

Oven Baked Cheese Crisps

These are an oven-baked version of the Italian frico. It's just basically thin rounds of baked cheese. One of the cool things about it is that they are moldable when still warm. If you drape them over an upturned glass, they will form a cup that you can fill with anything you like. It makes a really nice presentation for a party.

Ingredients:

1 cup grated hard cheese (such as Parmesan) - NOT the dried powdery stuff

Preparation:

Preheat oven to 350 F.

Note on type of cheese: You can use any kind, really, but the results will be different. Hard cheeses, such as Parmesan, Romano, Asagio, etc, will make a crisp "shell," whereas cheddar will be more chewy and "lacey" (the fat separates out), though still firm. Softer cheeses such as mozzarella will not work well.

Toss cheese with any seasonings you'd like -- garlic powder (about half a teaspoon for a cup of cheese), hot pepper powder, even cinnamon. Or leave plain.

Pile 1 to 4 Tablespoons of cheese (depending on the size you want) on a baking sheet covered with a silicone mat or parchment paper oiled on both sides. Flatten the tops so they are in more or less an even pile. There should be at least two inches between smaller mounds, 4 inches between larger ones.

Bake 5 to 6 minutes until they are a light golden brown (they will be a little darker at the edges). It happens fast, so watch carefully.

If you want to mold them into a shape, you want to "drape" them while still warm. You can make cups over an upturned glass, or "taco shell" shapes by draping over any cylindrical object that is at hand (rolling pin, side of glass)

Serving Suggestions: Fill with fruit, dip, salad. Spread flat ones with sugar-free jam (I'm not kidding), or any spread you want, or eat plain.

