

REGIONAL ITALIAN CUISINE BOOT CAMP

Welcome!



Culinary Institute
of America

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COURSE DESCRIPTION

REGIONAL ITALIAN CUISINE

Welcome to The Culinary Institute of America's Regional Italian Cuisine Boot Camp! As a participant in this boot camp, you will embark on a rigorous gastronomic tour of Italy. Each day, you will explore the different regions of the country, improving your Italian geography while learning about the flavor profiles that distinguish Italian cuisine.

LEARNING OBJECTIVES

Throughout this course, you will...

- Demonstrate the proper use of olive oil in traditional Italian cooking.
- Discuss Italy's many regional cuisines and identify the cultural dynamics and ingredients that shape the regional differences in Italian cooking.
- Prepare a variety of authentic Italian specialties.
- Study the food, wine, history, and culture of ancient and present-day Italy.

COURSE SYLLABUS

DAY ONE

- Lecture
 - Pasta
 - Antipasto
 - Italian Meats
 - Italian Cheeses
- Kitchen Exercise
 - Group Demonstrations
 - Production
 - Review and Critique

DAY TWO

- Lecture
 - The Northern Regions
 - Piemonte (Piedmont)
 - Lombardia (Lombardy)
 - Liguria
 - Veneto
 - Trentino-Alto Adige (Sudtirol)
 - Friuli-Venezia Giulia
- Kitchen Exercise
 - Group Demonstrations
 - Production
 - Review and Critique

DAY THREE

- Lecture
 - The Central Regions
 - Abruzzi
 - Lazio
 - Marche
 - Molise
 - Tuscany
 - Umbria
 - Emilia-Romagna
- Kitchen Exercise
 - Group Demonstrations
 - Production
 - Review and Critique

DAY FOUR

- Lecture
 - The Southern Regions & Italian Islands
 - Calabria
 - Campania
 - Basilicata (formerly Lucania)
 - Apulia (Puglia)
 - Sicily
 - Sardegna/Sardinia
- Kitchen Exercise
 - Group Demonstrations
 - Production
 - Review and Critique

DAY ONE:

PASTA, ANTIPASTO, ITALIAN MEATS AND CHEESES

LEARNING OBJECTIVES

By the end of this day, you should be able to...

- list and identify common ingredients including meats, cheeses, and oils used in Italian cuisine.
- describe the production and preparation of olive oil and salumi.
- describe the labeling laws and impact on ingredients.
- describe the method used to prepare spun paste cheeses.
- identify the courses and progression of an Italian meal.

INSTRUCTOR DEMONSTRATIONS

- Fresh egg pasta
- Mozzarella cheese

DAY ONE: TEAM PRODUCTION ASSIGNMENTS

TEAM ONE:

Pasta with Country-Style Ragù
Eggplant Caponata Spoons
Deep-Fried Mozzarella Sandwiches
Crostoni with Cauliflower and Prosciutto

TEAM TWO:

Fresh Mozzarella Salad
Chicken Stuffed with Soppressata
Marinated Eggplant
Asparagus and Prosciutto Canapés

TEAM THREE:

Sage Sandwiches
Frittata with Ricotta
Baked Spinach Lasagna
Fig and Walnut Bruschetta

TEAM FOUR:

Toast with Pancetta, Ricotta, and Roasted Cherry Tomato
Marinated Mushrooms
Thinly Sliced Toast with Bean Paste
Mozzarella, Prosciutto, and Sun-Dried Tomato Roulade

FRESH EGG PASTA

Yield: 1 ½ pounds

Ingredients	Amounts
Flour, durum	1 lb.
Salt, kosher	1 pinch
Egg, whole	4 ea.
Oil, vegetable (Optional)	1 fl. oz.
Water	1 ½ gal.
Salt, kosher	1 oz.

Method

1. In a food processor, combine the flour and salt. Add the eggs and oil, if using. Process the mixture until it resembles a coarse meal. When pressed, the dough should form a cohesive mass.
2. Turn the dough out onto a work surface. Knead until the dough is very firm, yet pliable. Cover and let the dough relax at room temperature for at least 1 hour.
3. Roll the dough into thin sheets. Cut them into desired shape by hand or using a pasta machine. The pasta is ready to cook or may be held under refrigeration for up to 2 days.
4. To cook, in a large pot over high heat, place the water and salt. Heat until boiling. Add the pasta. Stir to separate the strands or shapes. Cook the pasta until it is al dente, then drain in a colander.

Variations: For each variation, the amount of flour may also need to be adjusted accordingly.

Spinach Pasta: Purée 6 oz. spinach leaves, squeeze dry in cheesecloth, and add to the eggs.

Saffron Pasta: Steep 3 tsp. pulverized saffron threads in 1 fl. oz. hot water. Add the eggs.

Citrus Pasta: Add 4 tsp. finely grated lemon or orange zest to the eggs. Substitute 2 tablespoons. citrus for the water.

Curried Pasta: Add 2 to 4 tsp. curry powder to the flour.

Herbed Pasta: Add 2 to 3 oz. chopped fresh herbs to the eggs.

Black Pepper Pasta: Add 2 tsp. cracked black peppercorns to the flour.

Red Pepper Pasta: Sauté 6 oz puréed roasted red pepper until reduced and dry. Cool and add to the eggs.

Tomato Pasta: Sauté 3 oz. tomato purée until reduced and dry. Cool and add to the eggs.

Pumpkin, Carrot, or Beet Pasta: Sauté 6 oz. puréed cooked pumpkin, carrots, or beets until reduced and dry. Cool and add to the eggs.

MOZZARELLA CHEESE

Yield: 2 pounds

Ingredients	Amounts
Salt, kosher	6 oz.
Water	1 gal.
Cheese, curd, med. diced	2 lb.

Method

1. In a large pot over high heat, place the salt and water. Heat until boiling. Remove the pot from the heat.
2. In a large bowl, place the cheese curd. Add enough hot water to cover.
3. Wearing 2 pairs of gloves, work the curd with wooden spoons, stretching it until it becomes a smooth, yet stringy mass. Maintain a constant 160°F water temperature throughout the process.
4. Remove the cheese from the water. Continue stretching until the curd is smooth. Be sure to avoid overworking the cheese or it will become tough.
5. Shape the cheese into appropriate forms (refer to chef's demonstration).
6. Hold in water until ready for service.

PASTA WITH COUNTRY-STYLE RAGÙ

RAGÙ ALLA CONTADINA

Yield: 8 portions

Ingredients	Amounts
Beef, skirt steak	8 wt. oz.
Veal, shoulder, boneless	4 wt. oz.
Pork, loin, boneless, trimmed of fat	4 wt. oz.
Pork, prosciutto, thinly sliced	1 wt. oz.
Oil, olive, extra virgin	1 ½ fl. oz.
Pork, pancetta, finely chopped	2 wt. oz.
Mirepoix	
Onion, yellow, medium, minced	1 ea.
Celery, stalk with leaves, minced	1 ea.
Carrot, small, minced	1 ea.
Wine, red, dry	4 fl. oz.
Stock, beef (Divided)	16 fl. oz.
Milk, whole	1 pt.
Tomatoes, plum, canned, whole, peeled, drained	6 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Salt, kosher	as needed
Pasta	1 ½ lb.
Cheese, Parmigiano-Reggiano, grated	as needed

Method

1. Grind the beef, veal, pork, and prosciutto. Reserve.
2. Heat the oil in a saucepot over medium-high heat. Add the pancetta, onion, celery, and carrot. Sauté until the onions begin to caramelize.
3. Add the ground meat mixture. Reduce the heat to medium. Gently cook until the meat turns a deep brown color. Drain any excess fat.
4. Add the wine. Deglaze until the wine is reduced by half, about 3 minutes.
5. Stir in 5 ½ ounces of the stock. Simmer slowly until the stock is totally evaporated, about 10 minutes. Repeat with another 5 ½ ounces of the stock.
6. Add the milk and stir in the remaining 5 ½ ounces of the stock. Simmer, partially covered, for 1 hour. Stir frequently to prevent the mixture from sticking.
7. Add the tomatoes, crushing them as they go into the pot.

8. Cook, uncovered, at a very slow simmer until the sauce resembles a thick, meaty stew, about 45 minutes. Season with salt and pepper to taste.
9. In a large pot over high heat, add salt and water as needed. Heat until boiling. Add the pasta. Cook until al dente, 9 to 12 minutes. Strain.
10. Toss the ragu with the freshly cooked pasta.
11. Serve immediately with freshly grated Parmigiano-Reggiano cheese.

Note: Hanging tender, boneless, chuck blade or chuck center cut can be substituted for the skirt steak. Veal round can be substituted for the veal shoulder. Mild Italian sausage, without fennel, can be substituted for the pork loin.

Source: adapted from *The Splendid Table* by Lynne Rossetto Kasper

EGGPLANT CAPONATA SPOONS

Yield: 3 cups

Ingredients	Amounts
Oil, olive, pure	6 Tbsp.
Eggplant, small diced	½ lb.
Garlic, clove, minced	2 ea.
Oil, olive, pure	1 Tbsp.
Pepper, bell, red, small diced	1 ea.
Onion, yellow, small diced	1 ea.
Oil, olive, pure	1 Tbsp.
Olive, green, diced	3 wt. oz.
Tomato, plum, concassé	8 wt. oz.
Capers, drained	2 Tbsp.
Sugar, granulated	2 Tbsp.
Vinegar, wine, white	⅓ cup
Basil, leaves, fresh, shredded	1 Tbsp.
Oil, olive, pure	as needed
Cheese, Parmigiano-Reggiano, shaved	4 wt. oz.

Method

1. Heat the oil in a sauté pan over medium heat. Add the eggplant and sauté until lightly browned and tender, about 5 minutes.
2. Add the garlic and sauté for 30 seconds. Drain the eggplant on a sheet pan lined with paper towels. Scrape it into a large bowl.
3. Heat 1 Tbsp. of olive oil in the same pan. Add the peppers and onions and sauté until tender, about 5 minutes. Add it to the bowl with the eggplant.
4. Heat 1 Tbsp. of olive oil in the same pan. Add the olives and sauté for 1 minute.
5. Add the tomatoes and capers. Cook for 1 minute.
6. Add the sugar and the vinegar. Cook for 1 minute to reduce the liquid. Add to the eggplant mixture. Mix well.
7. Sprinkle with the basil. Add more olive oil if desired.
8. Serve on individual spoons. Top with the shaved Parmigiano-Reggiano.

DEEP-FRIED MOZZARELLA SANDWICHES

MOZZARELLA IN CARROZZA

Yield: 6 portions

Ingredients	Amounts
Bread, Pullman, crust removed	12 slices
Cheese, mozzarella, sliced ¼" thick	10 ½ wt. oz.
Egg, whole, beaten	3 ea.
Oil, olive, pure	as needed
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. To assemble the sandwiches, on 6 of the bread slices, place one portion of the mozzarella. Top with a second slice of bread.
2. Dip each of the sandwiches into the beaten eggs, making sure the sandwich is fully covered.
3. In a wide pan, add enough oil to cover the bottom. Heat the oil to 350°F. Add two sandwiches to the oil. Fry the first side of each sandwich until golden brown, about 1 minute. Flip and repeat on the other side. Lay the sandwich on paper towels to drain excess oil. Repeat for the remaining sandwiches.
4. Season with salt and pepper to taste.
5. Cut into desired shapes.

Note: Other ingredients can be added to the sandwiches such as thin slices of prosciutto, sun-dried tomatoes in oil, roasted pepper slices, or a pesto spread.

CROSTINI WITH CAULIFLOWER AND PROSCIUTTO

Yield: 20 portions

Ingredients	Amounts
Salt, kosher	as needed
Cauliflower, head, broken into florets	½ ea.
Oil, olive, extra virgin	¼ cup
Garlic, clove, chopped	3 ea.
Anchovy, fillet	4 ea.
Capers, chopped	3 Tbsp.
Parsley, flat-leaf, leaves, fresh, chopped	2 Tbsp.
Lemon, zest	1 ea.
Lemon, juice, fresh	to taste
Salt, kosher	to taste
Pepper, black, ground	to taste
Bread, baguette, ¼-inch slice, bias cut	1 ea.
Oil, olive, pure	as needed
Pork, prosciutto di Parma, thinly sliced	16 ea.

Method

1. Bring a large pot of salted water to a boil. Add the cauliflower and cook until tender. Drain and place into an ice bath to “shock” and stop the cooking process.
2. Heat a sauté pan over medium heat. Add the olive oil and garlic. Cook for 1 minute.
3. Add the anchovies and capers. Sauté, mashing gently with a fork, until it forms a golden-brown purée, about 1 minute.
4. Add the parsley, lemon zest, and lemon juice. Adjust the seasonings with salt and pepper to taste.
5. In a food processor, purée the anchovy and cauliflower mixtures. They should be well blended but still maintain some texture.
6. Rub the bread with olive oil. Toast it until crispy.
7. Lay a thin slice of prosciutto onto the crostini and top with the purée.

FRESH MOZZARELLA SALAD

INSALATA DI MOZZARELLA

Yield: 6 portions

Ingredients	Amounts
Oil, olive, extra virgin	3 fl. oz.
Vinegar, balsamic	1 fl. oz.
Lemon, juice, fresh	1 fl. oz.
Wine, white, Soave	1 fl. oz.
Tomatoes, sun-dried, packed in oil	1 Tbsp.
Parsley, Italian, leaves, fresh, chopped	1 Tbsp.
Basil, leaves, fresh, chopped	1 Tbsp.
Oregano, leaves, fresh, chopped	1 Tbsp.
Garlic, mashed	1 tsp.
Chile, pepperoncini, minced	½ tsp.
Mozzarella Cheese, finely sliced (Recipe follows)	1 ½ lb.

Method

1. For the dressing, in a bowl, place the oil, vinegar, lemon juice, and wine. Whisk to combine.
2. Add the sun-dried tomatoes, parsley, basil, oregano, garlic, and pepperoncini. Mix to coat.
3. Add the mozzarella. Gently toss coat.
4. Arrange on a decorative platter and serve.

MOZZARELLA CHEESE

Yield: 2 pounds

Ingredients	Amounts
Salt, kosher	6 oz.
Water	1 gal.
Cheese, curd, med. diced	2 lb.

Method

1. In a large pot over high heat, place the salt and water. Heat until boiling. Remove the pot from the heat.
2. In a large bowl, place the cheese curd. Add enough hot water to cover.
3. Wearing 2 pairs of gloves, work the curd with wooden spoons, stretching it until it becomes a smooth, yet stringy mass. Maintain a constant 160°F water temperature throughout the process.
4. Remove the cheese from the water. Continue stretching until the curd is smooth. Be sure to avoid overworking the cheese or it will become tough.
5. Shape the cheese into appropriate forms (See Chef demo).
6. Hold in water until ready for service.

CHICKEN STUFFED WITH SOPPRESSATA

Yield: 8 portions

Ingredients	Amounts
Pork, soppressata, small diced	½ lb.
Chicken, breast, ground	½ lb.
Egg, whole	1 ea.
Cheese, Parmigiano-Reggiano, grated	2 wt. oz.
Breadcrumbs, dried	2 ½ wt. oz.
Pistachios, shelled	1 ½ wt. oz.
Walnuts, shelled, roughly chopped	2 Tbsp.
Grapes, red, split	2 wt. oz.
Apple, Granny Smith, peeled cored, small diced	½ ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Chicken, whole	1 ea.
Butter, unsalted, cubed	as needed
Oil, olive, extra virgin	8 fl. oz.
Vinegar, wine, red	5 fl. oz.
Parsley, flat-leaf, leaves, fresh	4 wt. oz.
Breadcrumbs, dried	2 ½ wt. oz.
Cornichons	1 ½ Tbsp.
Capers, drained	1 ½ Tbsp.
Onions, pickled	1 ½ Tbsp.
Shallot, peeled	1 ea.
Egg, whole, hard cooked, peeled	1 ea.

Method

1. Preheat oven to 375°F.
2. For the stuffing, in a bowl, mix the soppressata, ground chicken, egg, cheese, breadcrumbs, pistachios, walnuts, grapes, and apples until they are well blended. Season with salt and pepper.
3. In a roasting pan, place the chicken. Loosely fill the chicken cavity with the stuffing.
4. Place the roasting pan into the preheated oven. Roast the chicken and stuffing to an internal temperature of 165°F. Remove from the oven. Top with cubed butter Reserve and let rest.
5. For the green sauce, in a food processor, add the oil, vinegar, parsley, breadcrumbs, cornichons, capers, onions, shallot, and egg. Pulse until a coarse mixture is formed.

6. Place the reserved chicken on a serving platter. Serve accompanied by the green sauce.

Note: In Italy, a capon would be used rather than chicken, as well as cotechino sausage, a fresh pork sausage specialty of the Emilia-Romagna area. The sausage is usually 3 inches in diameter and 8 to 9 inches long. Made from pork rind and meat from the cheek, neck, and shoulder, it is usually seasoned with nutmeg, cloves, salt and pepper. Traditionally, this dish is also served with *Mostardo di Frutta* or fruit mustard.

