

MicroMinis Online Convention 2014

Art In Miniature

Culinary Selections from Russia, Italy, New Zealand and The United States



"When I say artist I mean the one who is building things ... some with a brush – some with a shovel – some choose a pen." Jackson Pollock

"The main thing is to be moved, to love, to hope, to tremble, to live." Auguste Rodin

"The artist never entirely knows — We guess. We may be wrong, but we take leap after leap in the dark." Agnes de Mille

"Life is the art of drawing without an eraser." John W. Gardner

"Art doesn't have to be pretty. It has to be meaningful." Duane Hanson

"To draw, you must close your eyes and sing." Pablo Picasso

"Art enables us to find ourselves and lose ourselves at the same time." Thomas Merton

"Go and make interesting mistakes, make amazing mistakes, make glorious and fantastic mistakes. Break rules. Leave the world more interesting for your being here. Make. Good. Art." Neil Gaiman

"Art is not a thing, it is a way." Elbert Hubbard

"Art is when you hear a knocking from your soul — and you answer." Terri Guillemets

"Art reaches its greatest peak when devoid of self-consciousness. Freedom discovers man the moment he loses concern over what impression he is making or about to make." Bruce Lee

"I am interested in art as a means of living a life; not as a means of making a living." Robert Henri

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Many thanks go to Anita, without whom none of this would have ever been possible. One has to wonder if, more than ten years ago when she started this group, she had any idea what it would become.

Our most heartfelt gratitude to Laura for her organization, her dedication and her willingness to take on the many tasks that no one sees or knows about, but without which, there would not be a convention.

Kudos to the “army” of volunteers who worked tirelessly recruiting, organizing, compiling and otherwise toiling to again make this the perfect convention.

Thanks to www.translate.google.com for helping me translate (and for confusing me even more sometimes). If there are any errors in translation, blame Google, not me!

Many thanks to my husband and my daughter for their willingness (actually, it was eagerness) to try out many of these new recipes. No, we didn’t have time to test them all, but we sure gave it a good try!

Now, everyone needs to remember this:

“Every artist dips his brush in his own soul, and paints his own nature into his pictures.” ~Henry Ward Beecher

“Always be on the lookout for the presence of wonder.” ~E.B. White

Compiled and edited by Dorothy D. Lafferty
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ART

Herman Melville

In placid hours well-pleased we dream
Of many a brave unbodied scheme.
But form to lend, pulsed life create,
What unlike things must meet and mate:
A flame to melt—a wind to freeze;
Sad patience—joyous energies;
Humility—yet pride and scorn;
Instinct and study; love and hate;
Audacity—reverence. These must mate,
And fuse with Jacob's mystic heart,
To wrestle with the angel—Art.

Thursday, March 6, 2014

Welcome to RUSSIA

Breakfast

завтрак - zavrak

Blini
Sirniki
Kasha
Butterbrats
Rye Bread
Sausage
Black Tea
Coffee

Lunch

обед - obed

Olivye
Borsch
Kapustnaya
Kotleta
Grechnevaya Kasha
Kartofel naye Pyure
Kompot
Tea
Coffee

Dinner

ужин - uzhin

Zelenyye boby i kartofel nyy sup
Okroshka
Stroganov
Pelmeni
Kotleta portkiyevski
Zapechennaya tykva
Loby
Kartofel otvarnoy s solenymi ogurtsami
Russkiy chay torty
Malina Vatrushka
Ptichie Moloko
ak ak
Kartoshnik
Kvass



The Recipes

Блины *Blini* Russian Pancakes

Сырники *Syrniki* Cheese Pancakes

Каша *Kasha* Porridge

Бутерброд *Butterbrot* Open-Faced Sandwiches

Ржаной Хлеб *Rzhanoy Khleb* Rye Bread

Колбаса *Kolbasa* Sausage

Черный чай *Chernyy Chay* Black Tea

Кофе *Kofe* Coffee

Оливье *Olivye* Russian Potato Salad

борщ *Borsch* Beet Soup

Капустная *Kapustnaya* Cabbage Soup

Котлета *Kotleta* Meat Cutlet

Гречневая каша *Grechnevaya Kasha* Buckwheat Porridge

Картофельное Пюре *Kartofel'noye Pyure* Mashed Potatoes

Компот *Kompot* Fruit Beverage

Кисель *Kissel* Fruit Soup

Черный чай *Chernyy Chay* Black Tea

Зеленые бобы и картофельный суп
Zelenyye boby i kartofel'nyy sup
Green Bean and Potato Soup

Окрошка *Okroshka* Summer Potato Soup

Строганов *Stroganov*

Пельмени *Pelmeni* Meat Dumplings

Котлета по-киевски *Kotleta po-kiyevski* Chicken Kiev

Запеченная тыква *Zapechennaya tykva* Baked Pumpkin

Лобио *Loby* String Beans In Sour Cream

Отварной картофель с солеными огурцами *Otvarnoy kartofel' s solenymi ogurtsami* Boiled Potatoes with Pickles

Картошник *Kartoshnik* Potato Cake

Капуста Пирожки *Kapusta Pirozhki* Cabbage Pies

Русский чай торты *Russkiy chay torty* Russian Tea Cakes

Малина Ватрушка *Malina Vatrushka* Raspberry Buns

Шарлотка *Sharlotka* Apple Cake

Птичье Молоко *Ptichie Moloko* Birds' Milk Cake

Чак-чак *Çäkçäk* Tartar Sweet Cake

Клюква С Сахаром *Klyukva S Sakharom* Frosted Cranberries

Квас *Kvass* Fermented Grain Beverage

Welcome to Russia

Introduction

Borsch, pelmeni and three glasses of vodka: these are not just stereotypes but actually treasures which represent the soul and character of the nation of Tolstoy and Dostoevsky.

A nation's cuisine can say a lot about the character of its people, more so than even its national dances, for example. Russian cuisine is no exception. Its character is as contradictory and as enigmatic as the Russian soul. For instance, many foreigners criticise Russian food for being too bland, that is until they try Moscow mustard, which is so hot it could bring a repentant tear to your eye, making even the hottest Dijon mustard seem like raspberry syrup. Then there's the coriander and ginger bouquet in spicy, salted herrings! Culinary historians have established that Russian cuisine is a tapestry of Eastern-European, Caucasian, Middle Eastern and even Chinese influences. Russian cuisine was known among ancient travelers for how quickly it would assimilate new foreign influences, making it an integral part of national identity.

Russia has its own ideas about how and what to eat. Russian people like

to eat home-cooked food, and rarely buy prepared meals at supermarkets. Usually Russians eat three times a day. The three meals of the day in Russia are zavtrak, obed and uzhin. With the exception of zavtrak, there are no exact English translations for these daily meals. For example, the second meal, obed, is served around 2 p.m. and can be called either "lunch" or "dinner" in English. The third meal, uzhin, is served after 6 p.m. and can be called either "dinner" or "supper".

There is a Russian saying that goes like this:

Eat breakfast yourself,

Share dinner with a friend,

But give supper to your enemy!

Breakfast is considered the most important meal of the day. It should be eaten, not shared or given away. Breakfast in Russia is usually eaten at 8:00 A.M. and is very filling.

Bread plays a very important role in the meal. Russians eat bread with practically all dishes. In Russia they cook light and dark bread. The color of

bread depends on the kind of flour is used for its preparation. In the past bread was baked in special ovens in the country. That bread has a wonderful taste and of course it can't be compared with that bread which shops supply. Unfortunately this tradition is disappearing nowadays, although some elderly people continue baking bread and don't buy it in the shops.

Russian lunch is called "obed" (обед), which is often translated into English as "dinner"; however, "obed" is the mid-day meal in Russia and tends to be quite substantial as the translation suggests. Russians tend to eat lunch, just like other countries, anytime between 12 and 3 p.m. Lunch does not have to be a social affair; it is normal for Russians to eat lunch by themselves. However, it is also of course quite common for people, for example, co-workers, to eat lunch together.

Some Russian people bring their lunch to work, but this is not very common. Many Russian workplaces have cafeterias for workers which offer free or very affordable lunches. Those who do not have a cafeteria – or want a change of scenery – tend to go to a cafe or restaurant for a quick "business lunch".

A "business lunch" is not just for businessmen, no matter what it may sound like. Designed for office workers on their lunch break, most restaurants offer this daily lunch special, a limited selection of foods for a two- or three-course meal at a very affordable price. You will be served quickly and expected not to linger over your meal;

restaurants offer this meal at a discounted price because they depend on a high turnover during lunchtime.

You can expect two or three courses, a soup and/or salad course and a main dish (usually meat-based) course. Tea or coffee are typically served with lunch; soft drinks and wine are rarely served. It is also quite common to see vodka being consumed with lunch; this is a Russian tradition that is still often upheld, even by business-people!

Good news for those on a budget: not only is a business lunch much cheaper than a regular restaurant meal in Russia, it is also usually not necessary to leave a tip during a business-lunch, unless you are at a particularly luxurious restaurant.

For Russian people, dinner tends to be a big, social affair for the whole family. In fact, it may be the only time of day that the entire family gathers together – and it is customary to wait for everyone in the household to get home before eating. As such, dinner is usually eaten around 7 or 8 p.m. at the earliest in Russia; likewise, restaurants serve dinner quite late and will likely be surprised at 5 p.m. guests.

A few hours after dinner, usually around 9 or 10 p.m., many Russians have their fourth and final meal of the day, centered on the samovar (ornate urn for serving coffee or tea) for tea and cakes, such as Sharlotka (Apple Cake). Visitors are encouraged to drop in for tea at night, sometimes staying until midnight. Restaurants often end the meal with Klyukva S Sakharom (Frosted Cranberries).

Приятного аппетита! (Enjoy your meal!)

The Recipes

Блины

Blini Russian Pancakes

These filled pancakes are served during Russia's Pancake Week (Maslenitsa) celebration before Lent begins. Traditionally they're filled with caviar, jam, sour cream, or mushroom filling.

4¼ cups **Milk**
5 **Eggs**
⅓ teaspoon **Salt**
2 tablespoons **White Sugar**
½ teaspoon **Baking Soda**
⅛ teaspoon **Citric Acid Powder**
4 cups **All-Purpose Flour**
3 tablespoons **Vegetable Oil**
1 cup **Boiling Water**
⅔ cup **Butter**, divided



Beat together the milk and the eggs. Stir in the salt and the sugar and mix well. Add the baking soda and citric acid.

Blend in the flour. Add the vegetable oil and pour in the boiling water, stirring constantly. The batter should be very thin, almost watery. Set the bowl aside and let it rest for 20 minutes.

Melt a tablespoon of butter in a small frying pan over medium-high heat. Pick the pan up off the heat. Pour in a ladleful of batter while you rotate your wrist, tilting the pan so the batter makes a circle and coats the bottom. The blini should be very thin.

Return the pan to the heat. Cook the blini for 90 seconds. Carefully lift up an edge of the blini to see if it's fully cooked: the edges will be golden and it should have brown spots on the surface. Flip the blini over and cook the other side for 1 minute.

Transfer the blini to a plate lined with a clean kitchen towel. Continue cooking the blini, adding an additional tablespoon of butter to the pan after each 4 blini. Stack them on top of each other and cover with the kitchen towel to keep warm.

Spread your favorite filling in the center of the blini, and fold three times to make a triangle shape. You can also fold up all 4 sides, like a small burrito.

Blini Filling

- 1 package frozen **Berries**
(strawberries, raspberries, or blueberries)
- $\frac{1}{4}$ cup **Water**

Thaw frozen berries, and place into a saucepan. In a measuring cup or drinking glass, dissolve cornstarch completely in $\frac{1}{4}$ cup water. Stir cornstarch mixture into berries and heat slowly until the berry mixture thickens.



Сырники

Syrniki Cheese Pancakes

- 1 cup **Cottage Cheese**
- 2 **Eggs**, beaten
- 3 tablespoons **White Sugar**
- 2 tablespoons **Semolina Flour**
- 3 tablespoons **All-Purpose Flour**,
plus extra for dusting
- $\frac{1}{3}$ cup **Canola Oil** for frying

Mix together the cottage cheese, eggs, and sugar. Stir in semolina and all-purpose flour, and work into a soft dough. Turn the dough onto a floured surface, and roll into a 1-inch thick log. Slice the log into 8 pieces, then pat each piece in additional flour to form a patty.



Heat the oil over medium heat until hot. Fry the syrniki in hot oil until golden brown on each side, 3 to 4 minutes per side.

"Art is a collaboration between God and the artist, and the less the artist does the better."

Andre Gide

Каша

Kasha Porridge

- 1½ cups **Millet**, rinse well in warm water
- 3½ cups **Milk** or **Water**
- 1 medium **Butternut Squash**, peeled, seeds removed, cut into cubes
- ½ cup **Golden Raisins** (or dried cranberries/currents)
- ¼ teaspoon **Salt**
- 1 tablespoon **Honey**
- 1 tablespoon **Unsalted Butter**

In a medium cooking pan combine millet with milk, butternut squash, raisins, salt and honey. Bring to a boil. Simmer over medium-low heat, stirring frequently, for about 15-20 minutes. Millet grains and squash should be soft. Add more milk if needed if grains aren't soft and continue to cook. Serve with butter. You may also add maple syrup. Serve hot or warm.



Бутерброд

Butterbrots Open-Faced Sandwiches

One of the more common elements of a Russian breakfast, a butterbrot is nothing more than rye bread, spread with butter and topped with sausage. They can be as simple or as elaborate as one wishes.

Rye Bread

Butter

Sausage

Assorted vegetables, as desired

Assorted cheeses, as desired

Caviar, optional



Rye bread is a staple in most Russian homes; it is a dark brown color and is called "black bread" in Russian.

The sausage is usually a simple soft sausage similar to Bavarian sausage, not a harder one like salami; although some Russian people do prefer a more salami-style sausage.

It is not unusual to see the bread topped with caviar.

Ржаной Хлеб

Rzhanoy Khleb Rye Bread

1½ cups **Water**
2 tablespoons **Cider Vinegar**
2½ cups **Bread Flour**
1 cup rye **Flour**
1 teaspoon **Salt**
2 tablespoons **Butter**
2 tablespoons **Dark Corn Syrup**
1 tablespoon **Brown Sugar**
3 tablespoons **Unsweetened Cocoa Powder**
1 teaspoon **Instant Coffee Granules**
1 tablespoon **Caraway Seed**
¼ teaspoon **Fennel Seed** (optional)
2 teaspoons **Active Dry Yeast**



Combine all of the ingredients in the mixing bowl of a stand mixer. Mix on low speed using the dough hook, scraping the dough down occasionally, for 10 minutes. Add the softened butter and mix for an additional 5 minutes. Transfer the dough to a greased bowl, cover it with plastic wrap and a kitchen towel, and allow it to rise until doubled, about 1 hour.

