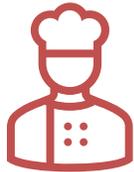




Culinary Institute
of America

Regional Italian Cuisine Boot Camp

WELCOME!



CIAFOODIES.COM

Expectations for Participants

To maintain safety/ sanitation standards and ensure you have the best experience possible...

KITCHEN RESPONSIBILITIES

- Silence and put away phones.
- Clean your workstation as you go.
- Place waste in proper receptacle:
 - **Green:** food scraps for compost
 - **Blue:** recyclables
 - **Gray:** trash for landfill
- Use paper towels, cleaning cloths, red sanitation bucket for spills.
- Use side towel for handling hot objects, not cleaning.
- Place dirty utensils, tools on speed rack, not in sink.
- Place anything with an edge in "Sharps Only" pan.
- Place dirty linen in linen bag.



RECIPE MISE EN PLACE

- Read the entire recipe before starting.
- Review yield, temp., and cook times.
- Ask questions if anything is unclear.
- Visualize the cooking process from start to finish.
- Complete any pre-steps (soak, marinade, etc.).
- Gather, measure/ weigh all ingredients.
- Complete all basic prep (wash, trim, dice, etc.).



KNIFE SAFETY

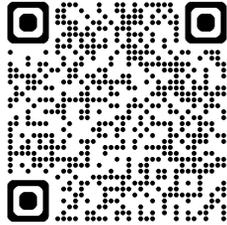
- Use a sharp knife.
- Hold the knife firmly. Place your dominant hand on the handle with three fingers gripping it. Your thumb and index finger should pinch the blade, resting on either side of the bolster.
- Cut away from your body.
- Use a cutting board.
- Place knives on flat surface, away from table edge.
- Keep knives in clear sight, never covered.
- Never grab blindly for a knife.
- Pass knives using the handle, never the blade.
- Carry knives alongside body with the point down.
- Alert others by saying "Behind you with a knife."

FOOD SAFETY

- Keep hair contained with toque, hair net/ tie.
- Wash hands before starting work.
- Wash hands after:
 - Touching hair, face, phone, pen, etc.
 - Coughing/ sneezing into tissue
- Wash and dry all produce.
- Wash cutting board, knives, tools after each use.
- Keep perishables refrigerated until needed.
- Per NY state law, wear gloves when handling ready-to-eat food.
- Keep raw meat, poultry, eggs, seafood separate from other foods.
- Cook food to the temperature safe zone.



Scan the QR code for downloadable course content:



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COURSE DESCRIPTION

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
 - Lombardia
 - Liguria
 - Veneto
 - Trentino-Alto Adige
 - Friuli-Venezia Giulia
 - Val'd Osta
- ☑ Kitchen Exercise
 - Group Demonstrations
 - Production
 - Review and Critique

DAY THREE

- ☑ Lecture
 - The Central Regions
 - Abruzzo
 - 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
 - Apulia
 - Sicily
 - 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 the various fresh egg pasta preparation methods and give examples of each.
- Describe the process to make fresh egg pasta including equipment, ingredients, and method.
- Define "antipasto."
- List the different components included in a traditional antipasto.
- Identify a variety of Italian meats based on production methods, flavors, and textures.
- Explain the production standards for prosciutto di Parma.
- Identify a variety of Italian cheeses based on age, flavors, and textures.
- Prepare a variety of dishes representative of Italian cuisine using standardized recipes.

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 Soppresata
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	⅛ tsp.
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 the sheets into the desired shape by hand or using a pasta machine.
4. To cook, bring a large pot of salted water to a boil. Add the pasta and stir to separate the strands or shapes. Cook the pasta until it is tender but still firm to the bite (*al dente*), 2 to 4 minutes. Drain in a colander.

Variations: the amount of flour may also need to be adjusted accordingly for each.

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.

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. Bring a large pot of salted water to a boil. 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 form (see Chef demo).
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.
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.
Tomato, plum (Roma), canned, whole, peeled, drained	6 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Salt, kosher	as needed
Pasta (From Chef demo)	1 ½ lb.
Cheese, Parmigiano-Reggiano, grated	as needed

Method

1. Using a meat grinder, grind the beef, veal, pork, and prosciutto. Reserve.
2. Heat the oil in a saucepot over medium-high heat. Add the pancetta and the onion, celery, and carrot (*mirepoix*). 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.
9. Bring a large pot of salted water to a boil. Add the pasta and cook until firm to the bite (*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 (Divided)	6 Tbsp.
Eggplant, small diced	½ lb.
Garlic, 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, sweet, 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. Place the eggplant into a large bowl.
3. Heat 1 tablespoon of olive oil in the same pan. Add the peppers and onions. Sauté until tender, about 5 minutes. Add to the bowl with the eggplant.
4. Heat 1 tablespoon 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.
7. Add to the eggplant mixture. Mix to combine.
8. Sprinkle the eggplant mixture with the basil. Add more olive oil if desired.
9. Serve on individual spoons. Top with the shaved Parmigiano-Reggiano.

DEEP-FRIED MOZZARELLA SANDWICHES

MOZZARELLA IN CARROZZA

Yield: 6 portions

Ingredients	Amounts
Bread, Pullman, slices, crust removed	12 ea.
Cheese, mozzarella, sliced ¼" thick (From Chef demo)	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 coated.
3. In a wide pan, place enough oil to cover the bottom. Heat the oil to 350°F over medium heat. 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 fried sandwiches on paper towels to drain excess oil. Repeat for the remaining sandwiches.
4. Season with salt and pepper.
5. Cut into desired shapes.

Note: Add other ingredients 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, 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, 5 to 7 minutes. Drain and shock in an ice bath to stop the cooking process. Reserve.
2. Heat the oil in a sauté pan over medium heat. Add the garlic and 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. Season with salt and pepper to taste.
5. In a food processor, purée the anchovy mixture and the reserved cauliflower. Blend well, while maintaining some texture.
6. Rub the bread with oil. Toast it until crispy.
7. Lay a thin slice of prosciutto onto the toasted bread 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.
Tomato, sun-dried, packed in oil	1 Tbsp.
Parsley, flat-leaf, leaves, fresh, chopped	1 Tbsp.
Basil, sweet, 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. To prepare the dressing, in a bowl, whisk the oil, vinegar, lemon juice, and wine to combine.
2. Add the sun-dried tomatoes, parsley, basil, oregano, garlic, and pepperoncini. Mix to coat.
3. Add the mozzarella. Gently toss to 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. Bring a large pot of salted water to a boil. 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 form (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	as needed
Pepper, black, ground	as needed
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.
Onion, pickled	1 ½ Tbsp.
Shallot, peeled	1 ea.
Egg, whole, hard cooked, peeled	1 ea.

Method

1. Preheat the 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 as needed.
3. Place the chicken in a roasting pan. Loosely fill the chicken cavity with the stuffing.
4. Roast the chicken in the preheated oven until the chicken and the stuffing reach an internal temperature of 165°F. Remove from the oven and top with cubed butter. Reserve and let it 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, and cotechino sausage, a fresh pork sausage specialty of the Emilia-Romagna area, rather than ground chicken. The sausage is usually 3 inches in diameter and 8 to 9 inches long. It is made from pork rind and meat from the cheek, neck, and shoulder and 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, minced	4 ea.
Basil, sweet, 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. Place the eggplant on a sheet tray and sprinkle them liberally with coarse salt. Allow the eggplant to drain for 1 hour. Rinse off the salt and pat the slices dry with a paper towel.
3. 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. Repeat with the remaining eggplant slices.
4. In a small bowl, combine the garlic and basil using a wooden spoon.
5. In a serving dish, layer the undrained slices, alternating layers of eggplant with layers of the basil and garlic mixture. Sprinkle the layers with salt and pepper as needed. Repeat until all the eggplant is used.
6. Pour the vinegar over the eggplant. Allow it to cool. Cover and refrigerate.
7. Turn the eggplant slices over after 1 hour. Replace the cover and refrigerate for at least 3 more hours.
8. 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 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 (From Chef demo)	1 lb.
Sage, leaf, fresh	24 ea.
Oil, olive, pure	2 pt.

