

CAPE CUISINE

what's cooking

Celebrating FALL'S BOUNTY

*Gustare Oils & Vinegars' test kitchen yields
friendly laughter and delicious autumn dishes*



As seen in
Cape Cod
Magazine
September/October issue

Oven Baked French Toast and Bacon with Red Apple Balsamic Syrup

Catherine Ferraresi opens the front door of her beautiful Orleans home with a welcoming smile as a savory aroma drifts from her kitchen. Inside, an appetizer of sliced baguette piled with aged sharp cheddar cheese and sweet Vidalia onions caramelized in Frantoio Extra Virgin Olive Oil sits garnished with fragrant thyme from Catherine's garden on a pretty platter.

The components of the appetizer work perfectly together as the onions are sweetened even more with 18-Year Traditional Balsamic Vinegar and melt in our mouths. It is a delicious start to Gustare's fall test kitchen where Catherine, co-owner of the shops in Mashpee and Chatham with her husband, Dave, leads six of her staffers through six recipes. The food-loving crew sip on homemade apple-of-my-eye-opener cocktails garnished with a crisp slice of red apple, the ingredient of the day, as they head to their individual stations to prepare the meal. The jovial chefs are preparing a high-end breakfast for dinner, complete with moist French toast and mouthwatering slices of bacon glazed with one of Gustare's flavorful balsamic vinegars.

"We all have a great energy and flavor imagination," says Catherine with a smile of her talented staffers. "We talk about food and cooking all day long!" The happy chefs, festively decked out in khaki Gustare test kitchen aprons, get to work with Catherine smiling at the helm. Bethany Harris from the Mashpee store happily starts peeling and coring apples into a green bowl on one part of the spacious countertop, while Annie Fish and Jennifer Kane, both of Chatham, prepare the granola. Fresh, high-quality ingredients make all the difference and the cooks at the Gustare Test Kitchen have access to various aged balsamic vinegars, and traditional and flavor infused olive oils.

Catherine and Dave lived abroad in Europe for ten years with their son and daughter and returned to Minnesota for two years before returning back to New England. "We decided to try something different and new as we weren't finding the fresh, flavorful products we were accustomed to in Europe," says Catherine, standing over a bubbling pot of reducing balsamic vinegar. The seeds from a fresh vanilla bean are simmering with the syrupy vinegar and the smell



is a treat for the senses.

The Ferraresis missed the little village shops, the delightful samples of fresh cheese, olives, and bread, and the friendly banter with local shop owners so common in European towns, and sought to replicate that on the Cape. Their venture has proven the need for this type of market as locals and visitors fill the stores, sampling from nearly 45 aged vinegars and velvety oils. Gustare also holds private tastings after hours and the vinegar and oils are represented simply alongside freshly baked baguette and crisp, seasonal vegetables. It is a great and accessible

way for guests to be led through the Gustare experience as well as taste the quality of the product in its simplest state.

Always passionate about food, Catherine attended culinary school with Marcella Hazan's son, Guiliano, outside of Verona, Italy. She stayed in a 16th century villa in the Allegrini Vineyards and prepared meals with locally-grown and fresh ingredients. As she talks about her time learning traditional recipes in Italy and the culinary influences she picked up while living abroad, it is clear cooking and passing food knowledge along to her grown children is vital to her. "The class focused on regional cuisine," says Catherine, her eyes lighting up as she remembers the tastes and smells of her Italian cooking lessons. "We hand made pasta and even gelato."

Now, nearly every month she recreates the happy and light ambiance of those cooking lessons in her own kitchen as she gathers members of Team Gustare and a special guest for a test kitchen. Drawing on her own vast culinary knowledge, Catherine creates and tests the recipes first in her state-of-the-art kitchen and then prepares them for a second time with her crew who critique the recipes at the dining room table following the meal. After the dishes have been refined, recipe cards are printed and made available to customers in

BY JESSICA LANIEWSKI • PHOTOGRAPHY BY CHRISTINA BRIGGS

the shops and online at the Gustare website. One is also always included in their monthly newsletter, The Pour.

“My favorite balsamic vinegar is definitely the 18-Year Traditional because it is richer and more like a syrup,” says Leslie Gordon, who works at the Mashpee store. “The Tuscan Herb Infused is my favorite olive oil and is very much number one for our customers.”

