

You will need: a large oven-safe frying pan or cast iron skillet; one onion; a handful of any or all of the following fresh herbs: parsley, basil, cilantro; one clove of garlic (optional); the green part of two scallions (optional); a dozen eggs; three handfuls of grated cheese (your favorite kind); salt and pepper; hot sauce (optional); oil (any kind)

Step
1



Heat the broiler and put the rack in the middle of the oven. If you have one of those broilers that's in a drawer under the oven, then use the oven instead, heated to **500 degrees Fahrenheit**.

Step
2



Thinly slice the **onion** and chop the **herbs, garlic, and scallions** (if using).

Step
3



Crack the eggs into a bowl. Add two handfuls of **cheese**, lots of **salt and pepper**, and the **herbs and scallions**.

Step
4

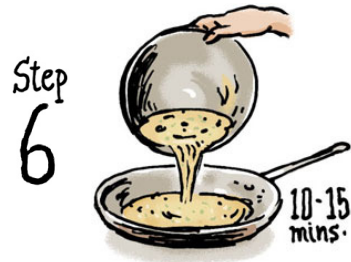


Stir until everything is well blended. Add 10 dashes of **hot sauce**, if using.

*From the store to the kitchen to the table: We outline the steps that get you from raw ingredients to your dinner tonight, free of measurements and complicated techniques. It's a method you'll remember and whip out whenever you like. It is the most basic way to make the thing you're making.



Heat the **frying pan** over medium-high heat on the stove and coat the bottom with oil. **Add the onion and garlic**, season with salt and pepper, and **sauté** until soft and golden.



Pour the **egg mixture** into the pan with the onion and garlic, turn the heat down to medium low, and **cook for 10 to 15 minutes** undisturbed. (You want the **outer edges to be set** and slightly browned, but not the middle.)



Sprinkle the last handful of cheese on top.



Put the frittata in the oven and, if you're using the broiler, cook for 3 to 5 minutes. If you're using the oven, cook for 5 to 10 minutes. When it's finished, the center will **no longer jiggle** if shaken, the cheese will have **slightly browned** on top, and the frittata will have **puffed up** a bit.

*From the store to the kitchen to the table: We outline the steps that get you from raw ingredients to your dinner tonight, free of measurements and complicated techniques. It's a method you'll remember and whip out whenever you like. It is the most basic way to make the thing you're making.

Illustrations by Bill Russell. Find this online at www.chow.com/stories/11575.