Method

1. For the batter, in a bowl, combine the sifted flour, oil, egg yolks, cold water, wine, and salt using a wooden spoon. Cover and let it stand. Reserve.
2. Pat the mozzarella dry with a paper towel. Cut it 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 fully coated.
7. Place the battered "sandwiches" into the heated oil. Fry until golden brown on all sides.
8. Remove from the oil and drain on paper towels. Immediately sprinkle with salt as needed.
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, 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 a heavy cheesecloth.
2. Break the eggs into a large bowl. Beat lightly without creating air bubbles or foam.
3. Add the drained 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. This allows 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, melt the butter in a 4-quart saucepan over medium-low heat. Sprinkle with the flour and 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 to taste.
4. Grease a 3-quart shallow baking dish with oil.
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. Bake in the preheated oven until it is almost heated through, about 40 minutes.
9. Remove the foil and bake uncovered until it is hot in the center, about 10 minutes. The cheese topping should be melted, creamy looking, and barely golden, but 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.

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	⅛ tsp.
Water	1 ½ gal.
Salt, kosher	1 oz.

Method

1. Bring a pot of water to a boil and blanch the spinach leaves. 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 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.
5. Roll the dough into thin sheets. Cut the sheets into the desired shape by hand or using a pasta machine.

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.
Onion, yellow, minced	1 cup
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.
Tomato, plum (Roma), whole, peeled, canned, drained	6 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Using a meat grinder, grind the beef, veal, pork, and prosciutto. Reserve.
2. Heat the oil in a saucepot over medium-high heat. Add the pancetta and the onion, celery, and carrot (*mirepoix*). Sauté until the onions begin to caramelize.
3. Add the ground meat mixture. Lower the heat to medium. 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 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. Cook, uncovered, at a very slow simmer until the sauce resembles a thick, meaty stew, about 45 minutes.
8. 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.

FIG AND WALNUT BRUSCHETTA

Yield: 20 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. Preheat the grill to medium-high.
2. In a food processor, pulse the figs, walnuts, anchovies, garlic, salt, and pepper until finely chopped.
3. Add the oil and brandy in a steady stream, pulsing until a coarse paste is formed. Reserve.
4. Lightly brush the bread slices on both sides with the oil. Grill the bread evenly on both sides until grill marks are achieved, about 1 to 2 minutes.
5. Evenly spread a ½ ounce of the reserved 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.
Tomato, 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	1/8 tsp.

Method

1. In a large skillet over medium heat, render the pancetta until golden brown. Remove the pancetta and reserve, leaving the rendered fat in the pan.
2. Add the oil to the rendered fat. Increase the heat to medium-high. Add the tomatoes and crushed garlic. Cook, while stirring, until the skin has blistered, about 2 minutes.
3. Add the oregano and thyme. Combine. Remove the skillet from the heat. Allow it to cool.
4. In a large metal bowl, place the cooled tomato mixture. Remove only the blistered tomato 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 oil. Rub the garlic cloves lightly over one side. Allow it to cool.
6. In a bowl, place the ricotta. Season with the salt, pepper, and red pepper flakes. Whip to combine and lighten.
7. Coat each slice of bread with the ricotta and top with the tomato herb mixture. Arrange the 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
Mushroom, button, white	2 lb.

Method

1. In a bowl, for the marinade, combine the oil, vinegar, parsley, and red pepper flakes. Season with salt and pepper to taste.
2. Bring a large pot of salted water to a boil. Add the mushrooms and blanch. Allow to cool slightly.
3. Add the mushrooms to the marinade. 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, dried	10 wt. oz.
Tomato, paste	1 Tbsp.
Red pepper flakes (Divided)	$\frac{3}{4}$ tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Salt, kosher	as needed
Rosemary, sprigs, fresh	1 $\frac{1}{2}$ Tbsp.
Garlic, minced	4 tsp.
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, flat-leaf, sprigs, fresh	as needed

Method

1. Soak the cannellini beans overnight. 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 the oven to 400°F.
4. Pass the beans through a food mill, using the disc with medium-sized holes to form a purée. Reserve.
5. Bring a pot of salted water to a boil. Blanch the rosemary sprigs and remove the leaves.
6. In a bowl, combine the rosemary leaves, garlic, and the remaining red pepper flakes.
7. Heat the butter and olive oil in a sauté pan over medium heat. Add the rosemary and garlic mixture. Sauté for about 2 minutes. Add the bean purée. Stir to combine.
8. Stir in the heated stock. Cook, while stirring, until the texture is smooth and fairly thick, about 10 minutes.
9. Place the sliced bread on a baking sheet and bake in the preheated oven for 3 minutes.
10. Remove the bean paste from the heat. Add 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.
Tomato, sun-dried, packed in oil, chopped	½ cup

Method

1. Prepare the mozzarella according to steps 1 through 4 in the following recipe.
2. To shape the mozzarella, working on a plastic tray or plastic wrap, stretch the mozzarella into a rectangle about 12 x 14 inches and ¼-inch thick.
3. 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.
4. Tightly roll the mozzarella around the prosciutto and sun-dried tomatoes (*roulade*) using plastic wrap and secure the ends tightly with string. Return the roulade to the hot water used for the mozzarella for 2 to 3 minutes to seal the garnish. Remove from the water and retie the ends to secure (see chef demo).
5. 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, med. diced	2 lb.

Method

1. Bring a large pot of salted water to a boil. 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 as demonstrated or described in the recipe.

DAY TWO: THE NORTHERN REGIONS

- Piemonte
- Lombardia
- Liguria
- Veneto
- Trentino-Alto Adige
- Friuli-Venezia Giulia
- Val'd Osta

LEARNING OBJECTIVES

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

- Understand the influences of geography and climate on Northern Italian cuisine.
- Describe the flavor profiles of Northern Italian cuisine.
- Explain the common cooking techniques used in Northern Italy.
- Identify the staple dishes of Northern Italian cuisine.
- Explain the different characteristics of each region's cuisine in Northern Italy.
- List the popular dishes particular to each region in Northern Italy.
- Prepare a variety of dishes representative of the Northern Italian regions using standardized recipes.

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

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
Mushroom, 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. Bring a large pot of salted water to a boil. Add the mushrooms, blanch for 10 seconds, and drain. Shock in ice water until cooled and drain.
2. In a bowl, place the arugula. Toss with enough of the lemon oil to lightly coat.
3. In a bowl, combine the cooled mushrooms, celery, and cheese.
4. Add the rest of the lemon oil. Season with salt and pepper to taste. Toss gently to avoid cheese from crumbling.
5. Portion the coated arugula onto plates. Drizzle with balsamic vinegar.
6. Arrange the mushroom mixture over the arugula. Serve.

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, minced	2 Tbsp.
Parsley, flat-leaf, leaves, fresh, chopped	2 Tbsp.

Method

1. Cut the potatoes into 1 ½-inch pieces. In a large pot, place the potatoes and enough cold water to cover by 2 inches. Bring the water to a simmer over medium-low heat. Cook for 10 minutes. Drain and dry on paper towels.
2. Preheat the oven to 425°F.
3. In a large bowl, combine the potatoes, oil, bay leaves, rosemary, sage, salt, and pepper.
4. Slowly heat a cast iron-skillet over low-medium heat for 5 to 10 minutes.
5. Place the oiled, seasoned potatoes into the hot skillet. Place the skillet into the preheated oven. Roast for 20 minutes, stirring occasionally to ensure even browning.
6. 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.
7. Place the potatoes into a warm serving bowl. Sprinkle with chopped parsley.

RISOTTO WITH MORELS AND FRESH PEAS

RISOTTO CON FUNGHI E PISILLI FRESCHI

Yield: 6 portions

Ingredients	Amounts
Salt, kosher	as needed
Peas	2 wt. oz.
Oil, olive, pure	2 fl. oz.
Onion, yellow, minced	6 wt. oz.
Rice, Arborio	16 wt. oz.
Stock, chicken	2 qt.
Oil, olive, pure	as needed
Mushroom, morels	12 wt. oz.
Cheese, Parmesan, grated	3 wt. oz.
Butter, unsalted	2 wt. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Bring a large pot of salted water to a boil. Add the peas and blanch. Drain, shock in ice water until cooled, and drain again. Reserve
2. Heat the oil in a pan over medium heat. Add the onions and sauté until translucent.
3. Add the rice. Toss to coat with the oil in the pan.
4. Add about $\frac{1}{3}$ of the stock. Stir until it has been absorbed by the rice. Repeat twice more.
5. Spread the rice on a sheet pan. Allow it to cool. Reserve.
6. Heat the oil in a sauté pan over medium heat. Add the mushrooms and reserved blanched peas. Sauté until tender; do not overcook.
7. Add the reserved cooked risotto and any remaining chicken stock. Cook while stirring until the rice is firm to the bite (*al dente*).
8. Add the Parmesan and butter. Stir to combine. Season with salt and pepper to taste.
9. 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
Pine nuts (<i>Pignoli</i>)	2 wt. oz.
Garlic, minced	4 tsp.
Parsley, flat-leaf, leaves, fresh, chopped	3 ½ Tbsp.
Basil, sweet, leaves, fresh, chopped	2 ½ Tbsp.
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.
Cream, heavy	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.
Tomato, paste	2 wt. oz.
Onion, yellow, med. diced	2 wt. oz.
Carrot, med. diced	1 wt. oz.
Celery, stalk with leaves, med diced	1 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. Heat a small, dry skillet over medium-low heat. Add the pine nuts in an even layer. Toast until golden brown and aromatic, 2 to 4 minutes. Transfer to a mortar and pestle. Crush. Transfer to a small bowl. Cool.
3. To prepare the dry pesto, in a bowl, combine the garlic, parsley, basil, pine nuts, and cheese. Reserve.

