

Chef

S U C C E S S



CUMBERLAND  
TIMES-NEWS

# italian



# italian

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## Introduction

Italy holds hundreds of culinary treasures: from pastas, bruschettas, and pizzas, to stews, soups, and sweets, Italian cuisine offers endless possibilities! Through the following pages you'll find a number of Italian dinner party recipes, as well as weeknight-friendly, quick meals, vegetarian and vegan dishes for everyone to enjoy. We've also included several Mediterranean-inspired options, such as chilled tomato soup, stuffed vine leaves, hummus, and more.

In the Italian kitchen, melty cheeses, fresh tomatoes, fragrant basil, savory garlic, olive oil, and many other vibrant, high-quality ingredients are combined to create incredible textures and flavors... That's why one of the most important aspects of Italian cooking is using the best ingredients possible, specially when a recipe calls for just a few of them! Additionally, in season fruits and vegetables are always preferred as the typical Italian diet uses fresh produce, almost exclusively.

When it comes to pasta, Italians like to eat pasta dressed with sauce, as opposed to sauce dressed with pasta! If possible, avoid topping your pasta with too much sauce, and using too much tomato purée when making the sauce. Another important aspect involves always boiling the pasta in salted water, and using sea salt. Also, dishes should be seasoned while cooking, rather than before serving, and try tasting your preparations as you move along through every step of the recipe, making sure that herbs, spices and seasonings are on point. Finally, make sure to enjoy your Italian feast with your favorite people!


Are you ready to start cooking Italian food like a true Italian cook? Get the knives out, and start cooking your way to this extraordinary country.

The Editors



# fish

## stew

 Preparation time  
20 minutes

 Total time  
20 minutes

 Serves  
4

### Ingredients

- 1/3 cup olive oil
- 2 onions, peeled and chopped
- 3 cloves garlic, crushed
- salt and pepper, to taste
- 2 cups tinned tomatoes and juice, chopped
- 1 bay leaf
- 1 carrot, grated
- 1 tablespoon iced orange peel
- 1 tablespoon chopped fresh parsley
- 2 tablespoons tomato paste
- 1 tablespoon chopped fresh thyme
- 1/2 cup dry white wine
- 6 1/2 oz/200 g fish fillet, cut into pieces
- 5 oz/155 g scallops
- 1/2 lb/250 g peeled large shrimp deveined
- 1/2 lb/250 g mussels
- chopped fresh chives, for garnish
- thinly sliced green cabbage, for garnish

### Preparation:

1. Heat the oil in a large deep saucepan. Add the onions and saute 3 minutes. Add the garlic, tomatoes, carrot, bay leaf, orange peel, parsley, tomato paste, thyme and wine and cook for 5 minutes. Season with salt and pepper, to taste.
2. Add the fish and shellfish to the frying pan and 2 cups of boiling water to cover. Bring mixture to the boil and cook until seafood is tender.
3. Ladle the seafood and broth in a large soup bowl. Garnish with chives and cabbage.


### Tip from the chef:

*These recipe can be made with pretty much any combination of fish and shellfish. Good fish options include whiting, snapper, daurade, porgy, John Dory, turbot, and monkfish.*





# creamy mussel soup

 **Preparation time**  
20 minutes

 **Total time**  
25 minutes

 **Serves**  
4

## Preparation:

1. Add wine, chili paste, lemon juice, pepper and garlic to a large saucepan. Bring to the boil, add mussels and cook for 5 minutes.
2. Remove mussels from liquid and return liquid to the heat. Add cream to the liquid and bring to the boil, reduce heat, simmer for 10 minutes.
3. Remove mussel flesh from shells and stir into soup mixture. Season with salt, to taste. Serve immediately and garnish with the parsley.

## Ingredients

- 2½ cups dry white wine
- 1 teaspoon chili paste
- 2 tablespoons lemon juice
- ¼ teaspoon cracked black pepper
- 2 cloves garlic, crushed
- 1 lb/500 g mussels, scrubbed and debearded
- 2 cups cream
- 1 tablespoon chopped fresh parsley
- salt, to taste

## Tip from the chef:

*Serve with your favorite bread to dunk, and a glass of white wine, if desired.*



# chilled

## tomato soup

**Preparation time**2 hours and  
20 minutes**Total time**2 hours and  
20 minutes**Serves**

4

**Ingredients**

- 2 tablespoons stale breadcrumbs
- 2 cloves garlic, crushed
- 1 tablespoon wine vinegar
- 1 tablespoon olive oil
- ½ cup tomato puree
- 1 green bell pepper, seeded and chopped
- 1 onion, peeled and chopped
- 5 ripe tomatoes, seeded and chopped
- 1 cucumber, peeled and chopped
- 2 tablespoons ground almonds
- 1 tablespoon chopped fresh parsley
- red chili flakes, for garnish
- salt and pepper, to taste

