



Recipes

Raw ham and melon

Ingredients

1 melon

300 gr. raw ham

Serves: 6



Cut the ham into very thin slices. Slice the melon and scoop out the seeds. Roll a slice of ham around each slice of melon. Arrange on a serving platter. Serve very cold.

Amatriciana-style Rigatoni

Ingredients

500 gr. Rigatoni
2 large yellow onions
2 tbsp extra virgin olive oil
1 clove minced garlic
¼ teaspoon red chili pepper flakes
170 gr. Italian pancetta julienne
800 gr. tomatoes canned

3 cups water
½ cup freshly grated romano cheese
½ cup grated Parmigiano Reggiano
5 leaves fresh basil julienne

Serves: 4

Time: 15 minutes preparation + 25 minutes cooking



- 1 Bring a large pot of water to a boil. Cut the onions julienne, sauté with the oil for about five minutes. Add garlic and pepper flakes, keep cooking for three more minutes, and add pancetta.
- 2 Saute for five more minutes over medium heat, add tomatoes and three cups of water, season with salt and simmer until the sauce is at the right consistency. Cook Rigatoni according to package directions, drain and toss with the sauce, cheese and basil.

Spaghetti alla Carbonara

Ingredients

500 gr. spaghetti

170 gr. guanciale (cured unsmoked pork jowl)
or pancetta

5 egg yolks

1 cup grated Pecorino Romano

3 tablespoons extra virgin olive oil

salt and black pepper to taste

Serves: 4

Time: 10 minutes preparation + 13 minutes
cooking



- 1 In a bowl, beat egg yolks with a pinch of salt and 1/3 of the grated Pecorino. Heat oil in a pan over medium heat. Add guanciale, cut into strips, and sauté for a few minutes until lightly browned. Meanwhile, boil pasta in a large pot of salted water according to package directions.
- 2 Drain, reserving some of the cooking water, transfer to the pan with the guanciale and mix well. Remove pan from heat, add beaten egg yolks with a few tablespoons of pasta cooking water and mix for about 30 seconds. Add the remaining Pecorino and mix well. Serve immediately, garnished with a generous pinch of freshly ground black pepper.

Trenette with Pesto

Ingredients

350 gr. trenette pasta

60 gr. basil

15 gr. pine nuts

$\frac{2}{3}$ cup Parmigiano Reggiano cheese grated

$\frac{1}{4}$ cup Pecorino cheese grated

$\frac{1}{2}$ cup extra virgin olive oil

Salt to taste

2 potatoes

100 gr. green beans

Serves: 4

Time: 10 minutes preparation + 8 minutes cooking



- 1 Wash and dry the basil leaves and crush in a mortar with peeled garlic, pine nuts and a pinch of salt. Add oil in a steady stream while crushing with the pestle until a smooth pesto sauce is obtained.
- 2 Pesto can also be made in a blender: do not overprocess and use quick pulses, so that the pesto does not heat up. Pour pesto in a bowl and combine with half the grated Parmigiano and Pecorino cheeses. Dice the potato and cut the green beans into pieces.
- 3 Boil the trenette, diced potato and green beans in plenty of salted water for about 10 minutes. Drain, combine with pesto and a few tablespoons of cooking water and serve immediately with the remaining grated Parmigiano.

Spaghetti with Bolognese Sauce

Ingredients

400 gr. spaghetti

100 gr. grated Parmesan cheese

70 gr. butter

For the sauce: 400 gr. best quality mince

4 tablespoons olive oil

100 gr. bacon

1 onion

1 carrot

1 stalk celery

1 clove garlic

20 gr. dried mushrooms

1 glass red wine

chopped parsley

chopped marjoram

½ teaspoon grated nutmeg

salt and pepper

2 tablespoons concentrated tomato purée

Serves: 4

Time: 1.30 hours



- 1 Soak the mushrooms in a little warm water for 30 minutes. Drain and chop them in small pieces. Heat oil in a pan and add the finely chopped bacon, the chopped onion, carrot, celery and garlic. Sauté until it starts to brown. Add the meat and stir gently for a few minutes. Add the mushrooms and the wine and let the mixture evaporate for a few minutes. Now add the parsley, marjoram, nutmeg, salt, pepper, and tomato purée. Stir carefully and add enough water to make a fairly thick sauce. Simmer for 30 minutes.
- 2 Cook the spaghetti in plenty of salted water until "al dente". Drain and transfer it to a deep serving plate. Season it with the butter, half the Parmesan cheese and half the sauce. Pass the rest of the Parmesan and the rest of the sauce round at the table.