4. To prepare the stuffing, in a separate bowl, combine the ground pork, sausage, breadcrumbs, heavy cream, and egg. Reserve.
5. Butterfly the pork loin. Pound lightly with a meat mallet. Season with salt and pepper.
6. Spread the pesto mixture over the pork. Spread the stuffing over the pesto.
7. Roll up the pork loin, jelly roll fashion, and wrap it in the caul fat. Secure with butcher's twine.
8. Place the rolled pork in a roasting pan and into the preheated oven. Roast until the internal temperature reaches 150°F. Remove it from the oven and allow it to rest for about 15 minutes before slicing. Drain off any excess fat.
9. To prepare the garlic jus, add the tomato paste, onion, carrot, and celery (*mirepoix*) to the roasting pan. Caramelize lightly on the stovetop.
10. Add the garlic, bay leaf, and stock. Simmer to reduce the jus to about 12 ounces.
11. Strain the jus into a bowl, discarding the solids. Season with salt and pepper to taste.
12. Place the sliced, shingled roast on a serving platter and top with the garlic jus.

HERB SALAD IN PARMESAN CRISPS

Yield: 12 portions

Ingredients	Amounts
Oil, olive, pure	$\frac{3}{4}$ cup
Oil, truffle	2 Tbsp.
Vinegar, wine, white	$\frac{1}{4}$ cup
Sugar, granulated	$\frac{1}{2}$ 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 $\frac{1}{2}$ -in. long	$\frac{1}{2}$ cup
Parmesan Crisp Bowls (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 greens, radicchio, parsley, dill, and chives. Toss thoroughly.
3. Just before serving, whisk the vinaigrette vigorously. Season 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 the 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 in the preheated oven until it is melted, bubbly, and looks like lace, about 10 minutes.
6. Remove the sheet pan from the oven. Drape each cheese crisp inside a bowl to shape the cheese into a bowl shape. This must be done while the cheese is still very warm.

RISOTTO WITH PORCINI MUSHROOMS AND BASIL

Yield: 10 portions

Ingredients	Amounts
Mushroom, 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, dry	4 fl. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste
Butter, unsalted	4 wt. oz.
Cheese, Parmesan, grated	3 wt. oz.
Basil, sweet, leaves, fresh, chiffonade	4 Tbsp.

Method

1. Preheat the oven to 350°F.
2. In a bowl, rehydrate the porcini mushrooms in warm water until they are plump and soft, 15 to 20 minutes. Reserve.
3. Heat the olive oil in a medium stockpot over low-medium heat. Add the onions and sweat until translucent.
4. Add the rice. Stir to coat with the oil in the stockpot.
5. Stir in the stock and wine. Season with salt and pepper to taste.
6. Cover the stockpot. Bake in the preheated oven 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 the hydrated mushrooms, butter, cheese, and basil into the cooked risotto.
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
Pine nuts (<i>Pignoli</i>)	2 Tbsp.
Egg, whole	9 ea.
Marjoram, sprig, fresh, torn into 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
Béchamel (Recipe follows)	1x recipe
Basil, sweet, leaves, fresh, torn	as needed

Method

1. Heat a dry skillet over medium-low heat. Add the pine nuts in an even layer. Toast until golden brown and aromatic, 2 to 4 minutes. Transfer to a small bowl. Cool and reserve.
2. Beat the eggs in a mixing bowl. Add the marjoram and season with salt and pepper. Stir to combine.
3. In an 8-inch, nonstick skillet over medium low heat, melt 2 teaspoons of the butter. Pour enough of the egg mixture into the pan to just cover the bottom. Allow it to spread into a thin, even layer. Cook until the sides begin to pull away from the pan. Using a spatula, flip the crepe over and allow it cook for 10 to 15 seconds to set the batter. Repeat the process with the remaining egg mixture. Reserve.
4. Line a sheet tray with parchment paper. Fill each crepe by $\frac{1}{3}$ with the Oyster Mushrooms, Pesto, and Pine Nuts mixture and roll to close. Place each filled crepe on the sheet tray. Repeat the process for the remaining crepes.
5. When ready to serve, place the tray in the oven to warm the crepes.
6. When hot, arrange the crepes on a platter and top with the toasted pine nuts, béchamel, and torn basil leaves.

FRESH OYSTER MUSHROOMS WITH PESTO AND PINE NUTS

Yield: 6 portions

Ingredients	Amounts
Pine nuts (<i>Pignoli</i>)	2 Tbsp.
Mushroom, oyster	2 ¼ lb.
Oil, olive, pure	6 Tbsp.
Sharp Pesto (Recipe follows)	4 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Basil, sweet, leaves, fresh	as needed

Method

1. Heat a small, dry skillet over medium-low heat. Add the pine nuts in an even layer. Toast until golden brown and aromatic, 2 to 4 minutes. Transfer to a small bowl. Cool and reserve.
2. Remove and discard any tough stems from the mushrooms. Gently pull the mushroom caps apart along the grain of the gills to break them into bite-sized pieces.
3. Heat the oil in a skillet over high heat. When the oil is shimmering, add the mushrooms and sauté until well browned and tender.
4. Add the pesto and cook until heated through, about 3 minutes.
5. Season with salt and pepper as needed.
6. Serve garnished with the toasted pine nuts and basil leaves.

SHARP PESTO

PESTO FORTE

Yield: 1 cup

Ingredients

Amounts

Pine nuts (<i>Pignoli</i>)	4 Tbsp.
Basil, sweet, bunch, leaves, fresh	1 ea.
Cheese, Pecorino Romano, grated	4 Tbsp.
Oil, olive, extra virgin	6 Tbsp.
Garlic, clove	2 ea.
Salt, kosher	as needed

Method

1. Heat a small, dry skillet over medium-low heat. Add the pine nuts in an even layer. Toast until golden brown and aromatic, 2 to 4 minutes. Transfer to a small bowl. Cool and reserve.
2. In a food processor, combine the toasted pine nuts, basil, cheese, oil, garlic, and salt. Pulse until it has a course texture.
3. 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 medium heat. Add the onions and sauté, stirring frequently, until they are tender and translucent with no color, 6 to 8 minutes.
2. For the white roux, heat butter in pan. Add the flour and cook, stirring with a wooden spoon until the flour is 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. Season 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

Ingredients	Amounts
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, whole, crushed	4 ea.
Salt, kosher	as needed
Cheese, Parmesan, grated	½ cup
Gnocchi di Semolino (Recipe follows)	1x recipe

Method

1. Preheat the oven to 450°F. Preheat a large sauté pan in the oven.
2. Fabricate the rabbit (see chef demo).
3. Drizzle the preheated pan with the oil. Add the rabbit and sear until it turns brown in color. Remove and reserve.
4. Add the wine and deglaze the drippings by scrapping up the brown bits stuck to the bottom of the pan. Cook until the wine starts to reduce, 1 to 2 minutes.
5. Heat the oil in a small rondeau over medium heat. Add the pancetta and cook until crispy.
6. Add the onion, celery, and carrot (*mirepoix*). Sauté until well browned.

