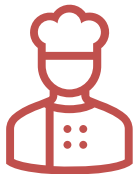




Culinary Institute  
of America

## Italian Cooking At Home

# WELCOME!



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# 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.



## 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."

## 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.).

## 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.



# TEAM PRODUCTION ASSIGNMENTS

## CHEF DEMOS

Parmesan Risotto  
Fresh Egg Pasta  
Fresh Mozzarella Cheese

## TEAM ONE

Pizza Margherita  
Bread and Tomato Soup with Shrimp  
Corkscrew Pasta with Arugula and Hazelnut Pesto

## TEAM TWO

Risotto with Escarole and Smoked Provolone  
Lamb Fricassee Scented with Mint  
Sweet and Sour Eggplant Antipasto with Chickpea Flatbread

## TEAM THREE

Tagliatelle with Bolognese Sauce  
Hunter's-Style Chicken  
Pantesca Salad from the South

## TEAM FOUR

Potato Gnocchi with Taleggio  
Chicken Saltimbocca  
Artichoke and Egg Tortino

## BONUS RECIPES

Panna Cotta with Raspberries  
Tiramisu

# PARMESAN RISOTTO

Yield: 6 portions

Ingredients	Amounts
Stock, chicken	22 fl. oz.
Wine, white, dry	8 fl. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste
Butter, unsalted	3 wt. oz.
Onion, yellow, minced	2 wt. oz.
Garlic, minced	2 tsp.
Rice, arborio	8 ½ wt. oz.
Butter, unsalted	2 wt. oz.
Cheese, Parmesan, grated	3 wt. oz.

## Method

1. In a medium pot over low heat, place the stock and wine. Simmer until hot. Season with salt and pepper to taste.
2. Heat the butter in a risotto pan or wide, shallow, heavy-bottomed skillet over medium heat. Add the onions. Sauté until translucent but without color, 5 to 10 minutes.
3. Add the garlic. Sauté until aromatic, 1 to 2 minutes.
4. Add the rice. Cook, stirring constantly, until the rice grains are coated with butter and have changed from completely white to somewhat translucent, but without browning. (The center will still be white.)
5. Add the stock in three additions, stirring and allowing the stock to be absorbed between additions. The rice should be just tender, and the grains separate, but creamy. The risotto should be creamy like porridge and wave-like (*all'onda*), not firm and stiff.
6. When most of the liquid is absorbed, add the remaining 2 ounces of butter and the cheese.
7. Stir the rice just enough to mix the ingredients. Season with salt and pepper to taste.
8. Serve the risotto in a heated bowl.

# 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, place 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.

# PIZZA MARGHERITA

*Yield: three, 12-inch pizzas*

<b>Ingredients</b>	<b>Amounts</b>
Water, warm (about 100°F)	22 fl. oz.
Yeast, instant, dry	2 ½ tsp.
Oil, olive, extra virgin	2 Tbsp.
Salt, kosher	2 tsp.
Flour, all-purpose	1 ½ lb.
Flour, bread	11 wt. oz.
Cornmeal	as needed
Oil, olive, pure	¼ cup
Onion, yellow, finely chopped	2 cups
Garlic, minced	4 tsp.
Tomato, plum (Roma), canned	4 cups
Salt, kosher	as needed
Pepper, black, ground	as needed
Flour, all-purpose	as needed
Fresh Mozzarella, cut into ½-in. slices (From Chef demo)	2 lb.
Basil, sweet, leaves, fresh, chiffonade	½ cup
Tomato, plum (Roma), thinly sliced	6 ea.
Oil, olive, extra virgin	¼ cup
Oregano, Mediterranean, dried	1 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

## Method

1. For the dough, in the bowl of a stand mixer fitted with the dough hook, place the water, yeast, olive oil, and salt. Stir to combine.
2. Add the flour. Mix on medium speed until an elastic, homogenous dough forms.
3. Transfer the dough to a large bowl. Cover with plastic wrap. Let it rest at room temperature until it has doubled in size, about 45 minutes.
4. Fold the dough over on itself to release any gas that has built up. Reserve.
5. For the sauce, heat the oil in a medium sauce pot over medium-low heat. Add the onions and garlic. Sweat until aromatic, 6 to 8 minutes.
6. Add the tomatoes, crushing them with your fingers. Cook until the sauce thickens, about 45 minutes. Season with salt and pepper as needed.

