

TUSCAN BISTRO

Traverse City

EGGPLANT ROLLATINI

(Serves 4)

INGREDIENTS:
 1 Eggplant, sliced thin
 4 Eggs, beaten
 Flour

Vegetable Oil
 Mozzarella Cheese

COOKING DIRECTIONS:
 Heat oil in a large sauté pan. Coat eggplant with flour then egg, then flour, and place in hot oil. Cook until golden brown, turn over and repeat. Set aside, lying flat.

Ricotta Cheese Filling

INGREDIENTS:
 1 Lb. Ricotta Cheese
 1 Egg Yolks
 ½ Cup Parmesan Cheese

Parsley, chopped
 1 Tbsp. Garlic
 Salt and Pepper

COOKING DIRECTIONS:
 Combine ingredients. Once done, slather rollatini with ricotta filling. Roll each slice with filling inside the eggplant.

Pomodoro Sauce

INGREDIENTS:
 1 Tbsp. Garlic, chopped
 Pinch Red Pepper, crushed
 2 Cups Plum Tomatoes

Fresh Basil
 Salt and Pepper to taste

COOKING DIRECTIONS:
 Warm vegetable oil in sauté pan. Add garlic and crushed red pepper, cook until garlic starts to brown. Add plum tomatoes and basil. Cook until the sauce thickens and all water is cooked out.

Pour sauce into baking dish, place rollatini on sauce and top with mozzarella cheese. Bake ten minutes. Plate and finish with shredded parmesan cheese and fresh chopped parsley.



CHICKEN SCARPARIELLO

(Yields 4)

INGREDIENTS:
 4 Chicken Breast
 3 Oz. Sausage
 ¼ Cup Cherry Peppers
 ¼ Cup Red Peppers, roasted

¼ Cup Broccoli Rabe
 1 Cup Chicken Stock
 1 Stick Butter

COOKING DIRECTIONS:
 Sauté whole chicken breasts in pan. Once cooked, add sausage, peppers, and broccoli rabe. Deglaze pan with stock. Add butter and simmer for 5 minutes. Plate 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.

FEATURED RECIPES | Tuscan Bistro

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A lively mix of Northern Italian Cuisine



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

TUSCAN BISTRO
 An Italian Restaurant

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

Serving lunch & dinner 7 days a week | Happy Hour — Everyday 4 p.m.-6 p.m.