7. Add the tomato paste. Cook until a rusty brown color is achieved (*pincé*).
8. Add the brandy and cook for 1 minute.
9. Add the rabbit and its juices. Add enough chicken stock to cover the rabbit's legs by 1 inch. Add the rosemary, thyme, bay leaves, parsley, garlic, juniper berries, and peppercorns. Season with salt as needed.
10. Cover with a tight-fitting lid or foil. Cook on the stovetop until the rabbit is tender, about 1 hour. Occasionally skim the fat from the top of the pan as it cooks.
11. Scrape the rabbit meat off the bone and return it to the cooking liquid. Be sure not to shred the meat too fine.
12. To form the sauce, reduce the cooking liquid until it thinly coats the back of a spoon (*nappé*).
13. Serve the ragout topped 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, bring the milk 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 the mixture 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 the disks in a baking dish, overlapping the circles.
7. Dot with the remaining butter and more cheese.
8. Bake in the preheated 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	20 wt. oz.
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 the 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, combine the bread, sausage, parsley, sage, rosemary, and thyme. Season with salt and pepper as needed.
4. Fill each quail cavity with the stuffing. Season the outside of the quail with salt and pepper as needed.
5. Place the quail into a roasting pan and roast in the preheated oven until golden brown, 12 to 15 minutes.
6. Remove the quail from the oven 5 minutes before it is done and add the brunoise of vegetables. Pour the chicken stock into the roasting pan to deglaze. Return the quail to the oven to finish cooking. Reserve the quail and the pan juices.
7. For the risotto, heat the olive oil in a large, heavy-bottom saucepan over medium heat. Add the onion and 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 and 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 hot 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 stock and cook for another 1 to 2 minutes.
12. Add the butter and oil while mixing with a wooden spoon. Stir in the cheese and the remaining parsley. 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.
2. Brush the steaks with enough oil to coat. Season 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.

Note: If 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.

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 and slip off the skins. Trim any hairy roots, leaving the stem end intact so that the onions do not separate. If the onions are larger than 1 ½-inches diameter, slice them into halves or quarters.
3. Heat the butter and oil in a medium non-stick skillet over medium-high heat. When the butter stops foaming and begins to smell nutty, add the onions. Cook, stirring occasionally, until the onions are browned, about 5 minutes.
4. Sprinkle the onions with the sugar and salt. Add the water and vinegar. Reduce the heat 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, 2 to 3 minutes.
6. Sprinkle with the rosemary and serve.

Source: Family Style Food by Karen Tedesco

SWEET AND SOUR EGGPLANT ANTIPASTO WITH CHICKPEA FLATBREAD

CAPONATA CON FARINATA

Yield: 6 portions

Ingredients	Amounts
Pine nuts (<i>Pignoli</i>)	1 ½ tsp.
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.
Olive, black, pitted, roughly chopped	2 tsp.
Tomato, paste	2 tsp.
Sugar, granulated	1 tsp.
Vinegar, wine, red	1 Tbsp.
Tomato, plum (Roma), canned, crushed	1 ½ cups
Basil, sweet, leaves, fresh, chiffonade	2 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Chickpea Flatbread (Recipe follows)	1x recipe

Method

1. Heat a small, dry skillet over medium-low heat. Add the pine nuts in an even layer. Toast until golden brown and aromatic, 2 to 4 minutes. Transfer to a small bowl. Cool and reserve.
2. Line a baking pan with paper towels. Place the diced eggplant in the pan, salt well, and allow it to drain for 1 hour. Rinse the salt from the eggplant and pat dry.
3. Heat ¾ cup of the oil in a large skillet over medium-high heat. Add the eggplant and cook until lightly browned on all sides. Work in batches as needed to avoid overcrowding. Drain the eggplant of excess oil on paper towels and transfer to a bowl.
4. Wipe out the skillet and add the remaining oil. Return the skillet to medium heat. Add the onions and cook until translucent, about 10 minutes.
5. Add the celery and cook for 2 to 3 minutes. Be sure the celery stays crunchy. Stir in the capers and olives.
6. Add the mixture to the bowl with the eggplant and combine. Reserve.
7. Wipe out the skillet and return it to medium-high heat. Add the tomato paste. Cook, stirring frequently, for 2 to 3 minutes.

8. Add the sugar and vinegar. Stir until the sugar is dissolved. Add the crushed tomatoes. Simmer over low heat for 10 minutes.
9. Pour the eggplant mixture into the skillet. Add the basil. Season with salt and pepper to taste. Stir to combine. Top with the toasted pine nuts.
10. Serve with the Chickpea Flatbread.

CHICKPEA FLATBREAD

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, whisk together the flour and water 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, place a 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 the olives, sage, rosemary and ⅓ of the scallion and parsley mixture.
6. Return the skillet to the oven. Bake until the top is lightly browned and the sides are lightly crisp, 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.
Pepper, black, ground	1 tsp.
Cheese, Parmigiano-Reggiano, grated	3 wt. oz.
Salt, kosher	to taste

Method

1. In a medium saucepot over low heat, bring the broth to a very slow simmer. Add the saffron and dissolve it into the broth.
2. In a large saucepan over medium-high heat, combine the prosciutto, oil, and 1 tablespoon of the butter. Add the onions. Sweat until translucent. Add the rice and toss to coat.
3. Add 4 ounces of the saffron broth. Stir constantly to prevent the rice from sticking. When the rice has absorbed nearly all the liquid, add another 4 ounces of the saffron broth. Continue this process until the rice cooks for about 15 minutes.
4. Add half of the remaining saffron broth and cook until it is fully absorbed. Add the remaining saffron broth and stir until it is fully absorbed.
5. Cook the rice until it is tender, but firm to the bite and no liquid remains in the pot.
6. Remove the saucepan from the heat. Lightly season with the pepper.
7. Add the grated cheese and the remaining butter. 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.
8. Season with additional salt to taste.

LAMB CHOPS WITH PARMESAN

COSTOLETTE DI AGNELLO CON PARMIGIANO

Yield: 6 portions

Ingredients	Amounts
Garlic, head (Divided)	4 ea.
Lamb, bones and trimmings	5 lb.
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.
Brown Veal Stock (Recipe follows)	2 qt.
Cornstarch	3 oz.
Vinegar, balsamic	2 fl. oz.
Salt, kosher	as needed
Artichokes	6 ea.
Lamb, chops from rack, bone frenched	2 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, olive, pure	1 fl. oz.
Rosemary, small sprig, fresh	1 ea.
Cheese, Parmesan, thin slice	2 ea.
Oil, olive, pure	as needed
Onion, yellow, med. diced.	8 wt. oz.
Tomato, petals	6 ea.
Chile, peperoncini, split, deseeded	12 ea.

Method

1. Preheat oven to 400°F
2. Peel away the outer, papery layers of the garlic, keeping the cloves intact. Slice ¼ inch off the top of the bulb to expose the tops of the cloves. Place the garlic cut side up on a

piece of aluminum foil. Drizzle with olive oil. Fold the foil over the garlic to create a sealed packet. Roast until cloves are soft, golden, and caramelized, 40 to 60 minutes. Cool slightly. Squeeze the roasted cloves out of their skins. Reserve.

3. Preheat oven to 425°F.
4. To prepare the sauce, spread the lamb bones out in a large roasting pan. Roast in the preheated oven, turning them over halfway through, until browned, 45 minutes to 1 hour.
5. Add the mirepoix to the bones. Roast until the vegetables are caramelized but not burnt. Degrease the pan.
6. Add the tomato paste. Stir until lightly browned.
7. Add the wine. Deglaze, scraping up any browned bits from the bottom of the pan.
8. Add the rosemary, marjoram, thyme, parsley, bay leaf, stock, and 1 of the roasted garlic cloves. Cook until reduced by half.
9. Stir in the cornstarch. Strain the sauce, discarding the solids.
10. Add the vinegar. Stir to combine. Reserve.
11. Preheat oven to 350°F.
12. Bring a large pot of salted water to a boil. Add the artichokes and boil for 30 minutes. Rinse in cold water. Remove the fleshy hearts. Discard the leaves. Dice the hearts into medium size pieces. Reserve.
13. Season the lamb chops with salt and pepper. Heat the oil in a large heavy bottomed skillet. Sear the lamb on both sides, about 3 to 4 minutes per side.
14. Add 3 ounces of the reserved sauce. Top the lamb chops with the rosemary.
15. Roast in the preheated oven until the lamb chops are cooked to the desired doneness (internal temperature of 145°F for medium). In the final minutes of cooking, remove the rosemary from the pan and top each lamb chop with one slice of the shaved cheese and allow it to melt.
16. Remove the pan from the oven. Pour the rest of the reserved sauce over the lamb chops.
17. For the vegetables, in a large sauté pan over medium heat, heat just enough oil just coat the pan. Add the onions and sauté until tender and translucent. Add the remaining roasted garlic, artichoke hearts, tomato petals, and pepperoncini. Toss to combine. Cook until heated through. Season with salt and pepper to taste.
18. Serve the lamb chops topped with the sauce and accompanied by the sautéed vegetables.