Source: Chef Marta Pulini

MARINATED EGGPLANT

MELANZANE MARINATE

Yield: 12 portions

Ingredients	Amounts
Oil, fryer	as needed
Eggplant	4 ea.
Salt, kosher, coarse	as needed
Garlic, clove, minced	4 ea.
Basil, leaves, bunch, fresh, chopped	1 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Vinegar, wine, white	8 fl. oz.

Method

1. Preheat the deep fryer to 375°F.
2. Slice the eggplants vertically into ½-inch slices. Do not peel. Sprinkle them liberally with coarse salt. Let it stand for 1 hour.
3. In a small bowl, combine the garlic and basil. Mix well with a wooden spoon.
4. Dry the eggplant slices with paper towels. D
5. Place the sliced eggplant into the deep fryer, working in batches to avoid overcrowding. Fry until golden brown, 3 to 5 minutes. After each slice is fried, do not drain off the oil on absorbent paper as usual.
6. In a serving dish, layer the undrained slices, alternating layers of eggplant with layers of the chopped basil and garlic mixture. Sprinkle the layers with salt and pepper as needed. Repeat until all the eggplant is used.
7. Pour the vinegar over the eggplant. Allow it to cool. Cover and refrigerate.
8. After 1 hour, turn the eggplant slices over after. Replace the cover and refrigerate for at least 3 more hours.
9. The marinated eggplant is now ready to serve.

Note: This dish is even better when made a day in advance. Marinated eggplant may be refrigerated for several months if preserved in a lidded jar with olive oil.

Source: adapted from: *The Fine Art of Italian Cooking* by Giuliano Bugialli

ASPARAGUS AND PROSCIUTTO CANAPÉS

Yield: 20 canapés

Ingredients	Amounts
Salt, kosher	as needed
Asparagus, spear, trimmed	40 ea.
Pork, prosciutto di Parma, thinly sliced	6 ea.
Mustard, Dijon	2 Tbsp.
Bread, Pullman, ¼-in. slice	10 ea.
Cream cheese, softened, whipped	½ cup
Pepper, black, ground	¼ tsp.

Method

1. Bring a large pot of salted water to a rolling boil. Add the asparagus and cook until the stems are tender to the bite but the tips still hold together, about 4 minutes.
2. Drain immediately and submerge the asparagus in an ice bath until cool. Drain and cut the asparagus tips to a length of about ¾-inch. Reserve.
3. Cut the prosciutto into thin strips about ½-inch wide and 2 to 3 inches long.
4. Spread a small amount of the mustard on the strips.
5. Wrap each piece of asparagus with the prosciutto, overlapping to cover the entire piece, except for the tip.
6. Trim the crusts from the bread and spread the slices evenly with cream cheese. Season with black pepper.
7. Lay two wrapped asparagus spears on each slice of bread. Cut each slice of bread in half creating two canapés.
8. Serve immediately.

Note: Green beans can be substituted for the asparagus.

SAGE SANDWICHES

FOGLIE DI SALVIA RIPIENE

Yield: 12 portions

Ingredients	Amounts
Flour, all-purpose, sifted	8 wt. oz.
Oil, olive, pure	2 fl. oz.
Egg, separated	2 ea.
Water, cold	8 fl. oz.
Wine, white, dry	3 fl. oz.
Salt, kosher	as needed
Cheese, mozzarella, fresh	1 lb.
Sage, leaf, fresh	24 ea.
Oil, olive, pure	2 pt.

Method

1. For the batter, in a large bowl, place the sifted flour, oil, egg yolks, cold water, wine, and salt. Mix well with a wooden spoon. Cover and reserve.
2. Pat the mozzarella dry with a paper towel. Cut into ½-inch thick slices. Cut each slice into 1-inch squares. Dry the cheese squares again, if necessary.
3. Sandwich one sage leaf between two slices of cheese. Make 24 of these “sandwiches.”
4. Heat the oil in a large frying pan over medium-high heat.
5. Beat the egg whites and fold them into the reserved batter.
6. Dip the mozzarella “sandwiches” into the batter, making sure they are completely coated.
7. Place the battered “sandwiches” into the heated oil. Fry until golden brown on all sides.
8. Remove from the fat, drain on paper towels. Immediately sprinkle with salt.
9. Serve hot.

Note: 1 cup of water will yield a medium-thick batter.

Source: adapted from *The Fine Art of Italian Cooking* by Giuliano Bugialli

FRITTATA WITH RICOTTA

FRITTATA CON LA RICOTTA

Yield: 6 portions

Ingredients	Amounts
Cheese, ricotta	1 lb.
Egg, whole	6 ea.
Cheese, Parmigiano-Reggiano, freshly grated	1 wt. oz.
Salt, kosher	as needed
Pepper, black, ground	as needed
Nutmeg, whole, grated	as needed
Oil, olive, pure	1 Tbsp.

Method

1. Drain the ricotta well using heavy cheesecloth.
2. Into a large bowl, break the eggs. Beat lightly without creating air bubbles or foam.
3. Add the ricotta and Parmigiano-Reggiano. Season with salt, pepper, and nutmeg as needed. Mix with a wooden spoon to combine.
4. Heat the oil in a 10-inch omelet pan over medium heat. Add the egg mixture. Keep puncturing the bottom with a fork as the eggs set to allow the liquid on top to move through to the bottom, allowing the eggs to cook uniformly.
5. When the eggs are set and the frittata is well detached from the bottom of the pan, put a plate, upside down, over the pan. Holding the pan firmly, reverse the pan and turn the frittata out onto the plate.
6. Return the pan to the heat. Add the overturned frittata back to the pan to cook the other side.
7. Carefully slide the frittata onto a serving dish.

Source: adapted from *Classic Techniques of Italian Cooking* by Giuliano Bugialli

BAKED SPINACH LASAGNA

LASAGNE VERDI AL FORNO

Yield: 8 portions

Ingredients	Amounts
Butter, unsalted	2 wt. oz.
Flour, all-purpose	1 wt. oz.
Milk, whole	1 ½ pt.
Salt, kosher	to taste
Pepper, black, ground	to taste
Nutmeg, whole, grated	to taste
Oil, olive, pure	as needed
Fresh Spinach Pasta (Recipe follows)	1 ½ lb.
Country-Style Ragù (Recipe follows)	1x recipe
Cheese, Parmigiano-Reggiano, grated	4 wt. oz.

Method

1. Preheat the oven to 350°F
2. To prepare the béchamel, in a 4-quart saucepan over medium-low heat, melt the butter. Sprinkle with the flour. Whisk until smooth. Stir continuously for about 3 minutes.
3. Gradually whisk in the milk to prevent lumps from forming. Bring to a slow simmer, stirring frequently. Cook until the sauce has thickened, and the raw flour taste has dissipated, about 10 minutes. Season with salt, pepper, and nutmeg.
4. Grease a 3-quart shallow baking dish with oil as needed.
5. To assemble the lasagna, spread a thin film of béchamel over the bottom of the baking dish. Arrange a layer of about 4 overlapping sheets of pasta over the béchamel. Spread a thin film of béchamel over the pasta. Add an equally thin film of the ragù. Sprinkle with about 1½ tablespoons of the cheese. Top with another layer and repeat the process.
6. Reserve about 3 ounces of the béchamel and 3 ounces of the cheese for the top of the lasagna. Spread the sauce to completely cover the last layer of pasta. Top with a generous dusting of the cheese.
7. Cover the dish lightly with foil, making sure it does not touch the top of the lasagna.
8. Place the baking dish in the preheated oven. Bake the lasagna until it is almost heated through, about 40 minutes.
9. Remove the foil. Bake uncovered until hot in the center, about 10 minutes. The cheese topping should be melted, creamy looking, and barely golden, not browned.
10. Turn off the oven and let the lasagna rest inside with the door ajar for about 10 minutes.
11. Slice and serve.

Note: The ragù and béchamel sauces can be prepared up to 3 days in advance. The ragù also freezes well for up to a month. The pasta can be rolled out, cut, and dried up to 24 hours before cooking. The assembled lasagna can sit at room temperature for up to 1 hour before baking. Do not refrigerate it before baking as the topping of béchamel and cheese will overcook by the time the center is hot.

In Emilia-Romagna, this dish is offered in small portions as a first course, though it is also complex enough to be served as a main dish. This is not a solid lasagna, but a moist one that slips a bit when it is cut and placed on a dinner plate.

Source: adapted from *The Splendid Table* by Lynne Rossetto Kasper

FRESH SPINACH PASTA

Yield: 1 ½ pounds

Ingredients	Amounts
Spinach, leaves, fresh	6 oz.
Egg, whole	4 ea.
Oil, vegetable (Optional)	1 fl. oz.
Flour, durum	1 lb.
Salt, kosher	1 pinch
Water	1 ½ gal.
Salt, kosher	1 oz.

Method

1. Blanch the spinach leaves in boiling water. Transfer to an ice bath to stop the cooking process. Squeeze the leaves dry using a clean side towel.
2. In a food processor, purée the blanched spinach leaves. Add the eggs and oil (if using). Purée until the mixture is smooth
3. Add the flour and salt. Process until the mixture resembles a coarse meal. When pressed, the dough should form a cohesive mass.
4. Turn the dough out onto a flat, clean work surface. Knead until the dough is very firm, yet pliable. Cover and allow the dough to rest at room temperature for 1 hour.
5. Roll the dough into thin sheets. Cut them into desired shape by hand or using a pasta machine. The pasta is ready to cook or may be held under refrigeration for up to 2 days.
6. To cook, in a large pot over high heat, place the water and salt. Heat until boiling. Add the pasta. Stir to separate the strands or shapes. Cook the pasta until it is firm to the bite (*al dente*). Drain in a colander.

COUNTRY-STYLE RAGÙ

RAGÙ ALLA CONTADINA

Yield: 2 quarts

Ingredients	Amounts
Beef, skirt steak	8 wt. oz.
Veal, shoulder, boneless	4 wt. oz.
Pork, loin, boneless, trimmed of fat	4 wt. oz.
Pork, prosciutto, thinly sliced	1 wt. oz.
Oil, olive, extra virgin	1 ½ fl. oz.
Pork, pancetta, finely chopped	2 wt. oz.
 Mirepoix	
Onion, yellow, medium, minced	1 ea.
Celery, stalk with leaves, minced	1 ea.
Carrot, small, minced	1 ea.
Wine, red, dry	4 fl. oz.
Stock, beef (Divided)	16 fl. oz.
Milk, whole	1 pt.
Tomatoes, plum, canned, whole, peeled, drained	6 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Grind the beef, veal, pork, and prosciutto. Reserve.
2. Heat the oil in a saucepot over medium-high heat. Add the pancetta, onion, celery, and carrot. Sauté until the onions begin to caramelize.
3. Add the ground meat mixture. Reduce the heat to medium. Gently cook until the meat turns a deep brown color. Drain any excess fat.
4. Add the wine. Deglaze until the wine is reduced by half, about 3 minutes.
5. Stir in 5 ⅓ ounces of the stock. Simmer slowly until the stock is totally evaporated, about 10 minutes. Repeat with another 5 ⅓ ounces of the stock.
6. Add the milk and stir in the remaining 5 ⅓ ounces of the stock. Simmer, partially covered, for 1 hour. Stir frequently to prevent the mixture from sticking.
7. Add the tomatoes, crushing them as they go into the pot.
8. Cook, uncovered, at a very slow simmer until the sauce resembles a thick, meaty stew, about 45 minutes. Season with salt and pepper to taste.

Note: Hanging tender, boneless, chuck blade or chuck center cut can be substituted for the skirt steak. Veal round can be substituted for the veal shoulder. Mild Italian sausage, without fennel, can be substituted for the pork loin.

Source: adapted from *The Splendid Table* by Lynne Rossetto Kasper

FIG AND WALNUT BRUSCHETTA

Yield: 30 portions

Ingredients	Amounts
Figs, dried, stems removed, diced	¾ cup
Walnuts, shelled, halved	⅓ cup
Anchovy, fillet, drained	10 ea.
Garlic, clove	4 ea.
Salt, kosher	¼ tsp.
Pepper, black, ground	as needed
Oil, olive, extra virgin	5 Tbsp.
Brandy	1 Tbsp.
Bread, baguette, sliced	1 ea.
Oil, olive, extra virgin	1½ Tbsp.
Cheese, Parmigiano-Reggiano, shaved	¾ cup

Method

1. In a food processor, place the figs, walnuts, anchovies, garlic, salt, and pepper. Pulse until finely chopped.
2. Add the oil and brandy in a steady stream, pulsing until a coarse paste is formed.
3. Preheat a grill to medium high.
4. Lightly brush the bread slices on both sides with olive oil. Grill the bread evenly on both sides until grill marks are achieved, about 1 to 2 minutes.
5. Evenly spread ½ ounces of the fig and walnut mixture over each piece of grilled bread. Garnish with the shaved cheese.
6. Serve immediately.

Note: Cognac can be substituted for the brandy.

TOAST WITH PANCETTA, RICOTTA, AND ROASTED CHERRY TOMATO

BRUSCHETTA CON PANCETTA, RICOTTA, E POMODORINI

Yield: 12 portions

Ingredients	Amounts
Pork, pancetta, med. diced	1 lb.
Oil, olive, extra virgin	4 fl. oz.
Tomatoes, cherry	2 pt.
Garlic, clove, crushed	5 ea.
Oregano, leaves, fresh	2 tsp.
Thyme, leaves, fresh	2 tsp.
Bread, Italian, country-style, thickly sliced	12 ea.
Oil, olive, extra virgin	as needed
Garlic, clove, peeled	2 ea.
Cheese, ricotta	1 cup
Salt, kosher	1 tsp.
Pepper, black, coarse	1 Tbsp.
Red pepper flakes	1 pinch

Method

1. In a large skillet over medium heat, render the pancetta until golden brown. Remove the pancetta and reserve. Add the olive oil to the rendered fat. Increase to medium-high heat.
2. Add the cherry tomatoes and garlic cloves. Cook while stirring until the skin has blistered, about 2 minutes.
3. Add the herbs. Mix to combine. Remove from skillet and allow it to cool.
4. In a large metal bowl, place the cooled tomato mixture. Remove the blistered tomato skins. Be sure to only remove the skins, keeping all the liquid, garlic and herbs. Reserve.
5. Heat a grill pan over medium heat for 10 minutes. Grill the bread slices, turning once, until they are golden brown and crisp, about 3 to 5 minutes. Remove the slices from the grill and brush with olive oil. Rub the garlic cloves lightly over one side.
6. In a bowl, place the ricotta. Season with the salt, pepper, and red pepper flakes. Whip to combine and lighten.
7. When the toast has cooled coat each slice with the ricotta. Top each coated slice with the tomato herb mixture. Arrange rendered pancetta over the tomato herb mixture. Drizzle with more olive oil.

Note: Aged balsamic can also be drizzled over the slices.

MARINATED MUSHROOMS

FUNGHI MARINATI

Yield: 12 portions

Ingredients	Amounts
Oil, olive, extra virgin	8 fl. oz.
Vinegar, wine, red	1 ½ Tbsp.
Parsley, flat-leaf, leaves, fresh, roughly chopped	1 wt. oz.
Red pepper flakes	2 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Salt, kosher	as needed
Mushrooms, button, white	2 lb.

Method

1. In a bowl, combine the oil, vinegar, parsley, red pepper flakes. Season with salt, and pepper to taste.
2. In a large pot over high heat, add water and salt as needed. Heat until boiling. Add the mushrooms and blanch. Allow to cool slightly.
3. Add the mushrooms to the mixture. Toss until evenly coated.
4. Allow the mushrooms to marinate at room temperature for 30 minutes before serving.

THINLY SLICED TOAST WITH BEAN PASTE

CROSTINI DI FAGIOLI

Yield: 12 portions

Ingredients	Amounts
Beans, cannellini, dry, soaked overnight	10 wt. oz.
Tomato, paste	1 Tbsp.
Red pepper flakes	$\frac{3}{4}$ tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Salt, kosher	as needed
Rosemary, sprigs, fresh, blanched in salt water	1 $\frac{1}{2}$ Tbsp.
Garlic, clove, minced	4 ea.
Butter, unsalted	1 $\frac{1}{2}$ wt. oz.
Oil, olive, extra virgin	1 Tbsp.
Stock, chicken, warm	12 fl. oz.
Bread, crusty, loaf, 12 slices	1 ea.
Lemon, whole, juiced	1 $\frac{1}{2}$ ea.
Parsley, Italian, sprigs, fresh	as needed

Method

1. Drain the beans. Rinse under cold running water.
2. In a saucepan over medium heat, place the beans with enough water to cover. Add the tomato paste and half of the red pepper flakes. Season with salt and pepper to taste. Cover and cook until the beans are very tender, about 2 hours.
3. Preheat oven to 400°F.
4. Pass the beans through a food mill, using the disc with medium-sized holes. Reserve.
5. Blanch the rosemary sprigs in salted boiling water. Remove the leaves.
6. In a bowl, combine the garlic, rosemary leaves, and the remaining red pepper flakes.
7. Heat the butter and olive oil in a sauté pan over medium heat. Add the garlic mixture. Sauté for about 2 minutes.
8. Add the bean purée. Stir to combine. Stir in the heated stock. Cook, while stirring, until the texture is smooth and fairly thick, about 10 minutes.
9. On a baking sheet, place the sliced bread. Place the baking sheet into the preheated oven. Heat for 3 minutes.
10. Remove the bean paste from the heat. Add the lemon juice. Stir well to incorporate.
11. To prepare the crostini, spread 1 heaping tablespoon of the paste onto each piece of bread. Arrange the crostini on a large serving platter. Sprinkle with parsley.

