

Get ready to cook: Tie back long hair, apron on, wash hands. Collect ingredients and equipment.

Mini Frittatas (Makes 6)

Lesson Objectives:

Revise safe and correct use of the oven, weighing and measuring, vegetable preparation, grating, coagulation of eggs, healthy eating and food safety

Ingredients and equipment

Ingredients

10g butter
1 spring onion
¼ pointed red pepper
75g canned sweetcorn
40g mature Cheddar
2tbsp milk
4 large eggs
Black pepper

Any quick cooking veg would be good eg mushrooms, tomato, peas, courgette. Harder veg eg carrot & broccoli would need boiling before adding.

You could use a knife for this job.... But remember your bridge and claw grip

Equipment

- Muffin tin
- Scissors
- Chopping board
- Mixing bowl
- Teaspoon
- Sieve
- Box grater
- Measuring jug
- Tablespoon
- Fork
- Oven gloves

Wash hands after touching chilli



1 Turn on the oven to 180°C/ 160°C Fan/Gas 4. Using your fingers, grease 4 of the cups of the muffin tin with butter.



2 Use the scissors to cut off the tough ends of the leaves and roots of the spring onion. Thinly slice the rest on the chopping board and put into the mixing bowl.



3 Using a teaspoon, scoop out the seeds and white pith from the pepper (or pull them out with your fingers).

If you use a knife remember your bridge and claw grip



4 Cut the flesh into small pieces with the scissors and add to the bowl.



5 Drain the sweetcorn in a sieve and add to the other vegetables. Grate the cheese on the chopping board.



6 Mix in the cheese and stir it all together.



7 Divide the mixture evenly between the 4 muffin cups.



8 Break the eggs into a jug, one at a time. Add 3 grinds of black pepper and the milk. Beat with a fork until the yolks and whites are evenly blended.



9 Pour into the muffin cups until they are evenly filled. Bake in the oven for 15mins until puffed up and set in the middle.

Follow up work

Evaluation of frittata (PMI)

Complete the table below with the Pluses (+) (good points), Minuses (-) (bad points) and Interesting points about your frittata

	Pluses (+) (Good)	Minuses (-) (Bad)	Interesting points
Appearance			
Smell			
Taste			
Texture			
Eatwell guide			

Iterations (Improvements) if you made this recipe again

Explain the changes that could be made to this recipe to make a different or better version of frittata.