BROWN VEAL STOCK

Yield: 2 quarts

Ingredients	Amounts
Parsley, stem	1 ½ ea.
Bay leaf, dried	1 ea.
Garlic, clove	1 ea.
Thyme, dried	¼ tsp.
Peppercorns, black, cracked	¼ tsp.
Oil, vegetable	1 fl. oz.
Veal, bones, knuckles, trim, rinsed, dried	4 lb.
Water, cold	3 qt.
Onion, yellow, large diced	4 wt. oz.
Carrot, large diced	2 wt. oz.
Celery, large diced	2 wt. oz.
Tomato paste	3 wt. oz.

Method

1. For the sachet d'épices, place the parsley, bay leaf, garlic, thyme, and peppercorns on a square of cheesecloth. Tie it together with cooking twine. Reserve.
2. To condition the roasting pan, heat the pan and enough oil to lightly film the pan in a 450°F oven. Add the bones to the pan, then return to the oven. Roast the bones, stirring and turning occasionally, until the bones are deep brown, about 30 to 45 minutes.
3. Transfer the bones to a stockpot and add the cold water. Deglaze the roasting pan with a little additional cold water and add the released drippings to the stockpot. Slowly bring the stock to a simmer over low heat. If necessary, adjust the heat to establish an even, gentle simmer and continue to cook, skimming the surface as necessary.
4. While the stock is simmering, heat a rondeau over medium-high heat. Add enough oil to film the pan. Add the onion, carrot, celery (*mirepoix*). Cook, stirring occasionally, until the onions are a deep golden brown, about 15 to 20 minutes.
5. Add the tomato paste. Cook, stirring frequently, until it takes on a rusty brown color and a sweet aroma, about 1 to 2 minutes.
6. Add a few ladles of the stock to the rondeau and stir well to release the drippings. Return the mixture back to the stock after the stock has been simmering for about 5 hours. Add the sachet d'épices.
7. Continue to simmer the stock, skimming as necessary and tasting occasionally until it has developed a rich flavor and noticeable body, about 1 more hour.
8. Strain the stock and degrease if necessary. It can be used now or can be rapidly cooled and stored for later use.

CANEDERLI TYROLEAN BREAD DUMPLINGS

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.
Flour, all-purpose	as needed
Stock, chicken	2 qt.
Cheese, Parmigiano-Reggiano	⅓ cup
Chive, sliced	2 Tbsp.

Method

1. For the dough, in a bowl, combine the eggs, milk, and nutmeg to form a custard.
2. Add the stale bread and 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 and sweat until translucent and lightly golden. Remove from heat and allow it to cool slightly.
4. Add the onion and speck to the bread and egg mixture. Mix to combine.
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 holds. If it is too dry and will not hold and crumbles, add a bit more milk.
7. Chill the Canederli for 20 minutes to allow the form to solidify.
8. In a sauce pot, heat the stock until it is just below boiling.
9. Gently poach the Canederli in the stock for 12 to 15 minutes.
10. To serve, place the Canederli in a bowl with a portion of the stock. Top with the Parmigiano Reggiano cheese and sliced chives.

Variations: You may add small diced Fontina or Taleggio cheese to the bread mixture before poaching along with the speck.

STUFFED ZUCCHINI

ZUCCHINE RIPIENE

Yield: 6 portions

Ingredients	Amounts
Salt, kosher	as needed
Zucchini, split, hollowed out	3 ea.
Oil, olive, pure	1 fl. oz.
Mushroom, 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 the oven to 375°F.
2. Heat a large pot of salted water until boiling. Add the zucchini, blanch, and drain. Shock the zucchini in ice water until they are cool. Drain well and place in a hotel pan. Reserve.
3. Heat the oil in a sauté pan over medium heat. Add the mushrooms and sauté until browned. Cool and reserve.
4. For the stuffing, in a mixing bowl, combine the egg, breadcrumbs, cheese, and milk.
5. Gently stir in the cooled mushrooms and oregano. Season with salt and pepper to taste.
6. Fill each zucchini with stuffing and place it back into the hotel pan.
7. For the topping, in a small bowl, combine the butter, breadcrumbs, and cheese. Sprinkle the topping over each zucchini.
8. Bake the zucchini in the preheated oven until the topping is golden brown and the stuffing is heated through, 15 to 20 minutes.

DAY THREE: THE CENTRAL REGIONS

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

LEARNING OBJECTIVES

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

- Understand the influences of geography and climate on Northern Italian cuisine.
- Describe the flavor profiles of Northern Italian cuisine.
- Explain the common cooking techniques used in Northern Italy.
- Identify the staple dishes of Northern Italian cuisine.
- Explain the different characteristics of each region's cuisine in Northern Italy.
- List the popular dishes particular to each region in Northern Italy.
- Prepare a variety of dishes representative of the Northern Italian regions using standardized recipes.

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, plum (Roma)	8 ea.
Basil, sweet, leaves, fresh	1 cup
Oil, olive, extra virgin	1 cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Vinegar, wine, red	6 Tbsp.

Method

1. Tear the bread into 1-inch pieces and place into 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 and toss gently to blend. Season with salt and pepper to taste.
6. Keep the salad at room temperature if it will be served within an hour or two; otherwise, cover the salad and store it in the refrigerator.
7. Just before serving, add the vinegar. Mix with the salad. Serve the panzanella topped with the reserved basil and tomato wedges.

GNOCCHETTI WITH PEAS AND PANCETTA

GNOCCHETTI CON PISELLI E PANCETTA

Yield: 6 portions

Ingredients	Amounts
Pork, pancetta, small diced	8 wt. oz.
Salt, kosher	as needed
Potato, Yukon Gold, peeled, quartered	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.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat the oven to 350°F.
2. In a medium sauté pan over medium heat, place the pancetta. Sauté until crisp. Reserve.
3. In a large pot, place water and salt as needed. Heat until simmering. Add the potatoes and cook until tender. Drain and place onto a baking sheet.
4. Dry the potatoes in the preheated oven for 5 minutes.
5. Pass the potatoes through a food mill and into a large bowl. Allow to 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 white pepper as needed.
8. Roll out the dough and cut it into a gnocchi shape. (see Chef demo.)
9. Bring a large pot of salted water to a boil. Add the gnocchetti. Cook for 5 to 6 minutes and drain.
10. In a large pot, place the stock, butter, and gnocchetti. Boil until the liquid lightly coats the back of a spoon (*nappé*) and the gnocchetti is heated through.
11. Add the reserved pancetta and the peas. Cook until heated through.
12. Season with salt and pepper to taste.

BAKED ROLLED PASTA

BUCA NEVE

Yield: 10 portions

Ingredients	Amounts
Fresh Egg Pasta Dough (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 (Divided)	1 ½ pt.
Butter, unsalted (Divided)	as needed
Onion, yellow, small, diced	4 wt. oz.
Oil, olive, pure	as needed
Brandy	4 fl. oz.
Tomato, sauce	1 pt.
Stock, veal, brown	1 pt.
Cream, heavy	1 pt.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

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

FRESH EGG PASTA DOUGH

Yield: 1 ½ pounds

Ingredients	Amounts
Flour, durum	1 lb.
Salt, kosher	1/8 tsp.
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.

PORK CHOPS WITH FENNEL

COSTATINE AL FINOCCHIO

Yield: 6 portions

Ingredients	Amounts
Pork, chop, 6 oz., frenched	6 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, vegetable	2 fl. oz.
Garlic, minced	2 tsp.
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 the oil in a sauté pan over medium-high heat. Add the pork chops and sear until cooked through. Transfer to a serving platter. Reserve and keep warm.
3. For the sauce, drain the excess oil from the pan. Add the garlic and tomato paste. Sauté briefly. Add the stock, Marsala, red wine, and fennel seeds. Reduce to the desired consistency. Season with salt and pepper to taste.
4. In a separate pan, melt the butter over medium heat. Add the fennel and cook for 2 to 3 minutes.
5. Add the chicken stock, reduce the heat to low, and continue to cook until the fennel is soft.
6. Transfer the fennel to a serving platter. Arrange the pork chops over the fennel. Pool the sauce around the pork chops and garnish with the parsley.

PEAR SALAD WITH PARMESAN AND WALNUTS

Yield: 8 portions

Ingredients	Amounts
Walnuts, shelled	½ cup
Pear, Anjou, 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.