7. Using a food mill, purée the sauce. Adjust the seasoning to taste. Reserve.
8. Cut the dough into three equal pieces. Roll each piece to form even round balls. Cover each dough ball with a clean dish towel. Let it rest for 10 minutes to allow the gluten to relax.
9. On a floured work surface, flatten out one ball of dough with your hands. With a rolling pin, roll out the dough into a 12-inch round about ¼-inch thick. Be sure to keep the bottom floured as you roll so that the dough does not stick to the surface. Repeat with the two remaining dough balls.
10. Preheat oven with a pizza stone to 450°F.
11. Sprinkle the pizza peel with cornmeal and slide the dough onto it. The cornmeal will help the dough slide off the peel and add some crunch. If you don't have a pizza peel, line a sheet pan with parchment paper and sprinkle with cornmeal. Roll out the dough and place it on the sheet pan.
12. Prebake the pizza crust in the preheated oven for 2 minutes to set the dough. Remove it from the oven.
13. Ladle 4 ounces of the reserved sauce over the set dough. Spread the sauce out with the bottom of a ladle until it reaches the edge.
14. Distribute ⅓ of the mozzarella slices around the dough, leaving about a ½-inch between them. Sprinkle the basil and distribute ⅓ of the tomato slices on the pizza. Drizzle with olive oil and some oregano. Season with salt and pepper to taste.
15. Bake the pizza in the preheated oven for 5 to 10 minutes. Remove it from the oven and let it cool for 2 minutes. Slice. Reserve and keep warm. Repeat this process with the remaining ingredients.

## FRESH MOZZARELLA CHEESE

*Yield: 2 pounds*

### Ingredients

Salt, kosher  
Water  
Cheese, curd, med. diced

### Amounts

5 ½ wt. oz.  
1 gal.  
2 lb.

### Method

1. In a large, sterilized pot, add the salt and water. Heat to 160°F. Remove the pot from the heat.
2. Place the cheese curd into a colander. Lower the colander into the pot, completely submerging the curds in the hot water.
3. Work the curd in a circular motion with wooden spoons, stretching it until it becomes a smooth yet stringy mass. Maintain the water temperature at a constant 155°F during this process, reheating the pot as needed.
4. Remove the cheese from the water. Continue stretching until the curd is smooth. Reserve the water.
5. Shape the cheese into 4-ounce balls. Place the shaped cheese into the reserved water to cool slowly.
6. Store the cheese wrapped in plastic wrap or in brine. Cover and refrigerate for up to 5 days.

# BREAD AND TOMATO SOUP WITH SHRIMP

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Salt, kosher	as needed
Tomato, plum (Roma), whole	3 lb.
Oil, olive, extra virgin	6 Tbsp.
Garlic, clove, smashed	10 ea.
Basil, sweet, leaves, fresh, torn (Divided)	1 cup
Bread, Ciabatta, thinly sliced	1 lb.
Salt, kosher	to taste
Pepper, ground, black	to taste
Broth, vegetable	8 cups
Shrimp, medium, peeled, deveined	32 ea.
Oil, olive, extra virgin	as needed

## **Method**

1. In a large pot, bring salted water to a boil. Add the tomatoes. Blanch, 30 seconds. Transfer to an ice water bath to halt the cooking process. Remove and discard the skins and most of the seeds. Roughly chop. Reserve.
2. In a casserole dish over medium heat, place the oil. Add the garlic. Cook, until lightly golden, about 6 minutes.
3. Add the reserved tomatoes and  $\frac{3}{4}$  of the torn basil. Turn down the heat to bring it to a simmer, cook for 3 to 4 minutes.
4. Add the bread slices. Mix to combine. Season with salt and pepper to taste.
5. Add the broth. Simmer to heat through, 10 minutes. Remove the dish from the heat. Rest, 15 minutes.
6. In a sauté pan, heat enough oil to just cover the bottom. Add the shrimp in batches, if necessary, not to overcrowd the pan. Cook until opaque, 2 to 4 minutes. Season with salt and pepper to taste. Keep warm.
7. Whisk the soup just before serving to break up the bread.
8. Ladle the soup into warm bowls. Top each with 4 shrimp. Garnish with fresh basil and a few drops of olive oil.

