

SAVORY SALMON AND EGG FRITTATA

Company: Egg Farmers of Ontario
Cook Time: ~35 minutes

Serving Size: 1 each (226.4 g/8 oz)
Cook Temperature: 350°F/177°C

Yield: 25 Portions

Step	Ingredients	Metric Weight	Metric Volume	Imperial Weight	Imperial Volume
1	Salmon, Pink, flaked, pouch	1.875 kg	-	4 lbs 6 oz	-
2	Margarine, soft	80 g	80 ml	3 oz	1/3 cup
2	Onion, frozen, diced	350 g	750 ml	12 oz	3 cups
2	Red Bell Pepper, fresh, diced	575 g	1 L	1 lb 4 oz	4 cups
3	Eggs, shell, large (or liquid eggs)	42 each	2.050 L	42 each	2 ¼ quarts
3	Sour Cream	480 g	500 ml	1 lb 1 oz	2 cups
3	Dill, dried	4.2 g	20 ml	0.1 oz	1 1/3 Tbsp
3	Salt	6 g	5 ml	0.2 oz	1 tsp
3	Black Pepper, ground	5 g	10 ml	0.2 oz	2 tsp
3	Chives, fresh, chopped	35 g	175 mls	1.2 oz	¾ cup
5	Cheddar Cheese, shredded	250 g	555 mls	8.8 oz	2 ¼ cups
6	Sour Cream	240 g	250 ml	8 oz	1 cup
6	Dill, fresh, sprigs	5 each (4 g)	-	5 each (0.1 oz)	-

Preparation Steps to use:

Wash hands before beginning preparation and sanitize surfaces/equipment.

1. Drain the flaked pink salmon in a colander until well-drained. Preheat convection oven to 350°F/177°C.
2. Heat a skillet over medium-high heat with margarine. Add frozen diced onion and diced red bell pepper and sauté until softened for ~5 minutes.
3. In a large mixing bowl, thoroughly whisk together eggs, sour cream, dried dill, salt, pepper, chopped chives and sauteed onion/red pepper mixture.
4. Spray a 2' deep full size insert pan(s) with cooking spray; 1 full size pan (18" by 24") will yield 36 servings. Spread the drained, flaked salmon on the bottom of the pan. Pour egg mixture over salmon. Lightly wiggle the insert pan to ensure egg is evenly spread.
5. Bake in oven for ~25 minutes. Sprinkle cheddar cheese evenly over the top and cook for 5 minutes more. Cook until center is no longer wet, and the internal temperature reaches 165°F/74°C held for a minimum of 15 seconds. Allow to rest for 10 minutes before serving.
6. Cut the full size insert pan into 6 by 6 to yield 36 servings per pan. Serve 1 piece (3" x 4") each with 2 tsp/10 ml sour cream and a sprig of fresh dill or dried dill on top of sour cream.

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Plating/Garnishing Suggestions:

Serve with mixed green salad and buttery roll. Garnish with dollop of sour cream on top and fresh or dried dill.

CCP-Maintain >140°F/60°C for a maximum of 4 hours. Temperature should be taken every 2 hours during holding.

CCP-COOL: Product must reach 140°F/60°C to 70°F/21°C within 2 hours and 70°F/21°C to 40°F/4°C within 4 hours.

CCP-REHEAT to an internal temperature of 165°F/74°C within 2 hours held for at least 15 seconds-one time only.

NOTE: Refer to local or regional public health regulations for any hot holding time limits.

Nutritional Information Per Serving: 3"x4" piece (226 g/8 oz)

Calories	% of Calories from Protein	Protein	Carbohydrate	Fat	Saturated Fat	Trans Fat	Cholesterol	Total Sugar	Total Dietary Fiber	Sodium	Potassium	Calcium	Iron
336 kcal	36%	30.2 g	5.7 g	22.2 g	8.1 g	0.4 g	390 mg	2.0 g	0.7 g	551.5 mg	351.3 mg	182.8 mg	2.0 mg

Vitamin A	Vitamin C
273.3 RE	31.12 mg