MOZZARELLA, PROSCIUTTO, AND SUN-DRIED TOMATO ROULADE

Yield: 30 slices, 1-oz. each

Ingredients	Amounts
Mozzarella Cheese (Recipe follows)	2 lb.
Pork, prosciutto di Parma, sliced paper-thin	2 wt. oz.
Tomatoes, sun-dried, packed in oil, chopped	½ cup

Method

1. Prepare the mozzarella according to the directions through step 4. Working on a plastic tray or plastic wrap, stretch the mozzarella into a rectangle about 12 x 14 inches and ¼-inch thick.
2. While the cheese is still warm, lay the prosciutto slices over the mozzarella in an even layer. Spread the chopped sun-dried tomatoes over the prosciutto.
3. Roll into a roulade with plastic wrap and secure the ends tightly with string. Return the roulade to the hot water for 2 to 3 minutes to seal the garnish. Remove from the water and retie the ends to secure (see chef for demonstration).
4. Thoroughly chill the roulade in an ice bath and refrigerate for at least 1 hour before slicing. The wrapped roulade can be refrigerated for up to 5 days.

MOZZARELLA CHEESE

Yield: 2 pounds

Ingredients	Amounts
Water	1 gal.
Salt, kosher	$\frac{3}{4}$ cup
Cheese, curd, medium diced	2 lb.

Method

1. In a large saucepan, place the water and salt. Bring it to a boil. Remove the pot from the heat.
2. In a large bowl, place the cheese curd. Add enough of the salted water to cover the curd.
3. Wearing 2 pairs of gloves, work the curd with wooden spoons, stretching it until it becomes a smooth, yet stringy mass. Maintain the water temperature at a constant 160°F throughout this process.
4. Remove the cheese from the water and continue stretching until the curd is smooth, being careful not to overwork it or the cheese will become tough.
5. Shape the cheese into appropriate forms as demonstrated or described in the recipe. Hold in water until ready for service.

DAY TWO: THE NORTHERN REGIONS

- Piemonte (Piedmont)
- Lombardia (Lombardy)
- Liguria
- Veneto
- Trentino-Alto Adige (Sudtirol)
- Friuli-Venezia Giulia

LEARNING OBJECTIVES

By the end of this day, you should be able to ...

- identify cultural influences on the northern regions.
- identify characteristics of northern Italian cuisine.
- describe preparations and utilization of grains in northern Italian cuisine.

INSTRUCTOR DEMONSTRATIONS

- Risotto
- Polenta
- Knife cuts

DAY TWO: TEAM PRODUCTION ASSIGNMENTS

TEAM ONE:

Mushroom Salad with Celery and Parmesan

Garlic Roasted Potatoes with Rosemary, Sage, and Parsley

Risotto with Morels and Fresh Peas

Roast Stuffed Pork Loin Genoa-Style with Garlic Jus

TEAM TWO:

Herb Salad in Parmesan Crisps

Risotto with Porcini Mushrooms and Basil

Egg Crepe with Oyster Mushrooms, Pesto, and Pine Nuts

Local Rabbit Ragoût with Gnocchi di Semolino

**Soak Beans for Soup -Day Three*

TEAM THREE:

Risotto with Sausage-Stuffed Quail

Bistecca alla Fiorentina

Cipollini Onions with Balsamic Glaze

Sweet and Sour Eggplant Antipasto with Chickpea Flatbread from Liguria

**Soak Black Eyed Peas and Chickpeas for Soup – Day Three*

TEAM FOUR:

Risotto with Saffron, Milanese-Style

Lamb Chops with Parmesan

Canederli Tyrolean Bread Dumpling

Stuffed Zucchini

MUSHROOM SALAD WITH CELERY AND PARMESAN

INSALATA DI FUNGHI, SEDANO, E PARMIGIANO

Yield: 6 portions

Ingredients	Amounts
Mushrooms, cremini, thinly sliced	12 wt. oz.
Arugula, cleaned	1 lb.
Oil, lemon	9 fl. oz.
Celery, stalk, peeled, thinly sliced on bias	6 wt. oz.
Cheese, Parmesan, shaved	6 wt. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste
Vinegar, balsamic	as needed

Method

1. In a pot over high heat, place water as needed. Heat until boiling.
2. Add the mushrooms. Blanch for 10 seconds. Shock them in cold water until they are cooled.
3. In a bowl, place the arugula, toss with a small amount of the lemon oil to lightly coat as needed.
4. In a bowl, combine the cooled mushrooms, celery, and cheese.
5. Add the rest of the lemon oil. Season with salt, and pepper to taste. Toss gently to avoid cheese from crumbling.
6. Portion the coated arugula onto plates.
7. Drizzle with balsamic vinegar.
8. Arrange the mushroom mixture over the arugula.

GARLIC ROASTED POTATOES WITH ROSEMARY, SAGE, AND PARSLEY

PATATE ARROSTITE CON AGLIO, SALVIA, ROSMARINO E PREZZEMOLO

Yield: 6 portions

Ingredients	Amounts
Salt, kosher	as needed
Potato, red, washed, trimmed, peeled	2 lb.
Oil, olive, pure	3 fl. oz.
Bay leaf, dried	3 ea.
Rosemary, leaves, fresh, chopped	2 Tbsp.
Sage, leaves, fresh, chopped	2 Tbsp.
Salt, kosher	1 tsp.
Pepper, black, ground	to taste
Garlic, clove, minced	6 ea.
Parsley, Italian, leaves, fresh, chopped	2 Tbsp.

Method

1. In a large pot, add water and salt as needed.
2. Cut the potatoes into 1 ½-inch pieces and place in the cold salted water. Over low-medium heat, bring to a simmer and cook the potatoes for 10 minutes. Drain and dry on paper towels.
3. Preheat oven to 425°F.
4. In a large bowl, place the potatoes, oil, bay leaves, rosemary, sage, salt, and pepper. Toss to combine.
5. Heat a cast iron-skillet. Place the oiled, seasoned potatoes into the hot skillet.
6. Place the skillet into the preheated oven. Roast for 20 minutes, stirring occasionally to ensure even browning.
7. Reduce the heat to 375°F. Continue to cook for 15 to 20 minutes, stirring occasionally. Add the garlic towards the end of the cooking process to prevent it from burning and creating a bitter flavor.
8. Place in a warm serving bowl. Sprinkle with chopped parsley.

RISOTTO WITH MORELS AND FRESH PEAS

RISOTTO CON FUNGHI E PISELLI FRESCHI

Yield: 6 portions

Ingredients	Amounts
Oil, olive, pure	2 fl. oz.
Onion, yellow, minced	6 wt. oz.
Rice, Arborio	16 wt. oz. (2 $\frac{1}{3}$ cup)
Stock, chicken	2 qt.
Oil, olive, pure	as needed
Mushrooms, morels	12 wt. oz.
Peas, blanched	2 wt. oz.
Cheese, Parmesan, grated	3 wt. oz.
Butter, unsalted	2 wt. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Heat the oil in a pan over medium heat. Add the onions. Sauté until translucent.
2. Add the rice. Toss to coat with oil.
3. Add about $\frac{1}{3}$ of the stock. Stir until it has been absorbed. Repeat twice more.
4. Spread the rice on a sheet pan. Allow it to cool. Reserve.
5. Heat the oil in a sauté pan over medium heat. Add the mushrooms and blanched peas. Sauté until tender; do not overcook.
6. Add the reserved cooked risotto and any remaining chicken stock. Cook while stirring until the rice is al dente.
7. Add the Parmesan and butter. Stir to combine. Season with salt and pepper to taste.
8. Adjust the consistency, if necessary, by adding additional chicken stock. The risotto should be wave-like and creamy, like porridge (*all'onda*), not firm and stiff.

Note: Make sure the peas are fully cooked before beginning risotto. Other mushrooms can be substituted for the morels.

ROAST STUFFED PORK LOIN GENOA-STYLE WITH GARLIC JUS

ARISTA DI MAIALE ALLA GENOVESE

Yield: 6 portions

Ingredients	Amounts
Garlic, clove, minced	4 ea.
Parsley, flat-leaf, leaves, fresh, chopped	3 ½ Tbsp.
Basil, leaves, fresh, chopped	2 ½ Tbsp.
Pine nuts, toasted, crushed	2 wt. oz.
Cheese, Pecorino Romano, grated	1 wt. oz.
Pork, ground	4 wt. oz.
Pork, sausage, Italian, casing removed	4 wt. oz.
Breadcrumbs, dried	2 wt. oz.
Heavy cream	3 Tbsp.
Egg, whole, beaten	1 ea.
Pork, loin, boneless, well-trimmed	2 lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Caul fat, 12-in. x 12-in.	1 ea.
<i>Mirepoix</i>	
Onion, yellow, med. diced	2 wt. oz.
Carrot, med. diced	1 wt. oz.
Celery, stalk with leaves, med diced	1 wt. oz.
Tomato, paste	2 wt. oz.
Garlic, clove, minced	1 ea.
Bay leaf, dried	1 ea.
Stock, veal, brown	18 fl. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat the oven to 350°F.
2. To prepare the dry pesto, in a bowl, combine the garlic, parsley, basil, pine nuts, and cheese. Mix to combine. Reserve.

3. To prepare the stuffing, in a separate bowl, combine the ground pork, sausage, breadcrumbs, heavy cream, and egg. Mix to combine. Reserve.
4. Butterfly the pork loin. Pound lightly with a meat mallet. Season with salt and pepper.
5. Spread the pesto mixture over the pork. Spread the stuffing over the pesto.
6. Roll up the pork loin, jelly roll fashion. Wrap it in caul fat. Secure with butcher's twine.
7. Place the rolled pork in a roasting pan. Place the pan into the preheated oven. Roast until the internal temperature reaches 150°F.
8. Remove from the oven. Allow the meat to rest. Drain off any excess fat.
9. To prepare the garlic jus, add the mirepoix and tomato paste to the roasting pan. Caramelize lightly on the stovetop.
10. Add the garlic, bay leaf, and stock. Simmer to reduce the jus to approximately 12 ounces.
11. Strain, then season with salt and pepper to taste.
12. Place the sauce on a serving platter with the sliced, shingled roast.

HERB SALAD IN PARMESAN CRISPS

Yield: 12 portions

Ingredients	Amounts
Oil, olive, pure	¾ cup
Oil, truffle	2 Tbsp.
Vinegar, wine, white	¼ cup
Sugar, granulated	½ tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Lettuce, mesclun greens	8 cups
Radicchio, chiffonade	1 cup
Parsley, flat-leaf, leaves, fresh, chopped	1 cup
Dill, fresh, chopped	1 cup
Chive, sliced ½-in. long	½ cup
Parmesan Crisps (Recipe follows)	1x recipe

Method

1. For the truffle vinaigrette, in a small bowl, combine the olive oil, truffle oil, white wine vinegar, and sugar. Season with salt and pepper to taste. Reserve.
2. For the salad, in a large bowl, combine the mesclun, radicchio, parsley, dill, and chive. Toss thoroughly.
3. Just before serving, whisk the vinaigrette vigorously. Adjust the seasoning with salt and pepper to taste. Toss the salad with the vinaigrette.
4. Divide the salad mixture among the Parmesan crisp bowls. Serve immediately.

PARMESAN CRISPS

Yield: 12 portions

Ingredients	Amounts
Cheese, Parmigiano-Reggiano, shredded	1 lb.
Salt, kosher	as needed
Pepper, black, ground	as needed

Method

1. Preheat oven to 350°F.
2. Line a sheet pan with parchment paper. Trace circles on the paper, sized to fit inside the bowls you will use to shape the crisp. Allow about ½ inch of room in the tracing to permit some spread.
3. Scatter enough cheese in an even layer to cover each circle, but not too thick.
4. Season with salt and pepper as needed.
5. Bake the cheese until it is melted and bubbly and looks like lace, about 10 minutes.
6. Remove the sheet pan from the oven. Drape each cheese crisp inside a bowl to create containers. This must be done while the cheese is still very warm.

RISOTTO WITH PORCINI MUSHROOMS AND BASIL

Yield: 10 portions

Ingredients	Amounts
Mushrooms, porcini, dried	3 wt. oz.
Oil, olive, extra virgin	2 fl. oz.
Onion, yellow, minced	6 wt. oz.
Rice, Arborio	1 lb.
Stock, chicken, hot	1 ½ qt.
Wine, white	4 fl. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste
Butter, unsalted	4 wt. oz.
Cheese, Parmesan, grated	3 wt. oz.
Basil, leaves, fresh, chiffonade	4 Tbsp.

Method

1. Preheat oven to 350°F.
2. In a bowl, rehydrate the mushrooms in warm water. Reserve.
3. Heat the olive oil in a medium stockpot over low-medium heat. Add the onions. Sweat until translucent.
4. Add the rice. Stir to coat with oil.
5. Stir in the stock and wine. Season with salt and pepper to taste.
6. Cover the stockpot. Place in the preheated oven. Bake until the rice is tender, 30 to 35 minutes. Stir the rice throughout cooking to achieve the desired texture and prevent it from sticking to the pan.
7. Rinse the hydrated mushrooms under running water to remove any dirt or grit.
8. Fold in the hydrated mushrooms, butter, cheese, and basil.
9. Adjust the seasonings and consistency, if necessary, by adding additional chicken stock. The risotto should be wave-like and creamy like porridge (*all'onda*), not firm and stiff.

EGG CREPE WITH OYSTER MUSHROOMS, PESTO, AND PINE NUTS

Yield: 8 portions

Ingredients	Amounts
Egg, extra-large, whole	9 ea.
Marjoram, sprig, fresh, torn into small bits	1 ½ ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Butter, unsalted (Divided)	3 Tbsp.
Fresh Oyster Mushrooms with Pesto and Pine Nuts (Recipe follows)	1x recipe
Pine nuts, toasted	2 Tbsp.
Bechamel (Recipe follows)	1x recipe
Basil, leaves, fresh, torn	as needed

Method

1. In a mixing bowl, beat the eggs. Add the marjoram. Season with salt and pepper. Stir to combine.
2. In an 8-inch, nonstick skillet over medium low heat, melt 2 teaspoons of the butter. Add enough of the egg mixture to the pan just to coat the bottom, ensuring that you let the batter run to cover the pan for a thin consistency. Cook until the sides begin to pull away from the pan. Flip over using a spatula for 10 to 15 seconds to set the batter. Repeat the process with the remaining egg mixture. Reserve.
3. Fill each crepe by $\frac{1}{3}$ with the mushroom mixture. Roll the crepe to close it. Place on a parchment paper lined sheet tray. Repeat the process for the remaining crepes.
4. To serve, top with pine nuts. Place the tray in the oven to warm the crepes.
5. When hot, arrange on a platter. Top with bechamel sauce and torn basil leaves.

FRESH OYSTER MUSHROOMS WITH PESTO AND PINE NUTS

Yield: 6 portions

Ingredients	Amounts
Mushrooms, oyster	2 ¼ lb.
Oil, olive, pure	6 Tbsp.
Pesto (Recipe follows)	3-5 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Pine, toasted	2 Tbsp.
Basil, leaves, fresh	as needed

Method

1. Remove all the hard parts of the mushrooms. Pull them parallel to their gills into bite size pieces.
2. In a skillet over high heat, add the oil. When shimmering, add the mushrooms. Sauté until well browned and tender.
3. Add the pesto. Cook until heated through, about 3 minutes.
4. Adjust the seasoning with salt and pepper as needed.
5. Serve garnished with pine nuts and basil leaves.

SHARP PESTO

PESTO FORTE

Yield: 1 cup

Ingredients	Amounts
Basil, bunch, leaves, fresh	1 ea.
Pine nuts, toasted	4 Tbsp.
Cheese, Pecorino Romano, finely grated	4 Tbsp.
Oil, olive, extra virgin	6 Tbsp.
Garlic, clove, whole	2 ea.
Salt, kosher	as needed

Method

1. In a food processor, combine all the ingredients. Pulse until it has a course texture.
2. Adjust the consistency with additional olive oil, as needed.

BÉCHAMEL SAUCE

Yield: 1 quart

Ingredients	Amounts
Butter, unsalted, clarified	1 Tbsp.
Onion, yellow, minced	½ wt. oz.
Butter, unsalted, clarified	3 oz.
Flour, all-purpose	3 oz.
Milk, whole	40 fl. oz.
Salt, kosher	to taste
Pepper, white, ground	to taste
Nutmeg, whole, grated (Optional)	to taste

Method

1. Heat the butter in a saucepot over low to moderate heat. Add the onions. Sauté, stirring frequently, until the onions are tender and translucent with no color, 6 to 8 minutes.
2. For the white roux, heat butter in pan. Add the flour. Cook, stirring with a wooden spoon until pale and gives off a toasted aroma.
3. Gradually add the milk, whisking to work out any lumps. Simmer, stirring frequently, until the sauce is smooth and thickened, about 30 minutes. Skim as necessary throughout cooking time.
4. Adjust the seasoning with salt, pepper, and nutmeg to taste.
5. Strain through a double thickness of rinsed cheesecloth.
6. The sauce is ready to use now, or it may be cooled and stored for later use.