**Note:** Meat broth can be substituted for the vegetable broth.

# CORKSCREW PASTA WITH ARUGULA AND HAZELNUT PESTO

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Hazelnuts, chopped	1/3 cup
Arugula	3 cups
Parsley, flat-leaf, leaves, fresh, chopped	1/3 cup
Garlic, clove, peeled, crushed	1 ea.
Cheese, ricotta, sheep milk	1/3 cup
Oil, olive, extra virgin	1/4 cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Water	5 qt.
Pasta, fusilli	1 lb.
Tomato, grape, red and yellow	1 pt.
Cheese, Parmigiano-Reggiano, grated	1/2 cup

## **Method**

1. In a small dry skillet over medium heat, place the hazelnuts in a single layer. Toast, stirring frequently, until golden brown, 5 to 10 minutes. Reserve.
2. In a medium pot, bring salted water to a boil. Blanch the arugula. Drain and immediately shock in ice cold water to halt the cooking process. Drain again. Squeeze the arugula well to remove any excess water. Chop coarsely.
3. For the pesto, in the bowl of a food processor, combine the arugula, chopped hazelnuts (reserving 1 tablespoon for garnish), parsley, garlic, and ricotta. Season with salt and pepper to taste. Purée until smooth.
4. Gradually add the olive oil to form a creamy, not oily, consistency. Transfer to a serving bowl. Season with salt and pepper to taste. Reserve.
5. In a medium saucepot, bring the water to a rolling boil. Add the pasta. Cook, stirring occasionally, until tender but still firm to the bite (*al dente*), about 12 minutes. Drain the pasta, reserving the cooking liquid.
6. In a large bowl, place the pasta and reserved pesto. Add as much of the reserved cooking liquid as necessary to moisten and combine the pasta and pesto. Mix well.
7. Add the tomatoes and grated cheese. Toss to combine.
8. Distribute the pasta onto individual serving plates. Garnish with the remaining hazelnuts.

**Note:** Ricotta from goat milk can also be used.

# RISOTTO WITH ESCAROLE AND SMOKED PROVOLONE

*Yield: 4 portions*

<b>Ingredients</b>	<b>Amounts</b>
Oil, olive, extra virgin	1 Tbsp.
Butter, unsalted	1 Tbsp.
Onion, yellow, small diced	½ cup
Escarole, coarsely chopped	2 cups
Rice, Arborio, superfino	1 ½ cups
Wine, white, dry	½ cup
Stock, beef, boiling hot (Divided)	5 cups
Butter, unsalted	4 Tbsp.
Cheese, Parmigiano-Reggiano, grated	½ cup
Parsley, flat-leaf, leaves, fresh, chopped	¼ cup
Cheese, provolone, smoked, small diced	½ cup
Salt, kosher	to taste
Pepper, black, ground	to taste

## **Method**

1. In a deep saucepan over medium heat, place the oil and butter. Add the onion. Sauté until soft but not browned, 5 to 7 minutes.
2. Add the escarole. Cook until wilted, 3 to 5 minutes.
3. Add the rice. Stir to coat the rice evenly with the oil and butter. Cook until the rice is uniformly hot, 5 to 7 minutes.
4. Add the wine and escarole. Reduce until the wine is mostly evaporated, 5 to 10 minutes.
5. Add 1 ⅓ cup of the hot stock. Simmer, until the rice absorbs all the liquid. Add another 1 ⅓ cup in two more additions, allowing the rice to absorb all the liquid before adding more. Simmer for 13 minutes.
6. Add the remaining cup of stock a little at a time. Be sure that the risotto is not too wet. Cook until the risotto is tender but still firm to the bite (*al dente*).
7. Remove the pan from the heat. Add the butter, mixing vigorously.
8. Add the Parmigiano-Reggiano and parsley. Stir to combine.
9. Just before service, add the provolone cheese. Stir until the cheese is almost melted and the rice is creamy and wavelike (*all'onda*), not stiff.
10. Season with salt and pepper to taste. Serve immediately.

**Note:** Carnaroli or Vialone Nano rice can be substituted for the Arborio. Italian rice is graded according to length (short or long), shape (round or oval), size (small, medium or large), and wholeness (broken grains are appropriately downgraded). The top grade, "superfino," has the fattest, largest grains that take the longest to cook due to high liquid absorption.

# LAMB FRICASSEE SCENTED WITH MINT

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Lamb, leg, cleaned	3 lb.
Oil, olive, pure	3 Tbsp.
Garlic, clove, peeled, crushed	4 ea.
Bay leaf, whole, dried	2 ea.
Rosemary, sprig, fresh	2 ea.
Flour, all-purpose	2 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Wine, white, dry	1 ½ cups
Stock, beef	1 cup
Egg, lightly beaten	3 ea.
Lemon, juice, fresh	¼ cup
Parsley, flat-leaf, leaves, fresh, chopped	1 Tbsp.
Mint, leaves, fresh, chopped	1 Tbsp.

