

0.1 Wild Hop Frittata

- ↪ *Half an onion* Dice the onion, and add to a pan with the butter. Gently cook until the
↪ 1 *Knob of butter* onion is soft and sweet-smelling.
- ↪ *Handful of wild hop shoots* Wash the hops well, and add them to the same pan. Cook until dark green
↪ *Olive oil* and fragrant.
- ↪ 2 *Eggs* Whisk the eggs well, and mix in a pinch of salt and pepper. Pour them into
↪ *Salt* the pan with the hops, cover with a lid until the top is almost set, then flip
↪ *Pepper* using a plate.
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