**Preparation:**


1. In a small bowl, soak the breadcrumbs and garlic in the vinegar and olive oil for 2 minutes.
2. Place the tomato puree, bell pepper, onion, tomatoes, cucumber, almonds and the soaked breadcrumbs in a blender or food processor, blend until smooth.
3. If the soup is too thick, add a little water and blend again until you reach the desired texture. Season with salt and pepper, to taste. Chill for at least 2 hours before serving and sprinkle with chopped parsley and red chili flakes.

**Tip from the chef:**

*This recipe is great for using up less-than-perfect tomatoes. Simply cut out splits and soft spots before using them. The soup can be topped with diced cucumber and cubed avocado.*



# osso bucco

 **Preparation time**  
20 minutes

 **Total time**  
2 hours

 **Serves**  
4

## Preparation:

1. Heat the oil in a large frying pan. Add the pimientos, onions and carrots, and cook, stirring occasionally, until the onions are translucent. Use a slotted spoon to transfer the vegetables to a bowl.
2. Flour the veal shanks lightly on both sides. Add the butter to the frying pan, when the butter foams, add the veal shanks and saute until the meat is brown on all sides.
3. Add the wine and cook over high heat, stirring to pick up the bits and pieces attached to the bottom of the frying pan. When the wine is reduced by half, add the stock cube.
4. Pour in the tomatoes, and season with salt and pepper, to taste. Cover, and simmer over low heat for 1½ hours, basting the veal every 15 minutes. Sprinkle parsley over the veal just before serving.

## Ingredients

- 4 tablespoons olive oil
- 1½ cups pimientos, drained, thinly sliced
- 2 carrots, sliced
- 2 onions, peeled and chopped
- ½ cup flour
- 4 large veal shank slices, 1½ thick, with the bone
- 2 tablespoons butter
- 1 cup dry white wine
- 1 chicken stock cube, crushed
- 1½ cups tinned peeled tomatoes, chopped
- 1 tablespoon fresh parsley, chopped
- salt and pepper, to taste

## Tip from the chef:

*A classic comforting dish from northern Italy that's typically served with saffron & parmesan risotto.*



# cold prawns

## with sauce



**Preparation time**  
25 minutes



**Total time**  
35 minutes



**Serves**  
4

### Ingredients

- 24 uncooked large peeled shrimp, deveined, tails intact
- 1 head garlic
- 1 lemon, halved
- olive oil, as needed
- salt and pepper, to taste

### Sauce:

- ¼ cup onion, finely chopped
- 4 cloves garlic, finely chopped
- 2 tablespoons olive oil
- 2 teaspoons plain flour
- ¾ cup dry white wine
- 1 cup chopped parsley
- ½ cup chopped chives
- salt and pepper, to taste



### Preparation:

1. In a saucepan bring 2 cups water to a near-boil. Add prawns, cook for 2 minutes or until prawns change color. Remove with a slotted spoon, cool.
2. Preheat oven to 400°F. Slice off top of the head of garlic. Drizzle with oil and season with salt and pepper. Wrap garlic and lemon in foil and place in a shallow dish. Roast lemon 20 minutes and garlic 30 minutes.
3. Peel and devein prawns. Place prawns in a dish, cover, refrigerate at least 4 hours.
4. Measure ½ cup of the cooking liquid, strain through a double thickness of cheesecloth, reserve. Discard remainder or freeze for stock.
5. To make sauce: Cook onion and garlic in oil until golden, about 5 minutes. Add flour, stir in well. Stir in wine and ½ cup of the parsley, bring to a simmer. Cook 3 minutes, stirring constantly. Add reserved liquid. Cover, simmer 15 minutes. Season to taste with salt and freshly ground pepper. Stir in remaining parsley and chives. Cool.
6. Spoon sauce into a serving dish, place dish in the center of a platter. Surround with chilled prawns, roasted garlic and lemon. Serve cold.

### Tip from the chef:

*A tasty appetizer perfect for any party. Serve drizzled with lemon, if desired.*





# chicken, tomato and pimiento casserole



**Preparation time**  
15 minutes



**Total time**  
30 minutes



**Serves**  
4

## Preparation:

1. Heat the oil in a large frying pan, add the chicken pieces and cook over moderate heat, stirring often, for 15 minutes, or until the skin is golden brown, and chicken is cooked through and reaches an internal temperature of 165°F. Remove chicken with a slotted spoon.
2. Add green bell pepper, onion and pimientos to the frying pan, cook for 2 minutes.
3. Add the wine and tomatoes to the frying pan, bring to the boil. Reduce heat, simmer 10 minutes, uncovered. Season with salt and pepper, to taste. Stir in chicken and basil, serve immediately, garnished with sage and rosemary.

