

Cornish Seaweed and Davidstow® 3 Year Special Reserve Vintage Cheddar Frittata

If you're looking for a summer snack suitable for dining al fresco, then this frittata with salty sea vegetables is the one for you! Pair with a simple salad and cold glass of white wine for the ultimate posh picnic.

Serves 6

Ingredients:

- 5 Jersey Royals potatoes, medium sized
- 9 medium eggs
- 5 tablespoons yoghurt
- 2 garlic cloves finely chopped
- 2 sprigs fresh thyme
- 30g chopped fresh chives
- 1 small onion, peeled and diced
- 30g Cornish harvested seaweed, washed and then soaked in water for 30 minutes before using



- 3 sheets of dried nori, soaked in water for 2 minutes, before using
- 1 pinch turmeric
- 1 large pinch onion seeds
- 80-130g Davidstow® 3 Year Special Reserve Vintage cheddar sprinkled over the top (dependant on your personal taste)

Method:

1. Pre-heat a fan assisted oven to 160°C.
2. Cover the potatoes in olive oil, add the garlic and thyme. Cook slowly until soft (in the kitchen we call this confit, it's a French term for this method of cooking).
3. Once cooked, allow the potatoes to cool in the oil at room temperature.
4. Drain the potatoes from the oil and break up into rough large chunks using a fork. You can keep this oil to use for another day.
5. Mix the yoghurt, turmeric and eggs in a bowl.
6. Over a gentle heat in a large frying pan with a little olive oil, sweat the diced onion until softened without browning.
7. Break the nori and Cornish seaweed sheets up roughly with your hands and, in a frying pan, add to the above yoghurt mixture along with the potatoes.
8. Allow the egg mixture to set on the bottom of the pan but keep the heat on a low temperature to ensure it doesn't overcook.
9. Sprinkle the onion seeds, chives and grated Davidstow® 3 Year Special Reserve Vintage cheddar over the top of the mixture. Now place into the pre-heated oven and bake for 8 minutes. Then turn the oven up to 180°C for a further 4 minutes or until golden brown. Remove from the oven and cool at room temperature. Once cool, carefully remove the frittata onto a chopping board. Cut into equal sized portions and serve.



“The frittata recipe pays homage to Cornwall’s beautiful beaches. I love to cook with freshly harvested Cornish seaweed as it is full of vitamins, minerals and protein. Nori and Kombu are the perfect alternatives for when Cornish seaweed can’t be sourced.”