

09/03/10 - Spinach Fritada, Sephardic Style

In our family Rosh Hashanah Lunch is a dairy meal. This is the tradition of the Jews from Rhodes or from Turkey. The meal consists of Huevos Haminados (a hard cooked egg with onion skins to turn them brown), Borekas, Boyuz, fish (either fried or oven baked with sauce), tomatoes, cucumbers, melons, grapes, berries, sweet Challah rolls, Fritada or Quajado and dessert. All washed down with Turkish coffee.



Since we consume such large meals at the Rosh Hashanah dinners, it only seems appropriate to have a lighter, dairy lunch. The Boyuz, Borekas, and Fritada, are referred to as Desayuno. In Ladino, desayuno is food served for breakfast or brunch. Desayuno comes from the Spanish verb Desayunar, or eat breakfast.

Spinach Fritada is thin and crisp with a salty, cheese enhanced, green flavor. It is easy to make and may be frozen and reheated. Just cut it into squares and serve it.

16 ounces of fresh pre-washed baby spinach

8 ounces of Feta cheese (I prefer Bulgarian style from Israel, Sheep's Milk)

4 ounces of Sharp white cheddar

1 cup of finely grated Parmesano Reggiano

10 large eggs

$\frac{3}{4}$ cup panko crumbs

3 tablespoons of safflower oil

Preheat the oven to 350°. Using a very sharp Chef's knife chop the spinach. Place the spinach in a large bowl and crumble the feta cheese on top. Grate the cheddar on the large hole side of a box grater and add the cheddar to the spinach. Next, add the Parm



Crack the eggs one by one to check, and then add them to the bowl of spinach. Lastly add the Panko crumbs (I use Kikkoman brand). Toss the whole spinach mix together until moist and cohesive. Pour two tablespoons of safflower oil into a 9 x 13 glass (Pyrex) or pottery baking dish. Spread the oil in the dish and then add the

spinach. Lightly pat the spinach into an even thickness with your palm of your hand. Next drizzle the top of the Fritada with the remaining tablespoon of oil and spread with the palm of your hand. Place the Fritada in the preheated oven and bake for about 30 minutes or until the top is puffed and golden. Cut into squares and serve.



Just a note, many people place the baking dish with the oil in the oven for a few minutes until hot, and then they add the spinach mix to the hot baking dish, and return it to the oven. I am always afraid of burning myself so I pass on this procedure.

A slice of Fritada is a whole healthy meal in itself.



Related posts:

1. Boyus With Spinach and Cheese
2. Handrajo Borekas for The Sephardic Temple Sisterhood
3. Sephardic Turkish Salad
4. Pumpkin Borekas
5. Boyos de Spinaca

Related posts brought to you by Yet Another Related Posts Plugin.