

American Lamb

BRUNCH



American Lamb & Caramelized Onion Frittata

Yield: 12 servings

Ingredient Cost per Serving: \$2.63 / Suggested Menu Price: \$8.50

Rich chunks of braised American Lamb shoulder along with caramelized onions, potatoes, roasted red peppers and cheese abundantly fill a frittata that starts on the stovetop and finishes in the oven.

INGREDIENTS

Olive oil
Sweet onions, thinly sliced
American Lamb shoulder, braised, shredded
Red Bliss potatoes, cooked, large dice
Roasted red peppers, diced
Eggs, large, beaten
Milk, 2%
Kosher salt
Black pepper, ground
Manchego, shredded or crumbled feta cheese
Fresh parsley and/or chives, chopped

WEIGHTS

2 pounds
1-1/2 pounds
1 pound
8 ounces
3 pounds

6 ounces

MEASURES

2 to 3 tablespoons
1-1/2 quarts
1 quart
3 cups
1-1/2 cups
24 large
3/4 cup
2 teaspoons
1 teaspoon
1-1/2 cups
1/3 cup

METHOD:

In a heavy 12-inch nonstick or well-seasoned cast iron skillet, heat oil over medium heat; add onions and sauté 12 to 13 minutes. Stir in lamb, potatoes and peppers; heat through.

In a bowl, whisk together eggs, milk, salt and pepper; mix well. Stir in cheese, parsley and chives. Pour egg-cheese mixture over lamb mixture; stir gently to mix. Let mixture heat and form a firm bottom layer (3 to 4 minutes).

Place skillet in the oven; cook frittata at 350°F until firm (about 30 minutes). Remove from oven and let stand 5 minutes before turning frittata bottom side up onto a cutting board. Let frittata stand 15 minutes before cutting. Cut into squares or wedges and serve warm.

For individual frittatas: Place 2 tablespoons caramelized onions, 1/3 cup lamb, 1/4 cup potatoes and 2 tablespoons red pepper in a single serve skillet; heat skillet. Pour over 2 eggs beaten with 1 tablespoon milk, 1 teaspoon parsley or chives, salt and pepper; sprinkle with 2 tablespoons cheese. Bake at 350°F 12 to 14 minutes or until firm. Frittata can be run under the broiler just before serving if desired.



Once limited to dinner menus, American Lamb is finding its way onto dynamic brunch menus as chefs turn their attention to the morning hours. Fresh, homegrown American Lamb offers a creative twist to bacon, hash and classic eggs benedict. Best of all, these brunch menu items are affordable – **with ingredient costs under \$5.**

Brunch



American Lamb Hash – Braise lamb shoulder with thyme, garlic and broth until tender. Sauté with onion, crisp potato pieces, chickpeas, red bell pepper chunks and fresh thyme to create a succulent hash. Top with a poached egg, frizzled shallots and drizzle with a roasted red pepper aioli.

Breakfast Pizza with American Lamb Bacon – Top individual pizza dough rounds with diced cooked potatoes, caramelized onions, shreds of fresh spinach. Top with crisp pieces of lamb bacon, fresh mozzarella pieces and shredded asiago. Bake and serve with a fried egg on top.

Biscuit Merguez Sandwich – Split and top a large, fresh-baked biscuit with a mustard-dressed slaw, a cooked merguez patty, scrambled eggs and shredded smoked Gouda. Heat under the broiler to melt the cheese before serving.

Lamb Breakfast Pie – Spread filo or kataifi dough into a single serving pie plate or baking dish and bake until crisp. Top with shredded pepper jack cheese, sautéed spinach or baby kale, pepper-creamed ground lamb and a poached egg.

Mediterranean Lamb Benedict – Griddle a small pita bread and top with sautéed spinach, crumbled Merguez Lamb Sausage and a smoked paprika hollandaise sauce.



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