The women brush past each other in the cozy kitchen, test tasting each others dishes, and offering advice on slicing, peeling, mixing, and simmering. Catherine pulls out a silver tasting spoon from a tidy drawer, gently dipping it into the reduced balsamic vinegar simmering gently on the stove and smiles upon tasting the sweet mixture. The balsamic vinegar glazed bacon sizzles in the oven next to the mouthwatering French toast.

After the last apple has been sliced and the preparation utensils cleaned and put away, it is time to pull the steaming French toast and bacon from the oven. Sitting down at the dining room table, set with Catherine's beautiful plates and silverware, slices of French toast are drizzled with the reduced red apple balsamic vinegar. The women take small nibbles at first and then larger bites of the palate-pleasing entrée as they burst into conversation about the food. Discussing the endless possibilities of altering the recipe, they come to the happy conclusion that the meal is nearly perfect. Dessert, a yogurt parfait layered with mixed fruit and with red apple balsamic granola, has the perfect texture and flavor combination. The crunch of the granola plays against the tangy yogurt. Spoons clank against the delicate glasses as the last satisfying bite is consumed. It is true great ingredients make for a better meal and one doesn't have to look further than Gustare Oils & Vinegars for the most basic—and important components of every dish.



Sweet Melted
Onion Bruschetta

Sweet Melted Onion Bruschetta

Preparation Time: 15 minutes

Cook Time: 25 minutes

- 2 Vidalia onions, sliced very thin (a mandolin works well here)
- ¼ c. Gustare Frantoio Extra Virgin Olive Oil, plus a little extra for brushing on bread
- ½ tsp. sea salt
- ¼ c. Gustare 18-Year Traditional Balsamic Vinegar
- ½ tsp. brown sugar
- 1 clove garlic, halved
- A few sprigs of thyme, leaves removed
- baguette, sliced
- Black pepper, freshly ground, to taste

Over low heat, warm a skillet large enough to hold all the onions. Add the olive oil, all the onions, sea salt and pepper and toss to coat. Cook for approximately 10 minutes or until onions begin to soften.

In a small dish, combine balsamic

vinegar and brown sugar. Add to onion mixture tossing to coat. Continue cooking over very low heat until onions being to 'melt' and caramelize, stirring occasionally, for approximately 15 minutes. Taste and correct for seasoning. Add thyme leaves. Stir to combine. Remove from heat and cool.

Place the bread rounds on a baking sheet and broil until lightly golden brown. Remove and rub the cut side of garlic clove over the bread rounds. Drizzle with the olive oil and top with a small spoonful of melted onions. Enjoy!

Note: Sweet Melted Onions reheat very well and pair nicely with grilled meats, cheeses or as a sandwich condiment.

Apple-of-My-Eye Opener

Serves 6

- 1 bottle Prosecco, chilled
- 1 bottle pear nectar, chilled
- 1 qt. apple cider, chilled
- Gustare Red Apple Balsamic Vinegar
- Champagne glasses, chilled

To each champagne glass, add 2 ounces of pear nectar and 1 ounce apple cider. Slowly pour in prosecco to fill the remainder of the glass. Add 1/4 teaspoon of Red Apple Balsamic Vinegar and stir quickly. Garnish with a thin slice of apple.

Apple Garnish

- 2 Gala apples

With a paring knife, cut crosswise about 3/4" from the bottom stem. You may have to cut another slice toward the center to expose the star-shaped core. Cut a very thin slice for each glass. Then, cut a slit from the center of the apple slice to the skin to perch on the rim of the glass. Two apples should provide garnish for six glasses.

Yogurt Parfait with Red Apple Balsamic Granola

Preparation Time: 10 minutes

Cook Time: 40 minutes

Serves 4-6

Lemon Yogurt & Mixed Fruit

- 1 1/2 c. Granny Smith apples, peeled, cored and chopped
- 1 1/2 c. Bosc or Anjou pears,



Apple-of-My-Eye Opener



Yogurt Parfait with Red Apple Balsamic Granola, Lemon Yogurt and Mixed Fruit

- peeled, cored and chopped
- 1/4 c. confectioners' sugar
- 3 Tbsp. Gustare Red Apple Balsamic Vinegar
- juice of 1/2 lemon
- 1 1/2 c. plain Greek yogurt (Chobani or Fage)
- 1/2 tsp. lemon zest
- 1 Tbsp. lemon juice

Add fruit, confectioners' sugar, balsamic vinegar and lemon juice to a saucepan over medium heat. Cook until fruit softens and becomes thick and syrupy, approximately 12 minutes. Remove from heat and cool.

