

## 0.1 Wild Hop Frittata

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- ↪                    *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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