Thanks for joining our Social Cooking Together Class: 
Breakfast for Dinner Frittata Fun 
With 
Chefs of d’ Future, LLC 
“A Cooking School that Comes to You.”

What we will cover in this program:
• Frittata Basics
• Italian Spinach and Potato Frittata and or
• Mini Zucchini Scallion Frittata
• Fresh Fruit Salad with a Honey Yogurt Dressing
• Virgin Bellinis

First time participants:
Come ready to cook in real time with your video on for the most enjoyable experience possible. Questions are answered live, great tips are shared and lots of laughs.

Finding Ingredients-To your taste: Keep in mind if your family has food sensitivities, doesn’t eat a certain foods or availability of a food is scarce there are always alternative. Call or email us if you have questions.

Things to do before the class starts:
Familiarize yourself with the recipes. If something needs to be prepped ahead of time it will be in red print. Have all your ingredients and equipment out and ready to use. Join the class 5 minutes early.

We look forward to seeing you in your kitchen and ours to whip up some fun!

Chefs of d’ Future, LLC
“A Cooking School That Comes to You”
cell: 516-424-2146 or email: julie@chefsofdfuture.com
www.chefsofdfuture.com  @chefsofdfuture  #chefsofdfuture
Text “Cooking” to 22828 to join our email list for other exciting programs

OUR MISSION:
To empower children through cooking, reinforcing math, science, art and cultural awareness through food preparation.
Bringing families to the kitchen table, showing them the ease of preparing a wholesome meal and that fast food need not be processed.
Finally to help families realize that the power of sitting down to a home cooked meal reaches far beyond the food.
**Master Ingredient List:** Frittatas are peasant food, basically invented to repurpose leftovers and create a fresh new meal. They are sister to quiche and can be prepared ahead of time and heated up when needed. Although we have a specific recipe, sticking to it is not necessary your own personal taste can determine what goes in your frittata. You can go shopping in your own refrigerator, vegetable bin or leftovers. Also if this is just for yourself or 2 people you can cut the recipe in half or if you are a large family you can multiple the recipe by 1 1/2.

**We recommend:**
Your can make both or just choose one Frittata

### Ingredients

<table>
<thead>
<tr>
<th>6 - 8 slices of bacon</th>
<th>1 1/2 dozen Eggs</th>
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<tbody>
<tr>
<td>1 large Russet Potato</td>
<td>1 med zucchini</td>
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<tr>
<td>Salt and Pepper</td>
<td>3 green onions (scallions)</td>
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<tr>
<td>Paprika</td>
<td>cooking spray</td>
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<tr>
<td>Red Pepper Flakes</td>
<td>Honey</td>
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<tr>
<td>1 garlic clove</td>
<td>Vanilla yogurt (I like Greek)</td>
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<tr>
<td>5 cups spinach</td>
<td>Any combination of fruits you enjoy 3 or 4 different fruits (berries, bananas, pineapple, mango, melon, oranges)</td>
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<tr>
<td>Butter</td>
<td>Ginger Ale</td>
</tr>
<tr>
<td>Olive Oil</td>
<td>Orange Juice</td>
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<tr>
<td>1/2 and 11/2</td>
<td>Ripe White Peach</td>
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<tr>
<td>grated Romano or Parmigiano</td>
<td>(any ripe peach or frozen peach) or can of peach nectar</td>
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<tr>
<td>Basil</td>
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**Optional Ingredients if you have them already**
Protein (grilled chicken, sausage, ham)
Herbs (Basil, Cilantro, Rosemary)
Any vegetable out of your refrigerator
Other cheeses if you have them

### Tools, equipment and supplies to have on hand

<table>
<thead>
<tr>
<th>12 cup muffing pan</th>
<th>Champaign Flute</th>
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<tbody>
<tr>
<td>8-12 inch sauté pan that can go in the oven</td>
<td>Strainer</td>
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<tr>
<td>Lid for the sauté pan</td>
<td>Food processor or blender</td>
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<tr>
<td>whisk, rubber spatula</td>
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<tr>
<td>chef knife, Pairing knife</td>
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<tr>
<td>Liquid measuring cup</td>
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<tr>
<td>cutting board</td>
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<tr>
<td>measuring spoons</td>
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<tr>
<td>large and medium mixing bowl</td>
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Mini Zucchini Scallion Frittata

