

All Classical

PORTLAND

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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 Lisa Schroeder shares her recipe for Lorraine Frittata. She recommends pairing the frittata with an Oregon riesling; lovely for brunch and perfect with the Alsatian influenced frittata ("what grows together, goes together"). Mother's Bistro & Bar offers Trisaetum Riesling, Ribbon Ridge, Willamette Valley, '18.

Lorraine Frittata by Lisa Schroeder

A traditional quiche Lorraine is made with bacon or ham, sautéed onions, eggs, cream and gruyère cheese baked into a pie shell. This frittata delivers the same flavors without the trouble of making and baking pie dough. It makes an elegant breakfast entrée, so we like to offer it on special brunch days, like Easter or Mother's Day. Drizzle with sour cream mixed with a little heavy cream for an extra somethin' somethin'. Makes 4-6 servings.

- ¾ lb bacon, diced, or about 1 cup diced cooked bacon
- 4 tablespoons unsalted butter (if using raw onions), preferably clarified, 2 tablespoons if using caramelized (divided)
- 5 cups thinly sliced yellow onions (1 ¼ lbs yellow onions, about 4-5 medium), or 1 cup caramelized onions
- 1 1/4 teaspoons salt (divided if using raw onions) or 1/4 teaspoon salt, if using caramelized
- 1/2 teaspoon freshly ground black pepper (divided if using raw onions) or ¼ teaspoon if using caramelized
- 16 eggs, beaten
- 2 cups shredded gruyère or Swiss cheese
- ¼ cup finely chopped flat leaf Italian parsley (optional), for garnish

1. Preheat oven to 450°F. Heat a large (12- to 14-inch), non-stick, oven-safe sauté pan over medium-high heat. Add raw, diced bacon and sauté, stirring, until almost crisp. Remove bacon with a slotted spoon and drain on paper towels. Pour out the bacon fat and wipe the pan with a paper towel. (If you like extra bacon flavor, feel free to leave the bacon in – we don't - but don't omit the butter)

2. If using raw onions, return the pan to high heat. Once hot, add 3 tablespoons butter and the sliced onions. Season with 1 teaspoon salt and ¼ teaspoon pepper, stir well and sauté over high heat until onions start to turn golden around the edges. Lower heat to medium and continue to sauté until caramelized, about 15 to 20 minutes, stirring now and then. If using pre-caramelized onions, return the pan to medium high heat and add 2 tablespoons butter and the caramelized onions. Cook over medium-high heat until heated through.

3. Return the bacon to the pan and add ¼ teaspoon salt and ¼ teaspoon pepper. Add the eggs and cook, stirring with a heat-proof rubber spatula, until the onions are evenly distributed, and the eggs start to set on the bottom. Continue stirring another minute longer until the eggs are halfway cooked but still very wet looking on top.

4. Remove from the heat and sprinkle the shredded cheese evenly over the top. Place pan in oven and bake until eggs are puffy, cheese has melted, and the frittata is cooked through, about 7 to 10 minutes.

5. Remove pan from oven. Loosen the frittata from the pan with a rubber spatula. Tip the pan up and using the rubber spatula to help, slide the frittata out of the pan onto a cutting board. Cut the frittata into wedges using the rubber spatula or sharp straight-edged knife (a serrated knife will tear it apart) and divide among plates. Cut frittata into wedges and divide among plates. Sprinkle with chopped parsley, if desired.

Love Note

You can serve this, or any frittata, in individual sizes like we do at Mother's. You'll need four 8-inch nonstick, oven-safe sauté pans. Then just divide the ingredients evenly among each pan. Or cook the ingredients (except eggs) in one large pan first, then divide it among the four 8-inch pans, add beaten eggs (3/4 cup eggs per frittata) and continue with the recipe. If you don't have that many pans, you can cook them one at a time and tent with foil to keep warm or serve them at room temperature or cold.

Caramelized Onions

I love the sweet-savory flavor caramelized onions adds to a recipe, that's why you see so many of my recipes call for them. We always cook ours in big batches and I strongly urge you to do so, as well!

Keep in mind that 5 cups of sliced onions usually equal 1 cup caramelized, so you'll need to cook a lot of onions – in batches – to get a decent amount of caramelized onions to tuck away for the future. I know it doesn't sound like much return for all the effort, but the onions are concentrated in flavor, so a little goes a long way. To make the job go by faster, plan to do it while you're doing something else in the kitchen, like prepping for dinner or cleaning out the fridge. You need to stick around while the onions cook, but you don't have to be too vigilant.

Freeze the onions in ½ to 1 cup increments and pull them out as needed. Now, I know there are recipes that claim you can throw a pile in a crock pot and end up with the real deal, but that just ain't so.

Here's the recipe and technique:

- 5 pounds large onions, peeled and sliced very thin (about 6 large), 18 cups, divided
- ¾ cup vegetable oil (divided)
- 4 teaspoons salt (divided)
- 2 teaspoons freshly ground black pepper (divided)

1. Heat a large (preferably 14-inch) sauté pan over high heat for several minutes. If using a 14-inch pan, add 3 tablespoons oil and 4 ½ cups onions. Season with 1 teaspoon salt and 1/2 teaspoon pepper and stir well to combine. (You want only enough onions to tightly cover the bottom of the pan without being piled too high, and the amount depends on the size of your pan. Same with the oil and seasoning. If your pan is only 12 inches wide, then only add 2 tablespoons oil, about 3 cups onions, ½ teaspoon salt and ¼ teaspoon pepper per batch).

2. Continue to sauté over high heat until onions start to get a little color around the edges. Lower heat to medium-high, continuing to stir now and then. Cook the onions about 20 minutes, or until they are mocha-colored and very soft. Remove from pan onto a baking sheet to cool.

3. Store in the refrigerator up to one week. Freeze in ½ to 1-cup portions for future use.
Makes 3 ½ cups

Lisa Schroeder, C.C.P.

Executive Chef/Owner
Mother's Bistro & Bar

Lisa Schroeder is the executive chef and owner of Mother's Bistro & Bar in downtown Portland and author of "Mother's Best" cookbook. She is a graduate of The Culinary Institute of America and was chosen as a Top Student Chef by Food and Wine Magazine. She honed her cooking skills at Le Cirque & Lespinasse in New York and Moulins des Mougins and L'Auberge de L'Eridan in France. She opened Mother's Bistro & Bar in 2000 to rave reviews and the "Restaurant of the Year" title from Willamette Week.



Lisa has appeared on the Today Show, Good Morning America, Roker on the Road, QVC and many other television programs. She was the recipient of the Oregon Commission for Women Woman of Achievement Award for 2014, Portland Business Journal's Businesswoman of the Year award, International Association of Culinary Professionals Chef/Restaurateur Award of Excellence and

Restaurateur of the Year by Independent Restaurateur Magazine. Mother's Bistro & Bar has received numerous accolades as well, including "Top Restaurant Bargain" from Food and Wine Magazine, "Best 101 Breakfasts in America" from Urbanspoon and consistent "Award of Excellence" from Tripadvisor. Lisa is also an active member of the community, participating in a numerous charities and causes.



Happy Mother's Day from All Classical Portland and Mother's Bistro!