Grease two 9x5-inch loaf pans. Deflate the dough and turn it out onto a lightly floured surface. Divide the dough in half. Flatten the dough pieces into rectangles, pressing down with your hands to pop any air bubbles. Fold the dough into thirds, rolling it slightly under your palms to form a loaf, and pinch the seam to seal. Place the loaves into the loaf pans, seam-side down, cover with a floured kitchen towel, and allow it to rise again until doubled, about 30 minutes. Brush a little egg white onto the top before baking and sprinkle with coarse salt. Bake the loaves in a preheated 400° oven (200° C) until the crust is dark and the bottom of the loaf sounds hollow when tapped, 25 to 30 minutes. Remove the bread from the pan and cool on a wire rack.

To make using bread machine:

Place ingredients into the bread machine in order suggested by the manufacturer.

Use the whole wheat, regular crust setting.

After the baking cycle ends, remove bread from pan, place on a cake rack, and allow to cool for 1 hour before slicing.

Колбаса

Kolbasa Sausage

10 pounds **Pork Butt**
½ pound **Onions**
1½ ounces **Mustard Seeds**
⅓ ounce **Peppercorns**
2 tablespoons **Sugar**
¼ cup **Salt**
2 cups **Water**
A hank of **casings**



Trim excessive outer fat from the pork butt. Cut into 1" cubes.

Place meat in a large enough container to hold all ingredients. Set aside.

Place peppercorns into blender. Pulse on HIGH SPEED to achieve coarse grind. Set aside.

Place mustard seeds into blender. Pulse on HIGH SPEED to crack SOME of the seeds; however, not all seeds are to be cracked. Set aside.

Mix all dry ingredients together; then sprinkle them evenly on the meat.

Peel the onions and place cut-up pieces into a blender (which still may contain peppercorn/mustard seeds—which is okay). Add water to onions in blender. Pulse until finely chopped or pureed.

Add the onion water mixture to the meat. MIX THOROUGHLY. Let mixture "REST" overnight at refrigerator temperature.

Gently separate the hank of casings into pieces. Cut into small pieces if necessary. You'll want lengths of 3-4 feet. Wash out casings with warm water- actually place an end of the casing on the facet to clean out the inside until the water is streaming completely through the casing.

Mix meat mixture again—turning with your hands. Set up grinder with rough cutter 3/8" to 1/2" holes and stuff casings. Tie into appropriate size rings. This may take some practice.

Bake in oven at 325-350° about 1¼ to 1½ hours on a rack with a pan of water on a lower rack beneath the sausage to catch fat drippings. Be sure to turn the sausage over midway through the cooking cycle to achieve uniformly cooked surfaces.

Note:

Optionally, you can add small cheese cubes, or finely chopped multicolored sweet peppers, and stir into the meat.

Черный чай

Chernyy Chay Black Tea

- 1 teaspoon **Loose Black Tea** per person, plus 1 teaspoon "for the pot"
- 1 cup **Water** per person
- 1 **Whole Cardamom Pod** or ½ teaspoon cardamom
- 1 **Lemon**, sliced, optional
- Cream**, optional



Measure tea into a saucepan. Add water and cardamom and bring to a boil.

Remove from heat and allow to steep for 2 minutes. Pour tea through a strainer into cups.

Add slices of lemon or cream to taste. (Do not use lemon and cream together, as the lemon will curdle the cream.)

Оливье

Olivye Russian Potato Salad

- 3 large **Potatoes**
- 2 **Carrots**, boiled and diced
- 4 **Hardboiled Eggs**
- ½ **Onion**, finely chopped
- 2 **Dill Pickles**, chopped
- ½ cup canned or frozen **Peas**, drained
- ¼ pound **Bologna**, chopped
- 2 to 4 tablespoons **Mayonnaise**
- 4 to 6 large **Lettuce Leaves**



Peel the potatoes, cut them in half, and place them in a saucepan. Cover the potatoes with water, heat over high heat until the water boils, and simmer until the potatoes can be pierced with a fork (about 15 to 20 minutes). Drain and allow to cool.

Repeat the same process with the two carrots. When both are cooled, cut into cubes and place in a large mixing bowl.

Chop 3 eggs. Quarter remaining egg for garnish.

Add remaining ingredients (except mayonnaise) and toss gently to combine. Stir in 2 tablespoons of mayonnaise, or enough mayonnaise to hold ingredients together.

Arrange clean, dry lettuce leaves on a platter, and mound the salad in a pyramid shape in the center.

Spread more mayonnaise over the top of the salad like frosting. Garnish with hardboiled egg slices.

борщ

Borsh Beet Soup

For Stock:

- 3 large **Marrow Bones**
- 1 pound **Beef** (chuck or sirloin tips)

For Soup:

- 3 medium **Beets**, trimmed and well washed, but not peeled
- 3 medium **Red Skinned Potatoes**, peeled and cut into 1/2 inch dice
- 2 medium **Carrots**, peeled, cut into quarters lengthwise, then thinly sliced
- 1/4 head **Cabbage**, finely shredded
- 1 bay **Leaf**
- 1 teaspoon **Whole Black Peppercorns**

For Flavoring:

- 3 **Bacon Strips**, cut into 1/2-inch pieces
- 2 large **Yellow Onions**, finely diced

Stock (prepare a day in advance):

Place beef and bones in a large stock pot and cover with 5 quarts cold water. Cover and bring to a boil. As soon as the water boils, uncover



- 2 tablespoons **Sunflower Seed** (or olive) oil
- 3 medium **Carrots**, shredded
- 1 can of **Crushed Tomatoes**, drained
- 1 tablespoon **Tomato Paste**
- 5 **Garlic Cloves**, very finely minced

For Garnish:

- Sour Cream**
- Dill** and/or **Parsley**, finely minced

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and turn down the heat so that the liquid is simmering gently. Simmer for 3 hours, periodically skimming the brown foamy scum from the surface with a large spoon during the first 20-30 minutes of simmering or until no more impurities rise to the top.

Chill the stock overnight. The fat will rise to the top and solidify. Remove it before making the soup. Remove and discard the bones. Remove the beef, cut it into rough chunks (about 1/3-inch big) and return to the stock.

Soup:

Preheat the oven to 375°F. Wrap each beet tightly in aluminum foil and place on a baking dish (don't place directly in the oven as they might leak). Place the dish with beets in the oven and roast until tender. This can take anywhere from 1½ to 2½ hours depending on the size of your beets. After the first 1½ hours, pierce your beets (right through the foil) with a knife. Beets will never feel as soft as potatoes, but when they are done, you shouldn't feel much resistance. If beets are not done, roast them longer. Then cool, rub the skin off with your hands (it should come right off), and shred on a box grater using large holes.

Once the beets are out of the oven, set the stock over on the stove top and bring to a simmer. Season to taste with salt. Add potatoes and sliced carrots. Simmer until potatoes are tender when pierced with a knife, about 20 minutes. Add the cabbage, bay leaf, and peppercorns. Simmer until cabbage is tender but not mushy, about 20 minutes. While the vegetables are cooking, make the flavoring.

Flavoring:

Set a large skillet over medium heat. Add the bacon and fry until the fat is rendered and the bacon is starting to turn crispy, stirring occasionally. Add the onions and a generous pinch of salt, turn down the heat to medium-low and cook stirring occasionally until onions are tender and golden brown, about 15 minutes. If the onions are sticking, add more oil.

Add the shredded carrots and 2 tablespoons oil and continue to cook stirring occasionally until the carrots are tender and starting to brown, 15-20 minutes. Add drained tomatoes and tomato paste and cook until the mixture thickens slightly, 5-10 minutes. Take off heat. Stir in the garlic. Taste and correct seasoning.

Finishing the soup:

Add the shredded beets and their juices to the soup. Add the carrot-onion flavoring to the soup. If the soup turned out too thick, add a little water. Stir well and take off heat. Taste and add more salt if needed.

Serving:

Pour into bowls, add a dollop of sour cream and a sprinkling of dill/parsley. Serve with good crusty bread rubbed with garlic and toasted. To make the toasts, cut a garlic clove in half, dunk in salt and rub all over the bread's crust. Then toast in a hot skillet on both sides with a couple of teaspoons of melted butter until golden and crispy. Instruct your guests to mix the sour cream in thoroughly with the soup. It looks pretty as a little snow pile on top of a steaming soup, but is not meant to be eaten that way. The reason sour cream is not added to the pot is that it will curdle when the soup is reheated. Warn your guests about whole black peppercorns. Some find it to be a nice spicy surprise when they bite into one, but not everyone agrees.

As any soup or stew, Borsh reheats beautifully and keeps well in the fridge for up to 5 days.

Капустная

Kapustnaya Cabbage Soup

- 1½ pounds **Ground Lean Beef**
- 1 (14.5 ounce) can **Diced Tomatoes**
- 1 (8 ounce) can **Tomato Sauce**
- 4 cubes **Beef Bouillon**
- 2 medium **Carrots**, shredded
- 1 **Onion**, chopped
- 2 tablespoons **White Vinegar**
- ½ cup **White Sugar**
- 1½ teaspoons **Salt**
- ½ teaspoon **Ground Black Pepper**
- 2 quarts **Water**, divided
- 3 cloves **Garlic**, finely chopped
- 1 head **Cabbage**, cored and wedged



Crumble the ground beef into a large pot. Add the diced tomatoes, tomato sauce, beef bouillon cubes, carrots, onion, vinegar, sugar, salt

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and pepper. Pour in 1 quart of water, and bring to a boil. Stir to break up the beef while heating. Once the soup comes to a boil, cover and simmer for 30 minutes over low heat.

Pour in another quart of water, and return to a slow boil. Add garlic and cabbage. Simmer for 25 minutes, until cabbage is tender. Ladle into soup bowls to serve.

Котлета

Kotleta Meat Cutlet

1 pound **Ground Beef**
2-3 slices **Wheat Bread**, crust removed
1 cup **Milk**
1 medium **Onion**, finely chopped
2 cloves **Garlic**, crushed
1 **Egg**
Flour or **Dried Breadcrumbs**
Salt and **Pepper**
Oil for frying

Soak bread in a bowl with milk and set aside for a little while.

Mix ground beef with egg, finely chopped onions, garlic, black pepper, salt, and add bread soaked in milk. Don't forget to remove crust from bread, otherwise you might end up with lumps in your cutlets and also make sure that you get rid of as much milk as possible from the soaked bread, do not pour milk in the mixture), and mix everything by hand to form a well-blended mixture.

Now it's time to form little kotleti. Normally kotleti are not that big, to help you to find the right size: you can measure 2-3 tbsp of the mixture and form petite oval-shaped kotleti. The smaller they are, the more you will have!

Now you can roll the kotleti in bread crumbs or flour until they are completely coated, then place them on a pre-heated oiled skillet.

Cook the kotleti on both sides until golden color, then add a little water (2 -tablespoon or more depending on how many kotletas are in your skillet), cover and cook for additional 15-20 minutes until ready.



Tips on How to Make Your Kotleti Even More Delicious

- You can use ½ pound of ground beef and ½ pound of ground pork for an even richer taste instead of just beef as indicated in the recipe
- You can add 1 tablespoon of mayonnaise or mustard in your mixture or both for an extra delicate taste.
- You can also add other spices to your liking.
- To make kotleti healthier you can fry them up on both sides on a skillet first until golden, and then cook them in the oven.

Гречневая каша

Grechnevaya Kasha Buckwheat Porridge

Kasha is a backbone of Russian cuisine. Although kasha is porridge made from all kinds of grains, one of the most common kashas is grechnevaya kasha – buckwheat kasha. In fact, Russia is the #1 producer of buckwheat. There is an old Russian proverb that states “Каша – матушка наша, а хлебец ржаной – отец наш родной” – (Kasha is our mother, bread is our father).

1 ounce **Dry Mushrooms**
3-4 strips of **Bacon**, sliced into small portions (lardons)
1 **Onion**, finely diced
2 tablespoons **Butter**
1½ cups **Buckwheat**
2¾ cups **Boiling Water**
Salt

On a dry skillet over medium heat, roast the buckwheat until it's a golden brown color.

Re-hydrate the mushrooms by placing in a bowl and covering with hot water. Let it stand for about ten minutes.

Meanwhile, in a medium pot, cook bacon over medium heat until golden brown and crispy. Transfer with a slotted spoon to drain on a paper towel.

Pour out all the bacon grease, except 1 tablespoon and cook the onion, seasoning with salt, in the same pot, over medium heat 5-8 minutes, covered, until soft and beginning to brown.

Drain, rinse and chop the mushrooms. Add the butter, mushrooms and buckwheat. Roast for 2-4 minutes, until the buckwheat is aromatic.



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Pour in the boiling water, bring to a boil, season with salt, reduce the heat to low and cook for about 30 min, until the buckwheat has cooked through.

Add the bacon to the kasha when adding the water or stir it in when the kasha is cooked.

Add a slab of butter to the warm kasha when serving.

Another Russian proverb states that you can't spoil kasha with too much butter – "Маслом кашу не испортишь."

Картофельное Пюре

Kartofel'noye Pyure Mashed Potatoes

6 cups chopped **Sweet Onions**
¼ cup **Olive Oil**
⅓ cup plus ½ cup **Butter**, cubed,
divided
1 tablespoon **Sugar**
4 pounds **Potatoes**, peeled and
cubed
8 cups **Chicken Broth**
3 cups **Sour Cream**, divided
1 cup **Heavy Whipping Cream**
4 **Eggs**, beaten



In a large skillet, sauté onions in oil and ⅓ cup butter until softened. Stir in sugar. Reduce heat to medium-low; cook, stirring occasionally, for 40 minutes or until deep golden brown.

Meanwhile, place potatoes in a large saucepan and cover with broth. Bring to a boil. Reduce heat; cover and cook for 15-20 minutes or until tender. Drain potatoes; transfer to a large bowl. Add 1 cup sour cream, the cream, eggs, dill and remaining butter. Beat until mashed.

Spread half of potatoes into a greased 13-in. x 9-in. baking dish; layer with onions and remaining potatoes. Gently spread remaining sour cream over the top. Bake, uncovered, at 350° for 30-35 minutes or until a thermometer reads 160°.

Компот

Kompot Fruit Beverage

Don't be afraid to experiment with various berries and fruit. It can be made with any fresh or even dry fruit (in winter). If you want to do something with the fruit after you've strained off most of the juice, just turn it into Kissel; a classic fruit soup most Slavic people love.