Risotto with mushrooms

Ingredients

80 gr. butter
1 small onion
1 clove garlic
1 sprig rosemary
1 generous pinch oregano or thyme
300 gr. button mushrooms
1 small glass white wine
400 gr. rice (Arborio)

1 litre consommé (can be made with stock cubes)
100 ml. fresh cream
70 grated Parmesan cheese
pepper and salt

Serves: 4

Time: 1 hours



- 1 Sauté the finely sliced onion, crushed garlic and the herbs in butter until translucent. Add the mushrooms, halved or quartered, depending on size, and the wine, and let it evaporate for a few minutes. Now add the rice and stir to let it absorb the flavours. Gradually add the hot consommé and keep stirring, adding more and more as the rice absorbs the liquid. The quantity of consommé depends on the type of rice and how you like it. It is best when still "al dente" or rather firm.
- 2 Adjust the seasoning, and when you feel that risotto is cooked enough, take the pan off the fire and add the fresh cream, stirring delicately. Put the lid on and let it rest for 2 minutes. Serve immediately with grated Parmesan and pepper.

Aubergines Parmesan style

Ingredients

800 gr. aubergines

olive oil

500 gr. Parmesan

2 large mozzarella

400 gr. freshly made tomato sauce

4 tablespoons chopped fresh basil

salt and pepper

Serves: 4

Time: 2 hours



- 1 Peel the aubergines and cut lengthwise into long thin slices. Salt them and put them in a colander to drain for an hour or more. This is an important step, as it takes the bitterness away from the aubergines. Pat the slices dry and fry them lightly in a little olive oil. Drain on paper towel.
- 2 In an oven dish, lay slices of fried aubergines, slices of mozzarella, grated Parmesan, a spoonful or two of tomato sauce, a little basil and so on until you have used all the ingredients. Finish with a little Parmesan and put in the oven at 200 °C (400 °F) for 20-30 minutes until a golden crust forms.

Chicken with peppers

Ingredients

1,5 kg. chicken

4 green peppers

800 gr. fresh peeled tomatoes

1 large onion

30 gr. butter

2 tablespoons olive oil

1 glass white wine

salt and pepper

3 tablespoons fresh chopped basil leaves

Serves: 4

Time: 2 hours



- 1 Grill the peppers until the skin blackens and blisters. Rub off the skin, wash the peppers, seed them and cut in strips. Cut the tomatoes in chunks and slice the onion. Cut the chicken in small pieces. Heat the butter and oil in a heavy frying pan or large casserole and add the onion and the chicken. Sauté until brown.
- 2 Now add the wine, let it evaporate for a minute, and add the peppers and the tomatoes. Put a lid on the pan and let it simmer until cooked, about 30 minutes. Add some water if necessary. Serve hot, sprinkled with fresh chopped basil.

Roasted Lamb

Ingredients

1,2 kg lamb (leg and ribs)

4 sprigs rosemary

4 cloves garlic

3 ½ tablespoons extra virgin olive oil for cooking

6 cups extra virgin olive oil for the marinade

3 ½ tablespoons vinegar

Salt and pepper to taste

Serves: 4

Time: 15 minutes preparation + 60 minutes cooking



- 1 Using a small knife, make deep incisions in the lamb. Cut garlic cloves into quarters and slip into the incisions with a sprig of rosemary.
- 2 Prepare a marinade with plenty of oil, a bit of good quality vinegar, salt and pepper. Marinate lamb for at least 2 hours, turning a few times. When ready to cook, drain lamb, pat dry and arrange in a roasting pan with the remaining oil.
- 3 Bake in a preheated 180 °C oven for about one hour, until evenly browned. Roast lamb until tender, but not dry. Arrange on a serving platter and serve warm.

Pizza Margherita

Ingredients

9 ½ cups of all purpose flour

1 package dry yeast

4 cups of water

1 ½ teaspoons salt

1 ½ teaspoons granulated sugar

1 tablespoon extra virgin olive oil

450 gr. of fresh mozzarella

40 basil leaves

400 gr. canned peeled tomatoes

salt to taste

Serves: 4

Time: 30 minutes preparation + 20 minutes cooking



- 1 Make a well with the flour on a wood or marble work surface. Dissolve the yeast and sugar in warm water and pour into the well. Knead until well combined, then add salt. Continue kneading until the dough is smooth and elastic. Allow the dough to rest for a few minutes. Form it into 8 small balls and allow it to rise, covered with a linen or cotton dish towel so the surface of the dough does not dry out. When the dough has about doubled in volume, roll out the balls on a floured surface into uniformly shaped disks.
- 2 Pass the tomatoes through a food mill. Spread a ladle of this tomato sauce over the dough disks. Cover evenly with diced mozzarella and a drizzle of olive oil. Arrange several basil leaves so they are partially covered by the tomatoes to avoid burning. Bake the pizzas in a preheated 220 °C oven. Remove from oven when the crust is golden brown and crisp.