Method

1. Heat a medium, dry skillet over medium heat. Add the walnuts in a single layer. Toast, stirring often, until golden brown, 3 to 5 minutes. Transfer to a cutting board. Chop. Cool and reserve.
2. Check the skin of the pears. If it is tough, peel with a vegetable peeler. If it is 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.
3. Cut each pear into 8 wedges. Transfer to a large bowl. Pour the Prosecco over the pears. Reserve.
4. In a small bowl, combine the arugula and the mint. Season with salt and pepper as needed.
5. Add the vinegar and oil. Toss to evenly coat the arugula.
6. 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 toasted, chopped walnuts.
7. Lift the pear slices from the Prosecco and arrange on a serving platter. Serve immediately.

Note: Other ripe but firm pears such as Bartlett or Bosc can be substituted for the Anjou pears.

PASTA FAGIOLI

Yield: 8 portions

Ingredients	Amounts
Sage, leaf, fresh	4 ea.
Rosemary, sprig, fresh	2 ea.
Garlic, clove, peeled	2 ea.
Cheese, Parmigiano-Reggiano, 2-in. rind	1 ea.
Beans, borlotti, dried	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, plum (Roma), crushed, canned	1 cup
Pasta, ditalini, dried	2 oz.
Salt, kosher	to taste
Pepper, black, ground	to taste
Oil, olive, pure	¼ cup

Method

1. For the sachet d'épices, rinse the cheese rind. place the cheese, sage, rosemary, and garlic on a square of cheesecloth. Tie together with cooking twine. Reserve.
2. Drain the beans and place them into a large pot. Cover them with 2 inches of water. Bring the water to a boil. Reduce the heat and simmer for about 40 minutes.
3. In a large soup pot, add the pancetta and render until it is crisp and brown. Remove and reserve the pancetta, leaving the fat in the pan. Add the onion, celery, and carrot to the rendered fat. Sweat the vegetables until translucent.
4. Add the stock. Bring the soup to a boil over high heat. Reduce the heat to low and simmer until the beans are tender enough to mash easily, about 2 hours.
5. 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.
6. Add the tomatoes, reserved pancetta, and sachet d'épices.
7. Add the pasta. Simmer until the pasta is fully cooked, 8 to 10 minutes.
8. Remove and discard the sachet. Season with salt and pepper to taste.
9. 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	10 fl. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste
Nutmeg, whole, grated	to taste
Stock, veal, brown	32 fl. oz.
Tomato, plum (Roma), canned, whole, peeled	2 lb.
Cream, heavy, 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 and the tomatoes, crushing each by hand as they are placed into the pot. Bring to a boil and reduce 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 the heat until it is simmering. Do not allow it to boil. Season with salt and pepper to taste. Reserve and 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*), 2 to 4 minutes. Drain, reserving some of the pasta water.
9. Toss the pasta with the ragù. 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 pounds

Ingredients	Amounts
Flour, durum	3 ¼ cups
Salt, kosher	⅛ tsp.
Egg, whole	4 ea.
Oil, olive, pure (Optional)	2 Tbsp.

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 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).
4. 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, sliced on the bias	2 ea.
Garlic, 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, dry	8 fl. oz.
Wine, Marsala	2 fl. oz.

Method

1. To reconstitute the dried mushrooms, in a small bowl, place the dried porcini mushrooms 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, place 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 and 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. Add the reserved liver. Add the brandy and reserved reduced chicken stock. Reduce to half the original volume.
7. Preheat the oven to 350°F.
8. For the croutons, heat the butter in a large sauté pan. Add the diced bread. Toss to lightly coat. Toast, stirring often, until golden brown and crispy, 5 to 10 minutes.
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. Place the stuffed hens 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. Season with salt and pepper 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, 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, 5 to 6 minutes.

BEEF CONSOMMÉ

Yield: 1 gallon

Ingredients	Amounts
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.
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, plum (Roma), chopped	12 wt. oz.
Stock, beef, white, cold	5 qt.
Salt, kosher (Divided)	2 Tbsp.
Onion, yellow	2 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. For the sachet d'épices, place the parsley, thyme, bay leaf, peppercorns, clove, and allspice on a square of cheesecloth. Tie together with cooking twine. Reserve.
2. For the clarification, in a stock pot, combine the onions, carrots, celery, beef, egg whites, tomatoes, and stock. Bring the mixture to a slow simmer, stirring frequently until a raft forms.
3. 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.
4. 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).
5. Slowly simmer, basting the raft occasionally, until the desired flavor and clarity are achieved, 1 to 1 ½ hours.
6. Strain the consommé through a paper filter or doubled cheesecloth.
7. Degrease by skimming or blotting with parchment paper.
8. Season with salt and pepper 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 (<i>Roma</i>), med. diced	8 wt. oz.
Stock, chicken	2 qt.
Salt, kosher	to taste
Pepper, black, ground	to taste
Pasta, ditalini, dried	3 wt. oz.
Cheese, Parmesan, grated	2 ½ wt. oz.
Pesto (Recipe follows)	8 wt. oz.

Method

1. In separate pots, place the chickpeas and black-eyed peas with enough water to cover by 2 inches. Bring it to a boil and reduce the heat. Simmer until tender, about 25 minutes. Reserve.
2. Heat the oil in a sauté pan over medium heat. Add the salt pork and cook until the fat is rendered. Do not brown.
3. Add the onions, celery, carrots, peppers, cabbage, and garlic. Sweat until the onions are translucent.
4. Add the diced tomato (*concassé*) 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. Season with salt and pepper to taste. Garnish with the Parmesan and pesto.

Note: A *paysanne* cut is a French technique for slicing vegetables. The outer edges of the vegetable are first trimmed to create straighter edges. It is then sliced into ½-inch-wide batons. These batons are then thinly sliced to create 1-mm thick squares.

PESTO

Yield: 8 ounces

Ingredients	Amounts
Pine nuts (<i>Pignoli</i>)	3 Tbsp.
Basil, sweet, leaves, fresh	2 wt. oz.
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. Heat a small, dry skillet over medium-low heat. Add the pine nuts in an even layer. Toast, stirring often, until golden brown and aromatic, 2 to 4 minutes. Transfer to a small bowl. Cool and reserve.
2. Rinse the basil well and dry it thoroughly. Chop coarsely.
3. In a food processor or mortar and pestle, grind together the chopped basil, pine nuts, garlic, and salt.
4. Gradually add the olive oil until it forms a thick paste with a sauce-like consistency. (You may not need all the oil.)
5. Just before serving, stir in the Parmesan cheese.
6. Season 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 cup
Pork, prosciutto, chopped	2 ½ wt. oz.
Anchovy, fillet, drained, bones removed	1 wt. oz.
Garlic, minced	2 tsp.
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 the 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, 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 to a boil. Season with salt and pepper to taste. Reserve.
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 reserved sauce and mix well. Gradually add the tempered yolk mixture to the rest of the reserved sauce, stirring constantly to incorporate, until the sauce 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
Eggplant	1 ea.
Salt, kosher, coarse	as needed
Oil, olive, pure	1 fl. oz.
Onion, yellow, sliced	2 wt. oz.
Pepper, bell, green, med. diced	2 wt. oz.
Garlic, peeled, mashed	1 tsp.
Tomato, plum (Roma), med. diced	6 wt. oz.
Tomato, purée, canned	6 wt. oz.
Basil, sweet, 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
Flour, all-purpose	as needed
Egg, whole, beaten	6 wt. oz.
Breadcrumbs, dried	10 wt. oz.
Oil, olive, pure	as needed
Tomato, sun-dried, packed in oil	6 wt. oz.
Cheese, fontina, coarsely grated	8 wt. oz.

Method

1. 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.
2. 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.
3. Add the diced tomato (*concassé*), tomato purée, basil leaves, bay leaf, parsley, salt, and pepper. Simmer for 20 to 30 minutes.
4. Discard the bay leaf. Transfer the mixture to a food processor and coarsely blend. Reserve and keep warm.
5. Preheat the oven to 350°F.