15 **Apricots** (or 6 cups of pitted)
4 cups **Cherries**
2 cups **Blueberries**
1 gallon **Water**
 $\frac{3}{4}$ cup **Sugar** or to taste

Bring 1 gallon of water to a boil.

Wash all the fruit. Cut apricots in half and remove the pits. Pit the cherries.

When the water starts to boil, carefully add fruit and bring water back to a boil. Switch heat to medium and let the mixture boil for 30 min uncovered.

When time is up, remove from heat and stir in $\frac{3}{4}$ cup of sugar or to taste. Let kompot cool completely, strain off the juice and refrigerate. Serve chilled.



Кисель

Kissel Fruit Soup

After you've strained off most of the juice, leave some of the juice in the pot with the fruit and add 2 cups water.

In a small bowl, mix 3 tablespoons potato starch (corn starch will NOT do) with $\frac{1}{4}$ cup cold water. Bring the fruit to a light boil and add the potato starch mix.



You can add more potato starch and water depending on how thick you like your fruit soup. Serve Kissel warm or cold.

Зеленые бобы и картофельный суп

Zelenyye boby i kartofel'nyy sup Green Bean and Potato Soup

- 1 tablespoon **Vegetable Oil**
- 1 large **Onion**, halved and thinly sliced
- 4 **Red Potatoes**, cubed
- ½ pound **Green Beans**, cut into 1-inch pieces
- 5 cups **Vegetable, Chicken, or Beef Broth**
- 2 tablespoons **Whole-Wheat Flour**
- ½ cup **Sour Cream**
- ¾ cup **Sauerkraut** with juice
- 1 tablespoon chopped **Fresh Dill**
- Salt** and **Pepper** to taste



Heat vegetable oil in a large saucepan over medium heat. Stir in the onion, and gently cook until softened and translucent, about 5 minutes. Add the potatoes and green beans; cook until the green beans have slightly softened, about 5 more minutes.

Pour in the vegetable stock. Bring to a boil over high heat, then lower heat to medium-low, cover, and cook until the potatoes have softened, about 15 minutes. Stir the flour into the sour cream, and add it a spoonful at a time to the simmering soup. Stir in the sauerkraut and dill, season to taste with salt and pepper. Simmer for 5 minutes more before serving.

Окрошка

Okroshka Summer Potato Soup

- 8 cups **Cold Water**
- ⅓ cup **Sour Cream**
- 2½ tablespoons **Vinegar**
- 2½ teaspoon **Salt**
- 3 tablespoons chopped **Dill** (fresh or frozen)
- ½ cup **Green Onion**, finely chopped
- 1 pound **Baby Bologna** (detska Kielbasa) or Kievskia Kielbasa



- 4 medium **Cooked Potatoes**, peeled and diced
- 3 **Hard-Boiled Eggs**, diced
- 3-4 **Cucumbers**, diced

Boil potatoes for 20-25 minutes until you can pierce them smoothly with a knife. Don't overcook or they will fall apart in the soup.

Cool potatoes and eggs in cold water. Next peel potatoes, eggs, cucumbers and bologna, dice all.

In a large bowl or soup pot, mix together 8 cups of cold water, $\frac{1}{3}$ cup of sour cream until combined.

Add 2½ tablespoons of vinegar and 2½ teaspoons of salt to taste. Stir in 3 tablespoons of chopped dill and $\frac{1}{2}$ cup of green onion.

Add in all the rest of the diced ingredients. Stir and serve.

Строганов

Stroganov

2 pounds **Lean Boneless Sirloin**
(trimmed of fat and gristle) or 2
pounds **Bottom Round Steaks**,
in one piece (trimmed of fat and
gristle)

2 teaspoons **Salt**

$\frac{1}{2}$ teaspoon **Fresh Ground
Pepper**

4 tablespoons **Butter**

1 medium **Onion**, thinly sliced

1 tablespoon **Flour**

1 teaspoon **Mustard Powder**

$\frac{1}{2}$ cup **Dry White Wine**

1 tablespoon **Minced Onion**

$\frac{1}{2}$ pound **Mushrooms**, thinly sliced

2 tablespoons **Dry White Wine**

1 cup **Sour Cream**, warmed



Cut meat into $\frac{1}{2}$ -inch thick slices. Place between sheets of waxed paper and pound until its $\frac{1}{4}$ -inch thick (be careful not to tear meat). Cut pounded meat into 2x $\frac{1}{2}$ -inch slices. Sprinkle meat with salt and pepper, let stand for 15 minutes.

Heat 2 tablespoons butter in a frying pan large enough to hold everything. Add sliced onion, cook over medium heat for 5 minutes.

Add meat to pan and cook for 3 minutes, turning meat to brown evenly.

Stir in flour and mustard, and cook 1 minute more. Add $\frac{1}{2}$ cup wine. Reduce heat to low, cover pan and simmer for 5-10 minutes, stirring frequently.

In another frying pan, heat 2 tablespoons butter. Add minced onion and mushrooms. Cook over medium heat 2 minutes. Add 2 tablespoons wine

(Continued on page 20)

(Continued from page 19)

and cook 2 minutes more. Add mushroom mixture to meat mixture. Check seasonings and add warmed sour cream.

Over lowest possible heat, simmer for 5 minutes to heat through. Do NOT let it boil.

Serve over hot rice (or noodles) with a green vegetable on the side.

To really enhance the flavor, sprinkle each portion with dill weed just before serving.

Пельмени

Pelmeni Meat Dumplings

Pelmeni Dough:

- $\frac{2}{3}$ cups **Buttermilk**
- 1 tablespoon **Sour Cream**
- 2 large **Eggs**
- 2 cups **Warm Water**
- 1½ teaspoons **Salt**
- 7 cups plus 6 tablespoons
**Unbleached All-Purpose
Flour**

Pelmeni Filling:

- 1 pound **Ground Turkey**
- 1 pound **Ground Pork**
- 1 medium **Onion**, finely diced
- 1 tablespoon **Olive Oil**
- 3 **Garlic Cloves**, pressed



- $\frac{1}{2}$ teaspoon **Ground Pepper**
- $\frac{3}{4}$ teaspoon **Salt**
- 1 teaspoon **Hot Sauce**, optional

Toppings:

- Melted Butter, Sour Cream,
Vinegar, Ketchup**

Dough:

If possible, you should use a stand mixer for this recipe.

Using the whisk attachment on medium speed, mix together: $\frac{2}{3}$ cup buttermilk, 1 tablespoon of sour cream 2 cups warm water, 2 eggs and 1½ teaspoon salt until well blended.

Switch to dough hook and add 4 cups flour. Mix on speed 2 until well blended. Add 3 more cups of flour (one cup at a time and wait for the dough to become well blended with each cup). Add the rest of the flour 1 tablespoon at a time, until the dough is no longer sticking to the sides of the bowl. Once it is no longer sticking to the bowl, continue to mix 5 minutes. Place the dough on a lightly floured surface.

Pelmeni Filling:

Heat 1 tablespoon oil in a medium skillet. Add onion and sauté until golden and soft. Add garlic and sauté another minute.

Mix together pork, turkey, onion and garlic mix, $\frac{3}{4}$ teaspoon salt, $\frac{1}{2}$ teaspoon ground pepper and 1 teaspoon hot sauce (optional).

If Using a Pelmeni Mold:

Cut off about tennis-ball-size chunks of dough and roll out into a circle. Place over mold. Place $\frac{1}{2}$ teaspoon meat into each pocket space on the mold. Roll out another chunk of dough and place over the mold.

Use a rolling pin, roll the top, working from the center – outwards until the pelmeni are well-defined. Turn the pelmeni maker over and push the pelmeni out onto a well-floured cutting board. Pinch together any open edges on pelmeni or the meat will float out during cooking.

Arrange pelmeni evenly on the cutting board, sprinkle with flour and place in the freezer. Once they are fully frozen, put them in large ziploc bags, sprinkle with flour and freeze them for future enjoyment.

If Making Pelmeni By Hand:

Shape a portion of the dough into a 1 to 2 -inch thick log. Cut off 1 piece at a time (about gum ball sized) and roll into disks to form a 1.5-inch circle with rolling pin. Sprinkle rolling pin and surface with flour if needed.

Place 1 teaspoon pelmeni filling in the center. Close the edges and pinch together. Pinch the corners together to form, well... a diaper shape.

Place pelmeni onto a well-floured cutting board. Arrange pelmeni evenly on the cutting board, sprinkle with flour and place in the freezer. Once they are fully frozen, put them in large ziploc bags, sprinkle with flour and freeze them for future enjoyment.

To Cook Pelmeni:

Bring a pot of water or chicken broth to boil (add 1 tablespoon salt for a large soup pot, or 1 teaspoon salt for a smaller 4 quart pot). Add FROZEN pelmeni and return to a boil. They should float to the top, then boil for 3 minutes longer (or until meat is fully cooked). Drain pelmeni and place them in a clean bowl. Toss pelmeni with butter and sprinkle with dill (optional).

You will have enough for about 6 dinners with this recipe, so if you are up for suffering through the process once, you will have a nice stash of these in the freezer. Serve these in a good quality chicken broth, or boil and butter them up.

Котлета по-киевски
Kotleta po-kiyevski Chicken Kiev

1/3 cup **Butter**
1/2 teaspoon **Ground Black Pepper**
1 teaspoon **Garlic Powder**
2 pounds skinless, boneless **Chicken Breast Halves**
2 **Eggs**
3 tablespoons **Water**
1/4 teaspoon **Ground Black Pepper**
1/2 teaspoon **Garlic Powder**
1 teaspoon **Dried Dill Weed**
3/4 cup **All-Purpose Flour**
3/4 cup **Dry Bread Crumbs**
2 cups **Vegetable Oil** for frying
1/2 **Lemon**, sliced
1/4 cup chopped **Fresh Parsley**



Combine 1/3 cup butter, 1/2 teaspoon pepper and 1 teaspoon garlic powder. On a 6x6-inch piece of aluminum foil, spread mixture to about 2x3-inches. Place this mixture in the coldest section of your freezer and freeze until firm. This can be done ahead of time.

Remove all fat from the chicken breast. If using whole chicken breasts, cut them in half. Place each chicken breast half between 2 pieces of waxed paper and using a mallet, pound carefully to about 1/4-inch thickness or less.

When butter mixture is firm, remove from freezer and cut into 6 equal pieces. Place one piece of butter on each chicken breast. Fold in edges of chicken and then roll to encase the butter completely. Secure the chicken roll with small skewers or toothpicks.

In a mixing bowl, beat eggs with water until fluffy. In a separate bowl, mix together 1/4 teaspoon black pepper, 1/2 teaspoon garlic powder, dill weed and flour. Coat the chicken well with the seasoned flour. Dip the floured chicken in the egg mixture and then roll in the bread crumbs. Place coated chicken on a shallow tray and chill in refrigerator for 30 minutes.

In a medium size deep frying pan, heat vegetable oil to medium-high. Fry chicken for about 5 minutes then turn over and fry for 5 minutes longer or until the chicken is golden brown. To test for doneness, cut into one of the rolled chicken breasts to make sure it doesn't have a pink interior. Serve immediately, garnished with a sliced lemon twist and a sprinkling of parsley.

Запеченная тыква

Zapechennaya tykva Baked Pumpkin I (Savory)

- 1 pound **Pumpkin**
- 1 tablespoon **Butter**
- ½ cup **Cream**
- 3 tablespoon dried and finely ground **Bread-Crumbs**
- 2 hard boiled **Eggs**
- 1 tablespoon **Sugar**
- 1 tablespoon **Ground Almonds**



Boil pumpkin chunks in a sauce pan with slightly salted water. Put the boiled pumpkin in the bottom of a baking dish. Sprinkle the top of the pumpkin with the dried, finely ground bread crumbs. Dice the eggs and spread over the top of bread crumbs.

Then pour the cream over top of everything. Add the spoon of butter to the middle of the dish, to allow it to melt and spread as it bakes. Bake in the oven at 250°F for 30 minutes. Watch closely because cream burns easily. Before serving sprinkle with sugar and ground almonds. A little grated cinnamon on top adds extra flavor.

Запеченная тыква

Zapechennaya tykva Baked Pumpkin II (Sweet)

- 1 pound **Pumpkin**
- 3-4 sliced **Apples**
- Honey**
- Pecans, Walnuts or Almonds**
- Cinnamon**
- Heavy Cream**
- Confectioner's Sugar**
- 1 **Egg White** (optional)



Wash the pumpkin, cut it open and scrape out all the seeds. (Save them to roast later.) Cut the pumpkin into slices about 2 cm wide. Lay the sliced pumpkin and apples on an oiled oven tray and pour honey over it. Sprinkle with nuts and cinnamon.

Bake at 350°F for 20 minutes.

Whip the cream with confectioner's sugar (add one egg white to make it thicker, if desired). Serve the pumpkin with whipped cream on top.

Лобио

Loby String Beans In Sour Cream

- 1 pound **Fresh String Beans**
- 4 tablespoon **Butter**
- 2 cup **Onions** finely sliced
- 1 small **Green Pepper**, seeded
- 3 **Tomatoes**, peeled and seeded
- 1 tablespoon sweet, fresh or dried
Basil Leaves finely chopped
- 1 **Egg**
- 1 cup **Sour Cream**
- Salt, Black Pepper**



Bring 5 liters lightly salted water in a large pan to boil over high heat. Drop in the string beans and bring back to a boil. Lower the heat and cook for 8 to 10 minutes, or until the beans are tender. Drain the beans, wash them under cold running water and set aside. Put tomatoes in a boiling water just for couple seconds. Leave then under cold running water and peel. Cut them in half crosswise and squeeze the halves gently to remove seed, then chop them. Melt the butter in a heavy skillet set over high heat. Add the onions and green pepper, lower the heat and, stirring regularly, cook 5 minutes, or until the vegetables are tender. Stir in the tomatoes and basil, raise the heat, and boil rapidly for 1 or minutes. Stir in the green beans and simmer 1 or 2 minutes until heated through. In a bowl, beat together the egg, sour cream, salt and a few grindings of black pepper. Taste for seasoning and stir in the vegetables. Serve at once.

Отварной картофель с солеными огурцами

Otvarnoy kartofel' s solenymi ogurtsami Boiled Potatoes with Pickles

- 4 **Boiled Potatoes**
- 4 **Pickled Cucumbers** (or sauerkraut)
- 1 **Onion**
- 4 tablespoon **Oil**

Cut potatoes in small cubes; add finely chopped pickled cucumbers and onion. Add salt to taste and dress with oil. Stir carefully and fry until light golden.