Cherry shortcake

Ingredients

For the pastry: 300 gr. flour
150 gr. butter
150 gr. sugar
grated peel of 1 lemon
2 eggs
pinch of salt

For the filling: 1 small jar cherry jam
800 gr. dark red cherries (stoned)
2 tablespoons icing sugar

Serves: 6

Time: 2 and ½ hours



- 1 To prepare the pastry, sift flour onto a board, add salt, sugar and the grated lemon peel, mix and make a well in the centre. Break in 1 egg and add the butter cut into pieces. Knead with the finger tips, taking care not to work the pastry too much. When smooth, shape into a ball, roll in buttered grease proof paper and refrigerate for 30 minutes. Roll the pastry out to a thickness of 5 mm and line a tart or quiche dish which you have previously buttered and floured.
- 2 Using a pastry wheel, cut the leftover pastry into long ribbons. Spread the cherry jam on the pastry and cover with the washed and stoned cherries. Lay ribbons over the fruit, trellis fashion. Brush the pastry with beaten egg. Bake in a preheated oven at 180 °C (350 °F) for 45 minutes. Serve hot or cold.

Sicilian Cannoli

Ingredients

900 gr. ricotta preferably from sheep's milk

2 ½ cups sugar Milk as needed

Vanilla extract to taste

Cinnamon to taste

2/3 cup mixed candied fruit diced

2/3 cups dark chocolate chopped

Pistachio nuts chopped

Confectioner's sugar

1 1/3 cups flour

4 ½ tablespoons cocoa powder

2 ½ tablespoons sugar

2 eggs

1 ½ tablespoons butter

Salt as needed

1 tablespoon Marsala or rum

Lard or olive oil for frying

Serves: 4

Time: 30 minutes preparation + 30 minutes cooking



- 1 To make the dough shells, combine flour, cocoa powder, melted butter, eggs and a pinch of salt in a bowl. Add Marsala, or rum if you prefer. Knead until the dough is smooth, then wrap tightly in plastic wrap and let stand for half an hour.
- 2 Roll out the cannoli dough and cut into squares, about 4 x 4 inches. Wrap each square around cannoli metal tubes, overlapping ends. Fry the dough on tubes, in a large pot of hot lard or olive oil. Cool on paper towels, then carefully remove the metal tubes.
- 3 For the ricotta filling, with a fork beat ricotta with sugar. Add a bit of milk and a dash of vanilla extract and cinnamon. Strain through a sieve and blend in diced candied fruit and bits of dark chocolate. With a pastry bag, pipe the ricotta filling into the crispy shells and sprinkle both ends with crushed pistachio nuts. Sprinkle with confectioner's sugar.

Cancelle

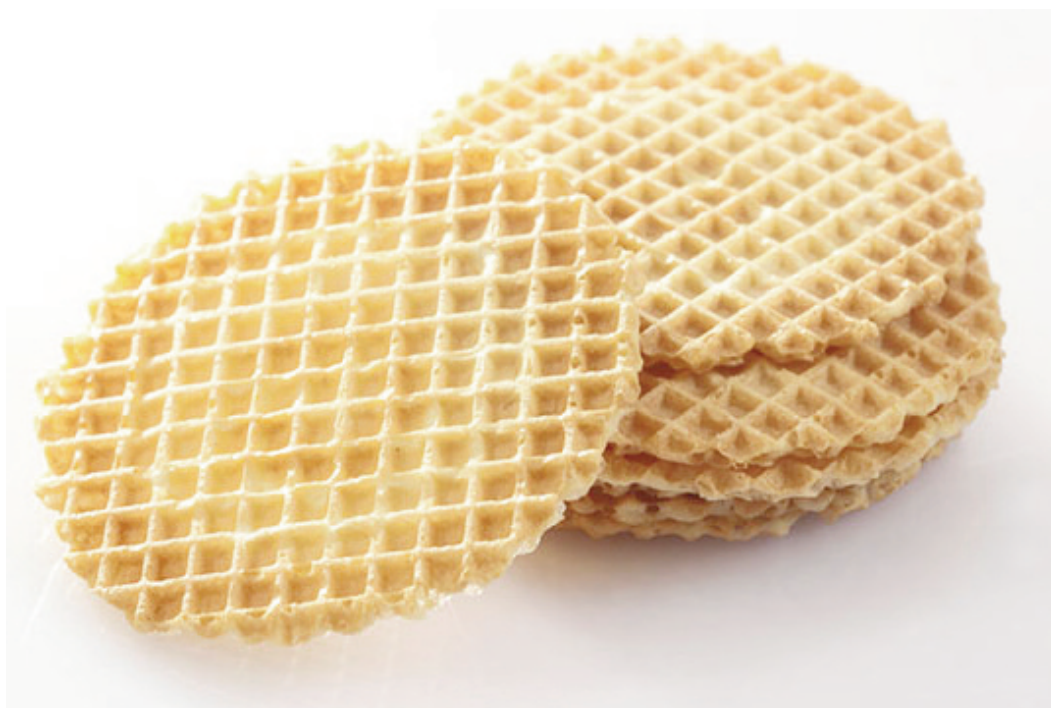
Ingredients

2 eggs
2 tablespoons extra virgin olive oil
6 tablespoons sugar
2 tablespoons anise liqueur or 1 cup of dry white wine
1 lemon

