

Appetizers

Fried Pecorino with Stone-Fruit Salsa

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Palm Beach Post

When you heat aged pecorino in a frying pan, it crisps rather than melts.

1 peach, halved, pitted and finely chopped
2 nectarines, halved, pitted and finely chopped
2 tablespoons red onion, thinly sliced
1/4 teaspoon red pepper flakes
2 tablespoons fresh lime juice
1/4 teaspoon sea salt (or to taste)
1/2 pound pecorino cheese, cut into slices about 1/8-inch thick.

To make the salsa: In a bowl, combine the peach, nectarines, red onion and red pepper flakes. Add the lime juice and 1/4 teaspoon of salt and toss gently with a wooden spoon. Taste and adjust the seasoning with more salt, if needed. Set the salsa aside.

Heat a dry nonstick frying pan over medium heat. When it is hot, reduce the heat to low. Place the slices of the cheese in the pan, being careful not to crowd the slices. When the edges of a slice are golden, flip it and cook the other side until the bottom is golden, 2 to 3 minutes longer. Transfer to a serving platter.

Serve the fried cheese slices at once, topped with the salsa.

Per Serving (excluding unknown items): 191 Calories; 1g Fat (5.7% calories from fat); 4g Protein; 47g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1/2 Vegetable; 3 Fruit.