

Culinary Demonstration

with
Chef Frank
and
Nutritionist Mary



Personal Chef and Culinary Instructor

Frank Granito



- Culinary Degree from Culinary Arts & Tourism Institute
 - Chef & Owner of Pasticcio di Granito
 - Life-long Italian home cook
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Registered Dietitian

Mary Doerschner



- Trained at University of Delaware and Northern Colorado
 - Over 20 years of experience in nutritional counseling
 - Certified in Adult Weight Management and Childhood & Adolescent Weight Management.
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**Food
is
Medicine**

Follow the Science: Mediterranean-style Diet

A review of 50 studies on the Mediterranean diet reported that this way of eating favorably changes parameters of metabolic syndrome such as:

- waist circumference
- high-density lipoprotein cholesterol
- triglycerides
- systolic and diastolic blood pressure
- glucose

The Effect of Mediterranean Diet on Metabolic Syndrome and its Components: A Meta-Analysis of 50 Studies and 534,906 Individuals. **Journal of the American College of Cardiology.** Volume 57, Issue 11, 15 March 2011, Pages 1299-1313

What is a Mediterranean-style diet?

- **Whole, fresh, unprocessed foods**
 - Lots of fruits, vegetables, whole grains, nuts, legumes
 - High in monounsaturated fats (olives)
 - Weekly consumption of fish, poultry
- **Eating these foods in combination, rather than any one specific food, is how you gain benefit.**
- Indulge in the experience of eating



**Cauliflower Gnocchi
with
Tomato Caprese
Salsa**



CHEF FRANCESCO

PASTICCIO
DI GRANITO



INSPIRE
INTEGRATIVE MEDICINE

Cook Like an Italian

Healthy Cooking Series

Cauliflower Gnocchi

with Tomato Caprese Salsa

Lessons

▪ **Gnocchi (Literally “dumplings” in Italian)**

- **Should be soft and “pillowy”**
- **Avoid the development of gluten**
- **Cauliflower gnocchi fewer calories and carbs**

▪ **Recipe Demonstrations**

- **Steaming and prepping cauliflower for gnocchi**
- **Mixing and cutting gnocchi**
- **No cook tomato salsa and some variations.**



Potato vs Cauliflower

Potato – one medium potato

- Calories: 168
- Fat: 0 grams
- Carbs: 37 grams
- Fiber: 4 grams
- Protein: 5 grams
- Sodium: 24 milligrams

Cauliflower – one cup/100 grams

- Calories: 25
- Fat: 0 grams
- Carbs: 5 grams
- Fiber: 2 grams
- Protein: 2 grams
- Sodium: 30 milligrams.



Health Benefits of Cauliflower

- Of the 100 grams of cauliflower in one serving, 92 grams are water. That means this veggie can help keep you hydrated. It's also a good source of fiber
- Cauliflower has a group of substances known as glucosinolates. As you chew and digest it, these substances are broken down into compounds that may help prevent cancer -- they help protect cells from damage and have anti-inflammatory, antiviral, and antibacterial effects
- Save cauliflower water for other applications such as soups, bread, or pasta!



Let's not forget the potato

- Excellent source of fiber (with skins on), vitamin C, potassium, vitamin B6, iron, and calcium
- Vinegar helps reduce the glycemic impact of starches by slowing their absorption. So, enjoy that summer potato salad
- When chilled, some of the starch in potatoes (and rice and pasta) turns to “resistant starch” which is resistant to digestion thus having a lower blood-sugar impact – and becomes food for healthy gut bacteria.



