



Fennel Tomato al Pastor Frittata and al Pastor Hash



Jim – 4 Guys and a Tomato

Event: Bainbridge Island Spouses and Guests, August 17, 2019

Inspired by: whatever we found in the refrigerator

I'll go out on a limb and bet no one has published this recipe. We woke bright and refreshed from our day of food and wine, as you might imagine. Breakfast, as always, was inspired by the leftover ingredients from the day before.

Ingredients:

- Olive oil
- 6 eggs plus about 6 egg whites from the sabayon
- Fennel from the cedar wrapped salmon
- Red onions from the tacos al pastor
- Red and yellow cherry tomatoes from the crab panzanella
- Al pastor meat
- Garlic
- Oregano leaves and flowers used for garnish on the foie gras
- Feta cheese
- Parmesan cheese
- Avocado from the grapefruit avocado salad
- Balsamic pearls from the amuse bouche

- Diced potatoes
- Red onions
- Al pastor meat and sauce



Directions:

For the frittata, sauté the fennel and onion. Add eggs and other ingredients up through the oregano. Cook slowly in a well-seasoned cast iron pan, stirring often until the eggs start to set. Add the feta. Bake in 350°F oven until almost firm, then top with parmesan cheese and broil until lightly brown. Flip onto a plate or cutting board, and then flip again to present the attractive side. Garnish with avocado and balsamic pearls.

For the hash, sauté the potatoes, followed by the onions, followed by the al pastor.

It goes without saying, salt and pepper as you layer the flavors.