LOCAL RABBIT RAGOÛT WITH GNOCCHI DI SEMOLINO

GNOCCHI DI SEMOLINO CON SPEZZATINO DI CUNIGLIU

Yield: 6 portions

Ingredient	Amount
Rabbit, whole	3 ea.
Oil, olive, pure	2 Tbsp.
Wine, white	¼ cup
Oil, olive, pure	2 Tbsp.
Pork, pancetta, minced	4 Tbsp.
Onion, red, small diced	½ cup
Celery, stalk, small diced	¼ cup
Carrot, small diced	¼ cup
Tomato, paste	2 Tbsp.
Brandy	¼ cup
Stock, chicken	as needed
Rosemary, sprig, fresh	3 ea.
Thyme, sprig, fresh	3 ea.
Bay leaf, dried	3 ea.
Parsley, flat-leaf, leaves, fresh, chopped	3 Tbsp.
Garlic, minced	1 Tbsp.
Juniper berries, crushed	12 ea.
Peppercorns, black, crushed	4 ea.
Salt, kosher	to taste
Cheese, Parmesan, grated	½ cup
Gnocchi di Semolino (Recipe follows)	1x recipe

Method

1. Preheat oven to 450°F.
2. Fabricate the rabbit (see chef demo).
3. Preheat a large sauté pan in the oven. Drizzle the hot pan with oil. Add the rabbit and sear until it turns brown in color. Remove the rabbit from the pan.
4. Add the wine to the pan and deglaze the drippings by scrapping the brown bits. Cook for 1 to 2 minutes or until the wine has started to reduce.
5. Heat the oil in a small rondeau over medium heat. Add the pancetta. Cook until crispy.
6. Add the onions, celery, and carrots. Sauté until well browned.
7. Add the tomato paste. Cook it until a rusty brown color is achieved (*pincé*).
8. Add the brandy. Cook for 1 minute.

9. Add the rabbit and pan juices. Add enough chicken stock to cover the legs by 1 inch. Add all the herbs and spices. Adjust the seasoning with salt.
10. Cover with a tight-fitting lid or foil. Cook on the stovetop for approximately 1 hour or until the rabbit is tender. Skim the fat from the top of the pan occasionally.
11. Scrape the rabbit meat off the bone and return it to the sauce. Make sure not to shred the meat too fine. The sauce should thinly coat the back of a spoon (nappé).
12. Serve the ragout with the grated Parmesan cheese and a warm platter of Gnocchi di Semolino.

GNOCCHI DI SEMOLINO

Yield: 6 portions

Ingredients	Amounts
Milk, whole	4 ½ cups
Butter, unsalted (Divided)	15 Tbsp.
Salt, kosher	as needed
Flour, semolina	2 cups
Cheese, Parmigiano-Reggiano, grated	¾ cup
Egg, yolk	3 ea.

Method

1. Preheat the oven to 400°F.
2. In a medium saucepan over medium heat, place the milk. Bring to a low boil.
3. Add 3 tablespoons of the butter and a pinch of salt. Slowly add the flour, stirring constantly. Cook for about 30 minutes.
4. Remove from the heat. Stir in the cheese and egg yolks with a spoon. Blend well.
5. Pour the mixture onto a marble surface, spreading to a thickness of about ½-inch.
6. With a 1 ½ inch round cutter, cut the dough into disks. Place in a baking dish, overlapping the circles.
7. Dot with the remaining butter and more cheese.
8. Bake in the oven until the top is golden and crisp, about 30 minutes.

Source: The Dictionary of Italian Food and Drink by John Mariani

RISOTTO WITH SAUSAGE-STUFFED QUAIL

RISOTTO VIALONE NANO

Yield: 6 portions

Ingredients	Amounts
Bread, day old, no crust	3 wt. oz.
Milk, whole	4 fl. oz.
Pork, sausage, fresh, casing removed	8 wt. oz.
Parsley, flat-leaf, leaves, fresh, chopped	1 ½ Tbsp.
Sage, leaves, fresh, chopped	1 Tbsp.
Rosemary, leaves, fresh, chopped	1 ½ tsp.
Thyme, leaves, fresh, chopped	1 tsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Quail, whole, boneless	6 ea.
Onion, yellow, brunoise	1 ⅓ wt. oz.
Celery, stalk, brunoise	1 ⅓ wt. oz.
Carrot, brunoise	1 ⅓ wt. oz.
Stock, chicken	8 fl. oz.
Oil, olive, pure	4 fl. oz.
Onion, Spanish, minced	4 wt. oz.
Pork, pancetta, diced	¾ wt. oz.
Pork, soppressata, diced	¾ wt. oz.
Parsley, Italian, leaves, fresh, chopped (Divided)	3 Tbsp.
Rice, Arborio	3 cups
Stock, chicken, hot (Divided)	1 ½ qt.
Butter, unsalted, cut into small pieces	5 wt. oz.
Oil, olive, extra virgin	4 fl. oz.
Cheese, Parmigiano-Reggiano, grated	1 ½ wt. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat oven to 400°F.
2. For the stuffing, soak the bread in milk for 15 minutes. Squeeze out the liquid.
3. In a large bowl, place the bread, sausage, parsley, sage, rosemary, and thyme. Season with salt and pepper as needed. Stir to combine.

4. Fill each quail cavity with the stuffing. Season the outside of the quail with salt and pepper.
5. Place the quail into a roasting pan. Roast in the preheated oven until golden brown, 12 to 15 minutes.
6. Add the brunoise of vegetables 5 minutes before the quail is done. Pour the chicken stock into the roasting pan to deglaze. Return the quail to the oven to finish cooking. Reserve the quail and pan juices.
7. For the risotto, heat the olive oil in a large, heavy-bottom saucepan over medium heat. Add the onion. Cook, stirring often, for 2 to 3 minutes.
8. Add the pancetta, soppressata, and half of the parsley. Cook until the fat is rendered.
9. Add the rice. Toss to coat in the rendered fat. Cook, stirring gently, for 2 to 3 minutes.
10. Add 8 ounces of the reserved pan juices and 2 pints of the stock. Cook, stirring frequently to prevent the rice from sticking. Avoid vigorous stirring as this will cause the rice grains to rupture.
11. After the rice absorbs most of the liquid, add additional stock, 1 pint at a time, as necessary to continue cooking and keep the rice moist. After about 16 minutes of total cooking time, taste a grain of rice. It should be just tender, with a slight bite. If not, add a little more liquid and cook another 1 to 2 minutes.
12. When rice is tender, add the butter and oil while mixing with a wooden spoon. Stir in the remaining parsley and the cheese, if desired. Adjust consistency with additional stock if necessary. The risotto should be wave-like and creamy like porridge (*all'onda*), not firm and stiff. Season with salt and pepper to taste.

Note: Small game has a substantial role in the cooking traditions of Veneto. The boned quail is traditionally stuffed with Luganega sausage which, along with soppressata, is made in this region.

BISTECCA ALLA FIORENTINA

GRILLED STEAK, TUSCAN STYLE

Yield: 6 portions

Ingredients	Amounts
Beef, NY strip steak, 1-in. thick	3 ea.
Oil, olive, extra virgin (Divided)	¼ cup
Garlic, minced	¼ cup
Salt, kosher	3 tsp.
Pepper, black, ground	2 tsp.
Rosemary, leaves, fresh, minced	2 tsp.
Lemon, juice, fresh	3 Tbsp.

Method

1. Preheat a gas grill to high, leaving one burner off. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a light coating of white ash. Spread the coals in an even bed on one side of the grill. Clean the cooking grate.
2. Brush the steaks with oil and season generously with the garlic, salt, pepper, and rosemary.
3. Grill the steaks over direct heat until marked, about 2 minutes on each side. Move the steaks to the cooler part of the grill and continue to grill over indirect medium heat until medium-rare, another 5 minutes on each side.
4. Transfer the meat to a cutting board or a large platter. Drizzle each of the steaks with the rest of the olive oil and finish by sprinkling the steaks with lemon juice.
5. Let the steaks rest for about 10 minutes before carving into slices. Serve on a heated platter or plates.

CIPOLLINI ONIONS WITH BALSAMIC GLAZE

CIPOLLINI AGRODOLCE

Yield: 8 portions

Ingredients	Amounts
Onion, cipollini	3 lb.
Butter, unsalted	4 Tbsp.
Oil, olive, pure	2 Tbsp.
Sugar, granulated	2 Tbsp.
Salt, kosher	1 tsp.
Water	$\frac{2}{3}$ cup
Vinegar, balsamic	$\frac{1}{2}$ cup
Rosemary, leaves, fresh	2 tsp.

Method

1. Bring a saucepan of water to a boil. Add the onions and boil for 2 minutes. Drain and cool slightly.
2. Use a small, sharp knife to slice off the top of the onions, then slip off the skins. Trim any hairy roots, but leave the stem end intact so that the onions don't separate. If the onions are larger than 1 1/2-inches diameter, slice into halves or quarters.
3. Heat the butter and oil in a medium (8-10-inch) nonstick skillet over medium-high heat. When the butter stops foaming and begins to smell nutty, add the onions to the pan. Cook for 5 minutes, or until the onions are browned, stirring occasionally.
4. Sprinkle the onions with the sugar and salt. Pour the water and vinegar over them (the pan will sputter). Turn the heat down to medium and cover the pan. Cook for 5 minutes.
5. Uncover the pan and continue cooking until the liquid in the pan looks syrupy and has large bubbles, another 2-3 minutes. Sprinkle with the rosemary and serve.

Source: Family Style Food by Karen Tedesco

SWEET AND SOUR EGGPLANT ANTIPASTO WITH CHICKPEA FLATBREAD FROM LIGURIA *CAPONATA CON FARINATA LIGURE*

Yield: 6 portions

Ingredients	Amounts
Eggplant, med. diced	5 cups
Salt, kosher, coarse	as needed
Oil, olive, extra virgin (Divided)	1 cup
Onion, red, small diced	2 cups
Celery, peeled, small diced	1 cup
Capers, rinsed, roughly chopped	1 ½ tsp.
Olives, black, pitted, roughly chopped	2 tsp.
Tomato, paste	2 tsp.
Sugar, granulated	1 tsp.
Vinegar, wine, red	1 Tbsp.
Tomatoes, plum, canned, lightly crushed	1 ½ cups
Basil, leaves, fresh, chiffonade	2 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Pine nuts, toasted	1 ½ tsp.
Chickpea Flatbread (Recipe follows)	1x recipe

Method

1. Line a baking pan with paper towels. Place the diced eggplant in the pan. Salt well and allow it to drain for about 1 hour. Rinse the salt from the eggplant and pat it dry.
2. Heat ¾ cup of the olive oil in a large skillet over medium-high heat. Add the eggplant. Cook until lightly browned on all sides. Work in batches as needed to avoid overcrowding. Transfer to a pan lined with paper towels to blot. Transfer the blotted eggplant to a bowl.
3. Wipe out the skillet used for the eggplant. Add the remaining oil and return it to medium heat. Add the onions. Cook until translucent, about 10 minutes.
4. Add the celery. Cook for 2 to 3 minutes. Be sure the celery stays crunchy.
5. Stir in the capers and olives. Add it to the eggplant. Toss well to combine. Reserve.
6. Wipe out the skillet again and return it to medium-high heat. Add the tomato paste. Cook, stirring frequently, for 2 to 3 minutes.
7. Add the sugar and vinegar. Stir until the sugar is dissolved. Add the crushed tomatoes. Simmer over low heat for 10 minutes.
8. Pour the eggplant mixture into the skillet. Add the basil. Stir to combine. Season with salt and pepper to taste. Top with the pine nuts. Serve with the Chickpea Flatbread.

CHICKPEA FLATBREAD FROM LIGURIA

FARINATA LIGURE

Yield: 6 portions

Ingredients	Amounts
Flour, chickpea, sifted	1 ¼ cups
Water, cold	1 ½ cups
Salt, kosher	1 ½ tsp.
Oil, olive, extra virgin (Divided)	5 Tbsp.
Scallion, thinly sliced	¼ cup
Parsley, flat-leaf, leaves, fresh, chopped	¼ cup
Oil, olive, extra virgin	as needed
Olives, black, pitted, minced	20 ea.
Sage, leaf, fresh, coarsely chopped	25 ea.
Rosemary, leaves, fresh, chopped	2 Tbsp.

Method

1. Preheat the oven to 550°F.
2. For the batter, in a bowl, place the flour and water. Whisk until smooth. Add the salt and 3 tablespoons of the oil. Let it rest for at least 45 minutes at room temperature. Reserve. Remove any foam that forms on the top with a slotted spoon and discard.
3. Warm the remaining 2 tablespoons of olive oil in a sauté pan over low heat. Add the scallions. Sauté until soft, about 3 minutes. Add half of the parsley. Reserve.
4. For the farinata, put the cast iron skillet in the oven and allow it to preheat.
5. Into the hot skillet, pour just enough oil to coat the bottom. Add 1 cup of the batter. Top the batter with ⅓ of the scallion-parsley mixture, olives, sage, and rosemary.
6. Return the skillet to the oven. Bake until the top is lightly browned, and the sides are lightly crisp, about 10 to 15 minutes.
7. Slide the farinata out of the pan and onto a cutting board. Cut the farinata into 6 pieces. Repeat to make two more farinata.
8. Serve warm.

RISOTTO WITH SAFFRON, MILANESE-STYLE

RISOTTO ALLA MILANESE

Yield: 6 portions

Ingredients	Amounts
Broth, beef	1 qt.
Saffron, powdered	1 tsp.
Pork, prosciutto, diced	1 ½ wt. oz.
Oil, olive, pure	4 fl. oz.
Butter, unsalted (Divided)	3 wt. oz.
Onion, yellow, finely chopped	2 wt. oz.
Rice, Arborio	13 wt. oz. (2 cups)
Pepper, black, ground	1 tsp.
Cheese, Parmigiano-Reggiano, freshly grated	3 wt. oz.
Salt, kosher	to taste

Method

1. In a medium saucepot over low heat, place the broth. Bring to a very slow simmer. Add the saffron. Dissolve into the broth.
2. In a large saucepan over medium-high heat, place the prosciutto, oil, and 1 tablespoon butter. Mix to combine. Add the onions. Sweat until translucent.
3. Add the rice. Toss to coat.
4. Add 4 ounces of the broth. Stir constantly to prevent the rice from sticking. When the rice has absorbed nearly all the liquid, add another 4 ounces of the broth. Continue This process until the rice has cooked for about 15 minutes.
5. Add half of the remaining saffron broth. Cook until this liquid is absorbed. Add the remaining broth. Stir until fully absorbed.
6. Cook the rice until it is tender, but firm to the bite and no liquid remains in the pot.
7. Remove from the heat. Lightly season with the pepper.
8. Add the remaining butter and all the grated cheese. Adjust the consistency, if necessary, by adding additional beef broth. The risotto should be wave-like and creamy, like porridge (*all'onda*), not firm and stiff.
9. Season with additional salt to taste.

LAMB CHOPS WITH PARMESAN

COSTOLETTE DI AGNELLO CON PARMIGIANO

Yield: 6 portions

Ingredients	Amounts
Lamb, bones and trimmings	5 lb.
 <i>Mirepoix</i>	
Onion, yellow, med. diced	8 wt. oz.
Carrot, med. diced	4 wt. oz.
Celery, stalk with leaves, med diced	4 wt. oz.
Tomato, paste	1 tsp.
Wine, red	8 fl. oz.
Rosemary, sprig, fresh	1 ea.
Marjoram, sprig, fresh	1 ea.
Thyme, sprig, fresh	1 ea.
Parsley, flat-leaf, sprig, fresh	2 ea.
Bay leaf, dried	1 ea.
Stock, veal, brown	2 qt.
Garlic, head, roasted, split	1 ea.
Vinegar, balsamic	2 fl. oz.
Cornstarch	3 oz.
Oil, olive, pure	1 fl. oz.
Lamb, chops from rack, bone frenched	2 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Rosemary, small sprig, fresh	1 ea.
Cheese, Parmesan, shaved, 1 slice per chop	as needed
Oil, olive, pure	as needed
Onion, yellow, med. diced.	8 wt. oz.
Artichoke, cleaned, blanched, feathery "choke" removed, med. diced	6 ea.
Tomato, petals	6 ea.
Chile, pepperoncini, split, deseeded	12 ea.
Garlic, head, roasted	3 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed

Method

1. To prepare the sauce, roast the lamb bones and trimmings until browned.
2. Add the mirepoix to the bones and continue roasting until well caramelized, being careful to avoid burning the vegetables. Degrease the pan.
3. Add the tomato paste and stir until lightly browned, then deglaze with wine.
4. Add the herbs, stock, and roasted garlic and cook until reduced by half.
5. Add the cornstarch to make a red wine slurry to bind the sauce. Strain and finish with vinegar. Set aside.
6. Season the chops and sear on both sides in hot oil.
7. Add the rosemary to the pan and top the chops with cheese. Add 3 ounces of sauce to the pan, place in the oven, and cook until the cheese melts and the chops are cooked to the desired temperature.
8. Remove the rosemary from the pan and pour the rest of the sauce over the chops.
9. To prepare the vegetables, sauté the onions in olive oil.
10. Add the artichokes and heat through.
11. Add the tomatoes and pepperoncini and cook until heated through.
12. Add the roasted garlic and toss with olive oil, salt, and pepper as needed.

