

# caseificio Passalacqua

in Expo Milano 2015



CLUSTER  
BIO-MEDITERRANEUM



REGIONE SICILIANA  
Assessorato Agricoltura  
Sviluppo Rurale e Pesca  
Mediterranea



## Fior di Garofalo® or Fiore Sicano

produced and aged  
by Passalacqua cheese factory

### Product details

Artisanal cheese produced with pasteurized milk by the Passalacqua cheese factory.

### Ingredients

Thermostated whole **milk** (of Italian origin), salt, rennet of lamb, lactic ferments.

### Extra informations

- Shape: cylindrical (diameter 18-20cm, height 4-6 cm, no eyes).
- Weight: generally included between 1.5 and 1.8 kg.
- Crust: elastic with a light layer of grey and uniform mould and good appearance.
- Cheese paste: tender, compact, yellowish in colour.
- Taste: slightly acid with a mild sweet aftertaste.
- Smell: delicate milky smell.
- Production area: Sicily, Sicani Mountains, in the area of Castronovo di Sicilia village

It can be eaten as table cheese.

### Nutrition facts

Parameter	Average % value per 100g (1)	% AR* per 100g
<b>ENERGY</b>		
KJ	1477.5	
Kcal	355.9	17.8
<b>FATS</b>	28.0 g	40.0
of which <b>SATURATED FATTY ACIDS</b>	4.0 g	20.0
<b>CARBOHYDRATES</b>	< 0.5 g	0.0
of which <b>SUGARS</b>	0.0 g	0.0
<b>PROTEINS</b>	25.5 g	51.1
<b>SODIUM</b>	1.8 g	30.2

### Recipe - ingredients

#### **Fior di Garofalo® pan-fried veal escalope**

For 4 people

- 8 veal escalopes;
- 8 slices of Fior di Garofalo®

- Flour;
- 1 whole egg;
- 2 spoons of milk;
- 230 gr of breadcrumbs;
- 50 gr. of fresh parsley;
- 1 tea spoon of zest;
- 60 gr of butter;
- 2 spoons of olive oil.

### Recipe - preparation

Pound the veal cutlets well and roll them up with a slice of cheese, making sure that the ends meet. Put the flour in a plate and then flour the veal escalopes. Lightly beat the egg and milk with a fork until you get a velvet blend and mince the parsley. Mix the breadcrumbs, the parsley and the zest in a large bowl and then dip the escalopes in the egg. Finally roll them on both sides in the breadcrumb mix. Melt the butter and oil in a large pan and fry the escalopes, on a low flame, for few minutes.