Картошник

Kartoshnik Potato Cake

3 large **Potatoes**, peeled and quartered

5 **Eggs**

¼ cup **Heavy Whipping Cream**

¾ teaspoon **Salt**

¾ cup shredded **Sharp Cheddar Cheese**

¾ cup shredded **Swiss Cheese**

½ **Onion**, chopped

3 teaspoons **Baking Powder**

½ cup **Butter**, melted

½ cup **Sour Cream**

½ cup chopped **Green Onions**



In a medium pot, add potatoes, cover with water and boil until cooked. When done, drain water and discard. Mash potatoes and set aside.

Preheat oven to 450°F (230°C). Prepare a 9x9-inch oven-proof baking dish by spraying with a no-stick vegetable spray or rub inside with butter.

In a separate bowl, beat eggs, add whipping cream and salt, and whisk until blended. Add mashed potatoes and mix until well blended. Add both cheeses and onions and stir well. Add baking powder and mix well. Pour potato mixture into prepared baking dish and level.

Bake at 450°F (230°C) for 35 minutes or until top has a nice light brown color. Remove from oven and let cool for 5 minutes. (The Kartoshnik will rise when cooking, but will settle when removed from oven and cooled slightly.)

In a small pot, melt butter. Cut Kartoshnik into 3x3-inch squares and serve with melted butter, a dollop of sour cream, and a sprinkling of green onions. You can also use plain yogurt, or low fat sour cream.

"Art is not what you see, but what you make others see."

Edgar Degas

Капуста Пирожки

Kapusta Pirozhki Cabbage Pies

Dough

2½ cups **Sifted Flour**
1½ teaspoons **Baking Powder**
1 teaspoon **Salt**
½ cup **Vegetable Shortening**
2 tablespoons **Butter**
1 **Egg**
Ice Water

Filling

5 cups **Chopped Cabbage** (2 small head)
2 tablespoons **Salt**
4 cups **Boiling Water**
2 chopped **Onions**



4 tablespoons **Butter**
1 tablespoon **Dill** and/or
Parsley, minced
2 **Hard-Boiled Eggs**

Make dough: Sift dry ingredients together. Add shortening and butter into dry mixture, mixing with a pastry blender or a fork until the mixture looks like oatmeal.

Beat the egg slightly in a measuring cup and add enough ice water to make ½ cup fluid. Pour egg and water into the flour mixture and mix well.

Roll out the dough on a board or countertop dusted with more flour. If the dough seems sticky, sprinkle the surface of the dough and the rolling surface with more flour.

Take egg-sized balls of dough, flatten, and roll out. Repeat with remaining dough. The small pies are now ready for stuffing.

Make filling: Remove the tough outer leaves from 2 heads of cabbage, and cut the heads into quarters, removing the tough core. Chop the cabbage leaves finely.

Mix cabbage with salt in a bowl and let stand for 15 minutes. Pour the cabbage into a colander in the sink and drain.

Heat 4 cups of water to boiling and carefully pour boiling water over the cabbage in the colander. Let drain.

Next, melt the butter in a large skillet and add the chopped onion. Sauté until softened (about 5 minutes).

Add the drained cabbage to the skillet and continue cooking, stirring frequently with a wooden spoon, until the cabbage is soft (about 30 minutes).

While the cabbage is cooking, remove the shells from the hard-boiled eggs and chop the eggs.

Add dill or parsley and chopped eggs to the cooked cabbage and cook for 2 or 3 minutes longer. Remove from heat.

Preheat oven to 375°F.

Spread the cabbage mixture over ½ the dough, fold the dough over and pinch the edges together.

To assemble pirozhki: Fill each pirozhki with about 1½ tablespoons of the cabbage mixture.

Pinch edges together and place on a greased cookie sheet with the seamless edge up.

Bake the pirozhkis for about 15 minutes.

Русский чай торты

Russkiy chay torty Russian Tea Cakes

1 cup **Butter**
1 teaspoon **Vanilla Extract**
6 tablespoons **Confectioners' Sugar**
2 cups **All-Purpose Flour**
1 cup **Chopped Walnuts**
⅓ cup **Confectioners' Sugar** for
decoration

Preheat oven to 350°F (175°C).

In a medium bowl, cream butter and vanilla until smooth. Combine the 6 tablespoons confectioners' sugar and flour; stir into the butter mixture until just blended. Mix in the chopped walnuts. Roll dough into 1 inch balls, and place them 2 inches apart on an ungreased cookie sheet.

Bake for 12 minutes in the preheated oven.

Roll in confectioners' sugar. When cool, roll in the sugar a second time.



Малина Ватрушкај

Malina Vatrushka Raspberry Buns

1 teaspoon **Active Dry Yeast**
¼ cup **Warm Milk** (no more than 100°F/38°C)
1 teaspoon **All-Purpose Flour**
1½ teaspoons **Castor Sugar** or **Superfine Sugar**
1 cup sifted **All-Purpose Flour**
¼ cup **Warm Milk** (no more than 100°F/38°C)
3½ tablespoons **Butter** at room temperature
1 **Egg Yolk**
2 tablespoons **Castor Sugar** or **Superfine Sugar**
1 cup sifted **All-Purpose Flour**
½ teaspoon **Salt**



2½ cups **Fresh Raspberries**
1 **Egg White**, lightly beaten
2 tablespoons **White Sugar**, or to taste - divided

Sprinkle yeast over ¼ cup of warm milk in a small bowl. Stir in 1 teaspoon flour and 1½ teaspoon caster sugar; stir to dissolve. Let stand until the yeast softens and begins to form a creamy foam, about 5 minutes.

Combine 1 cup sifted flour and ¼ cup warm milk in a large bowl. Pour in the yeast mixture and mix well to form a sticky dough. Cover the bowl with plastic wrap, and cover the plastic-wrapped bowl with a clean kitchen towel. Let the dough rise in a warm place for until doubled, 2 hours or more.

Beat butter, egg yolk, and 2 tablespoons caster sugar with an electric mixer until creamy, about 3 minutes. Add the butter mixture to the dough; pour in 1 cup flour and ½ teaspoon salt.

Transfer the dough to a floured surface and knead until the dough is no longer sticky and feels smooth and elastic, about 10 minutes. Place the dough into a lightly greased bowl, cover the bowl with plastic wrap, and top it with the towel. Let the dough rise again for 1 hour.

Preheat oven to 350°F (175°C). Line a baking sheet with parchment paper.

Return the dough to a floured work surface. Press down lightly with your hands to deflate it, and use a knife to cut the dough into 8 pieces.

Shape each piece into a ball and arrange them on the prepared baking sheet. Place two glasses on the baking sheet to hold up the towel, and arrange the towel over the rolls to prevent them from drying out. Let rise for 30 minutes.

Remove the towel and glasses. Dip the bottom of a 2-inch glass or jar in flour and press down in the center of each bun to form a hollow. Fill the buns with the raspberries. Brush the beaten egg white on the edges of the buns and sprinkle each bun with about 1 ½ teaspoon sugar.

Bake in the preheated oven until the buns are golden brown, about 25 minutes.

Шарлотка

Sharlotka Apple Cake

- 1 cup **Flour**
- 1 cup **Sugar**
- 3 **Eggs**
- 3 **Tart Apples**, such as Granny Smith

Preheat oven to 350°F.

Combine flour, sugar, and eggs, beating well to completely dissolve the sugar. Wash the apples, cut them into quarters, and cut away the core and seeds. Cut the apples into thin slices.

Grease a round cake pan and dust it lightly with flour or plain, unseasoned white bread crumbs to prevent the cake from sticking.

Arrange all apple slices on the bottom of the pan. Pour the batter mixture over the apples, spreading it gently with a rubber spatula.

Bake for 25 minutes until a toothpick, inserted into the center of the cake, comes out dry and the cake is beginning to pull away from the edges of the pan.

Cool 10 minutes on a wire rack. Run a knife around the edges of the pan, and place a serving plate over the pan. Invert the pan onto the serving plate. May be served warm or at room temperature.



Птичье Молоко

Ptichie Moloko Birds' Milk Cake

Cream Base:

2 packets **Unflavored Gelatin**
1 cup **Milk**
1 cup **Sugar**
16 ounces **Sour Cream**
16 ounces **Whipped Topping**
(thawed)

Chocolate Topping:

5 tablespoons **Cocoa Powder**,
unsweetened
5 tablespoons **Sugar**
1 packet **Unflavored Gelatin**



5 tablespoons **Milk**
1 cup **Cold Water**

In a small sauce pan, combine 2 packets unflavored gelatin with 1 cup milk. Whisk together over medium heat. Continue whisking until it just begins to steam, remove from heat. (DO NOT BOIL) Set aside to cool.

Spray an 11x13-inch glass baking dish with cooking spray (this prevents the filling from sticking to the dish).

In the bowl of an electric mixer on medium speed whisk together 1 cup sugar, 16 ounces of sour cream and a 16 ounce tub of whipped topping until well blended. With the mixer on, slowly add the warm milk mixture.

Immediately pour into the prepared baking dish. Smooth the top as evenly as possible since the chocolate layer is thin. Cover and refrigerate to cool. Now start working on the chocolate topping.

In a small sauce pan, combine 5 tablespoons cocoa powder, 5 tablespoons sugar, and 1 packet unflavored gelatin. Whisk in 1 cup cold water and 5 tablespoons milk.

Place over medium heat and bring to a boil while mixing continuously. If you don't continue whisking, the chocolate may lump and you have to start over (don't walk away from the mix). The mix should be smooth and well blended.

Set the chocolate mix aside and let it cool for 1 hour.

Slowly pour the chocolate portion onto the cream base. Chill in the refrigerator for at least 5 hours.

Чак-чак

Çäkçäk Tartar Sweet Cake

Dough:

2 **Eggs**

1 teaspoon **Sugar**

2 teaspoon **Butter**

Pinch **Salt**

1-2 tablespoon **Sour Cream**
or **Milk**

2½ cups **Flour**

Syrup:

1 cup **Honey**

2-4 tablespoon **Sugar**

For Frying:

1 cup **Melted Butter** or **Oil**



Mix well eggs, sugar and butter.

Add salt, sour cream or milk (or water), pour in flour and knead in a stiff dough. Leave to rest for 40 minutes.

Then roll in a thin layer about ⅛-¼-inch (4 mm) thick. Cut in strips about ½-inch (15 mm) long and ⅛-¼-inch (4 mm) wide.

Fry the noodles (chak-chak) in boiling butter until golden and remove from the pan and set aside.

Boil honey with sugar until a drop of honey dropped into water does not dissolve but hardens in the form of a bead.

Drop the chak-chak in this syrup until they are thoroughly mixed, and lay on a plate in a mound.

Chak-chak can be adorned with kernels of walnuts or fruit drops.

“Are we to paint what’s on the face, what’s inside the face, or what’s behind it?”

Picasso

Клюква С Сахаром

Klyukva S Sakharom Frosted Cranberries

1 pound **Fresh Cranberries**
1 **Egg White**
1½ cups **Sugar**
2-foot long piece of **Waxed Paper**

Preheat the oven to 150°F (lowest setting possible).

Beat the egg white with an electric mixer or wire whisk until foamy but not stiff.



Rinse the cranberries in a colander, discarding any shriveled or spoiled berries.

Pour the cranberries into the egg white, stirring gently until the berries are all completely coated.

Measure the sugar into another large bowl. Add the cranberries, and toss until the berries are completely covered with sugar.

Spread the cranberries on a shallow baking pan, such as a cookie sheet, with edges.

Bake for about 12 minutes until the sugar has melted.

Spread a 2-foot long piece of waxed paper out on the counter or table.

Spread the cranberries out on the paper, separating them, to dry.

Leave them undisturbed overnight. The frosted cranberries will keep in an airtight container or plastic bag for 2 weeks.

“When art is working, you completely go into another place, you’re tapping into things that are totally universal, completely beyond your ego and your own self. That’s what art’s all about.”

Keith Haring

Квас

Kvass Fermented Grain Beverage

2½ gallons (10 quarts) **Water**
1 pound (9 slices) **Classic Black,
Dark Or Rye Bread**
1 handful **Raisins**
4 cups **Sugar**
1½ tablespoons **Dry Yeast**
3 large **Plastic Soda Bottles**



Day 1: (best if prepared in the evening)

Fill giant stock pot with 2½ gallons of water (or divide it into two large pots) and bring to a boil.

While waiting, toast the bread slices twice on the darkest toaster setting. Darker bread makes darker kvass. (Toast bread either outside or in your garage or your house will get smoky.)

When water starts to boil, remove the pot from heat. Add a handful of raisins and toasted bread to the pot, cover with the lid and let it stay overnight or at least 8 hours.

Day 2:

Carefully remove toasted bread and discard it.

In a medium bowl, mix together 4 cups of sugar and 1½ tablespoon of yeast, add them to kvas mixture and stir.

Cover with plastic wrap or lid and leave the mixture on the counter for another 6 hours, stirring every couple hours.

Discard floating raisins by scooping them up with a large spoon.

Using strainer or cheese cloth, pour kvass into bottles, close with a lid and leave them in the fridge overnight.

Day 3:

Enjoy!

Friday, March 7, 2014

Welcome to Italy

Breakfast la Colazione

Espresso
Cappuccino
Cioccolata Calda
Colazione Spedini
Cornetto semplice
Biscotti
Brioche
Ciabatta
Formaggio

Lunch Pranzo

Antipasti
Gamberetti alla griglia e Calamari insalata
Estate Rapida Pasta
Caramellata Risotto Cipolla
Panzanella
Polpette Siciliani
Cotto Toscano Pollo
Salsiccia Con Cima Di Rapa
Stracotto al Chianti
Formaggi Manicotti
Lasagna
Fagiolini In Umido

Dinner Cena

Pomodoro insalata di cetrioli
Pomodoro Formaggio Galette
Pasta e Fagioli
Cantadina Zuppa
Pizze assortiti
Tiramisu
Crostata di Lamponi



The Recipes

Cioccolata Calda *Hot Chocolate*

Colazione Spiedini *Breakfast
Skewers*

Cornetto Semplice *Simple
Cornettos*

Mandorla Biscotti *Almond
Cookies*

Mirtillo e Pistacchio Biscotti
Cranberry Pistachio Biscotti

Brioche

Ciabatta Pane

Antipasti Piatto da Portata
Appetizer Platter

**Gamberetti alla griglia e
Calamari Insalata** *Grilled
Shrimp and Calamari Salad*

Estate rapida Pasta *Quick
Summer Pasta*

Caramellata Risotto Cipolla
Caramelized Onion Risotto

Panzanella *Bread Salad*

Polpette siciliani *Sicilian
Meatballs*

Cotto toscano pollo *Grilled
Tuscan Chicken*

Salsiccia Con Cima Di Rapa
Sausage with Broccoli Rabe

Stracotto al Chianti *Beef
Braised in Chianti*

Formaggi Manicotti *Cheese
Stuffed Manicotti*

Ricotta

Aglio Arrosto *Roasted Garlic*

Cipolle Caramellate
Caramelized Onions

Sugo di Carne *Meat Sauce
(Gravy)*

Lasagna

Fagiolini In Umido *Braised
Beans*

Pomodoro insalata di cetrioli
Tomato Cucumber Salad

Pomodoro Formaggio Galette
Tomato Cheese Tart

Pasta e Fagioli *Pasta and Beans*

Cantadina Zuppa *Tuscan
Peasant Soup*

Pizze Assortiti *Assorted Pizzas*

Tiramisu

Crostata di Lamponi *Tart with
Raspberry Jam*

Welcome to Italy

Introduction

Italian cuisine has developed through centuries of social and political changes, with roots as far back as the 4th century BCE. Italian cuisine in itself takes heavy influences, including Etruscan, ancient Greek, and ancient Roman. Significant changes occurred with the discovery of the New World and the introduction of potatoes, tomatoes, bell peppers and maize, now central to the cuisine but not introduced in quantity until the 18th century. Italian cuisine is noted for its regional diversity, abundance of difference in taste, and is known to be one of the most popular in the world, with influences abroad.

