

TUSCAN BISTRO
GRAND TRAVERSE



Cavatelli Pasta (shown bottom left)

Ingredients:

- 1 pound ricotta cheese
- 1 pound plus 3 ounces semolina flour
- 6 ounces all-purpose flour
- 1 egg
- ½ cup whole milk
- salt and pepper

Preparation:

Mix in mixer with dough hook until it all comes together. Roll out by hand or by machine until ¼-inch thick. Cut into 1-inch strips and send through Cavatelli maker.

Wild Mushroom Ragu

Ingredients:

- 1 onion, diced
- 2 small carrots, diced
- 1 piece celery, diced
- 1 tablespoon garlic
- 1 cup dried mushrooms soaked in hot water
- 2 portabella mushrooms
- 1 cup sliced button mushrooms
- 1 cup heavy cream
- ½ cup Parmesan cheese
- salt and pepper to taste

Preparation:

In sauce pot, place oil and add everything. Cook until vegetables are tender. Add heavy cream, salt and pepper, Parmesan cheese. Toss with pasta and serve.



CHEF MICKEY CANNON

Chef Mickey Cannon brings a long and varied career history to the Tuscan Bistro in Traverse City.

Cannon's love of food and the restaurant business has led him down a variety of paths. He has been published in numerous magazines and newspapers, including Gourmet, Bon Appetite and Washington Post. He also prepared meals for former presidents Ronald Reagan, George Bush and Bill Clinton.

In his vast and varied experience, Cannon also opened the first American-managed hotel in the former Soviet Union. While there he trained a large non-English speaking kitchen and stewarding staff, and wrote menus for seven restaurants, banquets, and room service. He also supervised the challenging procurement of food and equipment. His efforts led to the hotel obtaining an award-winning status in the Soviet Union.

Cannon's ability to produce outstanding meals and deliver a pleasurable dining experience has been rewarded in the Tuscan Bistro's popularity in Traverse City. The artful combination of innovation and fresh ingredients Cannon is known for can now be found daily in the dining establishment he oversees.

Eggplant Rollatinni

Ingredients:

- 1 eggplant, sliced thin
- 1 cup flour
- 4 eggs, beaten
- ½ cup oil

Preparation:

To begin, coat eggplant with flour. Coat with egg and then coat again with flour. Place coated eggplant in sauté pan with hot oil. Cook until golden brown; turn over and finish cooking.

Ricotta Cheese Filling

Ingredients:

- 1 pound of ricotta
- 2 egg yolks
- ½ cup Parmesan cheese
- ¼ cup parsley, chopped
- 1 tablespoon of garlic
- salt and pepper

Pomodoro Sauce

Ingredients:

- 1 tablespoon garlic, chopped
- pinch of crushed red peppers
- 2 cups Italian plum tomatoes
- small bunch fresh basil

salt and pepper to taste

- 1 cup mozzarella cheese
- ½ cup Parmesan cheese, shredded
- parsley, to garnish

Preparation:

Start with vegetable oil in sauté pan. Add garlic and crushed red peppers; cook until garlic starts to brown. Next, add plum tomatoes and basil, cook until the sauce thickens and all water is cooked out. To plate, place rollatinni on sauce and top with mozzarella cheese. Bake for 10 minutes. Finish with shredded parmesan cheese and fresh chopped parsley.



A lively mix of Northern Italian Cuisine

with a dedication to fresh, seasonal ingredients, excellent service and a casual atmosphere!

Serving lunch and dinner 7 days a week

Happy Hour - Everyday 4pm-6pm



*Tuscan
Bistro*

12930 South West Bay Shore Drive • Traverse City, MI 49684
231.922.7795