

Egg and Bacon Frittata

(serves 4 to 6)



Ingredients:

1 dozen eggs
6 rinds of bacon
1 large onion (peeled and diced)
1 cup tasty grated cheese
300 ml milk
300 ml thickened cream
½ teaspoon garlic
1 cup plain flour
50g butter
Salt and pepper

Method

Heat up oven to 190°C. Remove the rind from the bacon and dice up rough. Heat up pan and butter to medium/ high heat and add the bacon and onion. Once the onion is translucent (clear and soft) and the bacon is cooked, add the garlic and cook for a further 3 minutes while stirring. Let cool. Add the eggs to a mixing bowl and whisk with the milk and cream. Add a couple of pinches of salt and pepper. Add the flour and whisk in well. Try to get rid of the lumps. When the frittata is cooking the flour should fall down and form a little base at the bottom. Add in the onion and bacon and combine. Add to a greased baking dish. Sprinkle the grated cheese on top and place in the oven till the egg is cooked and cheese has browned the top (approximately 30 mins). Remove when ready and let stand for 10 mins. This can be heated in the microwave as well. Serve with chips and your favourite salad.