



FAMILY, FOOD & FUN



RECIPES BY

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FIRST COURSE

Fresh Mozzarella
and Tomato Salad

SECOND COURSE

Chicken and Vegetable Risotto

THIRD COURSE

Bananas Foster
with Vanilla Ice Cream

FRESH MOZZARELLA AND TOMATO SALAD



Ingredients

- 1 pound fresh cheese curds, cold
- 1 tablespoon kosher salt
- Hot water (160-165° F)
- Warm water (90-100° F)
- Cool water

Instructions

1. Cut mozzarella curd into 1-inch cubes. (Cutting the curd while still cold gives cleaner rather than jagged edges).
2. Place cut curds in a large mixing bowl and pour just enough warm water (roughly 90 to 100°F) to cover the curds. Never pour water directly on top of the curds, but pour water along the sloped side of the bowl to gently envelope the curds. This brings the curds to temperature gradually.
3. Let stand for a few minutes until the curds warm through. (Test by picking the largest piece of curd in the bowl and splitting it open. If it still feels cold on the inside, let stand for a little longer.) Warming the curds through helps them melt evenly once really hot water is introduced. When the curds are fully warmed, they should go from a firm, tofu-like texture to a softer/squidgier texture.

Equipment

- 2 large metal mixing bowls
- Thermometer
- Knife
- Wooden spoon
- 3 pairs of thin Latex gloves (optional)

4. Introducing warm water to cold curds will cause the temperature of the water to drop. Keep feeling the water temperature. It should feel hot to the touch. If the water feels too cool, skim off some warm water and add more hot water to bring the water temperature to 100 to 120°F.
5. When the curds pieces have warmed through, drain the water into a separate bowl, add 1 tablespoon of salt to the water, stir to dissolve and set aside. This will be the brine for your finished mozzarella.
6. In the bowl of curds, pour hot water (160°F) around the edges of the bowl until it just covers the curds. Let the curds sit for about 2 minutes until they begin to soften and melt. Use a wooden spoon to gently fold the curds over each other in the bowl. When you get one smooth, homogeneous mass, you are ready for the next step!

FRESH MOZZARELLA AND TOMATO SALAD



Instructions (continued)

7. Keeping the curd mass submerged in hot water, gently stretch one end of it up, while guiding the remainder in the bowl with your other hand. Imagine you are straightening a long stocking. Keep as much of the cheese submerged under water as possible, to keep it smooth and silky.
8. Once the curd is elastic and stretched, roll one end of the stretched cheese until it meets the other end—as if you are coiling a stocking. Then, to make a smooth round ball, take the coiled mass in one hand and pass it through your other hand cupped in the shape of a “C”.
9. As the ball completely passes through the C-shaped hand, pinch a smaller ball off the larger cheese mass by using your pointer finger.
10. Immediately put this newly formed, small ball into the warm brine solution. Let sit for a few minutes. If there are ragged edges from where the ball was pinched, smooth the edges by running the ball submerged along the inside of the bowl.
11. Repeat steps 7 through 10 with the remaining curd mass.
12. Serve and eat as soon as possible! Fresh mozzarella can be kept unrefrigerated overnight or for a few days longer in the fridge. Note that refrigeration will cause the cheese to seize up and lose its pillowy softness.
13. Place tomato slices, alternating with mozzarella slices, on a large serving platter.
14. Combine oil, balsamic vinegar, salt, and pepper in a jar with a tight-fitting lid; shake well. Drizzle over tomatoes and mozzarella; sprinkle with basil.

CHICKEN AND VEGETABLE RISOTTO

Prep time: 10 mins · Cook time: 30 mins · 4-5 Servings



Ingredients

- 2 tablespoons olive oil
- 4 tablespoons butter
- 1 chopped onion
- 1 chopped garlic clove
- 2 chicken breasts,
- 3¼ cups or 900 mL chicken or vegetable broth
- Vegetables of your choosing
- 1½ cups or 300 grams risotto rice
- 2 tablespoons grated Parmesan cheese
- Freshly ground black pepper, to taste

Instructions

- Heat the oil and butter in a large saucepan. When the butter is melted add the onion and garlic, and fry until soft. Add the chicken and fry until the outside is white.
- Meanwhile, put the broth on to heat in a separate pan.
- Add the vegetables to the chicken, and fry gently for 3-4 minutes or until they start to soften.
- Add the rice and stir to make sure all of the grains are covered in oil/butter (add a little more oil or butter if necessary).
- Add the hot broth to the rice mixture, a ladle-ful at a time, stirring constantly, until each ladle-ful is absorbed. Simmer gently. Continue adding broth (you may not need to use all of it) stirring until the rice is plump but still has a “bite.” The overall consistency should be creamy when done (this will take about 20 to 25 minutes).
- Take the pan off the heat, stir in the Parmesan cheese and black pepper, and serve.

BANANAS FOSTER WITH VANILLA ICE CREAM



Prep time: 5 mins · Cook time: 15 mins · 2-3 Servings

Ingredients

- ¼ cup butter
- 2/3 cup dark brown sugar
- 3 ½ tablespoons rum
- 1 ½ teaspoons vanilla extract
- ½ teaspoon ground cinnamon
- 3 bananas, peeled, sliced lengthwise and crosswise
- ¼ cup coarsely chopped walnuts
- 1 pint vanilla ice cream

Instructions

- In a large, deep skillet over medium heat, melt butter. Stir in sugar, rum, vanilla and cinnamon. When mixture begins to bubble, place bananas and walnuts in pan. Cook until bananas are hot, 1 to 2 minutes.
- Serve at once over vanilla ice cream.



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