3 $\frac{3}{4}$ cups flour
1 pinch salt
 $\frac{1}{2}$ cup milk

Serves: 4

Time: 30 minutes preparation + 5 minutes cooking



- 1 In a bowl, whisk eggs with sugar until creamy. Add oil, milk, salt and grated lemon zest. Combine everything and add as much flour as the dough can absorb (it should have gnocchi consistency). Flavor with anise liqueur and turn on to a floured work surface.
- 2 Knead for a long time, until smooth. Cut into pieces and roll each one on the work surface to form balls the size of a walnut (a little more than 1 inch in diameter). Butter the two sides of a "cancelle" maker and heat it on the stove. Place a little ball in the middle of the bottom part, close and return to the heat for a few minutes, turning, until the cancella is golden crunchy.

Tiramisù with Berries

Ingredients

450 gr. berries
450 gr. mascarpone
 $\frac{2}{3}$ cup sugar
4 egg yolks
2 egg whites
4 tablespoons Marsala wine

12 Pavesini cookies (or ladyfingers)
1 tablespoon cocoa powder

Serves: 4

Time: 30 minutes preparation



- 1 Press berries through a sieve to collect the juice. In a bowl, combine the mascarpone and sugar. Beat egg yolks for about 5 minutes (until they are pale yellow), then add to the mascarpone.
- 2 Pour in the Marsala wine. Whip egg whites to stiff peaks and fold in. Line a glass dish with the Pavesini cookies or ladyfingers and brush them with the berry juice. Cover with a layer of mascarpone. Repeat this process two more times. Dust with cocoa powder. Garnish with berries. Refrigerate for a couple of hours before serving.

Tortillas (Spain)

Ingredients

4 medium potatoes, halved and thinly sliced

5 eggs, beaten

½ cup olive oil

¼ cup grated tasty cheese

Serves: 4



- 1 Boil potatoes until just soft, drain; cool to room temperature. Combine potatoes and eggs in a bowl. Cover and let it rest for 30'.
- 2 Heat half the oil in a deep 20 cm round omelette pan, spoon half the potato mixture evenly into pan, cook gently until browned underneath.
- 3 Place pan under a hot grill until mixture is browned on top. Turn tortilla onto absorbent paper. Repeat with remaining oil and potato mixture.
- 4 Spread filling evenly over 1 tortilla, top with remaining tortilla, sprinkle with cheese. Cook under hot grill about 3 minutes, until cheese is golden brown. Serve hot or cold.

French Onion Soup

Ingredients

2 tablespoons Butter

2 cups thinly Sliced Sweet Onion

4 cups Veal Broth

2 tablespoons Dry Sherry

1 teaspoon Worcestershire Sauce

Fresh Ground Black Pepper

4 Slices Toasted French Bread

$\frac{3}{4}$ cup Shredded Gruyere, or Swiss Cheese



- 1 Melt the butter in a stockpot over medium heat. Add the onions. Stir and cook until tender and golden. Stir in the veal broth, dry sherry, Worcestershire sauce, and a pinch of pepper. Bring to a gentle boil over high heat.
- 2 Reduce the heat, cover the stockpot and simmer for 10 minutes. Meanwhile, sprinkle toasted bread with grated cheese. Grill bread in a salamander until cheese has melted. Pour a ladle of soup into individual soup bowls. Serve with toasted bread in soup.

Moussaka (Greece)

Ingredients

2 medium aubergines
450 gr. minced lamb
1 finely chopped onion
370 gr of chopped tomatoes
1 tbs tomato purée

½ teaspoonful ground cinnamon and nutmeg
bouquet garni
black pepper
bechamel sauce with 65 gr feta cheese and 1 egg



- 1 Slice aubergines and leave them sprinkled with salt for about 30 minutes. Rinse well, then blanch briefly in boiling water. Rinse. Place mince in a saucepan over a low heat and when fat starts to run out, add onion. Fry for three minutes. Add tomatoes, tomato purée, cinnamon, nutmeg, bouquet garni and pepper. Bring to the boil and simmer for 15 min. until reduced.
- 2 Add cheese and incorporate the egg to the bechamel sauce. Preheat oven. In an ovenproof dish, lay the meat and aubergines alternately. Pour over the sauce. Bake for 15 minutes until golden. Serve with Greek salad and crusty bread.