6. Dredge the eggplant slices in flour, shaking off the excess. Dip each slice in egg wash, then roll it in the breadcrumbs.
7. Heat 2 tablespoons of oil in a sauté pan over medium-high heat. Add the eggplant and sauté until browned.
8. Place the eggplant on a sheet tray. Top with the 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, chopped	1 tsp.
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 the 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 as needed.
3. Cover the pan with foil 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 the 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. 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 (Roma), med. diced	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. Heat the oil in a large saucepan over medium-low heat. Add the pancetta and cook until all the fat has rendered, and the pancetta is crisp, about 15 minutes. Transfer the pancetta to a plate and reserve, leaving the fat in the pan.
2. Add the onion to the saucepan with the fat. Cook, while stirring, for 5 minutes.
3. Add the diced tomato (*concassé*) and red pepper flakes. Season with salt and pepper to taste. Simmer for 20 minutes, stirring occasionally with a wooden spoon.
4. Bring a large pot of salted water to a boil. Add the bucatini and cook until 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 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. Reserve.
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. To serve, arrange the veal on a serving platter and spoon the sauce over top. 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.
Mushroom, porcini, dried	12 wt. oz.
Butter, unsalted	1 wt. oz.
Shallot, minced	1 wt. oz.
Stock, chicken	1 pt.
Cream, heavy	12 fl. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste
Egg, yolk	4 ea.
Wine, white, dry	1 Tbsp.
Cream, heavy, whipped	4 fl. oz.

Method

1. Preheat the oven to 350°F.
2. For the polenta, in a saucepot, place the water, salt, and butter. Bring 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, boil a small pot of water and transfer the hot water to a bowl. Add the porcini mushrooms. 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 heat. Add the shallots. Sauté until translucent. Add the reserved mushrooms. Sauté until golden brown.
6. Add the stock. 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, 1 ½-inch deep round molds with the cooked polenta. Reserve and cool.
9. Unmold the polenta and hollow out the center with a small knife. Fill the polenta with the reserved mushroom mixture. Place the filled polenta on a baking sheet and bake in the preheated oven until heated through.
10. For the glaçage, in a stainless-steel bowl set over a water bath, whisk the egg yolks and white wine together until thick. Fold in the whipped cream.
11. Serve the polenta with the glaçage.

DAY FOUR: THE SOUTHERN REGIONS AND ITALIAN ISLANDS

- Calabria
- Campania
- Basilicata
- Apulia
- Sicily
- Sardinia

LEARNING OBJECTIVES

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

- Understand the influences of geography and climate on Northern Italian cuisine.
- Describe the flavor profiles of Northern Italian cuisine.
- Explain the common cooking techniques used in Northern Italy.
- Identify the staple dishes of Northern Italian cuisine.
- Explain the different characteristics of each region's cuisine in Northern Italy.
- List the popular dishes particular to each region in Northern Italy.
- Prepare a variety of dishes representative of the Northern Italian regions using standardized recipes.

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

**Drain Fresh Ricotta Cheese for Cannoli – Day Five*

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, as the little morsel you offer guests when they arrive (*assazzino*), 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. They are typically served 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 the fryer to 375°F.
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 separate large bowl, place the flour. Working in small batches, toss the squid in the flour.
5. Fry the coated squid in the preheated fryer until light golden brown.
6. Drain the fried squid on absorbent paper or a draining rack.
7. Season with sea salt to taste.
8. 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	1/8 tsp.
Tabasco sauce	1/8 tsp.
Scallop, U-10	1 1/2 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 1/4-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, combine the softened butter, parsley, garlic, Worcestershire, and Tabasco. Reserve.
2. Pat the scallops dry. Remove the abductor muscle from each scallop (see Chef demo).
3. In a large bowl, place the flour and season with salt and pepper. Dredge the scallops in the seasoned flour.
4. Heat the oil in a sauté pan until it is very hot. Sear the scallops until lightly browned.
5. Add a spoon of the reserved garlic butter to the pan. Roll or toss the scallops to coat. Add the almonds and chopped parsley.
6. Heat the oil in a separate sauté pan over medium heat. Add the garlic and sauté until aromatic. Add the cucumbers and cook until tender. Add the dill. Season with salt and pepper to taste.
7. Serve the scallops accompanied by the sautéed cucumbers.

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 (Roma), med. diced	14 wt. oz.
Anchovy, fillets, chopped (Optional)	6 ea.
Oregano, leaves, fresh, chopped	1 ½ tsp.
Basil, sweet, 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 diced tomato (*concassé*) over the dough and top with the 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, med. diced	2 lb.

Method

1. Bring a large pot of salted water to a boil. 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 form (see chef demo).
6. Hold 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, finely minced	5 tsp.
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 (Roma), canned	26 oz.
Tomato, plum (Roma), med. diced	1/2 lb.
Tomato, paste	3 wt. oz.
Bay leaf, dried	1/2 ea.
Red pepper flakes	to taste
Basil, sweet, leaves, fresh, chopped	3 Tbsp.
Oregano, leaves, fresh, chopped	1 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat the oven to 375°F.
2. Sprinkle the sliced eggplant with salt. Drain in a colander for 1 hour. Rinse and pat dry.
3. 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.
4. Add the garlic to the pan. Lower the heat to medium. Sauté for 2 minutes.
5. In a large bowl, combine the sautéed garlic, breadcrumbs, cheese, parsley, eggs, and pepper.
6. Spread the breadcrumb filling onto the eggplant slices. Roll up the eggplant and thread onto the skewers. Arrange the skewers in a baking dish.

7. Bake the eggplant rolls in the preheated oven until golden, 10 to 15 minutes.
8. For the tomato sauce, heat the oil over medium-high heat. Sauté the onions until transparent. Add the garlic and sauté until aromatic.
9. Add the canned tomatoes, diced 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. Serve with eggplant rolls accompanied by the tomato sauce.

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

MUSSELS WITH OLIVES

Yield: 20 portions

Ingredients	Amounts
Mussels	4 lb.
Wine, white, dry	½ cup
Onion, Spanish, peeled, sliced	1 ea.
Bay leaf, dried	1 ea.
Salt, kosher	as needed
Oil, olive, extra virgin	2 Tbsp.
Shallot, peeled, minced	2 ea.
Garlic, clove, peeled, minced	1 ea.
Tomato, plum (Roma), small diced	12 oz.
Olive, black, pitted, chopped	10 ea.
Anchovy, fillet, chopped	4 ea.
salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Scrub the mussels under running water. Remove their beards.
2. In a saucepot, combine the wine, onion, and bay leaf. Season with salt as needed. Bring it to a boil.
3. Add the mussels and cook until they open. Discard any unopened mussels.
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 diced tomato (*concassé*), olives, and anchovy fillets. Sauté for 1 to 2 minutes.
7. Add the reserved cooking liquid. Cook over medium heat until the liquid reduces by half.
8. Add the reserved mussel meat. Season with salt and pepper 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, sweet, 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, minced	1 Tbsp.
Tomato, plum (Roma), med. diced	2 lb.
Salt, kosher	to taste
Pepper, black, ground	to taste
Red pepper flakes	to taste
Chile, cayenne, ground	to taste
Butter, unsalted	1 wt. oz.
Mushroom, 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, in a saucepot, 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 and 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 diced tomato (*concassé*). 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, red pepper flakes, and cayenne to taste.

6. Heat the butter in a sauté pan over medium-low heat. Add the mushrooms and 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 separate sauté pan over medium-high heat. Add the swordfish fillet and sauté until brown, 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: 6 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 (Roma), med. diced	5 ea.
Pepper, bell, red, diced	1 cup
Basil, sweet, 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, minced	4 tsp.
Red pepper flakes	2-3 tsp.
Onion, yellow, small diced	5 wt. oz.
Tomato, plum (Roma), whole, peeled, canned	17 wt. oz.
Olive, black, pitted	16 ea.
Anchovy, fillets, chopped	4 wt. oz.
Capers, drained	5 Tbsp.
Basil, sweet, leaves, fresh, shredded	3 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Salt, kosher	as needed
Pasta, linguini, dried	1 lb.
Butter, unsalted	3 wt. oz.
Parsley, flat-leaf, leaves, fresh, chopped	3 Tbsp.

Method

1. For the sauce, in a sauté pan over medium-high heat, cook the pancetta 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 reduce the heat and simmer for 5 minutes.
5. Add the basil. Season with salt and pepper to taste. Reserve and keep warm.
6. Bring a large pot of salted water to a boil. Cook the linguini until it is firm to the bite (*al dente*), 8 to 10 minutes. Drain. Transfer to a large, heated bowl.
7. Add the butter and chopped parsley. Toss to combine.
8. Serve the linguini 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 the oven to 425°F.
2. Lightly grease a baking pan with the 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
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.
Olive, 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 into very thin slices using a mandolin or shave it into thin ribbons using a vegetable peeler.
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 with the 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 reserved vegetable mixture and toss to combine. Mound the salad 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, dried, soaked overnight	4 wt. oz.
Beans, navy, dried, soaked overnight	2 wt. oz.
Chickpeas, dried, soaked overnight	2 wt. oz.
Stock, veal, brown	2 qt.
Salt, kosher	as needed
Pasta, ditalini, dried	1 ½ wt. oz.
Oil, olive, pure	1 fl. oz.
Pork, pancetta, finely chopped	2 wt. oz.
Carrot, small diced	2 wt. oz.
Onion, yellow, small diced	2 wt. oz.
Garlic, minced	1 tsp.
Cabbage, savoy, small diced	2 ½ wt. oz.
Mushroom, small diced	2 ½ wt. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste
Butter, unsalted	2 Tbsp.
Bread, sourdough, med. diced	2 wt. oz.
Cheese, Romano, grated	1 wt. oz.
Rosemary, fresh, finely chopped	2 Tbsp.

