

Pepper, Scallion and Chèvre Frittata

With Hot Sausage Medallions, Raspberries and Thai Chili Maple Syrup

June 2014 by Camine Pappas

Serve 4

Prep time: 20 minutes

Cook time: 30

INGREDIENTS:

1 package Jimmy Dean Hot Sausage

1/3 C maple syrup

1/3 C Thai Sweet Chili Sauce

T fresh chopped thyme

2 t fresh chopped rosemary needles

6 eggs

¼ C heavy cream

One quarter of a yellow, red and green pepper, julienned into 3 inch stalks

2 large scallions, julienned into 3 inch stalks and reserve the very ends for garnish if desired

1 small yellow squash, cut the same way as the other vegetables (In total, you'll have about 2 C veggies)

4 oz fresh chèvre. (Goat cheese in the package, not the feta chunks.)

1 carton fresh raspberries

1 t salt, ½ t pepper or more to taste

3 – 4 T olive oil

INSTRUCTIONS: Prep vegetables, whisk eggs and cream

and set aside. Then take the sausage and roll into small, 1 inch diameter balls. I used only about ¼ of the package and it made 16 small ones, but you may want more. Cook them until almost done. Remove from pan and drain.

Wipe most of the oil out of the pan, but not all of the fun meat bits. Then add the chili sauce and the maple syrup and then put the sausage back in. Turn heat to low, and cover. When it starts to bubble, it is ready. Set aside/keep warm and reheat if needed when plating.

Preheat a 9 inch, oven safe saucepan, and add the olive oil. Add the veggies and the onions and sauté on medium high until transparent with a bit of browning. But don't cook them to soft. Add S and P and right before adding eggs, fold in herbs. Then add the eggs and turn the heat down to medium low. In about a minute or two, the bottom will be set and you will see a tiny bit of set egg around the edges. Don't blend or scrape. Take off the heat and dot with chunks of the chèvre cheese. Place in a preheated 400 degree oven and cook until the center is done and it's a bit brown on the edges.

To plate, place a wedge of frittata on the plate, add a few of the sausage medallions and then drizzle with the chili syrup, the raspberries and fresh herbs.