## Ingredients

- ¼ cup oil
- 4 chicken thighs and drumsticks
- 1 green bell pepper, chopped
- 2 onions, peeled and chopped
- 13 oz/400 g can pimientos, drained, cut into strips
- 1 cup dry white wine
- 2 cups tinned tomatoes and juice
- 3 tablespoons chopped fresh basil
- salt and pepper, to taste
- fresh sage leaves, for garnish
- fresh rosemary sprigs, for garnish

## Tip from the chef:

*This casserole is a perfect dish for a midweek dinner. Serve with crusty bread and steamed rice, if desired.*



# chicken

## with chickpeas

 **Preparation time**  
15 minutes

 **Total time**  
60 minutes

 **Serves**  
4

### Ingredients

- ¼ cup olive oil
- 1 onion, chopped
- 1 teaspoon turmeric
- 1 uncooked chicken, broken into 6 pieces
- 7 oz/225 g chickpeas, soaked overnight, drained
- 2 cups chicken stock
- salt and pepper, to taste
- ¼ cup lemon juice
- 3 cloves garlic, crushed
- 2 tablespoons blanched almonds
- 1 tablespoon chopped fresh parsley

### Preparation:

1. Heat the oil in a large frying pan, add the onion and turmeric, fry for 3 minutes. Add the chicken pieces and cook slowly in the oil, turning it over until it is golden all over.
2. Add the chickpeas and enough stock to cover them. Stir in the lemon juice and garlic, bring to the boil, reduce heat and simmer for 1 hour or until chicken is very tender. Season with salt and pepper, to taste.
3. Just before serving, brown the almonds in the oven.
4. Arrange chickpea mixture in the bottom of serving dish, place chicken pieces on top and garnish with the almonds and parsley.

### Tip from the chef:

*A nourishing meal, great for small gatherings. Serve with a glass of Chardonnay wine, if desired.*





# ricotta quiche



**Preparation time**  
25 minutes + rest



**Total time**  
45 minutes



**Serves**  
8

1. Preheat oven to 375°F. In a medium bowl combine flour and butter with fingertips until mixture resembles fine breadcrumbs. Add enough cold water to form a dough, cover with plastic wrap, then rest dough in refrigerator for 30 minutes.
2. Roll out dough to fit a 9 in flan tin. Prick base with a fork and bake in a moderately hot oven for 10 minutes.
3. In a large bowl, combine ricotta cheese, Parmesan cheese, breadcrumbs, eggs and cream, mix well. Stir in olives, reserving some to decorate top of pie.
4. Pour mixture into baked pastry and decorate with reserved olive slices. Bake in a moderate oven for 35 minutes, cool for 10 minutes before serving.

## Ingredients

### Pastry:

- ½ lb/250 g plain flour
- 5 oz/150 g cold butter, cubed
- 3-4 tablespoons cold water

### Filling:


- 6½ oz/200 g ricotta cheese
- ¾ cup freshly grated Parmesan cheese
- ½ cup fresh breadcrumbs
- 3 eggs, lightly beaten
- ½ cup cream
- ¾ cup green stuffed olives, stoned and sliced

### Tip from the chef:

*This quiche tastes delicious both warm and chilled! For a quicker version, use a store-bought pie crust.*



# spinach and cheese pie

 **Preparation time**  
20 minutes

 **Total time**  
40 minutes

 **Serves**  
8

## Ingredients

- 8 tablespoons olive oil
- 1 onion, finely chopped
- 2 cups of cooked spinach
- 8 sheets of filo pastry
- 6½ oz/200 g ricotta cheese
- 4 eggs, lightly beaten
- 2 tablespoons Parmesan cheese, grated
- pinch of nutmeg
- 6½ oz/200 g feta cheese
- ½ cup of milk
- salt and pepper, to taste

1. In a small frying pan, heat 2 tablespoons of the oil, add onion and cook until tender. Add the spinach and mix well.
2. Mash the feta cheese and ricotta cheese with a fork, add the eggs, Parmesan cheese, the spinach mixture, nutmeg, milk, salt, and pepper, stir well.
3. Brush a baking sheet with oil. Place 4 sheets of filo at the bottom, one on top of another. Brush each sheet with oil and let the edges come up the sides of the baking sheet.
4. Spread the filling evenly on top, fold over the edges of the filo dough and cover with the remaining 4 sheets of filo, tucking the edges down the sides of the baking sheet. Brush each sheet, and the top one, generously with oil.
5. Cut the pie into squares with a sharp knife, but do not cut through to the bottom or the filling will leak into the pan.
6. Bake about 40 minutes or until the pie is crisp, golden and puffed up. Cut the squares through to the bottom and serve hot.

