



USING MOSTARDA

Tips for enjoying this versatile condiment

Mostarda (also called *mostarda di frutta*) is an Italian condiment made from balsamic vinegar and fruit. It has the same consistency as marmalade or a jam and the perfect combination of a sweet and tart taste.

Traditionally mostarda was served with boiled meats, the *bollito misto* which is a specialty of northern Italian cooking. More recently it has become a popular accompaniment to favorite cheeses. We really like it served with aged cheese such as Parmesan, *pecorino*, *asiago* and Spanish *manchego*. Also you can take a little gorgonzola, crumbled blue or feta and add to a cracker topped with mostarda – **fig mostarda** is the most traditional – for an outstanding appetizer.

The **red onion mostarda** is fantastic on just about any meat, fish or to top roasted vegetables. Some of our fans love to grill burgers and top them off with this little condiment. The sweetness of the onion cannot be beat. It also goes great on pizza with smoked mozzarella.

Honey mostarda which has a more liquid consistency is great as a glaze for grilled chicken or fish. Try it on grilled scallops, applying the mostarda in the last minute of grilling so it just caramelizes. Then serve the scallops on a bed of arugula

Believe it or not, **blueberry mostarda** goes great with hard boiled eggs. Cut the boiled egg in half, take out the yolk, put a little of the mostarda inside, then put the yolk back in. Serve them for brunch – they are always the first to go!

All the fruit mostardas are great toppings on ice cream or *panna cotta*. **Cherry mostarda** has a nice wine color to it, as well

Be creative with mostarda and you'll be cooking like a Tuscan chef in no time.

Enjoy your Conti products!

Charlotte Capan, Conti USA

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