Italian cuisine is characterized by its simplicity, with many dishes having only four to eight ingredients. Italian cooks rely chiefly on the quality of the ingredients rather than on elaborate preparation. Ingredients and dishes vary by region. Many dishes that were once regional, however, have proliferated with variations throughout the country. In 2013 Italian cuisine was ranked by CNN as the best cuisine in the world.

Cheese and wine are a major part of the cuisine, with many variations. Coffee, specifically espresso, has become important in Italian cuisine.

Strictly speaking, coffee is not a food, but it is an essential part of breakfast in Italy. Coffee in Italy is generally either espresso (a shot of black coffee in a small cup) or cappuccino (black coffee with milk froth on top). For children, coffee is discouraged and either plain milk or hot chocolate is substituted until the teenage years, when the coffee drinking begins.

As opposed to breakfast (la colazione) or dinner (la cena), an Italian lunch (il pranzo) is considered the most important meal—and it is treated as such.

Have you ever been to Italy? Ever tried to go shopping or run errands or go site-seeing between the hours of 1 and 4pm? In some places it is nearly impossible. That's because at lunchtime the entire country (nearly) shuts down!

Pranzo is considered the main meal. And a sandwich is not a proper menu choice. (Although panini are appropriate for on-the-go lunches in the city, picnics on the beach or casual meetings at the local panino shop.) Usually an Italian lunch consists of a huge helping of pasta, followed by some chicken or beef, accompanied by bread, cheese, and some other cold-cuts, maybe some fried veggies of some kind and topped off with a dessert—typically a variety of fruit.

Sometimes accompanied by wine, always with water, and ending with a full tummy and the need for a nap... which is where "la siesta" comes in.

Siesta is a word you may be familiar with, but never really knew where it came from.

What it means, is literally a resting period... a time to relax and digest, and especially in the summer—escape from the hottest part of the day. This period lasts from the end of lunch to about 3 or 4 in the afternoon, sometimes longer depending on a person's vocation.

Can you imagine if your business closed for 4 hours in the afternoon so you could go home and eat and then take a couple hour nap?

It's wonderful!

Italians take their lunchtime seriously and they don't mess around with fast food. This way, their meal lasts them through the rest of the day, and they are ready for something lighter in the late evening when dinner is upon them.

Maybe we should all take some hints from them and start having our own Italian style lunch. It's not a bad idea!

A typical Italian dinner starts late...but that doesn't mean it won't last long!

An Italian dinner is not only about satisfying hunger, but it usually revolves around socializing and conversing with friends and family.

In most cases, dinner starts late. After the sun has set and the stars are out, you'll find the typical family beginning to gather around the table.

Now, there is a difference between dining in and dining out in Italian culture. Most

families have very casual dinners. Light and refreshing food is served, because the heaviest meal of the day (pranzo or lunch) seems to keep you full forever!

Dinner out is sometimes quite a different story. Antipasti are almost always considered mandatory as well as il primo (first dish, usually pasta), il secondo (usually a meat or fish) and a contorno (a side dish—typically veggies of some kind), plus there's always bread and table wine of course! Dessert is optional, and if it is ordered there is no doubt an espresso alongside it. Dinners at restaurants or trattorias can last for 2 or 3 hours meaning that each table is usually seated only once throughout the evening. It's very relaxing and not at all rushed like most American style restaurants in the USA.

But if this expanded menu is not suitable to the palate, there is also the casual dining experience that a lot of young people and families prefer and that's the PIZZA experience!

Most sit-down pizzerias in Italy serve what we would call "personal-pan" pizzas. Each person gets whatever toppings they want, and then they get their own pie! They are not as large as a normal pizza in the US would be, but are probably equivalent to about 3 American style slices. But they are delicious!

And don't be fooled... Just because pizza is easy and casual, doesn't mean the Italians eat it quickly. They may choose to sit at their table long after their pizza has disappeared off their plate.

But whether they are dining in, or eating out... Italians relish their food and their time together... and an Italian dinner is no exception to that rule!

So... *Sedere. Mangia. Buon appetito.*

The Recipes

Ciocolata Calda

Hot Chocolate

This hot chocolate is unlike the hot chocolate available in most places in the US. It is thick and creamy—almost like hot chocolate pudding.

1½ cups **Half-And-Half**
1½ teaspoons **Cornstarch**
4 tablespoons **Sugar**
3 ounces **Bittersweet** or
Semisweet Chocolate, finely
chopped



In a bowl, combine 3 tablespoons of the half-and-half with the cornstarch, whisking until smooth. It is important that there are no lumps.

Place the remaining half-and-half in a small saucepan over medium heat. Bring to a simmer. When the half-and-half begins to bubble around the edges whisk in the sugar.

Whisk in the cornstarch mixture until the half-and-half thickens slightly, usually less than a minute.

Remove from the heat and quickly whisk in the chocolate until very smooth.

Pour into two cups.

Colazione Spiedini

Breakfast Skewers

- 8 **Bamboo Skewers**, soaked in water for 30 minutes
- ½ pound **Sweet Italian Sausage**, cut into 2-inch pieces
- 1 **Red Pepper**, cored and cut into 1-inch squares
- 1 **Red Onion**, cut into 1 inch chunks
- ¼ pound **Pancetta**, cubed
- ½ cup **Pineapple Cubes**, fresh or canned



Preheat the oven to 375°F.

Thread the skewers starting with the sausage, then the onion, then the red pepper, then the pancetta, then the pineapple. Each skewer should have 2 of these sets. Continue with the rest of the skewers.

Arrange on a baking sheet and bake until golden brown on the edges and the pancetta is cooked through, about 25 minutes. Serve warm.

Cornetto Semplice

Simple Cornettos

- 1 cup **All-Purpose Flour**
- 1 cup **Bread Flour**
- ¼ cup **Sugar**
- 1½ tablespoons **Butter**
- Pinch of **Salt**
- 1 **Egg Yolk**
- 2¼ teaspoons **Active Dry Yeast**
(one packet)
- ½ cup **Milk**
- 9 tablespoons **Butter** for tournage
- 1 **Egg** to brush before baking



Prepare a batter with ⅓ cup of milk, ½ cup of all-purpose flour and the baker's yeast. Let it rest for 1 hour.

Put 1½ tablespoon of butter, the sugar and the yolk into your mixer's bowl or on a kneading surface. Add the remaining flours, the salt and milk and mix until it looks like crumble.

Add the yeast batter you prepared early and work the dough for 10 to 15 minutes. It should become soft and elastic. Cover it with plastic wrap and let it rest in the fridge for about 1 hour.

Take the butter for the tournage and put it between 2 large pieces of plastic wrap. Using a rolling pin, spread it, enlarging it and forming a rectangle. Put it in the refrigerator.

Take the dough from the refrigerator and roll it out with a rolling pin. Take the butter sheet, eliminate the plastic wrap and place it on a half of the dough. Fold the other half over and seal the edges.

Now begin the typical tournage:

Using the rolling pin roll out the dough forming a rectangle, with the shortest part close to you. Then take $\frac{1}{3}$ of the upper part and fold it towards the center of the dough.

Take the other $\frac{1}{3}$ (bottom) and fold it upwards. Rotate the dough 90° and roll it out again repeating the process.

Cover with plastic wrap and let it rest for 30 minutes in the fridge.

Repeat the tournage for 6 times (roll out, fold up, fold down, turn 90°, roll out, fold up, fold down).

After that, roll the dough out as thin as you can and cut it in triangles.

Roll each triangle beginning from the largest part to the peak.

Turn the ends to the center to give it the Italian cornetto shape.

Place them on a baking tray covered with parchment paper.

Cover with plastic wrap and leave them in the fridge overnight.

Take them out of the fridge and let them rest for another 2½ hours.

Preheat oven to 350°F (180°C).

Beat an egg lightly and brush each cornetto before baking to give them that golden color.

Bake for 30 minutes.



Mandorla Biscotti

Almond Biscotti

12 ounces **Butter**
1¾ cups **White Sugar**
6 **Eggs**
2 teaspoons **Vanilla Extract**
6 cups **All-Purpose Flour**
½ teaspoon **Salt**
2 teaspoons **Baking Powder**
8 ounces **Chopped Almonds**

Preheat oven to 350°F (165°C).

In a large bowl, cream the butter and sugar together. Add eggs one at a time; beat until fluffy. Stir in the vanilla extract.

Sift together the flour, baking powder, and salt. Add them to the egg mixture along with the chopped almonds. Stir with a spoon and as the dough comes together. Knead by hand.

Divide the dough into 4 parts. Roll each piece into a log about 15 inches long. Place logs onto cookie sheets, 2 to a sheet, the long way. Flatten the logs out until they are about 3 inches wide with a slight hump going down the middle.

Bake for 25 to 30 minutes in the preheated oven; the loaves should be firm. Cut the loaves into diagonal slices ½-inch wide, place the slices onto the cookie sheets and return to the oven. Toast on one side then turn them over to do the other side. This will take about 7 to 10 minutes.



Mirtillo e Pistacchio Biscotti

Cranberry Pistachio Biscotti

¼ cup **Light Olive Oil**
¾ cup **White Sugar**
2 teaspoons **Vanilla Extract**
½ teaspoon **Almond Extract**
2 **Eggs**
1¾ cups **All-Purpose Flour**
¼ teaspoon **Salt**
1 teaspoon **Baking Powder**
½ cup **Dried Cranberries**
1½ cups **Pistachio Nuts**

Preheat the oven to 300°F (150°C).



In a large bowl, mix together oil and sugar until well blended. Mix in the vanilla and almond extracts, then beat in the eggs. Combine flour, salt, and baking powder; gradually stir into egg mixture. Mix in cranberries and nuts by hand.

Divide dough in half. Form two logs (12x2 inches) on a cookie sheet that has been lined with parchment paper. Dough may be sticky; wet hands with cool water to handle dough more easily.

Bake for 35 minutes in the preheated oven, or until logs are light brown. Remove from oven, and set aside to cool for 10 minutes. Reduce oven heat to 275°F (135°C).

Cut logs on diagonal into ¾-inch thick slices. Lay on sides on parchment covered cookie sheet. Bake approximately 8 to 10 minutes, or until dry; cool.

Brioche

3 cups **Flour** + extra if needed

Zest of one **Lemon**

4 **Eggs**

1 teaspoon **Orange Essence**

3 tablespoons **Fresh Yeast** or **Dried Yeast**

3½ ounces **Butter**

8 tablespoons **Sugar**

1 **Egg**

Brown Sugar

Mix the yeast with a cup of lukewarm water; add the flour and stir well.

Add eggs, sugar, lemon zest, orange essence and diced butter. Work the ingredients with your hands making a smooth ball. Add some extra flour if the pastry feels sticky.

Put the dough in a bowl, cover it with a cloth and let it rest in a warm place for an hour until it has doubled in size.

Now shape the pastry into buns, braids and croissants or in any shape you like.

Whip the egg lightly and brush the shaped dough with it. Then sprinkle some brown sugar over them. Cook at 350°F (180°C) for about 20 minutes until golden.



Ciabatta Pane

Italian Bread

Sponge:

1/8 teaspoon **Active Dry Yeast**
2 tablespoons **Warm Water**
(105°-115°F.)
1/3 cup **Room-Temperature Water**
1 cup **Bread Flour**

Bread:

1/2 teaspoon **Active Dry Yeast**
2 tablespoons **Warm Milk** (105°-115°F.)
2/3 cup **Room-Temperature Water**
1 tablespoon **Olive Oil**
2 cups **Bread Flour**
1 1/2 teaspoons **Salt**



Sponge:

In a small bowl stir together yeast and warm water and let stand 5 minutes, or until creamy. In a bowl stir together yeast mixture, room-temperature water, and flour and stir 4 minutes. Cover bowl with plastic wrap. Let sponge stand at cool room temperature at least 12 hours and up to 1 day.

Bread:

In a small bowl stir together yeast and milk and let stand 5 minutes, or until creamy. In bowl of a standing electric mixer fitted with dough hook blend together milk mixture, sponge, water, oil, and flour at low speed until flour is just moistened and beat dough at medium speed 3 minutes.

Add salt and beat 4 minutes more. Scrape dough into an oiled bowl and cover with plastic wrap. Let dough rise at room temperature until doubled in bulk, about 1 1/2 hours. (Dough will be sticky and full of air bubbles.)

Have ready a rimless baking sheet and 2 well-floured 12x 6-inch sheets parchment paper. Turn dough out onto a well-floured work surface and cut in half. Transfer each half to a parchment sheet and form into an irregular oval about 9 inches long. Dimple loaves with floured fingers and dust tops with flour. Cover loaves with a dampened kitchen towel. Let loaves rise at room temperature until almost doubled in bulk, 1 1/2-2 hours.

At least 45 minutes before baking ciabatta, put a baking stone or 4 to 6 unglazed "quarry" tiles arranged close together on oven rack in lowest position in oven and preheat oven to 425° F.

Transfer 1 loaf on its parchment to baking sheet with a long side of loaf parallel to far edge of baking sheet. Line up far edge of baking sheet with far edge of stone or tiles, and tilt baking sheet to slide loaf with parchment onto back half of stone or tiles. Transfer remaining loaf to front half of stone or tiles in a similar manner. Bake ciabatta loaves 20 minutes, or until pale golden. With a large spatula transfer loaves to a rack to cool.

The ciabatta does require a simple sponge but it takes only a few minutes to put together the day before making the bread. Though the dough for ciabatta is very wet and sticky, resist the temptation to add more flour.