INGREDIENTS:
cooking spray
6 egg whites
3 eggs
2 tablespoons half-and-half
2 cups shredded zucchini
1 cup chopped green onion
Sprig of Basil finely chopped
3 tablespoons grated Locatteli Romano or Parmigiano-Reggiano cheese

METHOD OF PREPARATION:
1. Preheat oven to 350 degrees F.
2. Spray 12 muffin cups with cooking spray.
3. Whisk egg whites, eggs, and half-and-half together in a bowl.
4. Stir zucchini, green onion, and cheese into the egg mixture; pour into prepared muffin cups.
5. Sprinkle with more Grated Cheese
6. Bake in preheated oven until set in the middle, 30 to 35 minutes.
7. Let stand for 1-2 minutes, remove from pan and serve.
8. Can be refrigerated or frozen for use at a later date. Great for a grab and go meal or snack.

Some other great flavor profiles would be:
Sausage, Pepper and Potato with Ham and Swiss
Spinach, Mushroom and Bacon with Fontina
Broccoli and Cheddar
Mexican peppers, cumin and salsa with cheddar and Jack
Potato and onions
Spring Vegetables
Smoked Salmon, Asparagus and Gruyere
Spinach Bacon and Potato Frittata

**INGREDIENTS:**
- 6-8 strips of Bacon cut in strips
- 1 Medium Russet Potato sliced thin
- red pepper flakes
- Salt and Pepper
- 1 clove garlic sliced thin
- 5 cups Spinach coarsely chopped
- 6 eggs
- 1/4 cup half and half
- sprig of basil finely chopped
- 1/2 cup grated Romano Cheese divided

**Method of Preparation:**
Thinly slice potato and garlic set aside.
Clean Spinach if necessary and coarsely chop, set aside.
Whisk eggs and half and half together.
Cook bacon in a 8-10” sauté pan just before it starts to get crispy.
Drain bacon fat and set aside.
Add Sliced Potato and spreading them out in pan.
Season with Red Pepper flakes, Salt and Pepper.
Add garlic and toss.
Splash some water on potatoes and cover.
Cook for about 10 minutes until potatoes are tender but not mushy.
Meanwhile Whisk Eggs, Half and Half and 1/2 the grated cheese and basil together in a medium bowl.
Preheat the ovens Broiler and set shelf to third rack down.
Add spinach to sauté pan when potatoes are tender and cook until wilted.
If necessary add more bacon fat, butter or oil.
Add egg mixture to the pan and stir around slightly to distribute potato and spinach evenly in pan. Cover and cook for 2 minutes on medium.
When eggs are almost cooked (liquid in the center) Remove from heat.
Sprinkle with remaining Grated Cheese and put in oven under broiler.
Cook until set and cheese starts to get brown.
Remove from oven and let sit for 2 minutes.
Scrape around the sides of the pan and remove from pan to a plate.
Bellini Cipriani
The original Bellini Cipriani is a cocktail that was invented in 1948 by Giuseppe Cipriani, head barman of Harry's Bar in Venice. The drink became a seasonal specialty at Harry's Bar in Venice, one of the favorite places for Ernest Hemingway, Gianni Agnelli, Sinclair Lewis and Orson Welles. The Bellini is an official IBA (International Bartenders Association) cocktail belonging to the sparkling category, based on sparkling white wine, usually prosecco or brut, and fresh crushed white peach pulp. It is internationally one of the most famous Italian cocktails.

Ingredients
3 oz. Sparkling Wine Classically Prosecco or Ginger Ale for Virgin Bellini
2 oz fresh peach puree (classically white peaches)

Put white peaches in a food processor or meat grinder to make the pulp and then force it through a fine sieve. Refrigerate the puree until it is very cold. Mix it with very cold, dry Prosecco in the portion of 1 part peach puree to 3 parts Prosecco.

Fruit Salad with Honey Yogurt

Ingredients:
1 cup Greek Yogurt
2 tablespoons honey
Fruit of your choice

There are no mysteries to creating a fruit salad with honey yogurt. Clean and cut up your favorite fruit and put it in an individual bowl.

In a small mixing bowl or measuring cup mix together
2 tablespoon of honey and 1 cup of yogurt.
You can add finely chopped mint or basil
Dollop yogurt over Fresh fruit.

Recommendations for Fruit
I like Mixed Berries and bananas.
A Tropical flair is nice with pineapple, mango and bananas
Or Diced mixed melon