

Strangely we found a pile of rather elderly eggs in the wood which had been dumped. Never look a gift horse in the mouth.

Ingredients:-

4 thin Salami sticks.
4 Egg
300ml Semi skimmed Milk
4 medium sized Potatoes, peeled
1 Onion
2 cloves of Garlic
100g of grated Cheese
Salt and Pepper
Vegetable oil

Method:-

(1) Parboil the Potatoes until they are soft enough to slice but not falling apart. Drain and set aside.
(2) Cut the Salimi stick in 1cm pieces.
(3) Whisk the Eggs, Milk, half of the grated Cheese, salt and Pepper.
(4) Slice the Onion, grate the Garlic and fry gently until the Onion is softened. Take off the heat.
(5) Slice the Potatoes.
(6) Add a little more Oil to the pan and place over a medium heat.
(7) Mix all the ingredients except the remaining grated Cheese and fry gently until it is cooked half way up from the bottom.
(8) If you have a grill heat it and place the Frittata on the top shelf to complete cooking. If not carefully flip it over in the pan.

(9) Sprinkle the remaining grated Cheese over the top and allow to melt slightly.

We garnished ours with wild Sorrel found in the meadows near the tent. Clearly not essential!