## **Method**

1. Trim and discard the excess fat from the lamb. Cut the remaining meat into bite sized pieces. Reserve.
2. In a casserole dish over low heat, place the oil.
3. Add the garlic. Sauté, until lightly browned, about 1 minute.
4. Add the reserved, chopped lamb, bay leaves, and rosemary. Increase the heat to high. Sauté, until the lamb is lightly colored all over, about 5 minutes.
5. Stir in the flour a little at a time. Cook until it becomes a little brown, about 3 minutes. Season with salt and pepper as needed.
6. Add the wine. Lower the heat to medium. Simmer and reduce until the alcohol evaporates, about 5 minutes.
7. Add the stock. Lower the heat to medium low. Cover, and cook gently until the lamb is very tender, 35 to 40 minutes. Add a little more stock, if necessary. The sauce should have a thin consistency.
8. Remove the dish from the heat. Transfer the lamb to a separate dish and reserve.
9. In a small bowl, beat the eggs and lemon juice. Transfer the mixture to the casserole dish. Whisk the mixture well to combine with the pan juices until a creamy sauce is formed.
10. Return the meat to the sauce. Add the parsley and mint. Serve immediately.

**Note:** Low-sodium meat broth or chicken broth can be substituted for the meat broth.

# SWEET AND SOUR EGGPLANT ANTIPASTO WITH CHICKPEA FLATBREAD

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Pine nuts ( <i>Pignoli</i> ), toasted	1 ½ tsp.
Eggplant, Italian, med. diced	5 cups
Salt, kosher, coarse	as needed
Oil, olive, extra virgin (Divided)	1 cup
Onion, red, small diced	2 cups
Celery, peeled, small diced	1 cup
Capers, rinsed, roughly chopped	1 ½ tsp.
Olives, black, pitted, roughly chopped	2 tsp.
Tomato, paste	2 tsp.
Sugar, granulated	1 tsp.
Vinegar, wine, red	1 Tbsp.
Tomatoes, plum (Roma), canned, lightly 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, stirring often, until golden brown and aromatic, 2 to 4 minutes. Transfer to a plate. Cool and reserve.
2. Line a baking pan with paper towels. Place the diced eggplant on top. Salt well. Let it drain for 1 hour. Rinse the salt off the eggplant and pat dry.
3. Heat ¾ cup of the oil in a large skillet over medium-high heat. Working in batches, add the eggplant. Cook until lightly browned on all sides, 1 to 3 minutes per side. Drain any excess oil on paper towels. Transfer the eggplant to a large bowl. Reserve.
4. Clean the skillet. Heat the remaining oil over medium heat. Add the onions. Sweat until translucent, about 10 minutes.
5. Add the celery. Cook for 2 to 3 minutes. Be sure that the celery stays crunchy.
6. Stir in the capers and olives. Add the mixture to the eggplant. Mix to combine. Reserve.
7. Clean the skillet. Place it over 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.
9. Add the crushed tomatoes. Simmer over low heat for 10 minutes.

10. Pour the reserved eggplant mixture into the skillet.
11. Add the basil. Season with salt and pepper to taste. Stir to combine. Top with the pine nuts.  
Serve with the Chickpea Flatbread.

# CHICKPEA FLATBREAD

## *FARINATA LIGURE*

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Flour, chickpea, sifted	1 ¼ cups
Water, cold	1 ½ cups
Salt, kosher	1 ½ tsp.
Oil, olive, extra virgin (Divided)	5 Tbsp.
Scallion (Green onion), thinly sliced	¼ cup
Parsley, flat-leaf, leaves, fresh, chopped	2 Tbsp.
Oil, olive, extra virgin	as needed
Olives, black, pitted, minced	18 ea.
Sage, leaf, fresh, coarsely chopped	24 ea.
Rosemary, leaves, fresh, chopped	2 Tbsp.

