



RECIPE 9

Ages 5-7

MINI BREAKFAST FRITTATAS

FOCUS ON
food

MINI BREAKFAST FRITTATAS

This egg-based dish is baked in muffin moulds to reduce the fat content. Lovely for breakfast or as a main dish served with salad and crusty bread. Makes 6 mini frittatas.

How to make it

1. Heat your oven to 170°C/Gas 4. Place the muffin moulds on a baking tray.
2. Mix the potatoes, bacon, sweetcorn and chives in a bowl. Divide between the 6 muffin moulds.
3. In a measuring jug, beat the eggs with the milk, grated cheese, Worcestershire sauce and black pepper.
4. Carefully pour the egg mixture into the moulds until $\frac{3}{4}$ full.
5. Bake for 20 minutes until puffed, golden and set.
6. Leave to cool for a few minutes before carefully loosening with a knife.
7. Carefully tip out onto a serving plate. Serve warm.

Before you begin

- Prepare your ingredients to a suitable level depending on the age and previous experience of the children
- Present your equipment and ingredients logically on the table to support your teaching and learning (we call this a set out)
- Make sure everyone removes any rings and nail varnish, ties their hair back, washes their hands and puts an apron on
- Discuss the ingredients and equipment – what they are, how to weigh and measure ingredients and what you'll be doing in the lesson

Ingredients

- 4 new potatoes, cooked and diced
- 3 rashers bacon, cooked until crispy and diced
- 2 tablespoons sweetcorn
- Fresh chives, finely chopped
- 4 large free-range eggs, beaten
- 60ml semi-skimmed milk
- 1 teaspoon Worcestershire sauce
- 30g Gruyère cheese, finely grated
- Freshly ground black pepper

Equipment

Flexible muffin moulds, baking tray, chopping board, vegetable knife, scissors, grater, mixing bowl, tablespoon, measuring jug, fork, table knife

Show the children

- The bridge and claw knife techniques
- The practical 'rules' for preventing cross contamination when handling and using raw eggs
- How to crack and beat an egg
- How to use a measuring jug to measure liquids
- How to snip herbs in a jug using scissors
- The safe grating technique

Under supervision, children can:

- Chop the filling ingredients using the bridge and claw knife techniques
- Crack and beat the eggs
- Grate the cheese
- Combine all ingredients
- Put the mixture into the muffin moulds

Skills

Bridge and claw knife techniques, grating, using a jug to measure liquids, cracking eggs, beating eggs, snipping herbs in a jug using scissors



MAKE IT HEALTHIER BY GRILLING THE BACON, OR USE SUN-DRIED TOMATOES INSTEAD OF BACON FOR A VEGGIE OPTION.

Per frittata (86g)

ENERGY

674kJ / 161kcal 8%

MED

FAT

9.1g 13%

MED

SATURATES

3.4g 17%

LOW

SUGARS

1.8g 2%

MED

SALT

1.2g 20%

% of an adult's reference intake

Typical values per 100g: Energy 784kJ / 188kcal

NUTRITION INFORMATION		
Typical Values	Amount per 100g	Amount per serving (86g)
Energy	784kJ / 188kcal	674kJ / 161kcal
Protein	14.2g	12.2g
Carbohydrate (of which sugars)	8.5g (2.1g)	7.3g (1.8g)
Fat (of which saturates)	10.6g (4.0g)	9.1g (3.4g)
Fibre	0.8g	0.7g
Salt	1.4g	1.2g