## Tip from the chef:

*This recipe is based on a traditional Torta Pasqualina, from the region of Liguria in northern Italy. You can use either spinach or chard (or a mix of both) for the filling.*





# stuffed grape leaves



**Preparation time**  
20 minutes



**Total time**  
35 minutes



**Makes**  
10

1. Rinse vine leaves under hot water to remove salt.
2. Place lamb, rice, onion, thyme and parsley into a medium bowl, mix well. Season with salt and pepper, to taste.
3. To fill leaves, place each vine leaf side up on a board. Place a tablespoon of mixture near the base of the stem, roll up into a sausage shape, tucking in edges to make a neat package. Repeat with each leaf.
4. Place each package into the bottom of a medium saucepan, packing them tightly. Pour  $\frac{1}{2}$  cup of water over the dolmades and bring the water to the boil slowly. Reduce heat and simmer for 5 minutes. Remove dolmades with a slotted spoon and drain on a paper towel. Serve chilled.

## Ingredients

- 10 vine leaves, in brine
- 10 oz/315 g minced lamb
- salt and pepper, to taste
- $\frac{3}{4}$  cup cooked rice
- 1 onion, grated
- 1 teaspoon dried thyme
- 2 tablespoons chopped parsley

## Tip from the chef:

These Mediterranean stuffed rolls are traditionally called “dolmades”; they make the perfect appetizer for meat-eating crowds, but can also work perfectly for vegetarians and vegans (just swap the lamb for cooked lentils).



# italian hummus

 **Preparation time**  
2 hours

 **Total time**  
2 hours

 **Serves**  
6

## Ingredients

- ½ cup chickpeas, soaked for 4 hours
- ½ cup cannellini beans, soaked for 4 hours
- ½ cup tahini paste (sesame seed paste)
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- ¼ cup fresh lemon juice
- 3 cloves garlic, crushed
- ½ cup ricotta cheese
- paprika
- 3 tablespoons olive oil

1. Drain the chickpeas and place them in a large saucepan. Cover with fresh water, bring to the boil and simmer for 30 minutes. Add cannellini beans and cook for 90 minutes more, or until chickpeas and cannellini beans are tender. Drain, reserving 1 cup of the cooking water.
2. In a food processor or blender, process chickpeas and beans with reserved cooking water, tahini, salt, pepper, lemon juice, garlic and ricotta until smooth.
3. Serve humus on a shallow plate, sprinkle with paprika and spoon oil over top. Serve with toasted pieces of flat bread.



## Tip from the chef:

*Hummus can also be served with ciabatta bread. For a vegan version, omit ricotta cheese and include 2 tablespoons of chopped pistachios.*



# yogurt soup



**Preparation time**  
15 minutes



**Total time**  
30 minutes



**Serves**  
4

1. Boil the rice in the chicken stock until tender. In a large saucepan, beat the yogurt and egg yolks together until combined.
2. Slowly pour the hot stock mixture into the egg yogurt mixture and heat gently, stirring constantly until soup thickens. Season with salt and pepper, to taste.
3. Pour soup into serving bowls, spoon a little olive oil on top of soup and sprinkle with mint.

## Ingredients

- 1/3 cup long grain rice
- 50 fl. oz/1½ liters chicken stock
- 2½ cups plain yogurt
- 3 egg yolks
- 4 tablespoons olive oil
- 2 tablespoons chopped fresh mint
- salt and pepper, to taste

## Tip from the chef:

*A simple, crowd pleasing soup that has few ingredients and is easy to make! Melted butter works deliciously instead of olive oil.*



# eggplant, cheese and tomato casserole



**Preparation time**  
30 minutes



**Total time**  
30 minutes



**Serves**  
6

## Ingredients

- ¼ cup olive oil
- 2 eggplants cut into ¼ in rounds
- 1 tomato, cut into ¼ in rounds
- 2 cloves garlic, crushed
- salt and pepper, to taste
- 1 cups peeled tinned tomatoes
- 2 tablespoons tomato paste
- 2 tablespoons dry white wine
- 6½ oz/200 g mozzarella cheese, chopped
- ½ cup chopped prosciutto
- 60 g/2 oz Parmesan cheese, grated
- 2 tablespoons dry breadcrumbs
- 1 tablespoon melted butter
- fresh thyme, for garnish