### **Method**

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

# TAGLIATELLE WITH BOLOGNESE SAUCE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Oil, olive, extra virgin	1 Tbsp.
Beef, ground	2 lb.
Butter, unsalted	½ cup
Onion, yellow, minced	1 ½ cups
Celery, minced	1 cup
Carrot, minced	¾ cup
Wine, red	½ cup
Tomato, plum (Roma), canned	1 ½ cup
Stock, chicken	2 cups
Bay leaf, whole, dried	2 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Flour, all-purpose	3 ¼ cups
Egg, whole	4 ea.
Flour, all-purpose	as needed
Salt, kosher	as needed
Cheese, Parmesan, grated	as needed

## **Method**

1. For the sauce, heat the oil in a sauté pan over medium-high heat. Add the ground beef. Cook, stirring frequently, breaking up any lumps, 7 to 10 minutes. Drain all the fat. Reserve.
2. In a 5-quart pot over medium-low heat, melt the butter. Add the onions, celery, and carrots. Sauté, stirring frequently, until the onions are tender, about 10 minutes.
3. Add the reserved beef. Cook until heated through, 3 to 5 minutes.
4. Add the wine. Reduce until it has nearly evaporated, about 2 minutes.
5. Add the tomatoes, stock, and bay leaves. Turn down the heat to low, simmer gently. Season with salt and pepper to taste.
6. Partially cover the pot. Simmer, stirring occasionally, until the sauce is thick enough to hold its shape when spooned onto a plate, but still flow easily off a spoon, 1 to 2 hours.
7. For the tagliatelle, mound the flour on a clean work surface. Create a well in the center of the flour. Place the eggs in the well and whisk gently with a fork. Slowly start dragging the flour into the egg mixture.
8. Knead the dough by hand until the ingredients are well combined and the dough is smooth and elastic, about 10 minutes.

9. Transfer the dough to a bowl and cover with plastic wrap. Let it rest at room temperature for at least 30 minutes. Set a pasta machine to the largest opening.
10. Dust the work surface with flour. Cut off pieces of dough about the size of an egg. Working with one piece at a time, roll the dough into sheets about 1/16-inch thick and 12-inches long.
11. Cut the sheets into 3/8-inch-wide strips. Wind the strips into loose "nests" and put them on a baking sheet. Reserve.
12. Bring a large pot of salted water to a boil. Add the pasta all at once. Stir a few times to separate the strands. Cook, uncovered, until just tender but still firm to the bite (*al dente*), 4 to 5 minutes.
13. Drain the pasta immediately using a colander. Shake well to remove any excess water. Transfer to a large serving bowl.
14. Add the sauce. Toss to coat the pasta.
15. Serve immediately with the Parmesan cheese on the side.

**Note:** If made in advance, the tagliatelle can be stored in the refrigerator for up to 2 days.

# HUNTER'S-STYLE CHICKEN

*Yield: 4 portions*

<b>Ingredients</b>	<b>Amounts</b>
Mushroom, porcini, dried	½ wt. oz.
Mushroom, cremini, fresh	1 lb.
Chicken, thigh, skinless	4 lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, olive, pure	2 Tbsp.
Onion, yellow, small diced	1 ea.
Carrot, small diced	1 ea.
Celery, stalk, small diced	1 ea.
Pepper, bell, green, small diced	1 ea.
Bay leaf, whole, dried	2 ea.
Thyme, fresh, finely chopped	½ tsp.
Rosemary, fresh, finely chopped	1 Tbsp.
Parsley, flat-leaf, leaves, fresh, finely chopped	2 Tbsp.
Wine, white, dry	1 cup
Tomato, plum (Roma), crushed, canned	1 cup
Stock, chicken	as needed

## **Method**

1. Bring a small saucepot of water to a boil. Remove it from the heat.
2. Place the porcini mushrooms in a medium bowl. Add enough of the hot water to cover them completely. Soak for 30 minutes. Drain. Chop. Reserve.
3. Remove and discard the stems from the cremini mushrooms. Cut them into quarters. Reserve.
4. Season the chicken with salt and pepper.
5. In a Dutch oven, heat the oil over high heat. Add the chicken. Brown well, turning as necessary to color on all sides, about 6 minutes. Remove the chicken and reserve.
6. Lower the heat to medium. Add the onion. Cook for 5 minutes.
7. Add the carrot, celery, and pepper. Cook until soft, but not mushy, about 6 minutes.
8. Add the reserved chicken, cremini, and porcini mushrooms.
9. Add the bay leaves and chopped thyme, rosemary, and parsley. Cook for 1 minute.
10. Add the wine. Stir to combine. Cook for 1 minute.
11. Add the tomatoes and enough stock to almost cover the chicken. Partially cover the pan. Cook until tender, 20 to 25 minutes. Let it rest for at least 1 hour to develop the flavors.
12. Bring the contents of the Dutch oven to a boil until heated through. Serve hot.

