



# CHOICES

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## HOME MADE LEMON RICOTTA

Makes 3 cups

### Ingredients:

- 1 qt gallon of whole milk
- 1 qt heavy cream
- 1/3 cup lemon juice
- 1 teaspoon salt

### Instructions:

1. Pour the milk and heavy cream into a 4-quart pot and set it over medium heat. Let it warm gradually to 200°F, monitoring the temperature with an instant read thermometer. The milk will get foamy and start to steam; remove it from heat if it starts to boil.
2. Remove the milk from heat. Pour in the lemon juice and the salt.
3. Let the pot of milk sit undisturbed for 15 minutes. The milk should have separated into clumps of milky white curds and thin, watery, yellow-colored whey. Add another tablespoon of lemon juice if it looks like there are still milk that hasn't separated.
4. Set a fine strainer lined with cheesecloth over a bowl and pour the curds through the strainer. Let the curds drain about 20 to 40 minutes depending on how wet or dry you prefer your ricotta. You have now made ricotta cheese!



*Poached Pears and  
Homemade Ricotta*





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## PROSECCO AND HONEY-POACHED PEARS

Serves 5

### Ingredients:

- 1 bottle of prosecco
- 4 oz. of honey
- 1-cup orange juice
- 5 cloves
- 1 cinnamon stick
- ½ of vanilla bean, scraped
- Five bosc pears, washed, peeled, cut in half, pit removed.

### Instructions:

1. Combine prosecco, honey, orange juice, cloves, cinnamon stick, and vanilla bean in a pot over medium heat. Bring the liquid to a boil then bring down to a simmer. Gently add the pears, cover with a lid. Simmer the pears in the liquid for about 30 minutes, until the pears are tender but not falling apart. Turn off heat. Let the pears cool in the liquid. Remove the peaches from the liquid using a slotted spoon.
2. Reduce the poaching liquid over low heat until it has a syrup consistency. This could take 45 minutes.



*Poached Pears and  
Homemade Ricotta*





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## BLUEBERRY RICOTTA PANCAKES

-recipe by Chef Neal Fraser

### Ingredients:

- 1 1/2 cups all-purpose flour
- 1 teaspoon baking powder
- 1 1/2 teaspoons kosher salt
- 3 large eggs, separated
- 1 3/4 cups plus 2 tablespoons milk
- 6 ounces ricotta cheese (1/2 cup plus 2 tablespoons)
- 1/4 cup sugar
- 1 tablespoon pure vanilla extract
- Unsalted butter, for the griddle
- 1 pint fresh blueberries or 2 cups frozen blueberries, thawed
- Pure maple syrup, for serving



*Blueberry Ricotta Pancakes  
with Poached Pears*

### 1. Instructions:

- In a small bowl, whisk the flour, baking powder and salt. In a large bowl, whisk the egg yolks with the milk, ricotta, sugar, and vanilla. Add the dry ingredients and whisk until the batter is smooth.
- In a large bowl, using an electric mixer, beat the egg whites at medium speed until frothy. Beat at high speed until soft peaks form. Fold the egg whites into the batter until no streaks remain.
- Heat a griddle, then lightly butter it. For each pancake, ladle a scant 1/4 cup of the batter onto the griddle; be sure to leave enough space between the pancakes. Cook over moderately low heat until the bottoms are golden and the pancakes are just beginning to set, 1 to 2 minutes. Sprinkle each pancake with a few blueberries and press lightly. Flip the pancakes and cook until golden on the bottom and cooked through, about 1 minute longer. Transfer the pancakes to plates and keep them warm in the oven while you make the rest. Serve the pancakes with maple syrup.

*-In my version of the recipe, I used the homemade lemon ricotta for the pancakes, and I mixed in the blueberries with the batter. I topped the pancakes with more ricotta.*

## CHEF TIPS

If you want a thicker consistency of the ricotta, drain it longer and well. Serve the ricotta at room temperature for best flavor. The ricotta cheese and poached pears are good for up to five days-keep them refrigerated and stored in covered containers.