CANEDERLI TYROLEAN BREAD DUMPLING

Yield: 10 portions

Ingredients	Amounts
Egg, whole	2 ea.
Milk, whole	8 oz.
Nutmeg, whole, grated	¼ tsp.
Bread, stale, cut into 1-in. cubes	¾ lb.
Butter, unsalted	2 Tbsp.
Onion, yellow, minced	½ cup
Pork, Speck, minced	¼ lb.
Parsley, flat-leaf, leaves, fresh, minced	2 Tbsp.
Salt, kosher	2 tsp.
Pepper, white, ground	1 tsp.
Stock, chicken	2 qt.
Cheese, Parmigiano-Reggiano	⅓ cup
Chives, sliced	2 Tbsp.

Method

1. For the dough, in a bowl, combine the eggs, milk, and nutmeg. Mix thoroughly to form a custard.
2. Add the stale bread. Mix to combine. Let it stand for 20 minutes, allowing the bread to absorb all the custard.
3. In a sauté pan, melt the butter. Add the onion. Sweat until translucent and lightly golden. Remove from heat. Allow to cool slightly.
4. Add the onion and speck to the bread and egg mixture.
5. Add the chopped parsley. Adjust the seasoning with the salt and white pepper.
6. Take about 1 ½ ounces of the dough and roll it into a ball. If the bread mixture is too moist and will not hold its shape, add flour a tablespoon at a time until it will. If it is too dry and will not hold and crumbles, add a bit more milk.
7. Chill the Canederli for 20 more minutes allowing the form to solidify.
8. In a sauce pot, place the chicken stock. Heat until just below boiling.
9. Gently poach the Canederli in the chicken stock, for 12-15 minutes.
10. To serve, place the Canederli in a bowl with some of the stock. Top with Parmigiano Reggiano cheese and sliced chives.

Variations: Small diced Fontina or Taleggio cheese can also be added to the bread mixture before poaching, along with the Speck.

STUFFED ZUCCHINI

ZUCCHINE RIPIENE

Yield: 6 portions

Ingredients	Amount
Salt, kosher	as needed
Zucchini, split, hollowed out	3 ea.
Oil, olive, pure	1 fl. oz.
Mushrooms, button, white, diced	4 wt. oz.
Egg, whole, beaten	1 ea.
Breadcrumbs, fresh	2 wt. oz.
Cheese, Parmesan, grated	1 wt. oz.
Milk, whole	2 Tbsp.
Oregano, dried	¼ tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Butter, unsalted, melted	1 wt. oz.
Breadcrumbs, dried	2 wt. oz.
Cheese, Parmesan, grated	1 wt. oz.

Method

1. Preheat oven to 375°F.
2. In a pot, add water and salt as needed. Heat until boiling. Add the zucchini. Blanch the zucchini. Shock them in cold water until they are cooled. Drain well. Place in a hotel pan or casserole dish and set aside.
3. Heat the oil in a sauté pan over medium heat. Add the mushrooms. Sauté until browned. Cool and reserve.
4. In a mixing bowl, for the stuffing, combine the egg, breadcrumbs, cheese, and milk. Mix to combine.
5. Gently stir in the sautéed mushrooms. Season with oregano, salt, and pepper.
6. Fill each zucchini with stuffing.
7. For the topping, mix the butter, breadcrumbs, and cheese and sprinkle over the zucchini.
8. Place the hotel pan into the preheated oven. Bake the zucchini until the topping is golden brown and the stuffing is heated though, 15 to 20 minutes.

DAY THREE: THE CENTRAL REGIONS

- Abruzzi
- Lazio
- Marche
- Molise
- Tuscany
- Umbria
- Emilia-Romagna

LEARNING OBJECTIVES

By the end of this day you should be able to...

- identify differences in utilization of ingredients and the dishes of the central Italian regions.
- describe differences in pasta from varying regions in Italy.
- describe the climatic and geographical influences of the central regions.
- describe the methods in shaping fresh pasta and gnocchi by hand.

INSTRUCTOR DEMONSTRATIONS

- Preparing artichokes
- Shaping and cutting gnocchi
- Preparing pasta using the machine method
- Shaping garganelli
- Filling and stuffing tortellini

DAY THREE: TEAM PRODUCTION ASSIGNMENTS

TEAM ONE:

Tomato-Bread Salad

Gnocchetti with Peas and Pancetta

Baked Rolled Pasta

Pork Chops with Fennel

TEAM TWO:

Pear Salad with Parmesan and Walnuts

Pasta Fagioli

Garganelli with Ragù Bolognese

Roast Stuffed Cornish Hen with Garlic Sauce

TEAM THREE:

Tortellini in Broth

Minestrone

Lamb Chops with Braised Artichokes

Eggplant, Fontina, and Sun-Dried Tomatoes in Tomato Sauce

**Soak Assorted Beans for Purée - Day Four*

TEAM FOUR:

Braised Fennel with Parmesan Cheese

Pasta with Pancetta, Tomato, and Cheese Sauce

Veal Saltimbocca

Baked Polenta with Creamed Porcinis

TOMATO-BREAD SALAD

Yield: 8 portions

Ingredients	Amounts
Bread, Tuscan, loaf	2 ea.
Onion, red	2 ea.
Cucumber	2 ea.
Tomato	8 ea.
Basil, leaves, fresh	1 cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Oil, olive, extra virgin	1 cup
Vinegar, wine, red	6 Tbsp.

Method

1. Tear the bread into 1-inch pieces. Place it in a large bowl.
2. Slice the onion and cucumber into thin strips. Add them to the bowl.
3. Cut the tomatoes into small wedges. Add them to the bowl. Reserve a few wedges to top the salad when serving.
4. Tear the basil in small pieces, adding each tear directly into the bowl. Reserve a pinch for the top.
5. To dress the salad, add the oil. Toss gently to blend.
6. Season with salt and pepper to taste.
7. Keep the salad at room temperature if you will be serving it within an hour or two; otherwise, cover the salad and store it in the refrigerator.
8. Just before serving, add the vinegar. Mix to combine with the salad. Serve the panzanella with the reserved basil and tomato wedges on top.

Source: Adapted from *Italian Cooking at Home*, p. 30

GNOCCHETTI WITH PEAS AND PANCETTA

GNOCCHETTI CON PISELLI E PANCETTA

Yield: 6 portions

Ingredients	Amounts
Salt, kosher	as needed
Potato, peeled, cut in quarters	1 ½ lb.
Butter, unsalted	1 wt. oz.
Egg, whole, beaten	1 ea.
Egg, yolk, beaten	1 ea.
Flour, bread	5 wt. oz.
Pepper, white, ground	as needed
Stock, chicken	8 fl. oz.
Butter, unsalted	8 wt. oz.
Peas, frozen	8 wt. oz.
Pork, pancetta, small dice, sautéed crispy	8 wt. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat the oven to 350°F.
2. In a large pot, place water and salt as needed. Heat until simmering.
3. Add the potatoes. Cook until tender. Drain and place on a baking sheet.
4. Place the baking sheet into the preheated oven. Dry the potatoes for 5 minutes.
5. Pass the potatoes through a food mill into a large bowl. Cool completely.
6. Add the butter, egg, and egg yolk. Mix well.
7. Add enough flour to form a stiff dough. Season with salt and pepper as needed.
8. Roll the dough and cut it into a gnocchi shape (refer to chef's demonstration).
9. In a large pot over high heat, place water and salt as needed. Heat until boiling.
10. Add the gnocchetti. Cook for 5 to 6 minutes. Drain.
11. To serve, reheat the gnocchetti in stock and butter. Boil until the butter and stock reach nappé consistency.
12. Add the peas and pancetta and cook until heated through.
13. Season with salt and pepper to taste.

BAKED ROLLED PASTA

BUCA NEVE

Yield: 10 portions

Ingredients	Amount
Fresh Egg Pasta (Recipe follows)	1 lb.
Cheese, ricotta	1 lb.
Cheese, Parmesan, grated	3 wt. oz.
Pork, prosciutto, thinly sliced	4 wt. oz.
Cheese, fontina, shredded	8 wt. oz.
Tomato, sauce	1 ½ pt.
Butter, unsalted	as needed
Oil, olive, pure	as needed
Onion, yellow, small, diced	4 wt. oz.
Brandy	4 fl. oz.
Tomato, sauce	1 pt.
Stock, veal, brown	1 pt.
Heavy cream	1 pt.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat oven to 375°F.
2. Roll the pasta dough into paper-thin sheets. Spread the rolled dough with a thin layer of ricotta. Sprinkle with grated parmesan cheese. Cover with prosciutto slices. Mound the fontina cheese in the center. Roll into a tight cylinder. Cut the rolls into 1-inch pieces.
3. In the bottom of a casserole dish, pour some of the tomato sauce. Arrange the pasta pieces over the sauce and slightly flatten each piece. Top with small slivers of whole butter and 1 tablespoon of tomato sauce per pasta roll.
4. Cover the whole pan with foil. Bake in the preheated oven until butter melts and cheese in the center softens, about 35 minutes. Remove the foil and return the pan to the oven. Bake until the top is golden.
5. For the creamy tomato sauce, in a sauté pan, place a small amount of oil and the onions. Sauté until translucent.
6. Remove the pan from the heat. Add the brandy away from the heat. Allow it to flame.
7. When the flame goes out, add the pan back to the heat.
8. Stir in the tomato sauce, stock, and heavy cream. Season with salt and pepper to taste. Cook until the sauce is heated through and is the desired consistency.
9. Ladle the creamy tomato sauce onto a serving platter. Top with the baked pasta slices.

FRESH EGG PASTA

Yield: 1 ½ pounds

Ingredients	Amounts
Flour, durum	1 lb.
Salt, kosher	1 pinch
Egg, whole	4 ea.
Oil, vegetable (Optional)	1 fl. oz.
Water	1 ½ gal.
Salt, kosher	1 oz.

Method

1. In a food processor, combine the flour and salt. Add the eggs and oil, if using. Process the mixture until it resembles a coarse meal. When pressed, the dough should form a cohesive mass.
2. Turn the dough out onto a work surface. Knead until the dough is very firm, yet pliable. Cover and let the dough relax at room temperature for at least 1 hour.
3. Roll the dough into thin sheets. Cut them into desired shape by hand or using a pasta machine. The pasta is ready to cook or may be held under refrigeration for up to 2 days.

PORK CHOPS WITH FENNEL

COSTATINE AL FINOCCHIO

Yield: 6 portions

Ingredients	Amounts
Pork, chops, 6 oz., frenched	6 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, vegetable	2 fl. oz.
Garlic, clove, minced	2 ea.
Tomato, paste	1 Tbsp.
Stock, chicken	10 fl. oz.
Wine, Marsala	6 fl. oz.
Wine, red	6 fl. oz.
Fennel, seeds, crushed	¼ tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Butter, unsalted	1 wt. oz.
Fennel, bulb, sliced on the bias	12 wt. oz.
Stock, chicken	8 fl. oz.
Parsley, flat-leaf, leaves, fresh, chopped	1 Tbsp.

Method

1. Season the pork chops with salt and pepper.
2. Heat oil in a sauté pan over medium-high heat. Add the pork chops and sear in the oil until cooked through. Transfer to a serving platter and keep warm.
3. Drain the excess oil from the pan. Add the garlic and tomato paste and sauté briefly.
4. Add the stock, Marsala, red wine, and fennel seeds and reduce to the desired sauce consistency. Season with salt and pepper to taste.
5. In a separate pan, melt the butter over medium heat. Add the fennel and cook for 2 to 3 minutes.
6. Pour in the chicken stock, reduce the heat to low, and continue to cook until the fennel is soft.
7. Transfer the fennel to a serving platter. Arrange the pork chops over the fennel. Pool the sauce around the chops and garnish with parsley.

PEAR SALAD WITH PARMESAN AND WALNUTS

Yield: 8 Portions

Ingredients	Amounts
Pear, ripe	4 ea.
Wine, Prosecco	2 cups
Arugula, baby	2 cups
Mint, leaves, fresh, julienned	1 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Vinegar, balsamic	4 tsp.
Oil, olive, extra virgin	3 Tbsp.
Cheese, Parmesan	4 wt. oz.
Walnuts, shelled, toasted, chopped	½ cup

Method

1. Check the skin of the pears. If it is tough, peel with a vegetable peeler. If tender, leave the skin on the fruit. Cut the pears in half and trim the stem. Use a melon scoop to remove the seeds and core. Cut each pear into 8 wedges. Transfer to a large bowl.
2. Pour the Prosecco over the fruit.
3. In a small bowl, combine the arugula and the mint. Season with salt and pepper as needed.
4. Add the vinegar and oil. Toss to evenly coat the arugula.
5. Arrange the dressed arugula on a chilled platter. Using a vegetable peeler, pare thin slices or curls of cheese on top of the salad. Top with the walnuts. Lift the pear slices from the Prosecco and arrange on the plates or platter. Serve immediately.

Source: Italian Cooking at Home, p. 68

PASTA FAGIOLI

Yield: 8 portions

Ingredients	Amounts
Beans, borlotti, dry, soaked overnight, drained	2 ½ cups
Pork, pancetta, small diced	2 oz.
Onion, yellow, diced	1 cup
Celery, stalk, diced	½ cup
Carrot, diced	½ cup
Stock, vegetable	4 qt.
Tomato, crushed, canned with juices	1 cup
Sachet d'épices	
Sage, leaf, fresh	4 ea.
Rosemary, sprig, fresh	2 ea.
Garlic, clove, peeled	2 ea.
Cheese, Parmigiano-Reggiano, rind, 2-in. square, rinsed	1 ea.
Pasta, ditalini, dry	2 oz.
Salt, kosher	to taste
Pepper, black, ground	to taste
Oil, olive, pure	¼ cup

Method

1. In a large pot, place the beans and cover them with 2 inches of water. Bring it to a boil. Turn down the heat and simmer for about 40 minutes.
2. In a large soup pot, add the pancetta and render until it is crisp and brown. Remove and reserve the pancetta. Add the onion, celery, and carrot to the rendered fat. Sweat the vegetables until translucent.
3. Add the stock. Bring the soup to a boil over high heat. Decrease the heat to low and simmer until the beans are tender enough to mash easily, about 2 hours.
4. Transfer half the beans to a food processor, food mill, or blender. Purée until the beans are smooth. If needed, add a ladleful of the soup liquid to make it easier to purée the beans. Return the purée to the soup.
5. Add the tomatoes, reserved pancetta, and sachet.
6. Add the pasta. Simmer until the pasta is fully cooked, 8 to 10 minutes
7. Remove and discard the sachet. Season with salt and pepper to taste.
8. Serve the soup in heated soup bowls. Drizzle with the olive oil.

GARGANELLI WITH RAGÙ BOLOGNESE

Yield: 8 portions

Ingredients	Amounts
Pork, pancetta, finely diced	2 ½ wt. oz.
Oil, olive, extra virgin	1 ¼ Tbsp.
Butter, unsalted	⅔ wt. oz.
Onion, yellow, finely diced	6 ¼ wt. oz.
Carrot, finely diced	2 ½ wt. oz.
Celery, stalk, finely diced	2 wt. oz.
Beef, lean, ground	10 wt. oz.
Pork, ground, lean	10 wt. oz.
Tomato, paste	2 wt. oz.
Wine, red, dry	10 fl. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste
Nutmeg, fresh, grated	to taste
Stock, veal, brown	32 fl. oz.
Tomato, plum, canned, whole, peeled	2 lb.
Heavy cream, heated	10 fl. oz.
Fresh Egg Pasta (Recipe follows)	1 ½ lb.
Cheese, Parmesan, grated	4 wt. oz.

Method

1. In a medium, non-reactive stockpot, place the pancetta, oil, and butter. Cook over medium-low heat, stirring frequently, until the pancetta is golden brown and crisp, and the fat is rendered, about 15 minutes.
2. Add the onions, carrots, and celery. Cook over medium-high heat, stirring frequently, until the vegetables are softened, and the onions are translucent, 5 to 7 minutes.
3. In a separate pan over medium-high heat, brown the beef and pork. Stir in the tomato paste. Cook until lightly caramelized and darkened in color, 2 to 3 minutes.
4. Stir in the wine and reduce the mixture until nearly dry. Transfer the contents of the pan to the stockpot. Season with salt, pepper, and nutmeg to taste.
5. Add the stock. Add the tomatoes, crushing each by hand into the pot. Bring it to a boil. Turn down the heat to low. Simmer uncovered until the mixture has reduced and the flavors have concentrated.
6. Add additional stock if necessary to avoid scorching. The sauce should have a noticeable sheen with no recognizable steaking of fat and should coat the back of a spoon (*nappé*).
7. Just prior to service, stir in the cream. Return the sauce to a simmer. Do not allow it to boil. Adjust the seasoning with salt and pepper to taste. Reserve. Keep warm.

