

Herb Frittata Tartlet







Recipe Rating	
Total Time	60 Minutes
Cooking Time	35 Minutes
Total Labour	25 Minutes
Knife Skills	Basic

Equipment
Chef's knife/Peeler/Cutting Board
Whisk/Spatula
Mixing Bowl or Pan
½ size- 2" deep production pans
Bulk Retherm Cart (or regular oven) or Tray Service Retherm Cart

Nutrition Facts	
Valeur nutritive	
Per 1 serv (117g) / par 1 serv (117g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories	250
Fat / Lipides 9g	14%
Saturated / satures 2.5g	
+ Trans / trans 0g	14%
Cholesterol / Cholesterol	165mg
Sodium / Sodium 480mg	20%
Carbohydrate / Glucides 31g	10%
Fibre / Fibres 2g	8%
Sugars / Sucres 4g	
Protein / Proteines	11g
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	2%
Calcium / Calcium	8%
Iron / Fer	20%

Herb Frittata Tartlet

	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
2" Savory Tart Shell	25 each	25 each	50 each	50 each
Liquid Egg	1 L	1.1 quarts	2 L	2.2 quarts
Milk, 2%	250 mL	8.5 fl oz	500 mL	17 fl oz
Parsley, Fresh, Finely Chopped	20 gm	0.7 oz	40 gm	1.4 oz

Method	
	<p>1. Defrost tart shells.</p> <p>Combine the liquid egg, milk and parsley; whisk together.</p> <p>Note: any crusty bread with a solid surface can be used instead of tart shells.</p>
	<p>2. Arrange in a ½ size- 2" deep production pan. Cover with plastic wrap and aluminum foil.</p> <p>Place pan in Multigen for 25 minutes.</p>
	<p>3. Bulk: remove from Multigen and serve alone or with a side dish.</p> <p>Cold Plating: allow to cool and plate alone or with a side dish. Place on the hot side of the tray to retherm prior to service.</p>
	<p>4. Serve Hot.</p>
<p>Garnish: Crumbled Feta cheese</p>	
<p>Food Accompany: Savory Smashed Potatoes, fruit or yogurt</p>	

