to the store last minute and wasting less of what you buy—a particularly relevant tactic in these uncertain times.

Katherine is a breast cancer survivor and lives with her husband and son in Portland, OR. She loves to bicycle, run, garden, cook and eat! She grew up in West Germany and has lived in Italy and Mexico and is at home in kitchens everywhere.



Photo by Shawn Linehan

Cooking and nourishing ourselves and our families can be a realm of comfort and give us some sense of control in stressful times. For more information visit: www.cookwithwhatyouhave.com