

Parmesan Crisps (Frico)

Called "Frico" from the Friuli region of Italy, these delicious wafers are spoonfuls of grated cheese that are baked and cooled. Great served with cocktails or wine, filled with your favorite filling for appetizers, or as a garnish with main courses or salads.

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8 ounces freshly grated Parmesan-Reggiano, Montasio, or Asiago cheese*
1/4 teaspoon black pepper (optional)

* Use a stainless-steel grater, preferably one with small perforations or slits of half-moon-like cutting edges using largest holes.

Preheat oven to 350 degrees F. Place oven rack in the middle of the oven. Line a lightly greased baking sheet with parchment paper or line a large baking sheet with a nonstick liner (such as a silpat).

Spoon level tablespoon-size mounds 4-inches apart on baking sheet; gently spread or pat mounds into 3 1/2-inch long ovals with your fingers. Bake approximately 4 to 5 minutes or until cheese is melted and any bubbles that form turn into a crunchy light golden crust. Your wafers should be golden in color and lacy in appearance. NOTE: If you make them too thick they will be chewy rather than crispy, and if you brown them too much they will taste bitter. Remove from oven and cool crisps completely on baking sheet. Remove crisps carefully with thin metal spatula to paper towels to drain.

Tip: Store between layers of wax paper in an airtight container at room temperature for up to one week.

VARIATIONS:

Rosemary Parmesan Crisps - Add 2 tablespoons finely chopped fresh rosemary leaves to the grated parmesan cheese.

Cumin Parmesan Crisps - Add 1 teaspoon cumin, caraway, or fennel seeds.

Nut Parmesan Crisps - Sprinkle the top of each cheese circle with a little chopped nuts (of your choice). Bake as above.

PARMESAN BASKETS:

Petite Parmesan Baskets -

Gently spread or pat mounds into 2-inch circles with your fingers. After baking, let Parmesan crisps cool slightly,



about 1 minute, until you can gently remove with a thin spatula; press each of these rounds over an upturned egg carton cup, shot glass, cork, miniature muffin tins, or any small cup to form tulip shapes. Remove from mold when cool and setup.

Large Parmesan Baskets - Gently spread or pat mounds into 4- to 5-inch circles with your fingers. After baking, let Parmesan crisps cool slightly, approximately 1 minute, until you can gently remove with a thin spatula; press each of these rounds form them over an upside-down custard cup, drinking glass, or coffee cup.

PARMESAN ROLLS:

Let Parmesan crisps cool slightly until you can gently remove with a thin spatula; drape warm crisps over a rolling pin or dowel

PARMESAN CONES:

Let Parmesan crisps cool slightly until you can gently remove with a thin spatula; press each of these rounds over an ice cream cone for molding a cone shape.

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