1. Heat the oil in a large frying pan over medium heat. Add the eggplant and cook for 1 minute on each side, remove from frying pan and set aside.
2. Add garlic, tomatoes, tomato paste and wine, bring to the boil and simmer for 5 minutes. Season with salt and pepper, to taste.
3. Spoon half the tomato mixture into the bottom of a 1½ in deep baking dish. Arrange half the eggplant slices on top, sprinkle with half the mozzarella cheese.
4. Spoon the remaining tomato mixture on top, then the remaining eggplant slices, and top with tomato slices.
5. Sprinkle the prosciutto on top, then sprinkle with the combined Parmesan cheese, breadcrumbs and butter. Bake in a moderate oven for 30 minutes. Serve garnished with fresh thyme.

## Tip from the chef:

*You can also include zucchini rounds. For an added touch of flavor, drizzle this irresistible casserole with olive oil and sprinkle it with crumbled feta cheese before serving.*





# orange avocado salad



**Preparation time**  
15 minutes



**Total time**  
15 minutes



**Serves**  
2

1. Arrange lettuce leaves, orange segments and avocado pieces in a serving bowl.
2. Sprinkle onions over the top and dress the salad with combined garlic, pepper, salt, lemon juice, orange juice and oil.

## Ingredients

- 3 cups spinach leaves, washed
- 2 oranges, peeled and segmented
- 1 ripe avocado, peeled, stoned and chopped
- 2 tablespoons chopped green onions or yellow onion
- salt, to taste
- 2 cloves garlic, crushed
- ¼ teaspoon black ground pepper
- 1 tablespoons lemon juice
- 4 tablespoons orange juice
- 3 tablespoons oil

## Tip from the chef:

*This salad makes a colorful lunch or dinner meal. Add cucumbers or roasted beets for extra vegetables, and top with chopped walnuts for extra crunch.*



# chicken breasts

## with mustard sauce



**Preparation time**  
20 minutes



**Total time**  
15 minutes



**Serves**  
6

### Ingredients

- 2 cups thickened cream
- 2 tablespoons Dijon mustard
- 1½ tablespoons mustard seeds
- 1 teaspoon Italian seasoning
- salt and pepper, to taste
- 6 whole chicken breast fillets
- 2 teaspoons lemon juice
- rosemary sprigs, for garnish

1. In a medium, frypan, bring cream to the boil and simmer until reduced by half, about 8 minutes. Stir in the mustard, Italian seasoning and mustard seeds. Cover sauce with plastic wrap, set aside and reheat when chicken is ready.
2. Place chicken fillets on a rack standing inside a baking dish. Season chicken with salt and pepper, if desired. Brush chicken with the lemon juice, then with the mustard sauce, and bake in a moderate oven for 10-15 minutes. Serve garnished with rosemary sprigs, if desired.



### Tip from the chef:

*For a creamier version, pour sauce over chicken after removing it from the oven.*





# olive cheese stuffed tomatoes



**Preparation time**  
20 minutes



**Total time**  
30 minutes



**Serves**  
6

1. In a small bowl, combine breadcrumbs, olives, 4 tablespoons cheese and olive oil and set aside.
2. Cut a thin slice from the bottom of each tomato to level them. Cut tops off and hollow out, discarding seeds. Fill tomatoes with breadcrumb mixture, top with remaining cheese, and bake in a moderate oven for 5-7 minutes or until filling is golden. Garnish with basil leaves. Serve with Chicken Breasts with Mustard Sauce (pg. 36), if desired.

## Ingredients

- 1½ cups dried breadcrumbs
- ½ cup green stuffed olives, chopped
- 7 tablespoons freshly grated Parmesan cheese
- 3 tablespoons olive oil
- 6 medium tomatoes
- basil leaves, for garnish

## Tip from the chef:

Late summer tomatoes are perfect for this recipe. Other cheeses like cheddar, fontina, and mozzarella may be used instead of Parmesan.



# spaghetti

## with salami



**Preparation time**  
12 minutes



**Total time**  
30 minutes



**Serves**  
4

### Ingredients

- 13 oz/400 g dry spaghetti
- 2 tablespoon olive oil
- ¼ cup tomatoes, diced
- salt and pepper, to taste
- 3½ oz/100 g sliced peperoni salami, chopped
- 1 onion, finely chopped
- chopped fresh basil, for garnish

1. Bring a large saucepan of water to the boil, add spaghetti, cook until just tender, about 10-12 minutes.
2. Meanwhile heat oil in a large frying pan. Add the tomatoes, salami and onion and cook until onion is transparent. Season with salt and pepper, to taste.
3. Drain spaghetti and add to frying pan. Toss well and serve immediately. Garnish with chopped fresh basil.

