

Courgette and Ciabatta Frittata - Yotam Ottolenghi

Courgette and ciabatta frittata

This is my current weekend breakfast egg dish of choice. It's light, fluffy and comforting (not least because the bread is soaked in milk and cream before it goes into the mix). Serve this with a mixed herb and bitter leaf salad, dressed with lemon juice and olive oil, and perhaps a few chunks of feta. Don't waste the ciabatta crusts: blitz them into breadcrumbs and freeze - they keep really well. Serves six.

500g ciabatta, crusts removed and roughly torn (about 250g net)

200ml milk

200ml double cream

2 large garlic cloves, peeled and crushed

6 large eggs, lightly beaten

$\frac{3}{4}$ tsp cumin

80g parmesan, finely grated

Salt and freshly ground black pepper

2 medium courgettes, washed and coarsely grated

25g basil leaves, torn

2 tbsp olive oil



Heat the oven to 180C/350F/gas mark 4. Mix the ciabatta, milk and cream in a bowl, cover and set aside for 30 minutes, to give the torn bread time to absorb most of the liquid.

In a large bowl, mix the garlic, eggs, cumin, 50g parmesan, three-quarters of a teaspoon of salt and a quarter-teaspoon of ground pepper. Tip in the contents of the bread bowl, then stir in the courgette and basil.

Heat a 20cm x 25cm baking dish in the oven for five minutes. Remove, brush all over with oil, to grease, then pour in the courgette mixture. Level out the top, bake for 20 minutes, then sprinkle over the remaining parmesan. Bake for 20-25 minutes longer, until the frittata is golden-brown on top and cooked through (test by inserting a knife into the centre - it should come out clean). Set aside to rest for five minutes, then serve ●

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