Method

1. In a small saucepot, add the lentils and water. Bring it to a boil and then reduce the heat. 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 cooking liquid and legumes.
3. Bring a pot of salted water to a boil. Add the pasta and cook until it is firm to the bite (*al dente*), 8 to 10 minutes. Drain and reserve.
4. Purée the reserved legumes. Reserve.
5. For the soup, 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.
7. Add the puréed legumes and the reserved cooking liquid. Season with salt and pepper to taste.
8. For the croutons, heat the butter in a medium sauté pan over medium heat. Add the diced bread. Stir to coat. Toast, stirring occasionally, until golden brown and crispy, 5 to 10 minutes.
9. To serve, place a spoonful of cooked lentils and pasta in each serving cup and add 6 ounces of soup. Garnish with the croutons, cheese, and rosemary.

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, sweet, 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, ½-in. sliced lengthwise	8 wt. oz.
Squash, zucchini, trimmed, ½-in. sliced lengthwise	8 wt. oz.
Squash, yellow, trimmed, ½-inch sliced lengthwise	8 wt. oz.
Onion, red, 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 the cooked vegetables to a platter and allow them to cool slightly.
5. Drizzle the vegetables with the Tomato Marmalade.
6. Serve with the grilled bread slices.

TOMATO MARMALADE

Yield: ¾ cup

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

Method

1. Preheat a grill to high heat.
2. For the marinade, in a small bowl, combine the oil, lemon juice, anchovy fillets, and garlic. Season with salt and pepper to taste. Reserve.
3. Place the whole peppers on the grill. Roast them, turning as needed, until the surface is evenly charred.
4. 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.
5. Remove seeds and cut the peppers into strips. Place them in a stainless-steel bowl.
6. Add the reserved marinade. Mix to combine. Allow the peppers to marinate for 1 hour.
7. Arrange lettuce leaves onto a chilled platter. Top with the marinated pepper slices, prosciutto, and anchovies.
8. Serve at room temperature.

SEA BASS WITH VEGETABLES

BRANZINO ALLA VERDURE

Yield: 6 portions

Ingredients	Amounts
Oil, olive, pure	1 fl. oz.
Garlic, clove	1 ea.
Onion, red, 2-in. julienned	3 wt. oz.
Tomato, plum (Roma) skinned, seeded, 2-in. julienned	6 wt. oz.
Squash, zucchini, julienned	8 wt. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste
Butter, unsalted	1 wt. oz.
Sea bass, fillet, 6 oz.	6 ea.
Wine, white, dry	8 fl. oz.
Squid, thinly slice	18 ea.
Oregano, leaves, fresh, chopped	½ tsp.
Parsley, flat-leaf, leaves, fresh, chopped	½ tsp.
Basil, sweet, leaves, fresh, chopped	½ tsp.

Method

1. Preheat oven to 350°F.
2. With a mortar and pestle, mash the garlic clove to a paste.
3. For the topping, heat the oil over medium heat. Add the mashed garlic and onions. Sauté until the onion is translucent. Add the tomatoes and zucchini. Sauté for 30 seconds. Season with salt and pepper to taste. Cool and reserve.
4. Grease a shallow pan with the butter. Add the fish fillets and top each portion with ¼ cup of the reserved vegetable topping. Add the wine and bring it to a simmer.
5. Cover the pan with a paper cover. Poach in the preheated oven just until it turns opaque and flakes easily, 5 to 8 minutes.
6. Transfer the fish to a serving platter, cover, and keep warm.
7. Continue to cook the poaching liquid on the stove top until it is reduced to about ¾ cup. Season with salt and pepper to taste. Keep warm.
8. Bring a medium pot of water to a simmer. Turn the heat off and add the squid slices. Cook the squid in the hot water until opaque. Drain and shock in an ice bath.
9. When ready to serve, place the squid in the warm poaching liquid to heat through.
10. Pour the poaching liquid around the fish on the serving platter. Arrange a few slices of the 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	⅛ tsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Flour, all-purpose	as needed
Butter, unsalted	4 wt. oz.
Sage, leaf, fresh	8 ea.

Method

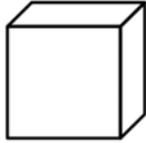
1. For the pasta dough, in a food processor, combine the flour and salt. Add the eggs. Process until it resembles a coarse meal and forms a cohesive mass when pressed.
2. Turn the dough out onto a work surface. Knead until it is firm but still pliable. Wrap in plastic wrap. Allow the dough to relax at 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. Squeeze out any excess water. Finely chop and transfer it to a large mixing bowl.
4. Add the ricotta, Parmigiano-Reggiano, eggs, and nutmeg. Season with salt and pepper as needed. 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 4 very thin (less than ⅛-inch) rectangles.
6. On 2 of the pasta sheets, place 1 ½ teaspoons of filling in rows, 2 ½-inches apart. Cover with the 2 remaining pasta sheets, draping them to evenly cover and fall between fillings.
7. Using a 3-inch pastry cutter, cut the ravioli rounds. Press and seal the edges with a fork.
8. Bring a large pot of salted water to a boil. Add the ravioli. Cook until tender but still firm to the bite (*al dente*), 2 to 4 minutes. Drain. Transfer to a warm serving dish.
9. For the sage sauce, heat the butter in a medium sauté pan over medium heat. Add the sage. Cook until it begins to crisp. Drizzle the sage sauce over the ravioli.

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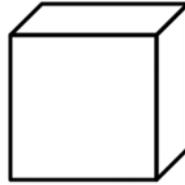
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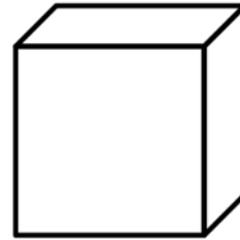
BASIC KNIFE CUTS



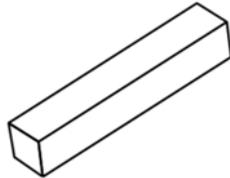
Small Dice
1/4" cube



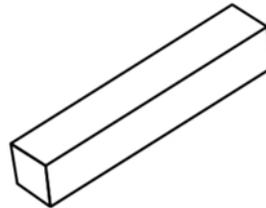
Medium Dice
1/2" cube



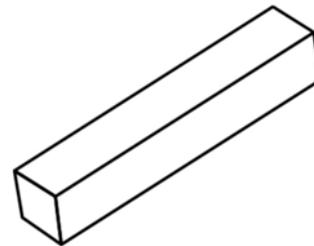
Large Dice
3/4" cube



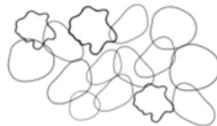
Fine Julienne
1/16" sq x 2 inch



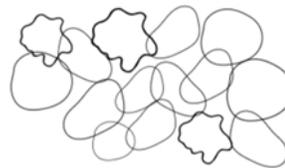
Julienne
1/8" sq x 2 inch



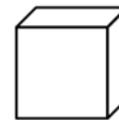
Batonnet
1/4" sq x 2 inch



Mince
<1/16" cube



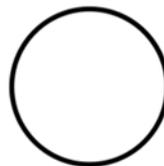
Chop
1/8"-1/4" cube



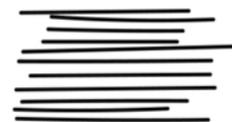
Brunoise
1/8" cube (fine dice)



Bias
diagonal cut



Rondelle
1-8"-1/2" round



Chiffonade
rolled, sliced thin

CONVERSION TABLES

METRIC WEIGHTS AND MEASURES EQUIVALENCIES

1 gram (g)	=	1/28 oz. (or 0.035 oz.)
½ 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 ¾ 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	1/2	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	3/4	3/8	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./ 1/4 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)

These Materials Were Developed at the Culinary Institute of America.

Regional Italian Cuisine Boot Camp Course Guide v320.docx

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