In a small bowl, stir together yogurt, zest and juice. To serve, in each glass layer yogurt, granola and fruit mixture and repeat finishing with fruit mixture. Add a bit of lemon zest for garnish. Enjoy!

Granola

Yields 9 Cups

- 4 c. Quaker Old-Fashioned Rolled Oats
- 1 c. sliced almonds
- 1 c. walnuts, chopped
- 3/4 c. raisins
- 3/4 c. dried apple rings, chopped
- 1/2 c. Gustare Walnut Oil
- 1/4 c. Gustare Red Apple Balsamic Vinegar
- 2 Tbsp. Agave Nectar
- 1 Tbsp. brown sugar
- pinch of sea salt
- 1 tsp. ground cinnamon

Preheat the oven to 350°F. Place the oats, almonds, walnuts, raisins and apples in a large bowl and toss to mix. Add the walnut oil, balsamic vinegar, agave nectar, brown sugar, salt and cinnamon and stir with a

wooden spoon until all the dry ingredients are coated. Pour onto a sheet pan. Bake for 25 minutes, stirring occasionally, until golden brown. Remove the granola from the oven and allow to cool on the sheet pan on a rack. Store in an airtight container.

Oven Baked French Toast with Red Apple Balsamic Syrup

Preparation Time: 15 minutes

Cook Time: 45 minutes

Serves 8

- butter for greasing pan
- 1 French baguette (approximately 1 pound)
- 3 Gala apples, peeled, cored and thinly sliced
- 1 Bosc pear, peeled, cored and thinly sliced
- juice of 1/2 a lemon
- 1/2 c. raisins
- 8 large eggs
- 1 c. half-and-half
- 1 c. low fat milk
- 2 Tbsp. brown sugar
- 1 tsp. vanilla
- 1 tsp. cinnamon
- 1/2 tsp. nutmeg
- pinch of sea salt

Generously butter a 9x13 baking dish. Slice baguette into 1 inch slices. Arrange bread slices in baking dish, overlapping

to fill in any spaces. In large bowl, add apples and pears and sprinkle with lemon juice. Toss to coat. Evenly scatter apple slices, pears and raisins over bread slices. Tuck some in between bread slices as well.

In a large bowl, combine eggs, half-and-half, milk, sugar, vanilla, cinnamon, nutmeg and salt. Whisk vigorously until well-blended. Pour egg mixture over bread and fruit, being certain to evenly cover the bread slices. Cover tightly with foil and refrigerate overnight. Preheat oven to 375°F. Cover and bake for 35 minutes. Uncover and bake for an additional 10 minutes or until golden brown and bubbly. Serve immediately drizzled with Red Apple Balsamic Syrup.

Red Apple Balsamic Syrup

- 1 c. Gustare Red Apple Balsamic Vinegar
- 2 Tbsp. honey
- 1 vanilla bean, split lengthwise and seeds scraped out

Combine the balsamic, honey, vanilla bean seeds and bean pod in a small saucepan and bring to a boil. Reduce heat to medium and cook for approximately 15 minutes or until thickened and syrupy. Remove from heat, discard bean pod and cool.

Red Apple Balsamic Glazed Bacon

Preparation Time: 5 minutes

Cook Time: 25 minutes

Serves 4-8

- 2 Tbsp. Gustare Red Apple Balsamic Vinegar
- 1 lb. thick-sliced bacon

Preheat the oven to 400°F. Place a baking rack on a sheet pan and arrange the bacon in a single layer on the rack. Bake for 15-20 minutes or until the bacon begins to brown. Remove the pan and beware of hot fat in the baking pan! Brush the bacon (top only) with the balsamic vinegar. Return to oven and bake for 3-5 minutes, until the bacon is a golden brown. Remove from oven and transfer to a paper lined plate. Serve warm. 🍷

Visit the Gustare stores at 425 Main St., Chatham, 508.945.4505 and 4 North St., Mashpee, 508.477.2010, or online at www.gustareoliveoil.com



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