For this recipe you will need a baking stone or unglazed "quarry" tiles. Baking stones are available at cookware shops and by mail order. Tiles are also available at the above sources as well as at many tile, hardware or constructions supply stores.

Antipasti Piatto da Portata

Appetizer Platter

This recipe is but one of many variations of ingredients and presentations for antipasti. Any number of vegetables, meats, and cheeses can be included. See the illustrations for inspiration.

- | | |
|--|--|
| 1 small Japanese Eggplant ,
thinly sliced lengthwise | Drizzle Olive Oil |
| 1-2 small Zucchini , thinly sliced
lengthwise | Drizzle Aged Balsamic Vinegar |
| 2 small Carrots , peeled, and
sliced into thin strips (with a
vegetable peeler) | Salt |
| 1 medium Roasted Red Bell
Pepper , peeled, seeded and cut
into thin strips | Freshly Ground Black Pepper |
| 1 medium Roasted Green Bell
Pepper , peeled, seeded and cut
into thin strips | 2 (4-ounce) pieces of Beef Fillet |
| 1 medium Roasted Yellow Bell
Pepper , peeled, seeded and cut
into thin strips | ½ cup Aioli |
| | 1 cup Baby Arugula |
| | 2 ripe Beefsteak Tomatoes |
| | 1 pound Buffalo Mozzarella |
| | 12 Fresh Basil Leaves |
| | 1 pound Prosciutto Di Parma
Ham , thinly sliced |
| | 12 Fresh Figs |
| | ½ pound Parmigiano-Reggiano ,
cut into chunks |
| | 2 cups Assorted Italian Olives |

Preheat the grill. In a mixing bowl, toss the eggplant and carrots with olive oil. Season with salt and pepper. Grill the vegetables in batches for about 1 minute on each side. Remove from the grill. On a platter, arrange the grilled eggplant, carrots, and peppers on one side. Drizzle with the olive oil and balsamic vinegar.

Place each fillet between two sheets of plastic wrap. Using a meat mallet, pound the meat very thinly. Place the meat on the second platter. Season with salt and pepper. Drizzle the meat with the aioli. Mound the arugula in the center of carpaccio.

Core and slice the tomatoes ½-inch thick. Season both sides with salt and pepper. Place half of the tomatoes around the third platter. Slice the cheese into ½-inch slices. Season both sides with salt and pepper. Place the cheese on top of the tomatoes, around the platter. Top the cheese with the remaining tomatoes. Place the basil leaves on top of the tomatoes. Drizzle the entire platter with the olive oil.

Arrange the slices of prosciutto over the fourth platter. Using a sharp knife, make a criss-cross cut through the core of each fig. Arrange the figs around the prosciutto.

Place the chunks of cheese and olives in small bowls. Serve all of the platters and bowls with crusty bread.



Gamberetti alla griglia e Calamari Insalata

Grilled Shrimp and Calamari Salad

1 medium **Orange**
¼ cup plus 2 tablespoons **Extra-Virgin Olive Oil**
2 teaspoon chopped **Fresh Thyme**
2 teaspoon **White Wine Vinegar**
Kosher salt and freshly **Ground Black Pepper**

¼ pound (4 to 6) cleaned **Calamari Bodies*** (no tentacles), rinsed and patted dry
16 **Jumbo Shrimp** (21 to 25 per lb.), peeled, deveined, rinsed, and patted dry
1 **Red Bell Pepper**, quartered lengthwise and cored

1 medium **Fennel Bulb** (about 1 pound), trimmed, quartered, cored, and thinly sliced crosswise
5 ounce **Baby Arugula** (about 5 cups)



Prepare a medium-high gas or charcoal grill fire.

Finely grate 1 teaspoon of zest from the orange and then squeeze ⅓ cup juice. In a small bowl, whisk the juice and zest with ¼ cup of the oil, 1 teaspoon of the thyme, the vinegar, ½ teaspoon salt, and ¼ teaspoon pepper.

Using a sharp paring knife, cut open the calamari bodies lengthwise and lightly score both sides in a cross-hatch pattern. Put them in a medium bowl with the shrimp and red pepper and toss with the remaining 2 tablespoons oil, 1 teaspoon thyme, ½ teaspoon salt, and ¼ teaspoon pepper. Thread the shrimp on 3 or 4 metal skewers.

Grill the shrimp and peppers (skin side up), covered, until they have good grill marks, 2 to 3 minutes. Flip both and continue to grill until the shrimp are just firm and opaque, about 2 minutes more.

Move the shrimp to a clean plate and let the peppers continue to cook until they're soft and the skin is charred, about 5 minutes more.

Meanwhile, grill the calamari until barely cooked through, about 1 minute per side. When the calamari and peppers are done, move them to the plate with the shrimp.

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Cut the calamari into quarters lengthwise and remove the shrimp from the skewers. Peel and thinly slice the red peppers.

In a large bowl, toss the fennel and arugula with half of the vinaigrette. Season to taste with salt and pepper. Distribute the greens on 4 plates and top with the shrimp, calamari, and red peppers. Drizzle with some of the remaining vinaigrette and serve.

*If you don't like calamari, you can substitute extra shrimp.

Estate Rapida Pasta

Quick Summer Pasta

Kosher Salt

2 tablespoon **Extra-Virgin Olive Oil**

4 cups **Cherry** or **Grape**

Tomatoes (about 1-1/2 lb.; a mix of colors, if possible)

1 large clove **Garlic**, minced

One 6-ounce can **Light Tuna In Oil**, drained and separated into chunks

2 tablespoon minced jarred **Pepperoncini** (about 4 medium peppers) stemmed and seeded)

1 tablespoon lightly chopped

Capers

1 teaspoon **Fresh Lemon Juice**

1 teaspoon **Cold Unsalted Butter**



1/2 teaspoon packed, finely grated **Lemon Zest**

8 ounces dried **Angel Hair Pasta**

3 tablespoons coarsely chopped

Fresh Flat-Leaf Parsley

Bring a large pot of generously salted water to a boil over high heat.

Meanwhile, in an 11-12-inch skillet, heat the oil over medium-high heat until very hot. Add the tomatoes (be careful because the oil and juice can spatter) and cook until they begin to collapse and their juices run and start to thicken, 6 to 10 min. (If you have big, stubborn tomatoes, you may need to crush them a bit with a spatula or pierce them with a knife.) Add the garlic and cook for 30 seconds.

Remove the pan from the heat and stir in the tuna, pepperoncini, capers,

lemon juice, butter, and lemon zest. Season the sauce to taste with salt and keep it warm while you cook the pasta.

Cook the pasta in the boiling water according to package directions. Drain well, arrange in individual pasta bowls, and top with the sauce and the parsley.

Caramellata Risotto Cipolla

Caramelized Onion Risotto

3 tablespoon **Extra-Virgin Olive Oil**
2 pounds **Yellow Onions** (about 4 medium), halved through the root and thinly sliced lengthwise

Kosher Salt

4 cups **Lower-Salt Chicken Broth**
2 ounces (4 tablespoon) **Unsalted Butter**

1½ cups **Arborio Rice**

½ cup **Dry White Wine**, such as Sauvignon Blanc

1 ounce finely grated **Aged Gouda** or **Parmigiano-Reggiano** (about 1 cup)

Freshly Ground Black Pepper



Heat the olive oil in a 5-quart Dutch oven or other heavy-duty pot over medium-high heat until shimmering hot. Add the onions and reduce the heat to medium. Cook without stirring until the bottom of the pot begins to brown, 5 to 7 minutes. Sprinkle with ¼ teaspoon salt and stir with a wooden spatula. Continue to cook, stirring and scraping the bottom of the pot frequently and adjusting the heat as necessary, until the onions are well browned, 20 to 30 minutes.

Meanwhile, in a 3-quart saucepan, combine the broth with 2 cups water and set over medium heat until steaming hot.

Transfer the onions to a small bowl, cover, and keep warm. Add about ½ cup of the broth mixture to the pot. Scrape the bottom of the pot with the wooden spatula until any stuck-on bits are released. Pour the liquid back into the broth mixture. Wipe out the pot.

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Melt 2 tablespoon of the butter in the pot over medium heat. Add the rice and cook, stirring gently, until glossy and translucent around the edges, about 1 minute. Add the wine and cook, stirring, until absorbed, about 1 minute. Ladle enough broth over the rice to just cover (about ½ cup) and simmer, stirring often, until most of the broth has been absorbed (test by running a spoon through the rice; no broth should pool on the pot bottom). Continue to add the broth in this manner, stirring often, until the rice is tender but still has a bit of resistance when you bite into it, 20 to 30 minutes. (You may not need all of the broth.)

Stir in the remaining 2 tablespoon butter, the cheese, and all but ⅓ cup of the onions.

Season with salt and pepper to taste and serve immediately, topped with the remaining onions.

Panzanella

Bread Salad

6 ounces coarse-textured **Rustic Bread**, 3 to 4 days old

Kosher Salt and freshly ground **Black Pepper**

½ pound **Green Beans**, cut into 1-inch pieces

½ pound **Yellow Wax Beans**, cut into 1-inch pieces

3 medium **Red Tomatoes**, seeded and cut into ¾-inch dice

3 medium **Yellow Tomatoes**, seeded and cut into ¾-inch dice

1 small **Red Onion**, cut into ½-inch dice

¼ cup **Fresh Basil Leaves**, lightly packed



1 tablespoon coarsely chopped **Fresh Oregano**

5 tablespoon **Red-Wine Vinegar**

⅓ cup **Extra-Virgin Olive Oil**

2 cloves **Garlic**, minced

12 ounces **Feta Cheese**, coarsely crumbled

Slice the bread into 1-inch slices. Sprinkle with ½ cup water and let sit for 2 minutes. Carefully squeeze the bread until dry. Tear it into 1-inch pieces and let rest on paper towels for 20 minutes.

Bring a large saucepan of salted water to a boil. Add the green and yellow beans and simmer until tender but still crisp, 3 to 5 minutes. Drain and cool.

Place the tomatoes, onions, bread, and cooled green and yellow beans in a large serving bowl. Tear the basil into ½-inch pieces and toss carefully into the bowl along with the oregano.

In a small bowl, whisk together the vinegar, oil, and garlic. Season with salt and pepper. Carefully toss the salad with the vinaigrette and let rest for 20 minutes. Serve with the crumbled feta on top.

Polpette Siciliani

Sicilian Meatballs

½ cup **Fresh Breadcrumbs**
¼ cup **Whole Milk**
1 **Large Egg**
¾ cup grated **Parmigiano-Reggiano**, more for sprinkling
¼ cup **Ketchup**
2 tablespoon chopped **Parsley**
1 teaspoon finely chopped **Fresh Oregano**
1 teaspoon finely chopped **Fresh Thyme**
1 small **Onion**, finely chopped
4 large cloves **Garlic**, minced
Kosher Salt
Freshly ground **Black Pepper**
1½ pounds **Ground Beef**



3 tablespoon **Extra-Virgin Olive Oil**
1 (28-ounce) can **Crushed Tomatoes**
Sugar, as needed
2 tablespoon chopped **Fresh Basil**

Put a rack in the center of the oven and heat to 375°F. Line a large rimmed baking pan with parchment or a nonstick liner and set aside.

Put the breadcrumbs and milk in a large mixing bowl, stir to blend, and set aside for 5 minutes. With your hands, squeeze and mash the breadcrumbs so that they make a smooth paste. Add the egg and whisk, then add the Parmigiano, ketchup, parsley, oregano, thyme, half the onion, half the garlic, 2 teaspoons salt, and ½ teaspoon pepper. Stir to blend.

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With your hands, break the beef into small chunks and add to the bowl. Mix gently but thoroughly; overmixing will make the meatballs tough and dry. When all the ingredients are evenly combined, shape the mixture into 6 balls and arrange on the baking sheet.

Bake until an instant-read thermometer reads 165°F at the center of a meatball, 40 to 45 minutes.

While the meatballs are baking, make the sauce. Heat the olive oil in a medium saucepan over medium heat. Add the remaining half onion and 1 teaspoon salt and increase the heat to medium-high. Cook, stirring frequently, until translucent—about 3 minutes. Add the remaining half garlic and cook until aromatic—about 1 minute. Add the tomatoes, bring to a boil, and lower the heat to maintain a vigorous simmer.

Cook, stirring occasionally, until reduced to a thick sauce, 10 to 15 minutes. Taste the sauce and add a pinch or two of sugar if it seems too tangy, and season with more salt if necessary. Stir in the basil and keep warm until the meatballs come out of the oven.

Spoon the sauce generously over the meatballs and bake for another 5 to 10 minutes to blend the flavors. Garnish with a sprinkling of Parmigiano.

Cotto Toscano Pollo

Grilled Tuscan Chicken

2 small handfuls **Chopped Rosemary**
½ cup **Olive Oil**, plus more for grill grates
Juice of 2 **Lemons**
Kosher Salt and freshly ground **Black Pepper**
2 (3½-pound) **Chickens**
3 large handfuls **Arugula**
Lemon, sliced, for serving
Special equipment: 2 **Foil-Covered Bricks**



Preheat the grill to medium-high heat.

Add the chopped rosemary, olive oil, lemon juice, salt, and pepper to a large resealable plastic bag.

Using kitchen shears, cut down both sides of the chicken's backbone and remove the backbone.

Oil the grill grates, remove the chicken from the marinade and place the chickens skin-side down on the hot grill rack.

Place 2 foil-covered bricks on top of the chicken to weigh it down. Grill 20 minutes, then remove the bricks and flip.

Continue cooking for 15 to 20 minutes longer, or until the internal temperature reaches 165°F. Let the chicken rest for 5 minutes before carving.

Serve the chicken on a bed of arugula with lemon slices.

Salsiccia Con Cima Di Rapa

Sausage with Broccoli Rabe

Large bunch of **Rapini** or **Broccoli Rabe**, cleaned and cut in half

Salt

5 tablespoons **Extra-Virgin Olive Oil**

3 cloves **Garlic**, crushed

Whole Chilies

8 (3 ounce) **Pork Sausage Links**

Cook the rapini in boiling salted water for 2 to 3 minutes. Drain.



In a saucepan, heat 4 tablespoons of extra-virgin olive oil. Add the garlic and chili peppers, and cook until the garlic is golden brown. Add the rapini to the saucepan, and sauté for a few minutes. Season with salt to taste.

In another saucepan, heat 1 tablespoon of olive oil, and add the sausages. Cook the sausage for a few minutes, turning frequently, before piercing with a knife in order to release some of the fat. If the sausages are sticking to the pan, add a few tablespoons of water instead of adding more oil. Continue cooking until the sausages are golden brown and fully cooked.

