

# BUILD LONGER TABLES

An International Brunch For Ukraine

Online Cooking Class by

Paola Albanesi and Omid Roustaei

Supporting [World Central Kitchen](#)

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Frittata agli Spinaci  
Frittata with spinach and Parmigiano cheese

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Kuku Sabzi  
Fresh Herb and Barberry Frittata

## Before You Start

If you'd like to cook along with us, we suggest you get ahead of the game and prepare all ingredients and tools before class starts.

### Paola's Frittata agli Spinaci Tools & Prep

#### Tools

Cutting board and knife

Salad spinner or colander

9-inch pan with a tight-fitting lid or 9-inch pie dish

spatula

Fork

Bowl

#### Ingredients

1 bunch spinach

6 eggs at room temperature

2 tablespoons heavy cream, half-and-half, or whole milk.

½ cup Parmigiano Reggiano or Pecorino Romano, grated

½ cup Mozzarella cheese, cut into cubes

¾ teaspoon kosher salt

6-8 leaves of basil torn into small pieces or 1 tablespoon finely chopped parsley or marjoram (optional)

2 Tablespoons extra virgin olive oil

#### Before class prep

Gather all ingredients, remove eggs from the refrigerator, rinse and drain spinach, grate the cheese, cut the mozzarella into cubes, rinse herbs, if using.

## Frittata agli Spinaci

### Frittata with spinach and Parmigiano cheese

Serves 4 | Preparation time 5 minutes | Cooking time 15-30 minutes

1 bunch spinach

6 eggs at room temperature

2 tablespoons heavy cream, half-and-half, or whole milk.

1/3 cup Parmigiano Reggiano or Pecorino Romano, grated

1/3 cup Mozzarella cheese, cut into cubes

3/4 teaspoon kosher salt

6-8 leaves of basil torn into small pieces or 1 tablespoon finely chopped parsley or marjoram (optional)

2 Tablespoons extra virgin olive oil

### Directions

Rinse, drain, trim the spinach. Cut crosswise into 1-inch strips.

On medium heat, warm a 9-inch frying pan, possibly non-stick. Add the spinach with any clinging water, and cook briefly, until they start wilting. Transfer onto a colander and let drain until ready to make the frittata.

Break the eggs into a medium-sized bowl. Add milk, salt, and grated cheese. Using a fork or a whisk, beat until well blended; add the mozzarella and the fresh herbs, if using, and mix one more time.

## Cooking the frittata on the stovetop

Turn the heat on medium, and position the pan. Add the oil. Tilt the pan to cover evenly cover the bottom. Add the spinach and let reheat for 1-2 minutes, until warm..

Pour the frittata mix into the pan, and cook over medium heat, gently pushing the mixture with a spatula from the edges toward the center. When the mixture is starting to firm up, set a lid on top of the pan.

Holding firmly the lid on the pan, flip the frittata onto the lid, then let it slide back into the pan.

Cover.

Cook on medium for 1 minute, then lower the heat and let cook, covered, for 5 additional minutes.

Transfer the frittata to a serving plate and let it cool for a few minutes before serving.

## Baking the frittata

Preheat the oven to 325°F

Lightly oil a 9-inch pie dish.

Prepare the mixture according to the recipe, add cooled spinach and mix well. Pour everything into the baking dish and bake for 25-30 minutes.

Keep an eye on your frittata while it's in the oven. Bake until the eggs are puffed and opaque, and the center of the frittata jiggles just a bit when you give it a gentle shimmy.

The frittata will continue cooking once you remove it from the oven due to residual heat.

Let the frittata rest for 5 minutes before serving.

Serve with bread, a salad, or let it cool and cut into cubes and use it to make skewers, alternating cubes of frittata with cherry tomatoes and focaccia cubes, olives, or your favorite ingredients. It is also a tasty filling for a sandwich. Store the leftover frittata in the refrigerator.

Recipe by [Paola Albanesi](#)

## Kuku Sabzi – Fresh herb and leek frittata

### Tools

Cutting board and knife

9-inch pan with a tight-fitting lid or 9-inch pie dish

Spatula and whisk

Mixing bowl

Food processor

### Ingredients

4-5 eggs, see note

1 cup coarsely chopped fresh cilantro, leaves, and softer section of the stem

1 cup coarsely chopped fresh parsley, leaves, and softer section of the stem

1 cup coarsely chopped fresh dill, leaves, and softer section of the stem

1 cup finely chopped chives, or scallions or leeks, green and white parts

1 tablespoon fenugreek leaves, dried

1/2 teaspoon turmeric, ground

1 1/2 teaspoon salt

1/2 teaspoon pepper, ground

4 tablespoons walnuts, chopped

3 tablespoons barberries

### Instructions

Preheat the oven to 375° F.

In a medium-sized bowl, break the eggs and mix well with a whisk. Set aside.

In a food processor, place small amounts of herbs and process until they are finely chopped.

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Repeat this process until all the herbs have been processed. Place in a large bowl.

Add the remaining ingredients (with the exception of the butter) and whisked eggs to the herbs mixture and mix well.

Rub a 9-inch pie dish or similar oven-proof baking dish with butter and pour in the egg and herbs mixture.

Bake uncovered for 30 minutes or until the eggs are fully cooked. Baking times will vary depending on your baking dish's size and whether the mixture is spread out or more stacked.

Allow the Kuku to rest for 5 minutes before removing it from the pan. Place on a serving platter and serve.

Kuku Sabzi is often served with flatbreads or steamed basmati rice and a side of yogurt.

### NOTES

Adjust the number of eggs to make sure the Kuku batter is dense with chopped herbs. You should not be able to see any eggs separating from the Kuku batter.

Though I typically cook my Kuku in the oven, it is more traditional to cook them with oil in a frying pan with a lid.

Add about 4-6 tablespoons of oil to the pan and cook for 15 minutes, covered. Flip, add another couple of tablespoons of oil and cook on the other side uncovered for about 10 minutes. You may want to cut the kuku pieces into quarters to make them easier to flip.

Recipe by [Omid Roustaei](#)