## PANTESCA SALAD FROM THE SOUTH

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Potato, Yukon gold	2 lb.
Salt, kosher	1/8 tsp
Tomato, grape, halved	2 pt.
Olive, Sicilian, pitted	18 ea.
Celery, stalk, peeled, small diced	1 1/2 ea.
Onion, red, sliced into thin rings	1 ea.
Capers, salted, rinsed	3 Tbsp.
Parsley, flat-leaf, leaves, fresh, chopped	1 Tbsp.
Basil, sweet, leaves, fresh, chopped	1 Tbsp.
Oregano, fresh, chopped	2 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Mackerel, in oil, canned	12 wt. oz.
Oil, olive, extra virgin	1/2 cup
Lemon, juice, fresh	2 Tbsp.

### **Method**

1. In a large pot, place the potatoes. Add enough cold water to cover them completely. Add the salt. Bring the water to a boil, then lower it to a simmer. Cook, until the potatoes are tender, about 20 minutes. When done, the tip of a knife will slide easily into the center of the potato. Do not overcook. Drain. Cool slightly.
2. When cool enough to handle, remove and discard the potato skins. If they do not come away easily, use a paring knife. Medium dice. Transfer to a large bowl.
3. Add the tomatoes, olives, celery, onion, and capers. Mix to combine.
4. Add the parsley, basil, and oregano. Mix to combine.
5. Season with salt and pepper to taste.
6. Flake the mackerel into pieces directly into the salad.
7. Add the olive oil and lemon juice. Toss gently, being careful not to break apart the fish.
8. Serve at room temperature or lightly chilled.

**Note:** Tuna can be substituted for the mackerel.

12. Pour the reserved eggplant mixture into the skillet.
13. Add the basil. Season with salt and pepper to taste. Stir to combine. Top with the pine nuts. Serve with the Chickpea Flatbread.

# POTATO GNOCCHI WITH TALEGGIO

*Yield: 4 portions*

<b>Ingredients</b>	<b>Amounts</b>
Potato, Idaho, peeled, large diced	1 ½ lb.
Salt, kosher	1 tsp.
Flour, all-purpose	as needed
Flour, all-purpose (Divided)	1 cup
Egg, whole	1 ea.
Egg yolk	1 ea.
Cheese, Parmesan, grated	½ cup
Salt, kosher	½ tsp.
Nutmeg, fresh, grated	⅛ tsp.
Cheese, Taleggio, cut into strips	8 wt. oz.
Butter, unsalted	4 Tbsp.
Sage, leaf, fresh	12 ea.
Walnuts, chopped	½ cup

## **Method**

1. In a large pot, place the potatoes. Add enough cold water to cover them by 2 inches. Add the salt. Bring it to a gentle boil over medium-high heat. Cook, until the potatoes pierce easily with a skewer, 15 to 20 minutes.
2. Drain the potatoes. Return them to the pot over low heat. Let them dry until no steam rises, about 3 minutes.
3. Using a food mill or potato ricer, purée the potatoes onto a lightly floured work surface.
4. Gather the potatoes into a mound and make a well in the center. Surround the well with ½ the flour.
5. Add the egg, egg yolk, Parmesan, salt, and nutmeg to the well. Mix to form a soft dough. If necessary, add more flour, a little at a time, until the dough has the correct consistency.
6. Roll the dough into 2-inch-thick ropes.
7. Make a slit down the center of each log to hold the strips of Taleggio. Place the cheese in the center, and pinch the dough closed around it.
8. Cut 1-inch-long gnocchi. Pinch the ends of the gnocchi closed around the cheese.
9. In a small sauté pan over medium heat, melt the butter until lightly browned. Add the sage and walnuts. Stir to coat. Remove from the heat. Reserve.
10. Bring a large pot of salted water to a boil. Add the gnocchi. Cook at a gentle boil until the gnocchi rise to the surface, 2 to 4 minutes.
11. Serve the gnocchi topped with the reserved sage butter.

**Note:** Once shaped, the gnocchi can be reserved on a floured baking sheet, loosely covered, in the refrigerator for up to 8 hours.