8. Bring a large pot of salted water to a boil. Add the pasta and cook, stirring occasionally, until the pasta is firm to the bite (*al dente*). Drain, reserving some of the pasta water.
9. Toss the pasta with the sauce. Adjust the consistency with some of the reserved pasta water as needed.
10. Serve in a heated bowl, garnished with the Parmesan cheese.

FRESH EGG PASTA

Yield: 1 ½ lb.

Ingredients	Amounts
Flour, durum	3 ¼ cups
Salt, kosher	1 pinch
Egg, whole	4 ea.
Oil, olive, pure (Optional)	2 Tbsp.

Method

1. In a food processor, combine the flour and salt.
2. Add the eggs and oil (if using). Process the mixture until it resembles coarse meal. (When pressed, dough will form a cohesive mass.)
3. Turn the dough out onto a work surface. Knead it until it is very firm, yet pliable.
4. Cover the dough and let it relax at room temperature for at least 1 hour.
5. Roll the dough using a pasta machine (See chef demo). To form a garganelli shape, cut the pasta into small squares and pinch the corners together (See chef demo).
6. The pasta is ready to cook now, or it can be covered and refrigerated for up to 2 days.

ROAST STUFFED CORNISH HEN WITH GARLIC SAUCE

POLLASTRINO FARCITO ARROSTO AL SUGO D'AGLIO

Yield: 6 portions

Ingredients	Amounts
Mushroom, porcini, dried	2 wt. oz.
Stock, chicken, hot	as needed
Stock, chicken	8 fl. oz.
Butter, unsalted	2 wt. oz.
Chicken, breast, ½-in. diced,	1 ea.
Butter, unsalted	2 wt. oz.
Chicken, liver	4 wt. oz.
Scallion (Green onion), sliced on the bias	2 ea.
Garlic, clove, minced	1 ea.
Brandy	1 fl. oz.
Butter, unsalted	2 Tbsp.
Bread, Italian, med. diced	4 wt. oz.
Rosemary, leaves, fresh, chopped	1 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Spinach, leaves	14 ea.
Cornish hen, 1 ½ lb., boned (without cutting the skin)	3 ea.
Shallot, minced	2 Tbsp.
Garlic, minced	1 ½ tsp.
Stock, chicken	1 pt.
Wine, white	8 fl. oz.
Wine, Marsala	2 fl. oz.

Method

1. To reconstitute the dried mushrooms, in a small bowl, place the dried porcini and enough hot stock to cover. Allow it to sit until the mushrooms are softened, about 15 minutes. Drain, reserving the liquid. Finely dice the mushrooms and reserve.
2. In a small pan, add the reserved mushroom soaking liquid and the chicken stock. Simmer until it reduces by 50%. Reserve
3. Heat the butter in a medium sauté pan. Add the diced chicken. Sauté until cooked through. Reserve.
4. In the same pan, heat the butter. Add the chicken livers and sauté briefly. Do not cook through. Transfer the liver to a cutting board, dice, and allow it to cool. Reserve.
5. For the stuffing, add the scallions and garlic to the pan. Sauté until aromatic.

6. Return the liver to the pan. Add the reserved chicken stock and brandy. Reduce to half the original volume.
7. Preheat oven to 350°F.
8. For the croutons, heat the butter in a large sauté pan. Add the diced bread and toss with the butter to lightly coat. Turn as each side browns.
9. In a large bowl, combine the croutons, liver mixture, reserved chicken, reserved mushrooms, rosemary, salt, and pepper. Mix gently.
10. Divide the stuffing mixture into 3 portions. Wrap each portion in spinach leaves. Place the stuffing in the cavity of the Cornish hens. Set it in a roasting pan.
11. Roast the hens in the preheated oven until they reach an internal temperature of 170°F. Remove the hens and allow them to rest. Keep them warm.
12. For the sauce, drain the excess fat from the roasting pan. Add the shallots and garlic. Sauté briefly on the stovetop over medium-high heat without browning.
13. Add the stock and white wine. Reduce until the liquid is $\frac{1}{3}$ of the original volume.
14. Finish the sauce with the Marsala. Adjust the seasonings to taste.

TORTELLINI IN BROTH

TORTELLINI IN BRODO

Yield: 10 portions

Ingredients	Amounts
Beef Consommé (Recipe follows)	2 ½ qt.
Flour, durum	8 wt. oz.
Salt, kosher	½ tsp.
Egg, whole	2 ea.
Oil, olive, pure	1 Tbsp.
Cheese, ricotta	8 wt. oz.
Cheese, Romano, grated	2 wt. oz.
Parsley, flat-leaf, leaves, fresh, chopped	3 Tbsp.
Oregano, leaves, fresh, chopped	1 tsp.
Breadcrumbs, dried	4 Tbsp.
Egg, yolk	1 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Prepare the Beef Consommé.
2. For the pasta, in a large bowl, combine the flour and salt. Add the eggs and oil. Mix to incorporate.
3. Knead the dough until firm and elastic, about 5 minutes. Allow the dough to rest for 20 minutes. Roll out the dough on a flat, floured work surface (See chef demo).
4. For the filling, in a large bowl, place the ricotta and Romano cheese, parsley, oregano, breadcrumbs, and egg yolk. Mix well to combine. Season with salt and pepper to taste.
5. Transfer the filling to a piping bag and pipe it onto the rolled dough. Fill and shape the tortellini (See chef demo).
6. Gently simmer the tortellini in the Beef Consommé until they are cooked through, about 5 to 6 minutes.

BEEF CONSOMMÉ

Yield: 1 gallon

Ingredients	Amounts
Onion, yellow, minced	8 wt. oz.
Carrot, minced	8 wt. oz.
Celery, minced	4 wt. oz.
Beef, lean, ground	3 lb.
Egg, whites, beaten	10 ea.
Tomato, chopped	12 wt. oz.
Stock, beef, white, cold	5 qt.
Salt, kosher (Divided)	2 Tbsp.
Onion, yellow	2 ea.
 Sachet d'épices	
Parsley, flat-leaf, stems, fresh	3 ea.
Thyme, dried	½ tsp.
Bay leaf, dried	1 ea.
Peppercorns, black, cracked	½ tsp.
Clove	1 ea.
Allspice berries	2 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. For the clarification, in a stock pot, place the onions, carrots, celery, beef, egg whites, tomatoes, and stock. Mix to combine. Bring the mixture to a slow simmer, stirring frequently until a raft forms.
2. For the oignon brûlé, peel the onion, leaving the root end intact. Place the onion directly on a hot pan or grill over high heat, turning occasionally, until the outer layer is completely blackened and charred.
3. Add the the oignon brûlé, salt, and sachet to the stock pot. Stop stirring once the raft begins to form (120°F to 125°F).
4. Slowly simmer, basting the raft occasionally, until the desired flavor and clarity are achieved, 1 to 1 ½ hours.
5. Strain the consommé through a paper filter or doubled cheesecloth.
6. Degrease by skimming or blotting with parchment paper.
7. Adjust the seasoning to taste. Return to a simmer.

MINISTRONE

Yield: 2 quarts

Ingredients	Amounts
Chickpeas, dried, soaked overnight, drained	2 wt. oz.
Peas, black-eyed, dried, soaked overnight, drained	3 wt. oz.
Pork, salt pork	1 wt. oz.
Oil, olive, extra virgin	1 fl. oz.
Onion, yellow, paysanne cut	8 wt. oz.
Celery, stalk, paysanne cut	4 wt. oz.
Carrot, paysanne cut	4 wt. oz.
Pepper, bell, green, paysanne cut	4 wt. oz.
Cabbage, green, paysanne cut	4 wt. oz.
Garlic, minced	¼ wt. oz.
Tomato, plum, concassé	8 wt. oz.
Stock, chicken	2 qt.
Salt, kosher	to taste
Pepper, black, ground	to taste
Pasta, ditalini, dry	3 wt. oz.
Cheese, Parmesan, grated	2 ½ wt. oz.
Pesto (Recipe follows)	8 wt. oz.

Method

1. In separate pots, place the chickpea and black-eyed peas with enough water to cover by 2 inches. Bring to a boil and turn down to a simmer. Cook until tender, about 25 minutes. Reserve.
2. Cook the salt pork in the oil over medium heat to render the fat. Do not brown.
3. Add the onions, celery, carrots, peppers, cabbage, and garlic. Sweat until the onions are translucent.
4. Add the tomato and stock. Season with salt and pepper to taste. Simmer until the vegetables are tender, 25 to 30 minutes. Do not overcook.
5. Add the reserved chickpeas and black-eyed peas. Add the ditalini. Simmer until the pasta is tender but still slightly firm to the bite (*al dente*), 8 to 10 minutes.
6. Adjust the seasoning to taste. Garnish with the Parmesan and pesto.

PESTO

Yield: 8 ounces

Ingredients	Amounts
Basil, leaves, fresh	2 wt. oz.
Pine nuts, toasted	3 Tbsp.
Garlic, paste	¼ wt. oz.
Salt, kosher	¼ Tbsp.
Oil, olive, extra virgin	4 fl. oz.
Cheese, Parmesan, grated	2 wt. oz.
Salt, kosher	to taste

Method

1. Rinse the basil well and dry it thoroughly. Chop coarsely.
2. In a food processor or mortar and pestle, grind together the chopped basil, pine nuts, garlic, and salt.
3. Gradually add the olive oil until it forms a thick paste with a sauce-like consistency. (You may not need all the oil.)
4. Just before serving, stir in the Parmesan cheese.
5. Adjust the seasoning with salt to taste.

LAMB CHOPS WITH BRAISED ARTICHOKES

COSTOLETTE D'AGNELLO BRODETTATO AI CARCIOFI

Yield: 6 portions

Ingredients	Amounts
Lamb, rack, trimmed	1 ½ ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, olive, extra virgin	1 Tbsp.
Onion, yellow, chopped	1 ea.
Pork, prosciutto, chopped	2 ½ wt. oz.
Anchovy, fillet, drained, bones removed	1 wt. oz.
Garlic, clove, minced	2 ea.
Artichoke, baby, quartered, cleaned	15 ea.
Flour, all-purpose	1 Tbsp.
Wine, white, dry	8 fl. oz.
Stock, vegetable	as needed
Salt, kosher	to taste
Pepper, black, ground	to taste
Egg, yolk	2 ea.
Lemon, juice, fresh	1 fl. oz.
Mint, leaves, fresh, chopped	2 Tbsp.

Method

1. Preheat oven to 400°F.
2. Cut the lamb chops from the rack. Trim if necessary. Season both sides with salt and pepper.
3. Heat the olive oil in a pan over medium-high heat. Add the seasoned lamb chops and sear both sides, 3 to 4 minutes per side. Transfer to a shallow roasting pan. Reserve.
4. For the sauce, add the onions, prosciutto, anchovy, and garlic to the pan. Cook, stirring frequently, until the vegetables have softened.
5. Add the artichokes and cook for 3 minutes. Add the flour and stir well. Stir in the white wine and reduce until it is almost completely evaporated. Add just enough stock to cover the artichokes. Bring it to a boil. Season with salt and pepper to taste.
6. Just before service, finish cooking the seared lamb chops in the preheated oven to the desired doneness. (The lamb should reach an internal temperature of 135°F for medium-rare, 140°F for medium, and 145°F for medium-well.)

7. In a small bowl, whisk together the egg yolks, lemon juice, and mint. Add a small amount of the sauce and mix well. Gradually add the tempered yolk mixture to the casserole, stirring constantly to incorporate, until the mixture just thickens. Remove from the heat.
8. Arrange the lamb chops on a platter. Serve with the artichokes and sauce.

EGGPLANT, FONTINA, AND SUN-DRIED TOMATOES IN TOMATO SAUCE

BOCCONCINI DI MELANZANE

Yield: 6 portions

Ingredients	Amounts
Oil, olive, pure	1 fl. oz.
Onion, yellow, sliced	2 wt. oz.
Pepper, bell, green, diced	2 wt. oz.
Garlic, peeled, mashed	1 tsp.
Tomato, plum, concassé	6 wt. oz.
Tomato, purée, canned	6 wt. oz.
Basil, leaf, fresh	3 ea.
Bay leaf, dried	1 ea.
Parsley, flat-leaf, leaves, fresh, chopped	1 ½ tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Eggplant	1 ea.
Salt, kosher, coarse	as needed
Flour, all-purpose	as needed
Egg, whole, beaten	6 wt. oz.
Breadcrumbs, dried	10 wt. oz.
Oil, olive, pure	as needed
Cheese, fontina, coarsely grated	8 wt. oz.
Tomato, sun-dried, packed in oil	6 wt. oz.

Method

1. For the sauce, heat the oil in a medium saucepan over medium heat. Add the onions, bell pepper, and garlic. Sauté until the onions are translucent.
2. Add the tomato concassé, tomato purée, basil leaves, bay leaf, parsley, salt, and pepper. Simmer for 20 to 30 minutes.
3. Discard the bay leaf. Transfer the mixture to a food processor and coarsely blend. Set aside and keep warm.
4. Preheat oven to 350°F.
5. Peel and slice the eggplant into ½-inch-thick rounds. Place it on a sheet tray and sprinkle it generously with salt. Allow it to drain for 1 hour to extract the bitter juices. Rinse off the salt and pat the slices dry with a paper towel.

6. Dredge (coat) the eggplant slices in flour, shaking off the excess. Dip it in egg wash, then roll it in the breadcrumbs.
7. Heat the oil over medium-high heat. Add the eggplant and sauté until browned.
8. Place the eggplant on a sheet tray. Top with the tomato sauce, sun dried tomatoes, and fontina cheese.
9. Bake the eggplant in the preheated oven until the cheese has melted, 10 to 12 minutes.
10. Serve immediately.

BRAISED FENNEL WITH PARMESAN CHEESE

Yield: 6 portions

Ingredients	Amounts
Fennel, bulb, cut into sixths	3 ea.
Onion, yellow, sliced	3 wt. oz.
Celery, stalk, diced	2 wt. oz.
Garlic, clove, chopped	1 ea.
Lemon, juice, fresh	2 Tbsp.
Stock, chicken	8 fl. oz.
Salt, kosher	as needed
Pepper, black, ground	as needed
Cheese, Parmesan, grated	1 wt. oz.

Method

1. Preheat oven to 350°F.
2. In a hotel pan, combine the fennel, onions, celery, garlic, lemon juice, and chicken stock. Season with salt and pepper.
3. Cover the pan and braise in the preheated oven until the fennel is tender. Remove from the oven. Remove and discard the core from the fennel.
4. Preheat oven to 425°F.
5. Transfer the braised fennel to a new hotel pan. Add a little of the braising liquid. Sprinkle with the Parmesan cheese. Bake in the preheated oven until cheese is golden brown.
6. Serve immediately.

PASTA WITH PANCETTA, TOMATO, AND CHEESE SAUCE

BUCATINI ALL'AMATRICIANA

Yield: 6 portions

Ingredients	Amounts
Oil, olive, pure	2 fl. oz.
Pork, pancetta, small diced	8 wt. oz.
Onion, red, chopped	1 ea.
Tomato, plum, concassé	1 ½ lb.
Red pepper flakes	½ tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Salt, kosher	as needed
Pasta, bucatini, dried	1 lb.
Cheese, Pecorino Romano, grated	2 wt. oz.
Oil, olive, extra virgin	as needed

Method

1. In a large saucepan over medium-low heat, place the oil and pancetta. Cook until all the fat has rendered and the pancetta is crisp, about 15 minutes. Transfer the pancetta to a plate. Reserve.
2. Add the onion to the saucepan with the fat. Cook, stirring, for 5 minutes.
3. Add the tomatoes, red pepper flakes, salt, and pepper. Simmer for 20 minutes, stirring occasionally with a wooden spoon.
4. Bring a large pot of cold salted water to a boil. Add the bucatini and cook until it is tender but slightly firm to the bite (*al dente*), 9 to 12 minutes. Drain.
5. Add the bucatini to the saucepan. Increase the heat to medium-high and add the reserved pancetta. Sauté, gently tossing the pasta, for 30 seconds.
6. Remove the saucepan from the heat. Add the cheese and mix very well.
7. Transfer to a warm serving platter and drizzle with the olive oil.
8. Serve immediately.

VEAL SALTIMBOCCA

Yield: 6 portions

Ingredients	Amounts
Veal, top round, boneless	2 lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Sage, leaf, fresh	18 ea.
Pork, prosciutto, sliced	18 ea.
Flour, all-purpose	as needed
Oil, olive, pure	$\frac{3}{4}$ cup
Wine, white, dry	$\frac{1}{2}$ cup
Stock, chicken	2 cups
Butter, unsalted, cubed, cold	$\frac{1}{2}$ cup

Method

1. Slice the veal $\frac{1}{4}$ -inch thick. Cut each slice into 2 or 3 smaller pieces.
2. With a mallet, pound the meat to a slightly thinner, even thickness. Season with salt and pepper as needed.
3. Press a sage leaf and a slice of prosciutto onto each piece of veal. Dredge the veal slices in the flour.
4. Heat the olive oil in a large sauté pan over medium-high heat. Working in batches, place the veal in the pan with the prosciutto side down. Sauté for 2 minutes on each side. Set it aside.
5. Remove any excess oil from the pan. Deglaze the pan with the wine and reduce until it is syrupy.
6. Add the stock and reduce to the desired consistency.
7. Remove the pan from the heat and whisk in the cold butter.
8. Spoon the sauce over the veal and serve immediately.