Cauliflower Gnocchi

INGREDIENTS

- 1 Head cauliflower
- 1 t. salt
- 1 egg yolk
- 1 T. EVOO
- 2 c. AP Flour

Yield – About 16 oz. or
approximately 4-6 Servings

ORDER OF PRODUCTION

- Trim cauliflower heads from stalks and steam until soft and tender. Let cool
- **Important** - Wring out excess water in cheesecloth or dishtowel. Reserve cauliflower water for bread or other pasta
- Puree steamed cauliflower in food processor or blender and transfer to a mixing bowl. Add the rest of ingredients to the pureed cauliflower
- Mix gently as in making biscuits, by “cutting” flour into the cauliflower with a bench scraper just until it comes together. Knead gently by folding onto itself until flour is incorporated. Do not over knead or over flour. Let rest for a few minutes on countertop covered with towel
- Cut and with floured hands, roll into 1-inch diameter “ropes.” Add flour sparingly if necessary to prevent sticking
- Cut into ½ to ¾ inch dumplings and roll on a gnocchi board
- Place in salted boiling water for approximately 2-3 minutes or until they begin to float
- Drain and sauté in a pan with sauce of choice – the heartier the better (Bolognese, pesto, gorgonzola bechamel, etc.).



Potato Gnocchi

INGREDIENTS

- 2 Medium Russet Potatoes
- 1 t. salt
- 1 egg yolk
- 1 T. EVOO
- 2 c. AP Flour

Yield – About 16 oz. or
approximately 4-6 Servings

ORDER OF PRODUCTION

- Peel and boil potatoes until soft and tender. Put through a “ricer” or chop. Let cool
- On a flat surface, combine all ingredients and mix gently as in making biscuits, by “cutting” flour into the potato just until it comes together
- Let rest for a few minutes on countertop covered with towel
- With floured hands, cut and roll into 1-inch diameter “ropes”
- Cut into 1-inch dumplings and roll on a gnocchi board
- Place in salted boiling water for approximately 2-3 minutes or until they begin to float
- Drain and sauté in a pan with sauce of choice – the heartier the better (Bolognese, pesto, gorgonzola bechamel, etc.).



Tomato caprese salsa

INGREDIENTS

- 2 lbs. tomatoes (any “sweet” kind)
- ½ lb. fresh mozzarella, rough chop
- 1 T. Dried basil or 2 oz. Fresh basil, chiffonade
- 2 oz. Balsamic vinegar
- 2 cloves garlic, minced
- Salt & Pepper to taste.

This salsa can be modified as follows:

- Roast the tomatoes for deeper flavor and sweetness
- For bruschetta – add ½ red onion, minced. Serve with bread or crostini
- For Provençale - substitute balsamic vinegar with 1 c. kalamata olives, sliced. Serve as a topping for chicken or white fish.

ORDER OF PRODUCTION

- Put all ingredients (except fresh basil if using) into a food processor fitted with a steel blade.
- Pulse 12-15 times or until all ingredients are mixed
- Add fresh basil (if using) and fold in. Adjust seasonings
- Can be used immediately, or for best results transfer to a sealed container so the flavors can come together
- To serve – bring to room temperature and toss over hot pasta.



Chef Francesco Granito

PRIVATE CHEF AND INSTRUCTOR

Pasta Workshops

Want to delve more into southern hand formed pasta? How about learning how to make ravioli and other stuffed pasta shapes? We will work with you to design a unique, hands-on pasta workshop for you and your guests. These hands-on classes are perfect for friends' night in, bachelor/bachelorette parties, birthday parties, team building events for your officemates or staff, etc.

Number of participants: 6 to 12

Private Dinners

We are available to create a unique, elevated dining experience for you and your guests. We will work with you to create a fabulous 4 course dinner. We bring all the ingredients, and you can sit and relax while we cook for you! Experience a restaurant without leaving your home. A perfect alternative to dining out or date night.

Number of participants: 4 to 8

Please message me for details to plan and book your event!



THANK YOU!

Contact Information:



- [Instagram - @pasticciogranito](https://www.instagram.com/pasticciogranito)
- [Email - Pasticcio.granito@gmail.com](mailto:Pasticcio.granito@gmail.com)
- Phone/text – 443-223-3007