### Tip from the chef:


*A tasty quick recipe for lunch or a light dinner, that goes wonderfully with a glass of red wine. Diced bacon may be added. Top with grated Parmesan, if desired.*



entertaining  
food



# seafood lasagna

 **Preparation time**  
40 minutes

 **Total cooking time**  
50 minutes

 **Serves**  
4

1. Heat oven to 350°F. Heat the oil in a large frying pan, add the leek and cook until tender, about 5 minutes. Stir in the tomatoes and paste. Cook until mixture boils. Season with salt and pepper, to taste.
2. Simmer uncovered until sauce is slightly thickened. Stir in the shrimp and fish pieces, cover and cook over low heat for about 5 minutes.
3. Meanwhile, cook the lasagna sheets in a saucepan of boiling water until just cooked but still firm in center. Place lasagna in a large bowl of cool water until ready to use.
4. Spoon  $\frac{1}{3}$  of the sauce into the bottom of a 2 in deep casserole dish. Drain lasagna sheets and arrange a single layer over the seafood sauce. Spoon another  $\frac{1}{3}$  of the sauce over the sheets, and top with another layer of lasagna, and mozzarella cheese. Cover with foil. Bake 30 minutes. Uncover, and bake 10 more minutes, or until cheese is golden. Let stand 10 minutes before cutting. Sprinkle with chopped thyme, if desired.

## Ingredients

- 2 tablespoons olive oil
- 1 leek, white part only, rinsed and finely chopped
- salt and pepper, to taste
- 2 cups tinned Italian tomatoes with juice, chopped
- 2 tablespoons tomato paste
- 2½ cups shrimp, shelled and deveined, cut into small pieces
- 1 cup boneless fish fillet, cut into small pieces
- 15 lasagna sheets
- ¾ cup grated mozzarella cheese
- fresh chopped thyme, for garnish

## Tip from the chef:

*A mixture of Parmesan, mozzarella and provolone cheeses may be used. If using large lasagna sheets, cut them into smaller pieces. This will make it easier to cut the lasagna into individual portions.*





# crispy chicken marsala



**Preparation time**  
10 minutes



**Total cooking time**  
30 minutes



**Serves**  
4

1. In a shallow bowl, season flour with salt and pepper. Dredge chicken in flour.
2. In a large skillet over medium heat, melt 1 tablespoon butter and oil. Add chicken and cook until golden on both sides, about 5 minutes per side. Remove chicken from pan and place on a clean plate.
3. Make marsala sauce: Melt remaining 1 tablespoon butter in skillet and add mushrooms. Cook until mushrooms are golden and liquid has been released, 6 to 8 minutes (if the pan looks dry, add a splash of olive oil). Add garlic and cook until fragrant, then season with salt.
4. Add marsala, chicken broth, heavy cream, and parsley and bring to a simmer.
5. Return chicken to skillet and spoon sauce over breasts. Simmer until chicken is cooked through, about 10 minutes. Garnish with fresh thyme.

## Ingredients

- 1 cup all-purpose flour
- kosher salt
- freshly ground black pepper
- 4 boneless skinless chicken breasts
- 2 tablespoons butter, divided
- 1 tablespoon extra-virgin olive oil
- 8 oz. baby bella or cremini mushrooms, sliced
- 2 cloves garlic, minced
- ¾ cup marsala wine
- ¾ cup low-sodium chicken broth
- ½ cup heavy cream
- 2 tablespoons freshly chopped parsley
- fresh thyme, for garnish

## Tip from the chef:

*The marsala wine makes this dish slightly sweet and is what gives it that addictive quality.*



# pasta e fagioli



**Preparation time**  
20 minutes



**Total time**  
20 minutes



**Serves**  
6

## Ingredients

- 2 tablespoons extra-virgin olive oil
- ½ lb. spicy (or sweet) Italian sausage
- 1 medium yellow onion, finely chopped
- 2 medium carrots, peeled and finely chopped
- salt and pepper, to taste
- 2 stalks celery, finely chopped
- 3 cloves garlic, minced
- kosher salt
- freshly ground black pepper
- 2 (15 oz.) cans Great Northern Beans
- 1 (15 oz.) can diced tomatoes
- 4 cups chicken broth
- 2 sprigs rosemary, leaves finely chopped
- 1½ cup elbow pasta (or other small shape)
- freshly grated Parmesan, for garnish
- freshly chopped parsley, for garnish



