**Thanks to Michael Moyer for giving us our second Market Meal!**

**Mushroom and Leek Frittata**

**Ingredients:**

1 Cup [Miller's Mushrooms](https://www.facebook.com/millersmushroomscanton/?__cft__%5b0%5d=AZXCTgeHg8eBSleMYhQSLiKSLKkU1ApiaU5Hc90j5LWIMhFNHLTiztVpgS64zME8p8SrKaV9AzWp41MX2yP2mfhejXSdJhzj7oKj7__zBCuCi0jvY5SfEImXM_XFaVQSlCKiy5WkUUZe2lRIKRAVVjGGpZTQVxwNO6o5yJQDWEBhTHr-zDwQRaN41tl3XFiJrqg&__tn__=kK-R) oyster variety, shredded or sliced

1/4 Cup LOG CABIN FARMS Leeks, sliced

Thumbnails worth of HOMESTEAD FARMS Garlic, minced

4 [Tierra Verde Farms](https://www.facebook.com/TierraVerdeFarms/?__cft__%5b0%5d=AZXCTgeHg8eBSleMYhQSLiKSLKkU1ApiaU5Hc90j5LWIMhFNHLTiztVpgS64zME8p8SrKaV9AzWp41MX2yP2mfhejXSdJhzj7oKj7__zBCuCi0jvY5SfEImXM_XFaVQSlCKiy5WkUUZe2lRIKRAVVjGGpZTQVxwNO6o5yJQDWEBhTHr-zDwQRaN41tl3XFiJrqg&__tn__=kK-R) eggs

PAINT VALLEY FARMS Aged Cheddar, grated

As much or as little as you want!

Butter as needed

Salt and Pepper as needed

1 [Mămălagel's Bagels](https://www.facebook.com/mamalagelsbagels/?__cft__%5b0%5d=AZXCTgeHg8eBSleMYhQSLiKSLKkU1ApiaU5Hc90j5LWIMhFNHLTiztVpgS64zME8p8SrKaV9AzWp41MX2yP2mfhejXSdJhzj7oKj7__zBCuCi0jvY5SfEImXM_XFaVQSlCKiy5WkUUZe2lRIKRAVVjGGpZTQVxwNO6o5yJQDWEBhTHr-zDwQRaN41tl3XFiJrqg&__tn__=kK-R) bagel

4 Gallons per person 😊 of [M&H Beans Coffee Co](https://www.facebook.com/mhbeans2019/?__cft__%5b0%5d=AZXCTgeHg8eBSleMYhQSLiKSLKkU1ApiaU5Hc90j5LWIMhFNHLTiztVpgS64zME8p8SrKaV9AzWp41MX2yP2mfhejXSdJhzj7oKj7__zBCuCi0jvY5SfEImXM_XFaVQSlCKiy5WkUUZe2lRIKRAVVjGGpZTQVxwNO6o5yJQDWEBhTHr-zDwQRaN41tl3XFiJrqg&__tn__=kK-R), your favorite blend or single origin

[Haff's Hot Sauce](https://www.facebook.com/haffshotsauce/?__cft__%5b0%5d=AZXCTgeHg8eBSleMYhQSLiKSLKkU1ApiaU5Hc90j5LWIMhFNHLTiztVpgS64zME8p8SrKaV9AzWp41MX2yP2mfhejXSdJhzj7oKj7__zBCuCi0jvY5SfEImXM_XFaVQSlCKiy5WkUUZe2lRIKRAVVjGGpZTQVxwNO6o5yJQDWEBhTHr-zDwQRaN41tl3XFiJrqg&__tn__=kK-R) to taste

Sour Cream to taste

**Equipment:**

• Cheese grater

• Nonstick skillet, 7” without plastic handle

• Oven

• Mixing Bowl

• Whisk

• High heat rubber spatula

• Toaster

**Method:**

1. Brew coffee using your favorite brew method.

2. Set oven to 425oF.

3. Prep:

a. Shred mushrooms by pulling from the outer edge of the mushroom to the stem. Alternatively, you can slice them about 1/8-1/4” wide.

b. Slice leeks thinly.

c. Mince garlic.

d. Grate cheddar- be careful, you only get one set of fingertips.

e. Whisk together eggs in mixing bowl. You can add some water or milk at this point, but it’s not necessary.

4. Heat up your skillet.

5. Sauté mushrooms and leeks in butter.

6. Add the garlic at the very end, sauté until fragrant. Do not burn the garlic!

7. Add egg mixture and use rubber spatula to mix everything together. Don’t mix too much or your frittata will turn into scrambled eggs.

8. Top with cheese.

9. Let it go until the egg mix looks about halfway cooked. Place skillet in the oven.

10. Bake for a few minutes, until the cheese starts to turn brown.

11. Toast your Mamalagels bagel while the frittata is baking.

12. Remove from oven, cut like a pizza, and serve. Jazz it up with some Haff’s Hotsauce and add a little dollop of sour cream.

**Options!**

I love frittatas because they can be simple or complex. Leftover veggies from last night’s dinner and those random chunks of cheese in the fridge can make you a hearty breakfast in about 10 minutes. Experiment and have fun.

**Challenge yourself in the kitchen!**

• Source some local eggs. They’re surprisingly easy to find, BUT you’ll have a hard time going back to supermarket eggs.

• Use up leftovers in the most creative way you can, like the pro chefs do.

• Try a cast iron skillet instead of nonstick. There is a learning curve to cast iron, but the payoff is they will last forever and there’s no Teflon to worry about flaking off. A bonus is you can hand it down to someone when you get old.

• Use the broiler instead of the oven.

• Find a tiny skillet, like 4-5”, and impress your friends with adorable frittata sandwiches using Mamalagels bagels.

• Meal prepper? Make some ahead on your prep day and heat up through the week. Quick, easy, filling breakfast for people on the go.

**Buy local! Support the farmers, makers, bakers, musicians, entrepreneurs, growers, and friends in your neck of the woods.**

**Keep money in your community.**

**-Mike**