BAKED POLENTA WITH CREAMED PORCINIS

POLENTA AL FORNO CON SPUGNILI

Yield: 6 portions

Ingredients	Amounts
Water	2 ¼ pt.
Salt, kosher	3 tsp.
Butter, unsalted	2 ¼ wt. oz.
Cornmeal, Italian	9 wt. oz.
Mushrooms, porcini, dried	12 wt. oz.
Butter, unsalted	1 wt. oz.
Shallot, minced	1 wt. oz.
Stock, chicken	1 pt.
Heavy cream	12 fl. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste
Egg, yolk	4 ea.
Wine, white	1 Tbsp.
Heavy cream, whipped	4 fl. oz.

Method

1. Preheat oven to 350°F.
2. For the polenta, in a saucepot, place the water, salt, and butter. Bring it to a boil.
3. Sprinkle in the cornmeal, whisking constantly to prevent lumps from forming. Cook until the mixture thickens. Cover the pot and bake in the preheated oven for 20 to 30 minutes.
4. To reconstitute the dried mushrooms, place the porcini in a bowl of boiled water. When the water has cooled to room temperature, drain and pat the mushrooms dry. Slice them ¼-inch thick. Reserve.
5. Heat the butter in a sauté pan over medium-high heat. Add the shallots and sauté until they are translucent. Add the reserved mushrooms and sauté until golden brown.
6. Add the stock and reduce to the desired sauce consistency, at least by half.
7. Add the heavy cream and reduce it by half. Season with salt and pepper to taste.
8. Fill small round molds 1 ½-inches deep with the cooked polenta. Set it aside to cool.
9. Unmold the polenta and hollow out the center with a small knife. Fill the polenta with the reserved mushroom mixture. Place it in the preheated oven to heat through.
10. For the glaçage, in a stainless-steel bowl set over a water bath, place the egg yolks and white wine. Whisk together until thick.
11. Fold together the egg yolk mixture and whipped cream. Serve with the glaçage.

DAY FOUR: THE SOUTHERN REGIONS & ITALIAN ISLANDS

- Calabria
- Campania
- Basilicata (formerly Lucania)
- Apulia (Puglia)
- Sicily
- Sardegna/Sardinia

LEARNING OBJECTIVES

By the end of this day you should be able to...

- identify common culinary practices and methods in southern Italian cuisine.
- characterize common flavoring profiles in southern regions.
- list contributing cultures to the development of the cuisine of the southern regions.
- discuss the differences and similarities in Neapolitan style pizza with other styles.

INSTRUCTOR DEMONSTRATIONS

- Searing scallops
- Shaping pizza dough
- Slicing and salting eggplant

DAY FOUR: TEAM PRODUCTION ASSIGNMENTS

TEAM ONE:

Parmesan Crisps

Fried Calamari

Sautéed Scallops with Garlic Butter and Almonds

Pizza Neapolitan Style

TEAM TWO:

Eggplant Rolls with Tomato Sauce

Mussels with Olives

Swordfish with Spicy Tomato Sauce

Ciambotta

TEAM THREE:

Linguini with Puttanesca Sauce

Shrimp with Garlic

Sea Bass with Garden Vegetable Salad

Purée of Assorted Beans

TEAM FOUR:

Grilled Vegetable Antipasti

Prosciutto with Roasted Peppers and Anchovies

Sea Bass with Vegetables

Spinach and Ricotta Ravioli

PARMESAN CRISPS

FRICO

Yield: 8 portions

Ingredients	Amounts
Cheese, Parmigiano-Reggiano, grated, processed to a powder	6 wt. oz.
Salt, kosher	as needed
Pepper, black, ground	as needed

Method

1. Heat a non-stick skillet over medium heat. Sprinkle enough Parmigiano Reggiano to just cover the bottom of the pan (for a 9-inch pan, about 3 to 4 tablespoons of cheese). Season with salt and pepper as needed. Cook until golden brown, 30 to 60 seconds.
2. Use a pair of tongs to grab the edge and gently lift it out of the pan. Turn and briefly cook on the other side.
3. Transfer the frico to a flat work surface. Blot any excess oil with a paper towel.
4. Working quickly, shape the frico on a rolling pin to form a cylinder, or around the base of a cup, to form a basket.
5. Serve alone or as an *assazzino*, the little morsel you offer guests when they arrive, or use the frico as a container.

Note: The traditional frico is a Friulian dish made with Montasio, a creamier cheese that is hard to find in America. It is fried cheese, almost like a pancake, topped with meat or vegetables. Frico are flakier and softer. Serve when people walk in the door along with a glass of Prosecco.

Source: adapted from: *The Valentino Cookbook* by Piero Selvaggio

FRIED CALAMARI

CALAMARI FRITTI

Yield: 10 portions

Ingredients	Amounts
Oil, vegetable	as needed
Squid, rinsed	2 lb.
Milk, whole	1 ½ pt.
Flour, all-purpose	as needed
Salt, kosher, sea	to taste
Lemon, cut into wedges	2 ea.

Method

1. Preheat fryer.
2. Slice the squid into ¼-inch rings. Cut the tentacles in half or quarters.
3. In a large bowl, place the squid and milk. Allow the squid to soak until needed.
4. In a large bowl, place the flour. Working in small batches, toss the squid in the flour. Fry the squid in the hot oil until light golden brown.
5. Drain the fried squid on absorbent paper or a draining rack.
6. Season with salt to taste.
7. Serve immediately, garnished with lemon wedges.

Note: Buttermilk can be substituted for the milk.

SAUTÉED SCALLOPS WITH GARLIC BUTTER AND ALMONDS

SANTE SALTATE CON BURRO AGLIO E MANDORLE

Yield: 6 portions

Ingredients	Amounts
Butter, unsalted, softened	8 wt. oz.
Parsley, flat-leaf, leaves, fresh, chopped	3 Tbsp.
Garlic, minced	1 Tbsp.
Worcestershire sauce	1 dash
Tabasco sauce	1 dash
Scallop, U-10	1 ½ lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Flour, all-purpose	as needed
Oil, olive, pure	2 fl. oz.
Almonds, sliced	3 Tbsp.
Parsley, flat-leaf, leaves, fresh, chopped	1 tsp.
Oil, olive, pure	2 fl. oz.
Garlic, minced	1 tsp.
Cucumber, peeled, deseeded, sliced ¼-in. on bias	12 wt. oz.
Dill, fresh, chopped	1 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. For the garlic butter, in a small bowl, place the softened butter, parsley, garlic, Worcestershire, and Tabasco. Mix well to combine. Reserve.
2. Pat the scallops dry. Remove the abductor muscle from each scallop (See chef demo).
3. In a large bowl, place the flour. Season with salt and pepper. Dredge the scallops in the seasoned flour.
4. Sear the scallops in very hot olive oil until lightly browned (See chef demo).
5. Add a spoon of garlic butter to the pan and roll or toss the scallops to coat in the butter.
6. Add the almonds and chopped parsley.
7. Heat the oil in a sauté pan over medium heat. Add the garlic and sauté until aromatic.
8. Add the cucumbers and cook until tender.
9. Add the dill. Season with salt and pepper to taste.

PIZZA NEAPOLITAN STYLE

PIZZETTA NAPOLETANA

Yield: 6 portions

Ingredients	Amounts
Flour, "00"	1 ½ lb.
Yeast, instant dry	3 tsp.
Water, warm	15 fl. oz.
Oil, olive, pure	1 ½ fl. oz.
Salt, kosher	1 ½ tsp.
Cornmeal	as needed
Tomato, plum, concassé	14 wt. oz.
Anchovy, fillets, chopped (Optional)	6 ea.
Oregano, leaves, fresh, chopped	1 ½ tsp.
Basil, leaves, fresh, chopped	1 ½ tsp.
Mozzarella Cheese (Recipe follows)	8 wt. oz.
Oil, olive, pure	1 fl. oz.

Method

1. Heat a pizza stone in a 500°F convection oven. Allow it to heat for 1 hour.
2. For the dough, in a large bowl, combine the flour and yeast. Add the water, oil, and salt. Knead the dough until it is smooth and elastic.
3. Cover the dough and keep it warm. Allow it to proof until it has doubled in volume, about 1 hour.
4. Lower the temperature of the preheated oven to 400°F.
5. Gently press on the dough to remove any air bubbles. Divide it into 6 equal pieces, shape it into rounds, and allow it to proof (see chef demo).
6. Roll each dough round into flat circles, about 6 inches in diameter. Place onto a pizza peel that has been dusted with cornmeal.
7. For the topping, spread the tomato concassé over the dough and top with anchovy fillets, oregano, and basil.
8. Slice the mozzarella cheese and arrange it on top of the pizza. Sprinkle it with olive oil.
9. Bake the pizza in the preheated oven until the crust has browned and the cheese has melted, 6 to 8 minutes.

Note: Semolina flour can be substituted for the cornmeal.

MOZZARELLA CHEESE

Yield: 2 pounds

Ingredients	Amounts
Salt, kosher	6 oz.
Water	1 gal.
Cheese, curd, cut into ½ inch cubes	2 lb.

Method

1. In a large pot, place the salt and water. Bring it to a boil. Remove the pot from the heat.
2. In a large bowl, place the cheese curd. Add enough water to cover the curd.
3. Wearing 2 pairs of gloves, work the curd with wooden spoons, stretching it until it becomes a smooth, yet stringy mass. Maintain a constant 160°F water temperature throughout this process.
4. Remove the cheese from the water. Continue stretching until the curd is smooth, being careful not to overwork it or the cheese will become tough.
5. Shape the cheese into appropriate forms (see chef demo).
6. Hold the cheese in water until ready for service.

EGGPLANT ROLLS WITH TOMATO SAUCE

INVOLTINI DI MELANZANE

Yield: 6 portions

Ingredients	Amounts
Eggplant, peeled, sliced 1/3-in. thick	2 ea.
Salt, kosher	as needed
Oil, olive, pure	as needed
Garlic, clove, finely minced	5 ea.
Breadcrumbs, dried	3 1/2 wt. oz.
Cheese, Pecorino Romano, grated	3 wt. oz.
Parsley, flat-leaf, leaves, fresh, chopped	2 Tbsp.
Egg, whole	2 ea.
Pepper, black, ground	1/4 tsp.
Skewer, wood, soaked in water	as needed
Oil, olive, extra virgin	2 fl. oz.
Onion, yellow, diced	1/4 lb.
Garlic, mashed	3/4 tsp.
Tomato, plum, canned	26 oz.
Tomato, plum, concassé	1/2 lb.
Tomato, paste	3 wt. oz.
Bay leaf, dried	1/2 ea.
Red pepper flakes	to taste
Basil, leaves, fresh, chopped	3 Tbsp.
Oregano, leaves, fresh, chopped	1 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Sprinkle the sliced eggplant with salt. Drain in a colander for 1 hour. Rinse and pat dry.
2. Heat the olive oil in a sauté pan over medium-high heat. Add the sliced eggplant and fry until they are cooked through but not browned. Remove the eggplant and drain on paper towels. Reserve.
3. Add the garlic to the pan. Lower the heat to medium. Sauté for 2 minutes.
4. In a large bowl, place the sautéed garlic, breadcrumbs, cheese, parsley, eggs, and pepper. Mix to combine.
5. Spread the breadcrumb mixture onto the eggplant slices. Roll up and then thread onto the skewers. Arrange the skewers in a baking dish. Reserve.
6. Preheat oven to 375°F.

7. For the tomato sauce, heat the oil over medium-high heat. Sauté the onions until transparent.
8. Add the garlic and sauté until aromatic.
9. Add the tomatoes, tomato concassé, and tomato paste. Simmer until they are heated through and the sauce achieves the desired consistency.
10. Add the bay leaves, red pepper flakes, basil, and oregano. Season with salt and pepper to taste.
11. Bake the eggplant rolls in the preheated oven until golden, 10 to 15 minutes.
12. Serve with the tomato sauce.

Note: Chopped salami or mortadella can also be added to the filling.

MUSSELS WITH OLIVES

Yield: 20 portions

Ingredient	Amount
Mussels	4 lb.
Wine, white, dry	½ cup
Onion, Spanish, peeled, sliced	1 ea.
Bay leaf, dried	1 ea.
Salt, kosher	to taste
Oil, olive, extra virgin	2 Tbsp.
Shallot, peeled, minced	2 ea.
Garlic, clove, peeled, minced	1 ea.
Tomato, plum, concassé, small diced	12 oz.
Olives, black, pitted, chopped	10 ea.
Anchovy, fillet, chopped	4 ea.
Pepper, black, ground	to taste

Method

1. Scrub the mussels under running water. Remove the beards.
2. In a saucepot, combine the wine, onion, bay leaf, and salt. Bring it to a boil.
3. Add the mussels and cook until they open.
4. Remove the mussels from their shells. Reserve the meat, shells, and cooking liquid.
5. For the sauce, heat the olive oil in a sauté pan over medium-high heat. Add the shallots and garlic. Cook until they are just translucent.
6. Add the tomatoes, olives, and anchovy fillets. Sauté for 1 to 2 minutes.
7. Add the liquid reserved from cooking the mussels. Cook over medium heat until the liquid reduces by half.
8. Add the mussels. Adjust the seasonings to taste.
9. Spoon the mussels, olives, and sauce into the reserved mussel shells. Serve immediately.

SWORDFISH WITH SPICY TOMATO SAUCE

Yield: 6 portions

Ingredients	Amounts
Wine, white, dry	12 fl. oz.
Chile, pepperoncini, chopped	2 ea.
Basil, leaf, fresh	3 ea.
Oregano, sprig, fresh	1 ea.
Bay leaf, dried	1 ea.
Parsley, flat-leaf, sprig, fresh	1 ea.
Oil, olive, pure	2 fl. oz.
Onion, yellow, finely diced	3 wt. oz.
Garlic, clove, minced	3 ea.
Tomato, plum, concassé	2 lb.
Salt, kosher	to taste
Pepper, black, ground	to taste
Red pepper flakes	to taste
Pepper, cayenne	to taste
Butter, unsalted	1 wt. oz.
Mushrooms, porcini, sliced	8 wt. oz.
Parsley, flat-leaf, leaves, fresh, chopped	1 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Butter, unsalted, clarified	as needed
Fish, swordfish, fillet	2 lb.

Method

1. For the infusion, heat the wine until it is reduced by half. Add the pepperoncini, basil, oregano, bay leaf, and parsley. Allow it to steep for 30 minutes. Strain. Reserve.
2. For the sauce, heat the oil in a sauté pan over medium-low heat. Add the onions and garlic. Sauté until the onions are translucent.
3. Add the tomatoes. Simmer until the tomatoes reduce to a sauce-like consistency.
4. Add the strained infusion. Transfer the sauce to a food processor and purée until smooth. Adjust the consistency with a little water, if needed.
5. Season with salt, pepper, pepper flakes, and cayenne.
6. Heat the butter in a sauté pan over medium-low heat. Add the mushrooms. Sauté until they are light brown and tender, 4 to 5 minutes. Add the parsley. Season with salt and pepper to taste.

7. Heat the butter in a new sauté pan over medium high heat. Add the swordfish fillet and sauté until brown on both sides, 2 to 3 minutes per side (cooking time depends on the thickness of the fillet.)
8. Portion 2 ounces of sauce onto a serving plate. Top with the swordfish. Garnish with the sautéed mushrooms.

CIAMBOTTA

Yield: 8 portions

Ingredients	Amounts
Zucchini, diced	1 cup
Eggplant, diced	1 ½ cups
Squash, yellow, diced	1 cup
Salt, kosher, coarse	¼ cup
Oil, olive, pure	1 tsp.
Onion, red, diced	⅔ cup
Garlic, minced	1 ½ Tbsp.
Tomato, paste	1 Tbsp.
Stock, vegetable	3 cups
Tomato, plum, concassé	5 ea.
Pepper, bell, red, diced	1 cup
Basil, leaves, fresh, chiffonade	2 Tbsp.
Oregano, leaves, fresh, roughly chopped	1 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In a large bowl, place the zucchini, eggplant, squash, and salt. Toss to combine.
2. Transfer the vegetables to a half sheet tray, arranged in one even layer. Weigh them down with 2 or 3 more sheet trays to extract the moisture. Allow it to sit at room temperature for 20 minutes.
3. Rinse the vegetables in fresh water, drain, and reserve.
4. Heat the oil in a medium saucepot over medium-high heat. Add the onions and garlic. Sauté until the onions are translucent, 5 to 7 minutes.
5. Add the tomato paste. Sauté until it begins to darken, 3 to 4 minutes.
6. Add the stock. Bring it to a gentle simmer over low heat. Allow it to reduce by ¼.
7. Add the tomato concassé, bell pepper, and the reserved zucchini, eggplant, and squash. Stew, stirring occasionally, until the vegetables are tender, about 10 minutes.
8. Add the basil and oregano. Season with salt and pepper to taste.