Add the cooked sausages to the rapini, and cook together for a few minutes. Transfer the mixture to a warm plate and serve hot.

Stracotto al Chianti

Beef Braised in Chianti

½ cup **Extra-Virgin Olive Oil**
2 pounds **Stewing Beef**, cut into 1-inch cubes
2 **Red Onions**, roughly chopped
3 **Garlic Cloves**, crushed
3 cups **Chianti Wine**
Salt
2 teaspoons **Whole Peppercorns**

In a stew pot, heat up the extra-virgin olive oil. Once the oil is hot, add the beef, onions and garlic. Sear for about 2 minutes, stirring frequently.

Add all of the wine. It should be enough to cover the beef. Season with salt and whole peppercorns.

Bring the wine to a boil. Lower the heat and allow it to gently simmer for approximately 2 hours.



Formaggi Manicotti

Cheese Stuffed Manicotti

3 batches of homemade **Ricotta Cheese** (recipe follows)
6 whole heads **Roasted Garlic** (recipe follows)
3 tablespoons minced **Fresh Parsley, Basil** and/or **Oregano**
3 diced **Onions**, caramelized (recipe follows)
1 batch of **Meaty Sauce** (recipe follows)
Parmesan cheese
Mozzarella Cheese
Manicotti Shells (cooked to slightly less than al dente)
1 loaf **Italian Bread**
Butter



Reserve ½ cup of the ricotta (set aside for later). Remove roasted garlic cloves from 4 heads of garlic and mash well. To the remaining ricotta cheese, add the mashed garlic, the chopped fresh herbs, the caramelized onions, about ¼ cup Parmesan Cheese and ½ cup Mozzarella cheese. Mix well.

Stuff this mixture in generous portions into partially cooked manicotti shells. Lay in a single layer in oiled baking pan (will probably need at least 9x13 pan).

Pour a generous amount of meaty sauce over the top. Cover with a layer of Mozzarella cheese. Cover pan with oiled foil and bake at 350°F for about 30 minutes. Remove foil and bake about 10 minutes longer, or until cheese is bubbly and beginning to brown.

While the manicotti is baking, mash roasted garlic cloves from one head of garlic. Mix with reserved ricotta and 1 stick melted butter. Slice Italian bread about ½-inch thick. Spread generously with ricotta mixture. When manicotti is removed from oven, turn oven to broil and place the cheesy bread under the broiler until beginning to brown.

Serve manicotti and bread with a salad.

Ricotta

1 cup **Heavy Cream**
3 cups **Whole Milk**
1½ cups **Buttermilk**

In a medium pot, bring the cream, milk, and buttermilk to a gentle simmer over medium heat. Simmer gently for a few minutes until the milk solids rise to the surface. Shut off the heat and allow the milk to rest and cool gently on the stove, 15 to 20 minutes.



Line a strainer with a few layers of cheesecloth. Use a large spoon to scoop the solids from the surface into the strainer. Pour the liquid gently over the solids in the strainer, allowing the liquid to flow through the strainer and trapping the solids in the cheesecloth. (You can use the drained whey in many ways- as a liquid in cream soups; to make bread; pour it over the pets' dry food, etc.) Refrigerate for a few hours to allow all of the liquid to drain out and the ricotta to firm up slightly.

Agllo Arrosto

Roasted Garlic

6 whole **Garlic Cloves**
3-4 tablespoons **Olive Oil**

Preheat the oven to 400°F.

Peel away the outer layers of the garlic bulb skin, leaving the skins of the individual cloves intact. Using a knife, cut off ¼ to a ½-inch of the top of cloves, exposing the individual cloves of garlic.



Place the garlic heads in a baking pan. (Muffin pans work well for this purpose.) Drizzle 1-2 teaspoons of olive oil over each head, using your fingers to make sure the garlic head is well coated. Cover with aluminum foil. (You can also loosely wrap each individual head in foil.) Bake at 400°F for 30-35 minutes, or until the cloves feel soft when pressed.

Allow the garlic to cool enough so you can touch it without burning yourself. Use a small knife to cut the skin slightly around each clove. Use a cocktail fork or your fingers to pull or squeeze the roasted garlic cloves out of their skins.

Cipolle Caramellate

Caramelized Onions

3 medium **Yellow Onions**, diced
2 tablespoons **Olive Oil**
2 tablespoons **Butter**
Salt (optional)
1 teaspoon **Sugar** (optional)

Use a wide, thick-bottomed sauté pan for maximum pan contact with the onions. Melt butter in oil in the bottom of the pan. Heat the pan on medium high heat until the oil is shimmering. Add the onions and stir to coat the onions with the oil. Spread the onions



out evenly over the pan and let cook, stirring occasionally. After 10 minutes, if desired, you can sprinkle a little salt over the onions, and add sugar to help with the caramelization process.

Let cook for 30 minutes to an hour more, stirring every few minutes. As soon as the onions start sticking to the pan, let them stick a little and brown, but then stir them before they burn. The trick is to let them alone enough to brown (if you stir them too often, they won't brown), but not so long so that they burn. After the first 20 to 30 minutes you may want to lower the stove temperature a little, and add a little more oil, if you find the onions are verging on burning. A metal spatula will help you scrape up the browned bits from the bottom of the pan as the caramelization proceeds. As the onions cook down, you may find you need to scrape the pan every minute, instead of every few minutes. Continue to cook and scrape, cook and scrape, until the onions are a rich, browned color. At the end of the cooking process, if desired, you can add a little apple cider or vinegar to help deglaze the pan and bring some additional flavor to the onions.

Sugo di Carne

Meat Sauce (Gravy)

- 1½ pounds **Lean Ground Beef**
- 1 pound **Pork Sausage**
- 1–1½ pounds **Sweet Italian Sausage** (5 sausages, removed from the casing)
- 2 medium **Onions**, diced
- 1 head **Roasted Garlic**
- 1 can **Diced Tomatoes**, undrained
- 1 can **Italian Seasoned Diced Tomatoes**, undrained
- 4 small cans **Tomato Paste**
- 1 tablespoon **Beef Base** (can use bouillon crystals, if desired, but this adds more salt)
- 2 tablespoons **Sugar** (or to taste – just enough to cut the acidity of the tomatoes)



- ¼ cup **Parmesan Cheese**
- 2 tbsp **Italian Seasoning** (or to taste)
- Garlic Powder**, to taste
- Salt** and **Pepper**, to taste
- 1-2 quarts **Beef Broth**

Brown the three meats together, until almost all pink is gone. Drain well. Add onions to the meat mixture, and continue cooking until meat is done

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(Continued from page 57)

and onions are tender. Drain again. Chop meat into small pieces.

Mash the cloves of the roasted garlic. Add to meat mixture and heat through.

Stir in tomatoes, tomato paste, beef base (or bouillon crystals), sugar, Parmesan cheese, and seasonings.

Add about ½ quart beef broth and bring the mixture to a low simmer. Simmer for about 30 minutes, adding more broth as needed.

You want a nice thick sauce without any excess juices.

This sauce freezes well in Ziploc bags. It's also great to use it to make cheese topped "Italian Sloppy Joes".

Lasagna

5 **Italian Sausage Links**,
casings removed
2 pounds **Lean Ground Beef**
3-4 **Onions**, finely diced
2 tablespoons **Minced Garlic**
2 28-ounce cans **Crushed Tomatoes**
6 6-ounce cans **Tomato Paste**
2 quarts **Beef Broth**
3 cups **Parmesan Cheese**,
divided
½ cup **Sugar**
Italian Seasoning, to taste
Garlic Powder, to taste
Salt and **Pepper**, to taste
2 batches homemade **Ricotta Cheese**



3 **Eggs**
6 cups shredded **Mozzarella Cheese***
Lasagna Noodles, uncooked

Brown sausage and burger with onions and minced garlic. Chop meat very fine as it cooks. Drain well and set aside.

Mix the crushed tomatoes, tomato paste quarts beef broth. Stir well. Add

½ cup Parmesan cheese, sugar, Italian seasoning, garlic powder and salt and pepper. Heat thoroughly.

Line 3 foil lasagna pans with foil. Ladle a little the sauce into the bottom of each pan.

Mix ricotta cheese, eggs, 1 cup Mozzarella cheese and ½ cup Parmesan cheese. Spread a little on 3 lasagna noodles. Lay the noodles side by side in the pan. (Leave room, mostly at each end, for them spread out when they cook.) Repeat for the other two pans.

Spoon some of the meat mixture over each layer of noodles. Ladle sauce over all. Sprinkle lightly with Mozzarella and Parmesan.

Make another layer of noodles and cheese, then meat, then sauce, then Mozzarella and Parmesan.

Repeat with another layer. (You can add a fourth layer if the pan is deep enough and if there are ingredients left.)

Cover the top of each pan with a heavy layer of Mozzarella cheese. Sprinkle liberally with Parmesan cheese.

Cover each pan with greased foil (spray with cooking spray or coat with oil to prevent the cheese from sticking to the foil). Place in 375° oven. Bake for 25 minutes. Remove two pans from oven and cool, then freeze. Remove foil from third pan and bake an additional 25 minutes.

After the two pans are thoroughly frozen, you should be able to remove the lasagna from the pan (along with the foil lining the pan), wrap well in plastic wrap, label and return to freezer for another day. To bake the frozen lasagna, place in a pan the same size it was made in. (Do NOT thaw.) Bake at 350°F for about 1-1¼ hours.

**Do NOT use the Mozzarella that comes preshredded in bags. They add anti-clumping agents that prevent the cheese from melting smoothly.*

“Creative work is not a selfish act or a bid for attention on the part of the actor. It’s a gift to the world and every being in it. Don’t cheat us of your contribution. Give us what you’ve got.”

Steven Pressfield

Fagiolini In Umido

Braised Beans

- ¼ cup **Extra-Virgin Olive Oil**
- 1 **Onion**, chopped
- 2 dried **Chili Peppers**, crushed, optional
- 2 cups **Plum Tomatoes**, peeled
- Salt**
- 1¼ pounds **String Beans**, tips trimmed

Heat up the olive oil in a saucepan. Add the onion and chili peppers, if using, and stir. Cook until the onions are translucent and soft. Then add the tomatoes and salt, to taste. With the back of a wooden spoon, break up the tomatoes into little chunks. Add the string beans to the pan, cover with lid and let simmer for 10 to 15 minutes. Serve the dish hot or at room temperature.



Pomodoro Insalata di Cetrioli

Tomato Cucumber Salad

- 4 **Tomatoes On The Vine***, cored and chopped
- ½ **Red Onion**, thinly sliced
- ½ **Seedless English Cucumber**, chopped
- 3 tablespoons **Extra-Virgin Olive Oil**, or more if needed
- 1 tablespoon chopped **Fresh Oregano**

Mix tomatoes, red onion, cucumber, olive oil, oregano, salt, and black pepper together in a bowl; stir to coat. Let sit for 30 minutes to blend flavors.



**If you can't get fresh, on-the-vine tomatoes, you'd be better off using grape or cherry tomatoes or even canned tomatoes instead of the pale, flavorless tomatoes found in most groceries these days.*

Pomodoro Formaggio Galette

Tomato Cheese Tart

¼ cup **Semolina Flour**

1 recipe **Buttermilk Dough**
(recipe follows)

All-Purpose Flour, for rolling

3 to 4 medium **Ripe Tomatoes**
(1½ pound total), preferably
heirloom, cored and sliced
crosswise ¼-inch thick

Kosher Salt

2 ounce coarsely grated **Gruyère**
(about ⅔ cup)

⅓ cup **Mayonnaise**

¼ cup finely chopped **Mixed
Fresh Herbs**, such as parsley,
basil, and chives



1 teaspoon finely chopped **Fresh
Oregano** or marjoram
Freshly ground **Black Pepper**

Position a rack in the center of the oven and heat the oven to 425°F.

Sprinkle a 12x17-inch sheet of parchment with 2 tablespoon of the semolina flour. On the semolina, pat the dough into a 5-inch round. Using a floured rolling pin, roll the dough into a 13-inch round, lightly dusting with all-purpose flour to keep the dough from sticking, if necessary.

Transfer the dough on the parchment to a large rimmed baking sheet. Sprinkle the remaining 2 tablespoon semolina flour over the dough, leaving a 1½-inch border.

Arrange the tomatoes over the dough in two flat, slightly overlapping concentric circles, lightly salting each circle as you go.

Combine the cheese, mayonnaise, herbs, and ⅛ teaspoon pepper in a small bowl. Dollop in generous tablespoons over the tomatoes. Fold the dough border over the edges of the tomatoes, pleating the dough as necessary.

Bake until the crust is golden-brown and the tomatoes are tender, 20 to 25 minutes. Let cool on a wire rack until warm, about 30 minutes, before cutting into wedges and serving.

**The secret to keeping the crust from getting soggy despite all of the juicy, ripe tomatoes is to sprinkle a bit of semolina flour under them, where it will absorb the juice.*

Latticello Quattrino

Buttermilk Dough

8 ounces (1¾ cups) **Unbleached All-Purpose Flour**; more as needed
2 teaspoon **Baking Powder**
1 teaspoon **Granulated Sugar**
½ teaspoon **Baking Soda**
½ teaspoon **Salt**
3 ounces (6 tablespoons) **Cold Unsalted Butter**, cut into ½-inch pieces
¾ cup cold, well-shaken **Buttermilk**



In a large, wide bowl, combine the flour, baking powder, sugar, baking soda, and salt. Using a pastry blender or your fingertips, cut in the butter until the mixture resembles coarse meal with some pea-size lumps.

Using a silicone spatula, stir in the buttermilk just until the flour mixture is moistened. Do not overmix; the dough should just come together, and it will be sticky.

Transfer the dough to a floured work surface and gently knead 6 to 8 times, dusting lightly with flour if needed to keep it from sticking.

Pasta e Fagioli

Pasta and Beans

8 slices **Bacon**, cut crosswise into ¼-inch-wide strips
3 medium **Red Onions**, finely chopped
3 medium cloves **Garlic**, minced
½ teaspoon **Dried Rosemary**
2 quarts **Lower-Salt Chicken Broth**
Two 15-½-ounce cans **Chickpeas**, rinsed and drained
14-½-ounce can **Petite-Cut Diced Tomatoes**

4 medium **Carrots**, peeled, halved lengthwise, and thinly sliced
3 medium **Celery Ribs With Leaves**, thinly sliced crosswise
1 slender 3-inch **Cinnamon Stick**
Kosher Salt and freshly ground **Black Pepper**
1 cup **Tubettini** (or other small pasta)
1½ teaspoon **Red-Wine Vinegar**; more to taste
Grated or shaved **Parmigiano-Reggiano** for garnish

In a 6-quart (or larger) Dutch oven over medium heat, cook the bacon, stirring occasionally, until partially crisp, about 7 minutes.

