

# Chorizo and Potato Frittata



**Chorizo and**

## **Potato Frittata**

Be sure to use Spanish-style chorizo, which is dry-cured and needs only to be heated through. This frittata can also be served warm or at room temperature. When paired with a salad, it can serve as a meal.

### Ingredients

12 large eggs

$\frac{1}{3}$  cup whole milk

Salt

1 tablespoon extra-virgin olive oil

1 lb. Yukon Gold potatoes, peeled and cut into 1/2-inch pieces

$\frac{1}{4}$  teaspoon ground cumin

6 ounces Spanish-style chorizo sausage, cut into 1/4-inch

pieces

3 tablespoons water

1 teaspoon sherry vinegar

$\frac{1}{2}$  cup chopped fresh cilantro

## Method

1. Adjust oven rack to middle position and heat oven to 350 degrees. Whisk eggs, milk, and  $\frac{1}{2}$  teaspoon salt in bowl until well combined.

2. Heat oil in 12-inch oven-safe nonstick skillet over medium-high heat until shimmering. Add potatoes, cumin, and  $\frac{1}{4}$  teaspoon salt; cook, stirring frequently, until half of potatoes are lightly browned, 8 to 10 minutes. Add chorizo, water, and vinegar; continue to cook, stirring constantly, until no water remains in skillet, about 1 minute longer.

3. Add cilantro and egg mixture and cook, using rubber spatula to stir and scrape bottom of skillet until large curds form and spatula leaves trail through eggs but eggs are still very wet, about 30 seconds. Smooth curds into even layer and cook, without stirring, for 30 seconds. Transfer skillet to oven and bake until frittata is slightly puffy and surface bounces back when lightly pressed, 6 to 9 minutes. Using rubber spatula, loosen frittata from skillet and transfer to cutting board. Let stand for 5 minutes before slicing and serving.

## Notes

### WHY THIS RECIPE WORKS

We started with a well-seasoned filling made with bold ingredients and combined it with a dozen eggs to make a substantial dinner. To ensure that the frittata was cohesive, we chopped the filling ingredients small so that they could be surrounded and held in place by the eggs. To help the eggs stay tender even when cooked to a relatively high temperature, we added milk and salt. The liquid dilutes the proteins, making it harder for them to coagulate and turn the eggs rubbery, and salt weakens the interactions between proteins, producing a softer curd. Finally, for eggs that were cooked

fully and evenly, we started the frittata on the stovetop, stirring until a spatula left a trail in the curds, and then transferred the skillet to the oven to gently finish.

Source: Cook's Illustrated (Servings: 4 | Yield: 1 frittata)

10 WW Freestyle SmartPoints