

Cheese Frittata



INGREDIENTS	YIELD	
	40	80
Water	1 gal + 1½ qt	2 gal + 3 qt
Grits, quick	3 lb 3 oz	6 lb 6 oz
Butter, unsalted	1 cup	2 cups
Salt (optional)	(¼ cup)	(½ cup)
Vegetable oil	⅓ cup	⅔ cup
Onions, chopped	1½ lb	3 lb
Dried basil or oregano	2 tsp	1 Tbsp
Tomatoes, fresh, chopped	2 lb	4 lb
Eggs, fresh, large	50 ea	100 ea
Cheese, mozzarella, part-skim, shredded	3 cups	6 ¼ cups
Salt	2 Tbsp	¼ cup
Pepper, black	1 tsp	2 tsp

DIRECTIONS

1. Spray full steam table pan with food release spray; line bottom only with parchment paper. Use two pans for 40 servings; four pans for 80 servings.
2. Measure water into large stock pot and bring to a boil.
3. Add butter and salt. Add grits while stirring constantly and vigorously. Bring back up to a boil, then simmer, stirring occasionally.
4. When thickened, pour into steam table pans and bake at 350°F for 15 minutes until fully set. Adjust cooking time if needed.
5. While grits are baking, sauté onions in large flat pan, stirring frequently for ten minutes or until lightly browned and aromatic. Remove from heat, add tomatoes and toss well. Transfer onion and tomato mixture into large bowl. Mix in herbs, eggs, cheese and spices and stir well until fully incorporated.
6. Remove each pan of grits from oven; pour equal portions of egg mixture on top of baked grits. Return to oven and bake until fully set. To test, a knife inserted into the thickest part should come out clean.

Conventional oven: 325°F for 25–28 minutes

Convection oven: 325°F for 23–25 minutes

7. Cut each pan into 40 pieces (2" x 3") and serve immediately.

CCP: Hold for hot service at 140°F or above.

Nutritional Data/Portion

Calories 186.1

Total Fat 13g

Saturated Fat 5.16g

Sodium 382.2mg

Breakfast Meal Contribution

1 oz Grain/Bread

2.25 oz Meat/Meat Alternate

⅛ cup Vegetable

Portion 1 2" x 3" square