LINGUINI WITH PUTTANESCA SAUCE

LINGUINI ALLA PUTTANESCA

Yield: 6 portions

Ingredients	Amounts
Pork, pancetta, diced	4 wt. oz.
Oil, olive, pure	3 fl. oz.
Garlic, clove, minced	4 ea.
Red pepper flakes	2-3 tsp.
Onion, yellow, small diced	5 wt. oz.
Tomatoes, plum, canned, whole, peeled, with juice	17 wt. oz.
Olives, black, pitted	16 ea.
Anchovy, fillets, chopped	4 wt. oz.
Capers, drained	5 Tbsp.
Basil, leaves, fresh, shredded	3 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Salt, kosher	as needed
Pasta, linguini, dry	1 lb.
Butter, unsalted	3 wt. oz.
Parsley, Italian, leaves, fresh, chopped	3 Tbsp.

Method

1. For the sauce, cook the pancetta over medium-high heat until it is lightly browned and crispy, and the fat has been rendered.
2. Add the olive oil, garlic, and red pepper flakes. Sauté until the garlic is aromatic.
3. Add the onions and cook until they are translucent.
4. Stir in the tomatoes, olives, anchovies, and capers. Bring to a boil, then turn down the heat and simmer for 5 minutes.
5. Add the basil. Adjust the seasoning with salt and pepper to taste. Keep warm.
6. Cook the linguini in boiling, salted water until it is firm to the bite (*al dente*). Drain.
7. Transfer the linguini to a large, heated bowl. Add the butter and chopped parsley. Toss to combine. Serve on a warm platter. Top with $\frac{3}{4}$ of the sauce. Serve the remaining sauce on the side.

Note: Bacon can be substituted for the pancetta.

SHRIMP WITH GARLIC

GAMBERETTI ALLA PESCATORA

Yield: 6 portions

Ingredients	Amounts
Butter, unsalted, melted	as needed
Shrimp, 16/20, peeled, tail on	24 ea.
Butter, unsalted, melted	2 fl. oz.
Breadcrumbs, dried	3 ½ wt. oz.
Garlic, clove, mashed	4 ea.
Butter, unsalted, melted	3 fl. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste
Lemon, cut into wedges	1 ea.
Oil, olive, pure	as needed
Vinegar, balsamic	as needed

Method

1. Preheat oven to 425°F.
2. Lightly grease a baking pan with melted butter.
3. Butterfly the shrimp from the inside. Remove the intestinal tract (See chef demo).
4. Arrange the shrimp, cut side down, in the buttered pan. Brush the tops with the melted butter.
5. For the stuffing, in a medium bowl, place the breadcrumbs, garlic, and butter. Mix well. Season with salt and pepper to taste.
6. Place 1 tablespoon of the breadcrumb mixture on top of each shrimp.
7. Bake the shrimp in the preheated oven until they are cooked through, and the breadcrumbs are crisp and brown, about 5 minutes.
8. Serve with the lemon wedges. Garnish the plate with a drizzle of olive oil and balsamic vinegar.

SEA BASS WITH GARDEN VEGETABLE SALAD

Yield: 12 portions

Ingredients	Amounts
Fish, sea bass	2 ¼ lb.
Fennel, bulb	⅓ lb.
Cabbage, head	⅓ lb.
Asparagus, spears	⅓ lb.
Vinegar, wine, white	1 Tbsp.
Oil, olive, extra virgin	3 Tbsp.
Olives, kalamata, sliced	1 cup
Garlic, crushed	¼ tsp.
Red pepper flakes	¼ tsp.
Oil, olive, pure	2 Tbsp.
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.
Celery, stalk, minced	2 Tbsp.
Parsley, flat-leaf, leaves, fresh, chopped (Divided)	2 Tbsp.
Lemon, cut into wedges	2 ea.

Method

1. Clean the bass. Portion it into twelve, 3-ounce pieces. Reserve in the refrigerator.
2. Cut the fennel, cabbage, and asparagus very thin on a mandolin or shave it with a vegetable peeler into thin ribbons.
3. In a large bowl, place the shaved vegetables, vinegar, oil, olives, garlic, and red pepper flakes. Toss to combine, cover, and chill in the refrigerator.
4. Pat the reserved fish dry with paper towels. Season it with salt and pepper.
5. Heat the olive oil in a sauté pan over medium-high heat. Working in batches, sauté the fish on both sides until just cooked through. Reserve.
6. Just before serving, add the celery and 1 tablespoon of the parsley to the vegetable mixture and toss. Mound it loosely in the middle of a flat serving plate.
7. Gently arrange the fish around the mounded salad. Garnish with lemon wedges and sprinkle with the remaining parsley.

PURÉE OF ASSORTED BEANS

MILLE COSEDDE

Yield: 10 portions

Ingredients	Amounts
Lentils, dried	3 ½ wt. oz.
Water	2 cups
Beans, borlotti, dry, soaked overnight	4 wt. oz.
Beans, navy, dry, soaked overnight	2 wt. oz.
Chickpeas, dried, soaked overnight	2 wt. oz.
Stock, veal, brown	2 qt.
Pasta, ditalini, dry	1 ½ wt. oz.
Oil, olive, pure	1 fl. oz.
Pork, pancetta, chopped fine	2 wt. oz.
Carrot, small diced	2 wt. oz.
Onion, yellow, small diced	2 wt. oz.
Garlic, clove, minced	1 ea.
Cabbage, savoy, small diced	2 ½ wt. oz.
Mushrooms, small diced	2 ½ wt. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste
Croutons, small, toasted	2 wt. oz.
Cheese, Romano, grated	1 wt. oz.
Italian herbs, fresh, chopped	2 Tbsp.

Method

1. In a small saucepot, add the lentils and water. Bring it to a boil and then simmer for 5 to 10 minutes. Drain and reserve.
2. In a saucepot, place the beans, chickpeas, and stock. Simmer until soft. Strain, reserving both the liquid and legumes.
3. Bring a pot of salted water to a boil. Add the pasta. Cook until it is firm to the bite (*al dente*), 8 to 10 minutes. Drain and reserve.
4. Purée the legumes. Reserve.
5. Heat the oil in a sauté pan over medium-low heat. Add the pancetta and render the fat without browning the meat.
6. Add the carrots, onions, garlic, cabbage, and mushrooms. Cook until they are partially cooked (par-cooked).

7. Add the puréed legumes and the reserved cooking liquid. Season with salt and pepper to taste.
8. To serve, place a spoonful of cooked lentils and pasta in each serving cup and add 6 ounces of soup. Garnish with croutons, cheese, and herbs.

GRILLED VEGETABLE ANTIPASTI

Yield: 10 portions

Ingredients	Amounts
Oil, olive, pure	½ cup
Vinegar, balsamic	¼ cup
Lemon, juice, fresh	2 Tbsp.
Garlic, minced	2 Tbsp.
Basil, leaves, fresh, minced	2 Tbsp.
Parsley, flat-leaf, leaves, fresh, minced	2 Tbsp.
Oregano, leaves, fresh, minced	2 Tbsp.
Thyme, leaves, fresh, minced	½ tsp.
Salt, kosher	½ tsp.
Red pepper flakes	½ tsp.
Eggplant, trimmed, cut lengthwise into ½-in. slices	8 wt. oz.
Zucchini, trimmed, cut lengthwise into ½-in. slices	8 wt. oz.
Squash, yellow, trimmed, cut lengthwise into ½-inch slices	8 wt. oz.
Onion, red, peeled, sliced into ½-in. rings	1 ea.
Pepper, bell, yellow, cut in ½ , lengthwise	1 ea.
Tomato Marmalade (Recipe follows)	as needed
Bread, baguette, ¼-in. sliced, grilled,	1 ea.

Method

1. For the marinade, in a large bowl, whisk together the oil, vinegar, lemon juice, garlic, basil, parsley, oregano, thyme, salt, and red pepper flakes.
2. Add the eggplant, zucchini, squash, onions, and pepper. Toss to coat the vegetables with the marinade. Allow them to marinate for 1 hour.
3. Preheat a grill to high heat. Clean the cooking grate.
4. Working in batches, grill the vegetables until marked and tender, about 3 minutes per side. Transfer to a platter and allow them to cool slightly.
5. Drizzle the vegetables with Tomato Marmalade.
6. Serve with the grilled bread slices.

TOMATO MARMALADE

Yield: ¾ cup

Ingredients	Amounts
Tomato, plum, cored, halved, seeded	½ lb.
Salt, kosher	½ tsp.
Garlic clove, thinly sliced	1 ea.
Oil, olive, extra virgin	as needed
Oregano, leaves, fresh, chopped	1 tsp.

Method

1. In a small saucepan, place the tomatoes, salt, and garlic. Add enough olive oil to barely cover the tops of the tomatoes. Bring the oil to a very low simmer. Cook for 1 hour.
2. Transfer the tomatoes to a food processor. Pulse until they are smooth.
3. Add the oregano.
4. Use immediately or cover and refrigerate for up to 1 week.

PROSCIUTTO WITH ROASTED PEPPERS AND ANCHOVIES

Yield: 6 portions

Ingredients	Amounts
Pepper, bell, red	3 ea.
Pepper, bell, yellow	3 ea.
Oil, olive, extra virgin	½ cup
Lemon, juice, fresh	¼ cup
Anchovy, fillets, minced	2 ea.
Garlic clove, minced	1 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Lettuce, leaves	6 ea.
Pork, prosciutto, thinly sliced	6 ea.
Anchovy, fillet	6 ea.

Method

1. Preheat a grill to high heat.
2. Place the peppers on the grill. Roast them, turning as needed, until the surface is evenly charred.
3. Place the charred peppers in a paper bag to steam the skin loose. When the peppers are cool enough to handle, remove the charred skin, using a paring knife if necessary.
4. Remove seeds and cut the peppers into strips. Place them in a stainless-steel bowl.
5. Add the marinade. Mix to combine. Allow the peppers to marinate for 1 hour.
6. Arrange lettuce leaves onto a chilled platter. Top with pepper slices, prosciutto, and anchovies.
7. Serve at room temperature.

SEA BASS WITH VEGETABLES

BRANZINO ALLA VERDURE

Yield: 6 portions

Ingredients	Amounts
Oil, olive, pure	1 fl. oz.
Onion, red, 2-in. julienned	3 wt. oz.
Garlic, clove, mashed to a paste	1 ea.
Tomato, skinned, seeded, 2-in. julienned	6 wt. oz.
Zucchini, julienned	8 wt. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste
Butter, unsalted	1 wt. oz.
Fish, sea bass, fillet, 6 oz. each	6 ea.
Wine, white	8 fl. oz.
Squid, thinly sliced, cooked	18 slices
Oregano, leaves, fresh, finely chopped	½ tsp.
Parsley, flat-leaf, leaves, fresh, finely chopped	½ tsp.
Basil, leaves, fresh, finely chopped	½ tsp.

Method

1. For the topping, heat the oil over medium heat. Add the onions and garlic and sauté until translucent.
2. Add the tomatoes and zucchini. Sauté briefly. Season with salt and pepper to taste. Cool and reserve.
3. In a buttered, shallow pan, place the fish. Top each portion with ¼ cup of the vegetable topping. Add the wine. Bring it to a simmer.
4. Cover the pan with a paper cover. Poach the fish at 350°F until done, 5 to 8 minutes.
5. Transfer the fish to a serving platter, cover, and keep warm.
6. Continue to cook the poaching liquid until it is reduced to about ¾ cup. Adjust the seasoning to taste.
7. Pour the poaching liquid around the fish. Arrange a few slices of squid on top of each portion. Garnish with the oregano, parsley, and basil.

SPINACH AND RICOTTA RAVIOLI

RAVIOLI DI SPINACI E RICOTTA

Yield: 8 portions

Ingredients	Amounts
Flour, all-purpose	1 ½ lb.
Salt, kosher	¼ tsp.
Egg, whole	6 ea.
Spinach, stems removed	14 wt. oz.
Cheese, ricotta	11 wt. oz.
Cheese, Parmigiano-Reggiano, grated	4 wt. oz.
Egg, whole	3 ea.
Nutmeg, whole, grated	1 pinch
Salt, kosher	as needed
Pepper, black, ground	as needed
Flour, all-purpose	as needed
Sage, leaf, fresh	8 ea.
Butter, unsalted	4 wt. oz.

Method

1. For the pasta dough, in a food processor, combine the flour and salt. Add the eggs and process until it resembles coarse meal. When pressed, the dough should form a cohesive mass.
2. Turn the dough out onto a work surface. Knead until it is very firm, yet pliable. Wrap in plastic wrap. Allow the dough to relax at room temperature for at least 30 minutes.
3. For the stuffing, in a sauté pan over medium heat, cook the spinach until it wilts. Allow it to cool enough to handle. Squeeze out any excess water. Finely chop and transfer to a large mixing bowl.
4. Add the ricotta, Parmigiano-Reggiano, and eggs. Season with nutmeg, salt, and pepper. Beat until smooth.
5. Divide the dough into quarters. Using a pasta machine or a rolling pin on a flour-dusted surface, roll the pasta out into very thin (less than ⅛-inch) rectangles.
6. Place 1 ½ teaspoons of filling in rows, 2 ½-inches apart, on two pasta sheets. Cover with the remaining pasta sheets, draping it to evenly cover and fall between fillings.
7. Using a 3 to 4-inch pastry cutter, cut the ravioli rounds. Press and seal the edges with a fork. Cook the ravioli in boiling salted water until firm to the bite (*al dente*).

8. For the sage sauce, heat the butter and sage in a medium-sized skillet over medium heat. Cook until the sage begins to crisp.
9. Serve with the sauce drizzled over the ravioli.

Source: adapted from recipe by Chef Patrick Nuti

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CONVERSION TABLES

METRIC WEIGHTS AND MEASURES EQUIVALENCIES

1 gram (g)	=	1/28 oz. (or 0.035 oz.)
1/2 ounce (oz.)	=	14 g
1 ounce	=	28.35 g. (approx. 30 g)
2 ounces	=	56 g. (approx. 60 g)
4 ounces	=	110 g
6 ounces	=	170 g
8 ounces	=	225 g
12 ounces	=	340 g
1 pound (16 oz.)	=	453.6 g (454 g)
1 kilogram (kg)	=	2.21 lb.
1 liter	=	35 fl. oz. (1 3/4 pt.)

METRIC CONVERSION TABLE

To Change	To	Multiply by
Pounds (lb.)	Grams (g)	453.6
Ounces (oz.)	Grams (g)	28.35
Pounds (lb.)	Kilograms (kg)	.45
Teaspoons (tsp.)	Milliliters (ml)	5
Tablespoons (Tbsp.)	Milliliters (ml)	15
Fluid Ounces (fl. oz.)	Milliliters (ml)	30
Cups	Liters (l)	.24
Pints (pt.)	Liters (l)	.47
Quarts (qt.)	Liters (l)	.95
Gallons (gal.)	Liters (l)	3.8
Temperature (°F)	Temperature (°C)	5/9 after subtracting 32*

*Example: 9°F above boiling equals 5°C above boiling.

TEMPERATURE EQUIVALENCIES

Fahrenheit (°F)	Celsius (°C)	Classification
250	130	very cool
300	150	low
325	165	moderate-low
350	180	moderate
400	200	moderate-hot
425	220	hot
450	230	very hot

US CUSTOMARY LIQUID VOLUME CONVERSIONS

1 tablespoon (Tbsp.)	=	3 teaspoons (tsp.)
1 fluid ounce (fl. oz.)	=	2 tablespoons (Tbsp.)
1 cup	=	8 fluid ounces (fl. oz.)
1 pint (pt.)	=	2 cups
1 pint (pt.)	=	16 fluid ounces
1 quart (qt.)	=	2 pints (pt.)
1 gallon (gal.)	=	4 quarts (qt.)
1 gallon (gal.)	=	128 fluid ounces (fl. oz.)

US TO METRIC DRY MEASURES CONVERSIONS

tsp.	Tbsp.	oz.	cup	lb.	grams
3	1	½	1/16	---	14
6	2	1	1/8	1/16	28
12	4	2	1/4	1/8	57
24	8	4	1/2	1/4	113
36	12	6	¾	¾	170
48	16	8	1	1/2	227
96	32	16	2	1	454

VOLUME MEASURE CONVERSIONS

US	Metric
1 tsp.	5 milliliters (ml)
1 Tbsp.	15 ml
1 fl. oz./ 2 Tbsp.	30 ml
2 fl. oz./ ¼ cup	60 ml
8 fl. oz./ 1 cup	240 ml
16 fl. oz./ 1 pint (pt.)	480 ml
32 fl. oz./ 1 quart (qt.)	960 ml
128 fl. oz./ 1 gallon (gal.)	3.84 liters (L)

RECIPE YIELD

Original	Cut in Half	Cut in Third
1 cup	½ cup	⅓ cup
¾ cup	6 Tbsp.	¼ cup
⅔ cup	⅓ cup	3 Tbsp. + 1 ½ tsp.
½ cup	¼ cup	2 Tbsp. + 2 tsp.
⅓ cup	2 Tbsp. + 2 tsp.	1 Tbsp. + 1 ¼ tsp.
¼ cup	2 Tbsp.	1 Tbsp. + 1 tsp.
1 Tbsp.	1 + ½ tsp.	1 tsp.
1 tsp.	½ tsp.	⅓ tsp.
½ tsp.	¼ tsp.	⅛ tsp.
¼ tsp.	⅛ tsp.	dash

These Materials Were Developed at the Culinary Institute of America.

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