Family Friendly

by Lukas Volger

Green Goddess Frittata

Yield 2 servings | Prep and cook time 20 minutes

4 eggs

2 tablespoons whole milk or cream Salt and freshly ground black pepper 1 tablespoon olive oil, plus extra for drizzling 2 scallions, green and white parts, thinly sliced About 3 tablespoons Green Goddess Whip (see below) 2 teaspoons capers, rinsed and coarsely chopped Flaky salt

Green Goddess Whip (makes about 1 cup)
2 cups lightly packed baby spinach
2 cups lightly packed tender herbs like basil, parsley, chives, or cilantro
¼ cup mayonnaise
2 tablespoons olive oil
2 teaspoons wine vinegar (white wine, sherry, or champagne)
¼ teaspoon fine sea salt

You'll have more green goddess whip than you need, but I'm certain you'll find uses for it — as a dip, a smear for a grain bowl, spreading on sandwiches, etc.

To cook in a 10-inch pan, either double the ingredients for a thin frittata, or triple them for a thicker one.

1. To make the Green Goddess Whip: Bring a small or medium saucepan of water to boil, and prepare an ice bath. Once boiling, add the spinach and blanch it for about 30 seconds, until wilted, then transfer to the ice bath. Drain the greens and gently squeeze out all the excess liquid. Combine them with the remaining Green Goddess ingredients in a blender and process until very smooth, scraping down the sides as needed. Taste for salt and acid.

2. Preheat the oven or toaster oven to 400°F. Beat the eggs in a bowl with the milk and a big pinch of salt and a few grinds of pepper.

3. Warm a small skillet — ideally well-seasoned cast-iron or oven-safe nonstick — over medium-high heat and when hot, swirl in the olive oil and add the scallions. Cook until they're just softened, about 2 minutes, then pour in the eggs. Allow the base and edges to firm up, then work your way around the pan tucking a spatula under an edge to allow uncooked egg to flow beneath. Once the eggs seem about halfway set, dollop about 3 tablespoons of the Green Goddess whip over the surface and sprinkle with the capers. Transfer the pan to the oven and cook for 7 to 10 minutes, until just set in the center.

4. Let sit for a few minutes, then run a spatula around the edge of the frittata and slide it out of the pan, cut into wedges, and serve hot or warm. Top with a drizzle of olive oil and a few pinches of flaky salt, if you like.