

Say Cheese!  
FineMark National Bank & Trust  
Recipes by Executive Chef, Lisa Fidler

### **Sweet & Spicy Shrimp**

#### **Ingredients:**

1 Tbs Olive Oil  
2 tsp Brown Sugar  
2 tsp Cajun Seasoning  
1 Pound Large Shrimp (26 to 30 count), peeled and deveined

#### **Directions:**

Mix oil, brown sugar and Seasoning in large bowl. Add shrimp; toss to coat well. Thread shrimp onto skewers.

Grill over medium heat 2 minutes per side or just until shrimp turn pink.

Serve shrimp over Smoky Goud-a Polenta.

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### **Smoky Goud-a Polenta Cakes**

#### **Ingredients:**

3 Cups Water  
1 1/2 tsp Kosher Salt  
1 1/2 Cups Polenta, medium or coarse grain  
1 tsp Cumin  
1/8 tsp Black Pepper, freshly ground  
1/2 Cup Smoked Gouda, grated  
2 Tbs olive oil  
oil for cookie sheet

#### **Directions:**

In a saucepan heat the water and salt over medium-high heat.

Bring to a simmer, but don't let it boil.

Slowly whisk the polenta into the simmering water. Whisk constantly until it begins to thicken, about 3 minutes. Add the spices, cheese, and olive oil and keep whisking, until smooth. This will feel like an hour because the polenta is thick... you can make it through!!

Reduce the heat and simmer, stirring regularly, until it is very thick.

Spray a 9x9 pan and place a piece of parchment cut to the same size then spray the parchment

Fill the pan with the polenta. Smooth the polenta out evenly.

Cover the pan and refrigerate overnight.

Remove from the refrigerator and flip over onto a cutting board.

The polenta should slide out of the pan.

You can cut into squares or shapes with a cookie cutter.

To serve, place on a cookie sheet, that has been sprayed with cooking spray, in a 350 degree oven for about 2 minutes, depending on the thickness of the polenta.

You can also grill on an indoor grill or an outdoor grill that has been fitted with a vegetable basket... make sure you oil the grill and basket!!

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## Shepard's Cheese & Spinach Rolls

### Ingredients:

1 package of Egg Roll Wrappers, 14 per pkg  
5 Slices of Prosciutto, cut into 1/3's  
10 oz Frozen Spinach, thawed and squeezed of any liquid  
2 Cloves Garlic, grated  
1 Shallot, small dice  
2oz of White Wine (since you only need 2 oz I suggest you use a wine that you will drink.. after cooking!!)  
2 Cups Shepherd's Cheese, Grated \*\*\*  
Water for sealing wrappers  
Pan Spray for baking

### Directions:

In a small sauté pan, place the shallot over medium heat, NO OIL. Add a pinch of salt and pepper. When the shallots begin to "sweat", add the grated garlic. At this point, pour in the wine and let cook until all the wine is absorbed, about 1-2 minutes.

Let cool slightly; then add the Shallots to the Spinach in a large bowl. Toss to incorporate through. Place 1 egg roll wrap in front of you forming a diamond. Lay a 1/3 slice of prosciutto in center of egg wrapper, top with spinach & shallot mixture then grated cheese. Fold bottom corner over filling. Fold sides toward center over filling. Moisten remaining corner with water; roll up tightly to seal. Repeat. Place seam-side down on a baking sheet coated with cooking spray. Spray tops of egg rolls with cooking spray. Bake at 425 degrees F for 10-15 minutes until lightly brown. Turn them halfway through baking.

\*\*\*If you cannot find a Shephard's Cheese you can use other semi firm Cheese like a Fontina, Gouda, Edam, Gruyere etc.

## **Home Made Ricotta**

### **Ingredients:**

6 Cups Whole Milk  
2 Cups Heavy Cream  
3 Tablespoons Distilled White Vinegar  
1 teaspoon Kosher Salt

### **Directions:**

In a medium saucepan, combine the milk, heavy cream, vinegar and salt. Place the pan over a medium heat and slowly bring the milk mixture to a simmer. Simmer (not boil) the milk mixture for 1 to 2 minutes; you will see curds begin to form.

Line a mesh strainer with several layers of damp cheesecloth. Gently pour the curds and whey through into the strainer and let drain for 15 minutes. Gather the cheesecloth together and gently squeeze some of the excess liquid from the ricotta. You can now transfer the Ricotta to a container with a tight lid and refrigerate for up to 7 days.

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### **Lemon Goat Cheese Tart**

#### **Ingredients:**

8oz Goat Cheese, softened  
Zest from 1 Lemon  
1 tsp Vanilla  
Juice from said Lemon  
1/4 Cup Powdered Sugar 1/4 Cup Whipped Cream

#### **Directions:**

Cream the cheese and sugar in a Mixer fitted with a paddle; add the zest, juice and vanilla and mix on medium speed for 1 minute or until smooth.  
Add the whipped cream; mix in on low speed.  
Pour into prepared tart shell.  
Chill in refrigerator to allow to set.  
Serve with a Fruit Compote

### **Lisa's Easiest Shortbread Tart Shell**

#### **Ingredients:**

3/4 cup ( 1 1/2 sticks) unsalted butter  
1/3 cup confectioners' sugar  
1 1/2 cups all-purpose flour  
1/4 tsp. salt

#### **Instructions:**

Blend ingredients to make a soft dough. Pat into a 9 or 10 inch tart or pie pan. Prick crust well with fork. Bake in 350 degree F oven for 15-20 minutes. Fill and bake with your favorite filling, or freeze dough in plastic wrap for up to 1 month.

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## **Baked Ricotta**

### **Ingredients:**

2 Cups Ricotta Cheese  
1 Clove Garlic, grated  
1 Sprig Rosemary, leaves finely chopped  
1 Lemon, Zest only  
2 Tablespoons Extra Virgin Olive Oil (plus a bit for finishing)  
1 pinch Red Pepper Flakes  
salt and pepper  
Butter, for baking dish

### **Directions:**

Heat oven to 375 degrees.  
Mix all the herbs together, then divide in 2... stir half into ricotta. Pour into a buttered or oven sprayed baking dish.. I prefer a shallow one, so there is more crust for everyone to share.  
Bake in the preheated 375degree oven for approximately 15-20minutes.  
Remove from the oven and place the dish onto a serving platter or dish so no one burns fingers!  
Drizzle with a little EVOO

Serve with some nice assorted crostini.