With a slotted spoon, transfer the bacon to a paper-towel-lined plate. Add the onions to the pot and cook, scraping up any browned bits and stirring occasionally, until softened, 6 to 8 minutes. Add the garlic and rosemary and cook, stirring constantly, until fragrant, about 1 minute.



Add the chicken broth, chickpeas, tomatoes and their juices, carrots, celery, cinnamon stick, $\frac{3}{4}$ teaspoon salt, $\frac{1}{2}$ teaspoon pepper, and 1 cup water. Bring to a boil over high heat; skim any foam as necessary. Reduce the heat and simmer, stirring occasionally, until the carrots and celery are very tender, about 30 minutes.

Meanwhile, cook the tubettini according to the package directions and drain.

Discard the cinnamon stick and add the pasta. Stir in the bacon and vinegar. Season to taste with salt, pepper, and more vinegar. Serve garnished with the Parmigiano-Reggiano.

Cantadina Zuppa

Tuscan Peasant Soup

5 tablespoon **Extra-Virgin Olive Oil**

1 $\frac{1}{4}$ cups **Small-Diced Pancetta**

4 cups large-diced **Savoy Cabbage**

2 cups **Medium-Diced Onion**

1 $\frac{1}{2}$ cups **Medium-Diced Carrot**

$\frac{1}{2}$ teaspoon **Kosher Salt**; more as needed

2 tablespoons **Minced Garlic**

1 tablespoon plus 1 teaspoon **Minced Fresh Rosemary**

1 teaspoon **Ground Coriander**

1 28-ounce can **Diced Tomatoes**, drained

7 cups **Low-Salt Chicken Broth**

2 15 $\frac{1}{2}$ -ounce cans **Small White Beans**, rinsed and drained

1-2 teaspoons **Fresh Lemon Juice**

Freshly **Ground Black Pepper**

1 cup **Fresh Breadcrumbs**, toasted

1 cup grated **Parmigiano-Reggiano**

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Heat 2 tablespoons of the olive oil in a 4- to 5-qt. Dutch oven over medium heat. When hot, add the pancetta and cook, stirring frequently, until quite shrunken, golden brown, and crisp (the oil will also be golden brown), about 6 minutes. Remove the pan from the heat and with a slotted spoon or strainer carefully transfer the pancetta to a paper-towel-lined plate. Pour off and discard all but 2 tablespoons of the fat from the pan.



Return the pot to medium-high heat and add the chopped cabbage. Cook the cabbage, stirring occasionally, until limp and browned around the edges, about 3 minutes. Remove the pot from the heat again and transfer the cabbage to another plate.

Put the pot back over medium heat and add 2 tablespoons more of the olive oil. When the oil is hot, add the onions, carrots, and salt. Cook, stirring occasionally, until the onions are softened and the vegetables are browned around the edges and beginning to stick to the bottom of the pan, 8 to 9 minutes. Add the last 1 tablespoon of olive oil, the garlic, 1 tablespoon of the fresh rosemary, and the ground coriander and cook, stirring, until the garlic is fragrant, about 1 minute. Add the tomatoes, stir together, and cook the mixture 2 to 3 more minutes.

Return the cabbage to the pan and add the chicken broth. Stir well, bring to a boil, and reduce to a simmer. Cook for 10 to 15 minutes to infuse the broth with the flavor of the vegetables. Add the beans, bring back to a simmer, and cook for a minute or two. Remove the pan from the heat, stir in the remaining 1 teaspoon fresh rosemary, and let rest a few minutes.

Taste the soup and add lemon juice to brighten it—you'll want at least 1 teaspoon. Season with more salt if necessary and a few grinds of fresh pepper.

Serve the soup hot, garnished with the reserved pancetta crisps, the toasted breadcrumbs, and the grated Parmigiano.

Pizze Assortiti

Assorted Pizzas

Inizia Con la Pasta di Base

Begin With the Basic Dough

1 pound (3½ cups) **Unbleached Bread Flour**; more as needed
2 teaspoon **Granulated Sugar** or **Honey**
1½ teaspoon **Table Salt** (or 2½ teaspoon **Kosher Salt**)
1¼ teaspoon **Instant Yeast**
1½ tablespoon **Extra-Virgin Olive Oil**; more as needed
Semolina Flour (optional)



Combine the flour, sugar or honey, salt, yeast, and olive oil in a large mixing bowl or in the bowl of an electric stand mixer. Add 1¼ cups plus 2 tablespoons cool (60-65°F) water. With a large spoon or the paddle attachment of the electric mixer on low speed, mix until the dough comes together in a coarse ball, 2 to 3 minutes by hand or 1 to 2 minutes in the mixer. Let the dough rest, uncovered, for 5 minutes.

Knead the dough: If using an electric mixer, switch to the dough hook. Knead the dough for 2 to 3 minutes, either by hand on a lightly floured work surface or with the mixer's dough hook on medium-low speed. As you knead, add more flour or water as needed to produce a ball of dough that is smooth, supple, and fairly tacky but not sticky. When poked with a clean finger, the dough should peel off like a Post-it note, leaving only a slight residue. It may stick slightly to the bottom of the mixing bowl but not to the sides.

Chill the dough: Lightly oil a bowl that's twice the size of the dough. Roll the dough in the bowl to coat it with the oil, cover the top of the bowl tightly with plastic wrap, and refrigerate for at least 8 hours and up to 3 days. It will rise slowly in the refrigerator but will stop growing once completely chilled. If the plastic bulges, release the carbon dioxide buildup by lifting one edge of the plastic wrap (like burping it) and then reseal. Use the dough for pizzas, calzones, or stromboli as directed in the recipes.

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Make Ahead Tips

It's best to mix the dough at least a day before you plan to bake. The dough keeps for up to 3 days in the refrigerator or for 3 months in the freezer. To freeze the dough: After kneading the dough, divide it into 4 pieces for pizzas or calzones or 2 pieces for stromboli. Freeze each ball in its own zip-top freezer bag. They'll ferment somewhat in the freezer, and this counts as the rise. Before using, thaw completely in their bags overnight in the fridge or at room temperature for 2 to 3 hours. Then treat the dough exactly as you would regular overnighted dough, continuing with the directions for making pizzas, calzones, or stromboli.

Variations

Whole Wheat Pizza Dough: Replace 25% to 50% of the flour with an equal amount of whole wheat flour. It may be necessary to add more all-purpose flour as you knead. Your goal is to produce a ball of dough that is smooth, supple, and fairly tacky but not sticky.

Cornmeal Pizza Dough: Replace 25% to 50% of the flour with an equal amount of cornmeal. Start with the same water as in regular dough and adjust from there, adding more flour as needed. You may need to add up to 10 tablespoon of flour to get the right consistency: supple and tacky (almost but not quite sticky). The amount of extra flour will depend on the type of cornmeal. Polenta, for instance, absorbs much more slowly than fine grind cornmeal. Because cornmeal often takes a little longer to fully hydrate, you'll find that the dough will firm up slightly as it cools in the fridge.

Pizza Margherita

You'll want ½ cup tomato sauce or chopped canned tomatoes, about a quarter pound of shredded mozzarella, and 3-4 fresh basil leaves. Spread the tomato sauce on the dough, sprinkle with the mozzarella, drizzle with a few drops olive oil, add the basil and bake.



Pizza Marinara

You'll want two cloves (or more or less to taste) finely sliced garlic, and ½ cup tomato sauce or chopped canned tomatoes. Spread the sauce over the pizza, sprinkle the garlic, drizzle with a few drops olive oil and bake.



Pizza al Prosciutto

You'll want 2-3 ounces finely sliced cooked prosciutto or ham, shredded, ½ cup tomato sauce or chopped canned tomatoes, and ¼ pound shredded mozzarella. Spread the tomato sauce, sprinkle with the mozzarella and ham, drizzle with a few drops olive oil and bake.



Pizza Prosciutto e Funghi

You'll want about a cup finely sliced Champignon mushrooms, ½ cup tomato sauce or chopped canned tomatoes, 2-3 ounces finely sliced ham, and ¼ pound shredded mozzarella. Spread the tomato sauce, sprinkle the other toppings over it, drizzle with a few drops olive oil and bake.



Pizza La Napoletana

You'll want ½ cup tomato sauce or chopped canned tomatoes, ¼ pound shredded mozzarella, 3-4 anchovy filets or more to taste, 1 tablespoon or so rinsed salted or pickled capers, a dusting of oregano. Spread the tomato sauce over the pizza, dot it with the remaining ingredients, drizzle with a few drops olive oil and bake.



Pizza L'Atomica

Though the one constant is a healthy jolt of crumbled red pepper, the other ingredients vary considerably from pizzaiolo to pizzaiolo.



Variation 1: ½ cup tomato sauce or chopped canned tomatoes, a tablespoon or to taste salted or pickled capers (rinsed), 3-4 anchovy fillets, boned, a dusting of oregano, and crumbled red pepper, to taste. ¼ pound shredded mozzarella is optional. Assemble the pizza, drizzle with a few drops olive oil and bake.

Variation 2: ½ cup tomato sauce or chopped canned tomatoes, ¾ cup finely sliced mushrooms, a dusting of oregano, crumbled red pepper to taste, and ¼ pound shredded mozzarella (optional). Assemble the pizza, drizzle with a few drops olive oil and bake.

Pizza Quattro Stagioni

½ cup tomato sauce or chopped canned tomatoes, 3-4 canned artichoke hearts, quartered, 5-6 black olives packed in brine (you'll want the sweet variety), ½ cup finely sliced mushrooms, 2 ounces finely sliced ham, shredded, and ¼ pound shredded mozzarella. Spread the tomato and the mozzarella, arrange the other four toppings each in its quarter of the pizza; drizzle with a few drops olive oil and bake. (Other toppings can be substituted, as desired.)



Pizza ai Quattro Formaggi

½ cup tomato sauce or chopped canned tomatoes, ¼ pound shredded mozzarella, ⅓ cup (each) shredded pecorino, gorgonzola, groviera (Swiss Cheese), and fontina or asiago, one black olive. Spread the tomato, and sprinkle it with the cheeses; the pizza will look almost white. Dot it with the olive and bake.



Pizza Capricciosa

Everything in the house

Not really, but it seems like that. It's usually the richest pizza offered, and every pizzaiolo makes it differently. This is based on the Pizzeria Giancarlo, outside Florence's Porta San Frediano. ½ cup tomato sauce or chopped canned tomatoes; ¼ pound shredded mozzarella; 1 finely sliced hot dog; 1 link sweet Italian sausage (about 2 inches long); skinned and shredded; 8 thin slices salamino piccante (pepperoni in the anglo-saxon world); 2 ounces thinly sliced ham, shredded; 2 canned artichoke hearts, quartered. Spread the tomato sauce over the pizza, sprinkle the remaining ingredients over the sauce, drizzle with a few drops olive oil and bake.



Pizza Vegetariana

Again lots of variability, though the vegetables used are almost always cooked: stewed peppers, stewed eggplant, artichoke hearts, spinach, and what have you. Begin with the standard ½ cup tomato sauce or chopped canned tomatoes and ¼ pound shredded mozzarella, and go from there, adding the cooked vegetables you prefer. Drizzle with a few drops olive oil and bake.



Pizza alla Bismark

For reasons unknown a pizza with an egg cracked over it so it emerges from the oven sunny-side-up is called a Bismark. Exactly what else goes onto the pizza is up to the pizzaiolo, but ham goes quite well. So: ½ cup tomato sauce or chopped canned tomatoes, 2-3 ounces thinly sliced ham, shredded, and ¼ pound shredded mozzarella and 1-4 eggs. Spread the tomato sauce over the pizza, sprinkle the remaining ingredients over the sauce, crack the egg(s) over the middle of the pizza, drizzle with a few drops olive oil and bake.



Tiramisu

6 Egg Yolks

3 tablespoons Sugar

1 pound **Mascarpone Cheese**

1½ cups strong **Espresso**, cooled

2 teaspoons **Dark Rum**

24 packaged **Ladyfingers**

½ cup **Bittersweet Chocolate**
Shavings, for garnish



In a large bowl, using an electric mixer with whisk attachment, beat egg yolks and sugar until thick and pale, about 5 minutes. Add mascarpone cheese and beat until smooth. Add 1 tablespoon of espresso and mix until thoroughly combined.

In a small shallow dish, add remaining espresso and rum. Dip each ladyfinger into espresso for only 5 seconds. Letting the ladyfingers soak too long will cause them to fall apart. Place the soaked ladyfinger on the bottom of a 13x9-inch baking dish, breaking them in half if necessary in order to fit the bottom.

Spread evenly ½ of the mascarpone mixture over the ladyfingers. Arrange another layer of soaked ladyfingers and top with remaining mascarpone mixture.

Cover tiramisu with plastic wrap and refrigerate for at least 2 hours, up to 8 hours.

Before serving, sprinkle with chocolate shavings.

"The reason that art (writing, engaging, and all of it) is valuable is precisely why I can't tell you how to do it. If there were a map, there'd be no art, because art is the act of navigating without a map."

Seth Godin

Crostata di Lamponi

Tart with Raspberry Jam

1½ cups **All-Purpose Flour**
2 tablespoons **Sugar**
½ teaspoon grated **Lemon Peel**
10 tablespoons (1¼ sticks) **Unsalted Butter**, chilled, cut into ½-inch pieces
¼ teaspoon **Salt**
3 tablespoons **Ice Water**
Flour for dusting, as needed
1 jar (¾ cup) **Raspberry Preserves**
1 tablespoon **Fresh Lemon Juice**
1 tablespoon **Sliced Almonds**, toasted



Mix the flour, sugar, and lemon peel, in a food processor. Add the butter. Pulse until the mixture resembles a coarse meal. Add salt. Pulse in the ice water, 1 tablespoon at a time, until moist clumps form. Gather the dough into a ball; flatten into a disk. Wrap the dough in plastic and refrigerate until firm, about 1 hour.

Position the rack in the center of the oven and preheat the oven to 400°F. Roll out the dough on a floured surface to an 11-inch round. Transfer the dough onto a heavy baking sheet that has been lined with a Silpat or parchment paper. Stir the lemon juice into the preserve and spread the preserves on top of dough, leaving a 2-inch border. Fold the dough border over the filling to form an 8-inch round, pleating loosely and pinching to seal any cracks in the dough.

Bake the crostata until the crust is golden, 35 to 40 minutes. Allow to cool. Sprinkle with the almonds and dust with the powdered sugar, if you wish. Slide a metal spatula under the crust to free the crostata from the baking sheet and serve.