# CHICKEN SALTIMBOCCA

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Chicken, breast, boneless	2 lb.
Pork, prosciutto, slice	12 ea.
Sage, leaf, fresh	12 ea.
Flour, all-purpose	as needed
Oil, olive, pure	3/4 cup
Stock, chicken	as needed
Butter, unsalted	as needed

## **Method**

1. Slice the chicken breast 1/4-inch thick. Cut the slices into 2 to 3 smaller pieces. With a mallet, pound the chicken to a slightly thinner and even thickness.
2. Place a slice of prosciutto on top of each chicken piece.
3. Place a sage leaf on top of each slice of prosciutto.
4. Add enough flour for dredging into a shallow bowl. Dredge the chicken in the flour, ensuring each piece is coated on all sides.
5. In a large sauté pan, heat the olive oil over medium-high heat. Working in batches, add the chicken with the prosciutto side down. Sauté for 2 minutes on each side. Reserve on a serving platter.
6. Remove any excess oil from the pan. Add the stock. Deglaze the pan, scraping up any brown bits (*fond*) stuck to the bottom. Reduce the stock until the sauce has a light, glossy consistency that coats the back of a spoon (*nappé*). It should not be watery or thick like gravy.
7. Whisk in a small amount of butter. Stir to incorporate.
8. Spoon the sauce over the reserved chicken. Serve immediately.

# ARTICHOKE AND EGG TORTINO

## TORTINO DI CARCIOFI ALLA MAGGIORANA

*Yield: 4 portions*

<b>Ingredients</b>	<b>Amounts</b>
Artichoke, medium, cleaned	4 ea.
Oil, olive, extra virgin	2 Tbsp.
Shallot, minced	½ cup
Parsley, flat-leaf, leaves, fresh, chopped	2 Tbsp.
Wine, white, dry	½ cup
Oil, olive, extra virgin	as needed
Egg, whole	8 ea.
Cheese, Parmigiano-Reggiano, grated	½ cup
Marjoram, leaves, fresh, coarsely chopped	2 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed

### **Method**

1. Preheat oven to 325°F. Oil a cast-iron skillet.
2. Thinly slice the artichokes, cutting from top to bottom. The slices will separate into rings, similar to an onion.
3. Heat the olive oil in a large saucepan over medium-high heat. Add the shallots. Sweat until translucent, about 2 minutes.
4. Stir in the parsley. Add the artichokes. Cook for 2 minutes.
5. Add the wine. Cover the pan and steam the artichokes until tender, about 12 minutes. Remove the pan from the heat. Cool the artichokes until warm. Reserve.
6. In a medium bowl, beat together the eggs, cheese, and marjoram. Season with salt and pepper as needed. Add the artichokes. Mix until combined.
7. Pour the artichoke and egg mixture into the oiled skillet. Bake in the preheated oven until the eggs are completely set, about 12 minutes.

**Note:** Yellow onions can be substituted for the shallots.

# PANNA COTTA WITH RASPBERRIES

*Yield: 5 portions*

<b>Ingredients</b>	<b>Amounts</b>
Milk, whole	1 qt.
Sugar, granulated	½ cup
Vanilla, extract	2 tsp.
Water	6 Tbsp.
Gelatin, envelope	2 ea.
Raspberries, fresh	1 pt.

## **Method**

1. In a saucepan over medium heat, place the milk and sugar. Heat, stirring occasionally, until the sugar has dissolved.
2. Add the vanilla. Stir to combine.
3. Strain the milk mixture through a fine-mesh sieve into a bowl. Reserve.
4. Place the water into a microwave safe bowl. Sprinkle the gelatin envelopes into the water. Mix to combine. Let it bloom for 10 minutes.
5. Prepare an ice bath.
6. Place the bloomed gelatin into the microwave. Melt it until it liquifies, about 20 seconds. Whisk the melted gelatin into the bowl with the milk mixture. Place the bowl over the ice bath. Stir until it begins to thicken.
7. Transfer the mixture into five, 5-ounce ramekins. Cool in the refrigerator until set, about 1 hour.
8. Serve each ramekin topped with 3 raspberries.

**Note:** Other seasonal fresh fruit can be substituted for the raspberries.

# TIRAMISU

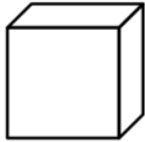
*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Egg, whole	1 ea.
Egg, yolk	6 ea.
Sugar, granulated	1 cup
Vanilla, extract	1 tsp.
Cheese, mascarpone	3 ¼ cups
Egg, white	3 ea.
Sugar, granulated	½ cup
Espresso	1 cup
Liqueur, coffee, Kahlúa	½ cup
Cookie, ladyfinger	48 ea.
Cocoa powder	¼ cup
Sugar, powdered	2 Tbsp.