## Tip from the chef:

*A hearty, comforting dish, that can be made using any of your favorite beans and noodles, just try to use similarly sized beans and pasta.*

1. In a large, deep pot over medium heat, heat oil. Add sausage and cook, breaking up with a wooden spoon, until cooked through, about 5 minutes. Stir in onion, carrots, and celery and cook until slightly softened, about 5 minutes.
2. Add garlic and cook until fragrant, 1 minute more. Season with salt and pepper, then add in beans (with their liquid), diced tomatoes, chicken broth, and rosemary. Bring to a boil, then stir in elbow pasta. Season with salt and pepper, to taste.
3. Reduce heat to medium and cook until pasta is al dente, about 8 minutes. Taste and adjust seasoning if necessary.
4. Serve in bowls garnished with Parmesan and parsley.





# fettuccine

## with sun-dried tomatoes



**Preparation time**  
10 minutes



**Total time**  
20 minutes



**Serves**  
4

1. Bring a large saucepan of water to the boil, add fettuccine and cook until just tender. Drain well.
2. Toast sunflower seeds in a large frying pan until golden. Stir in tomato paste, tomato strips, garlic and olive oil, cook 2 minutes. Add cream, cook further 5 minutes. Season with salt, to taste.
3. Stir tomato sauce into fettuccine, sprinkle with Parmesan cheese, and pepper, if desired.

### Ingredients

- 13 oz/400 g fresh or dried fettuccine
- ¼ cups sunflower seeds
- ½ cups sun-dried tomatoes, cut into thin strips
- 1 tablespoon tomato paste
- 2 cloves garlic, crushed
- ¼ cup olive oil
- ½ cup heavy cream
- ¼ cup freshly grated Parmesan cheese
- salt and pepper, to taste

### Tip from the chef:

Garnish with chopped fresh parsley, if desired. Penne, farfalle and spaghetti may be used instead of fettuccine.



# prosciutto and peas pasta

 **Preparation time**  
10 minutes

 **Total time**  
30 minutes

 **Serves**  
4-6

## Ingredients

- ¼ cup olive oil
- 1 onion, peeled and chopped
- 1 clove garlic, crushed
- 3½ oz/100 g prosciutto, sliced in strips
- 1 cup frozen small peas, thawed
- 2 tablespoons chives, cut into ½ inch lengths
- 1 lb/500 g medium pasta shells
- Parmesan cheese, for garnish
- chopped fresh rosemary, for garnish


1. In a large saucepan, heat the oil, add the onion and garlic, cook 3 minutes. Add the prosciutto and peas and cook for a further 2 minutes. Remove from the heat, stir in chives.
2. Bring a large saucepan of water to the boil, add the pasta and cook until just tender. Drain. Season with salt and pepper, to taste.
3. Add to the onion prosciutto mixture, toss well and serve immediately. Top with freshly grated Parmesan cheese, and rosemary, if desired.

## Tip from the chef:

*This easy pasta dish is packed with great flavor and can be assembled quickly on a weeknight. Macaroni can be used instead of shells.*



# spaghetti carbonara

 **Preparation time**  
20 minutes

 **Total time**  
30 minutes

 **Serves**  
4

1. Bring a large saucepan of water to the boil, add spaghetti and cook until just tender.
2. Meanwhile heat the ham gently in the oil. In a large mixing bowl, beat the eggs with the cream and the cheese.
3. Drain the cooked spaghetti and toss it with the egg and cheese mixture so the heat of the pasta “cooks” the sauce. Season with salt and pepper, to taste.
4. Add the ham and toss again, serve immediately, garnished with chopped parsley.

## Ingredients

- ½ lb./500 g spaghetti
- ¾ cup ham, finely sliced
- salt and pepper, to taste
- 1 tablespoon olive oil
- 4 eggs
- 4 tablespoons cream
- ¾ cup freshly grated Pecorino cheese
- chopped fresh parsley

## Tip from the chef:

*Sparkling, white, and rosé wines pair perfectly with this flavorful dish.*



# fettuccine

## with smoked salmon



**Preparation time**  
20 minutes



**Total time**  
30 minutes



**Serves**  
4

### Ingredients

- 1 lb/500 g fresh or dry fettuccine
- 4 tablespoons butter
- salt and pepper, to taste
- 1 onion, finely chopped
- ½ cup dry white wine
- 2 cups heavy cream
- 1 teaspoon chili paste
- ¼ teaspoon black cracked pepper
- 7 oz/230 g smoked salmon cut into cubes
- Italian parsley, for garnish

1. Bring a large saucepan of water to the boil, add the fettuccine and cook until just tender, drain well.
2. In a large frying pan, melt the butter over moderate heat. Add the onion and cook 3 minutes. Stir in the wine and cook until reduced to 2 tablespoons.
3. Add the cream, chili paste and pepper. Increase the heat and boil, stirring until the cream is slightly thickened. Remove from the heat and stir in the smoked salmon. Season with salt and pepper, to taste.
4. Add fettuccine to the frying pan, toss well and serve immediately. Garnish with parsley, if desired.

