

Chefs of the West

The Art of Cooking ... by men ... for men



For years, J.C. Cross of Berkeley was in the habit of preparing a mushroom-and-cheese omelet for Sunday brunch on the back deck. Searching for a variation that would delight the eye as well as the palate, he devised this Tortino Italiano. A tortino (tartlet) resembles a frittata but is cooked on one side only.

He calls his invention Italiano because its bright green, red, and yellow colors call to mind the Italian flag. It might also be added that the ingredients are no strangers to Italian cooking.

Tortino Italiano

- 1 tablespoon butter or margarine**
- 1 tablespoon olive oil or salad oil**
- 1 small onion, finely chopped**
- 1 clove garlic, minced or pressed**
- 1 medium size zucchini, thinly sliced**
- 1 small red bell pepper, seeded and diced**
- 3 large eggs**
- 1 tablespoon whipping cream or water**
- 1 tablespoon chopped parsley**
- Salt and pepper**
- 2 tablespoons freshly grated Parmesan cheese**

medium heat, melt butter in oil. Add onion and garlic and cook, stirring often, until onion is limp. Then add zucchini and bell pepper; cook, stirring often, until zucchini is tender crisp to bite, 2 to 3 minutes.

In a small bowl, beat eggs, cream, and parsley together until blended. Pour egg mixture over vegetables, season to taste with salt and pepper, and cook, tilting pan and poking holes between vegetable so uncooked egg flows underneath, until eggs are just set.

Sprinkle evenly with Parmesan cheese; remove from heat, cover, and let stand 1 minute. Then serve at once. Makes 2 servings.

J.C. Cross

Berkeley, California

Sunset

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