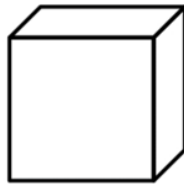
## **Method**

1. In a large, stainless-steel bowl over simmering water, add the egg, egg yolks, sugar, and vanilla. Whisk until the volume nearly doubles and the mixture becomes a light lemon yellow, 3 to 4 minutes.
2. Transfer the egg and sugar mixture to the bowl of a stand mixer fitted with the whip attachment. Beat on high speed until the mixture has cooled to room temperature (68°F), 8 to 10 minutes.
3. Add the mascarpone. Blend on low speed, scraping down the sides and bottom of the bowl to blend evenly, until very smooth, 2 to 3 minutes.
4. In a clean, small bowl, place the egg whites and sugar. Whisk until it forms medium-stiff peaks, 5 to 6 minutes. Fold the beaten egg whites into the mascarpone mixture in two additions. Refrigerate and reserve.
5. In a small bowl, place the espresso and Kahlúa. Mix to combine. Place each ladyfinger in the bowl. Soak, turning each cookie so that each side fully absorbs the syrup. Cut each cookie into thirds.
6. To serve, in individual verrine cups, arrange a layer of the ladyfingers. Dust evenly with cocoa powder. Top with a 1-inch-thick layer of the mascarpone filling. Repeat the layering in this sequence until the cup is full, ending with a layer of mascarpone.
7. Dust the surface of the cake with cocoa powder and powdered sugar. Chill thoroughly before serving.

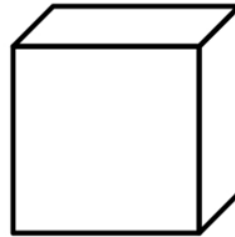
# BASIC KNIFE CUTS



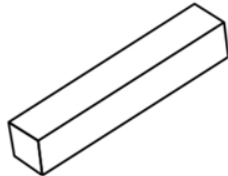
**Small Dice**  
1/4" cube



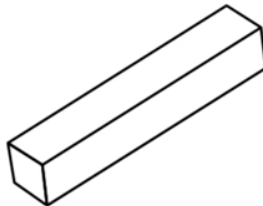
**Medium Dice**  
1/2" cube



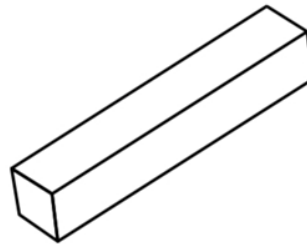
**Large Dice**  
3/4" cube



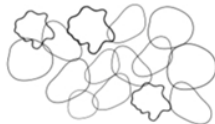
**Fine Julienne**  
1/16" sq x 2 inch



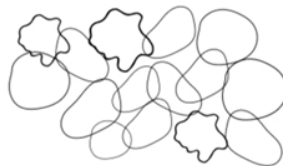
**Julienne**  
1/8" sq x 2 inch



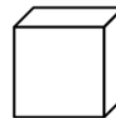
**Batonnet**  
1/4" sq x 2 inch



**Mince**  
<1/16" cube



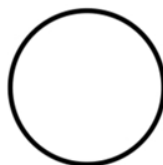
**Chop**  
1/8"-1/4" cube



**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

<b>1 gram (g)</b>	=	1/28 oz. (or 0.035 oz.)
<b>½ ounce (oz.)</b>	=	14 g
<b>1 ounce</b>	=	28.35 g. (approx. 30 g)
<b>2 ounces</b>	=	56 g. (approx. 60 g)
<b>4 ounces</b>	=	110 g
<b>6 ounces</b>	=	170 g
<b>8 ounces</b>	=	225 g
<b>12 ounces</b>	=	340 g
<b>1 pound (16 oz.)</b>	=	453.6 g (454 g)
<b>1 kilogram (kg)</b>	=	2.21 lb.
<b>1 liter</b>	=	35 fl. oz. (1 ¾ pt.)

## METRIC CONVERSION TABLE

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

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

## TEMPERATURE EQUIVALENCIES

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

## US CUSTOMARY LIQUID VOLUME CONVERSIONS

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

## US TO METRIC DRY MEASURES CONVERSIONS

tsp.	Tbsp.	oz.	cup	lb.	grams
<b>3</b>	1	½	1/16	---	14
<b>6</b>	2	1	⅛	1/16	28
<b>12</b>	4	2	¼	⅛	57
<b>24</b>	8	4	½	¼	113
<b>36</b>	12	6	¾	⅜	170
<b>48</b>	16	8	1	½	227
<b>96</b>	32	16	2	1	454

## VOLUME MEASURE CONVERSIONS

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

## RECIPE YIELD

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

These materials were developed at the Culinary Institute of America.

Recipes sourced from the CIA publications: *A Tavola!*; *Italian Cooking at Home*; *Mediterranean*

Italian Cooking at Home Sat Course Guide v.270.docx

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