

Frico Con Patate, Cipolle E Arragosta *Montasio cheese crisp with potato-onion and lobster filling*



INGREDIENTS

For the Filling:

2 medium-large baking (Idaho) potatoes (about 1 pound), unpeeled, scrubbed

1 cup sliced onion and/or leeks, white and light green parts only, sliced thin, washed and drained

2 tablespoons extra virgin olive oil

Salt and freshly ground black pepper

6 ounces cooked Maine lobster meat, cut in 1/2 inch pieces

For the Frico:

1 pound Montasio cheese, rind removed (about 3/4 pound trimmed), coarsely shredded (about 5 cups)

Tender young salad greens, washed and dried and dressing, optional

DIRECTIONS

For the Filling:

In a pot large enough to hold them comfortably, cook the potatoes in boiling salted water until tender, but still firm--the skin should be unbroken--about 25 minutes. Drain the potatoes and let stand just until cool enough to handle.

Peel the potatoes and cut them into 1/4-inch-thick slices. In a large skillet, heat the olive oil over medium heat. Add the onions and cook, stirring occasionally, until wilted, about 4 minutes.

Add the sliced potatoes and cook, turning the potatoes gently occasionally, until golden, about 8 minutes. Add the lobster meat, season with salt and pepper, and remove from heat.

For the Frico:

Preheat the oven to 250 F.

Place a 4- to 5-inch non-stick skillet over medium low heat until a shred of the cheese begins to sizzle 2 to 3 seconds after it hits the pan. Scatter one-eighth (about 1/3 cup) of the cheese in an even layer over the bottom of the skillet. Arrange one-fourth of the potato-onion-lobster filling over the cheese and press it very gently into an even layer. Sprinkle another 1/3 cup of the cheese over the filling in an even layer. Let the bottom layer of the cheese cook without disturbing it or moving the pan until the fat that separates from the cheese begins to bubble around the edges, about 3 minutes. At this point shake the skillet gently to free the cheese crisp from the bottom of the pan. If it sticks, let it cook a minute or two, then try again. If at that time, the crisp is still sticking in places, carefully work a heatproof rubber spatula under the crisp to free it. In about 6 to 7 minutes total cooking time the underside of the crisp should be an even golden brown and the crisp should slide very easily in the pan. Slide the crisp onto a small plate then invert the crisp back into the skillet. Cook the other side as you did the first.

Slide the crisp out onto a baking sheet and keep it warm in the oven while cooking the remaining fricos.

Pat dry with paper towel, cut in half, top with dressed greens if you like, and serve.

specialty of:
Executive Chef Dan Swinney

Lidia's—Kansas City
101 West 22nd Street
Kansas City, MO 64108
(816) 221.3722
www.lidias-kc.com

