

Denver Omelette Fritatta

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Recipe source: Gregory Beckett

INGREDIENTS:

- 2 large Spanish onions, diced
- 2 large green bell peppers, seeded and diced
- 2 large red bell peppers, seeded and diced
- 1 large orange bell pepper, seeded and diced
- 1 lb. smoked ham, cut into medium dice
- 4 tablespoons olive oil, divided
- 2 tablespoons butter, divided
- 1 teaspoon pink Himalayan salt
- 1 teaspoon salt, or to taste
- 1 teaspoon freshly ground pepper
- 12 eggs, beaten
- 3/4 pound sharp cheddar cheese, cut into dice (about 1/2" to 3/4")



DIRECTIONS:

Prep

You will need an oven-proof 12-inch skillet (non-stick helpful). Preheat the oven to 325°F. Clean and dice vegetables. Cut up ham into medium dice (about 1/2" to 3/4").

Sauté

Heat 12-inch skillet over medium heat. Add about a tablespoon each of butter and oil and sauté onions.

After about five minutes, sprinkle with some of the Himalayan salt. Continue to sauté until somewhat translucent but not browned. This will probably take 10 minutes in total. Remove onions to a plate and keep warm.

Add some more oil and a bit of butter to the pan. Add green onions and sauté for about five minutes to soften slightly (peppers should still have a somewhat crisp texture), sprinkling with a bit of the Himalayan salt during the sauté. Remove to a plate and keep warm. Repeat with first the red peppers and then the orange pepper.

Reduce heat to medium-low and add the ham cubes. Stir a few times and turn off the skillet to let the ham warm up slightly without browning.

Beat the eggs in a large mixing bowl. Stir in the reserved warm vegetables (one plate a time to slightly warm the eggs), one plate a time, thoroughly incorporating the veggies into the egg mixture. Stir in the ham and then the cheese cubes last. Add salt and pepper to taste.

Cook the frittata

Wipe out the skillet and return it to the stove. Add about two tablespoons olive oil (a fairly generous amount) and heat over medium-high. When oil is glistening, pour in the egg mixture all at once, smoothing the top. The eggs will begin to bubble and some oil should pool around the edges.

Cook for about 10 minutes on the stove until the edges are set, being careful not to scorch the eggs.

Transfer the pan to the middle rack of the preheated oven. Cook until the top is set and the filling is no longer jiggly, about 20 minutes.

Remove the frittata from the oven and let cool five minutes before inverting onto a serving platter. Cut into wedges to serve -- either warm or at room temperature.

NOTES

Inspired by a number of Denver Omelette recipes as well as the classic Spanish dish "Tortilla Española" which is traditionally made with just potatoes and onions. To make this Tortilla style instead of frittata style, cut the recipe in half and use a slightly smaller skillet. Instead of finishing in the oven, invert the partially cooked egg mixture to a plate. Add some more oil to the pan and then slide the egg mixture back onto the skillet uncooked side down. Tuck in the edges to round out the tortilla and cook the other side through, about another 10 to 15 minutes.

Good with a chutney or homemade tomato-based relish such as Grandma's Chili Sauce.