

313 MAIN STREET  
AMES, IA 50010  
515.233.4272

M-W 9:30am-6pm  
TH 9:30am-8pm  
FR 9:30am-6pm  
SA 9:30am-5pm



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### **Brussels Sprouts and Bacon Frittata**

Serves 6

There are so many great obvious food combinations – peas and carrots, peanut butter and jelly, tomatoes and mozzarella, and, of course, Brussels sprouts and bacon. Why fight it if it just works.

Frittatas are just as good at room temperature as they are hot out of the oven; if you are entertaining, this is an ideal thing to make early so you can attend to other tasks once your guests have arrived.

I love to serve this frittata with an arugula salad tossed with sliced dates, olive oil, lemon juice salt and pepper, and hand-torn crispy breadcrumbs. And Butter and Herb Potatoes [an other Huckleberry recipe.]

#### **FILLING**

8 slices thick-cut bacon, chopped  
1 tbsp extra-virgin olive oil  
1 tbsp unsalted butter  
1 onion, chopped  
1 tsp kosher salt  
2 sprigs fresh thyme  
2 cups/180 g Brussels sprouts, thinly sliced, plus 1 cup/35 g Brussels sprouts leaves  
1/2 tsp freshly ground pepper

#### **CUSTARD**

10 eggs  
2 tbsp crème fraîche  
2 tbsp grated Parmesan  
1 tbsp chopped fresh parsley

2 tbsp unsalted butter  
3 tbsp grated Gruyère

1. Preheat your oven to 475°F/240°C.
2. To make the filling; In a large sauté pan over medium-heat, sauté the bacon in 2 tsp of the olive oil and the butter, until browned. Add the onion, 1/2 tsp of the salt, and the thyme and sauté until soft, about 10 minutes. Add the sliced Brussels sprouts and sauté for about 5 minutes longer, until soft. Transfer the vegetable mixture to a bowl and set aside.
3. Toss the Brussels sprouts leaves in the remaining 1 tsp olive oil, remaining 1/2 tsp salt, and the pepper. Set aside.

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4. To make the custard: In a mixing bowl, whisk together the eggs, crème fraîche, Parmesan, and parsley. Set aside.

5. In a 10-in/25-cm cast-iron or other ovenproof sauté pan, melt the 2 tbsp butter over medium-high heat. Pour the custard into the pan and stir, lightly scrambling the eggs. Slowly add the vegetable mixture to the custard and continue scrambling. When the eggs are about 30 percent set, sprinkle with the Brussels sprouts leaves, top with the Gruyere, and transfer to the oven for 8 to 10 minutes, until the frittata is cooked through and browned on top. If the frittata doesn't show signs of browning, place under the broiler for 2 minutes, but watch it like a hawk!

6. Immediately transfer the frittata to a plate by running a spatula around the edges and underneath to free it from the pan. Serve hot or at room temperature.

*This keeps well, refrigerated, for up to 3 days.*