### Tip from the chef:

*Fresh salmon may be used instead of canned: simply heat some oil and butter in a skillet, add the salmon and cook it for 2 minutes per side. Remove it from the heat, and cut into bite-sized pieces.*





# penne with tomato sauce and tuna



**Preparation time**  
15 minutes



**Total cooking time**  
30 minutes



**Serves**  
4

1. Heat the oil in a medium frying pan, add the onions and cook until tender, about 4 minutes. Season with salt and pepper, to taste.
2. Stir in the garlic, add the tomatoes and wine and cook over medium heat, stirring constantly, breaking up the tomato with the side of the spoon. Add the tuna, and stir to combine.
3. Simmer sauce, uncovered, until slightly thickened.
4. Bring a large saucepan of water to the boil, add the pasta and cook until tender. Drain well and mix into tomato sauce. Serve immediately, garnished with fresh basil.

## ingredients

- 2 tablespoons olive oil
- 1 onion, peeled and chopped
- 1 clove garlic, crushed
- 2 cans tuna, drained
- salt and pepper, to taste
- 2 cups whole Italian style tomatoes with juice
- ¼ cup dry white wine
- 1 lb/500 g penne pasta
- fresh basil, for garnish

## Tip from the chef:

*Fusilli pasta can be substituted for penne.*



# spicy bolognese

## with mushrooms



**Preparation time**  
20 minutes



**Total time**  
45 minutes



**Serves**  
6

### Ingredients

- ¼ cup olive oil
- 6½ oz/200 g white mushrooms, sliced
- 1 carrot, peeled and finely chopped
- salt and pepper, to taste
- 1 onion, peeled and finely chopped
- 1 clove garlic, crushed
- 5 sweet spicy Italian sausages, casings removed
- 11 oz/315 g lean minced beef
- 5 oz/155 g prosciutto, finely chopped
- ¼ teaspoon ground nutmeg
- ¾ cup dry red wine
- ½ cup tomato paste
- 1 cup canned Italian peeled tomatoes, chopped
- 1 lb/500 g dry spaghetti

1. In a large deep frying pan heat the olive oil over moderate heat. Add the mushrooms, carrot and onion and cook until the onion is golden, about 4 minutes. Add the garlic and cook for a further 1 minute. Season with salt and pepper, to taste.
2. Add the sausage mince, minced beef and prosciutto to the frying pan. Cook over moderate heat, stirring to break up the meat, until the beef and sausage are no longer pink. Drain off any fat and season with nutmeg.
3. Pour in the red wine, tomato paste, tomatoes and half a cup of water. Simmer for 30 minutes stirring occasionally. If the sauce gets too thick, add a little more water.
4. Bring a large saucepan of water to the boil, add the spaghetti, cook until just tender. Drain well; serve spaghetti topped with bolognese sauce. Garnish with Italian parsley, if desired.

### Tip from the chef:

*A true Italian classic, with a flavor that's hard to beat. Lamb mince may be used instead of beef.*





# spinach gnocchi



**Preparation time**  
25 minutes



**Total time**  
50 minutes



**Serves**  
4

1. Mix all the ingredients, except extra Parmesan and fresh spinach leaves, together thoroughly. Take a round teaspoon of the mixture, roll it into a small ball and roll it along the work surface to form a small round shape.
2. Bring a large saucepan of salty water to just below boiling point. Lower a few gnocchi at a time into the barely simmering water. They will sink to the bottom, then, when cooked, rise to the surface.
3. Remove with a slotted spoon, drain them on paper towels and warm in a low oven. Place into serving dish and sprinkle with extra Parmesan cheese and garnish fresh spinach leaves.

## Ingredients

- 2 cups mashed potatoes
- ¼ cup fine semolina
- 3½ oz/110 g ricotta cheese
- salt and pepper, to taste
- ½ cup freshly grated Parmesan cheese
- ¾ cup very finely chopped cooked spinach
- 1 egg, beaten
- ¼ teaspoon ground nutmeg
- 2 tablespoons freshly grated Parmesan cheese, extra
- fresh spinach leaves, for garnish

## Tip from the chef:

Serve this delicious green gnocchi with crusty bread and some warmed heavy cream, if desired.



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