

When we were in a really bad situation about 4 years ago I cobbled a Frittata together on the camp stove. It tasted outstanding, but that Might have been because we were really hungry and the Eggs were found and a lot of the ingredients were foraged. It?s good to go back to an old favourite with a a new cooking gadget?.

Ingredients:-

3 Potatoes, peeled and thickly sliced
1 Onion, finely diced
¼ Of a Red Pepper, sliced
¼ Of a Green Pepper, sliced
¼ Of a Yellow Pepper, sliced
1 Spring Onion, sliced
¼ Of a stick of Chorizo, thinly sliced
3 Rashers of Streaky Bacon, chopped
Smoky Maple Bacon Seasoning (!)
4 Eggs, beaten
200g of (Lactose free for us) Cheese, grated
A Slug of Milk (Lactose free again for us)
Oil to fry
Salt & Pepper to season
Mixed Herbs

Method:-

(1) Par-Boil the Potatoes to soften slightly.

(2) Drain and set aside.
(3) Fry the vegetables and then add the Chorizo and Bacon.
(4) Mix the Eggs, Milk and Cheese in a bowl.
(5) Season the meats and vegetable mix and set aside to cool.
(6) Heat the Air Fryer to 180c to 190c.
(7) Mix everything in a large bowl.
(8) Line a perforated circular baking tray with cooking Parchment paper.
(9) Pour everything into the tray and pop in the Air Fryer.
(10) Check and turn so it is cooked and solid throughout.
(11) Turn out and separate from the Parchment to serve.

As is the gig with Air Fryers this was all about preparation and timing. However the end result was really tasty and certainly filling.