

Frittata

100g Black olives, pitted & roughly chopped
 50g, Goat's cheese, crumbled
 6 Eggs
 250ml Cream
 125g Mature Cheddar
 15g Basil, chopped
 Salt & Black Pepper



* yields 6 frittata

1. Preheat the oven to 200c.
2. Place olives in round silicon moulds
3. make frittata mix by whisking together eggs, cream, basil and cheese and seasonings
4. pour over the olives and cook for 8-10 minutes or until the frittata start to set
5. Place under the salamander until the top is golden.
6. Allow to stand for 5 minutes before you unmould the frittata.
7. Serve immediately.

Napolitana Sauce

500g Tomato, peeled and chopped
 1 Garlic clove
 80g celery
 80g carrot
 80g Onion
 150ml Red Wine
 15g Oregano, chopped
 100ml Vegetable stock
 15g Sugar
 400ml Whole Peeled Tomato

- Sauté onion and garlic till the onions are translucent.
- Add the celery and grated carrot. Deglaze with red wine and reduce by half.
- Add the tomato and vegetable stock, place in the bouquet garni.
- cook over a low heat for approx 2 hours
- Season with salt, pepper and sugar
- Add chopped herbs

* yields 500ml

Caponata

- 250g Aubergine
- 125g Red Peppers
- 10g celery
- 4g capers, chopped
- 30g Calamata olives, pitted
- 30 ml Red Wine Vinegar
- 10g Sugar
- 20g Basil Leaves Torn
- 40 ml olive oil



* yields 250 g

1. cut the aubergines and red peppers into perfect 1cm dice.
2. Warm a pan up with some of the olive oil. It should be smoking, then add aubergines in a single layer, cooking them until golden and soft, but not losing their shape - keep the heat high.
3. cook the aubergines in batches, cook the red peppers the same way. Keep them separate.
4. cut the celery into thin slices, chop the capers and the olives.
5. Warm the vinegar and dissolve the sugar in it, then add the celery, capers and olives.
6. cook the mixture on a low heat until reduced and sweet/sour in taste.
7. combine the peppers and aubergines and pour the warm dressing over.
8. (If your dressing reduced enough your salad will be beautifully shiny).
9. Tear the basil into small pieces and add to the rest of the ingredients.
10. Mix thoroughly and allow to cool down.
11. The flavour will be at its best the next day.

To Assemble

1. Place a big spoon of Napolitana sauce in the centre of the plate.
2. Place warm frittata on top of the sauce.
3. Dress wild rocket leaves with olive oil and mix in some crumbled goats cheese into the salad and place on top of the frittata.
4. Spoon warm caponata around the frittata.
5. Sprinkle toasted pine nuts over the salad and around the plate.
6. Enjoy.