

Joe and Amy's Italian Cookbook

Recipes Inspired by Our Trip to Italy
October 2006



TABLE OF CONTENTS

| | |
|---|-----------|
| INTRODUCTION | 2 |
| REGIONAL CUISINE..... | 3 |
| LAZIO | 4 |
| TOSCANO..... | 4 |
| VENETO | 5 |
| CAMPANIA | 5 |
| RECIPES | 6 |
| INSALATA CAPRESE | 6 |
| BAKED SEA BASS WITH CAPERS | 7 |
| GORGONZOLA GNOCCHI | 8 |
| PARMESAN PESTO LINGUINE | 10 |
| SPAGHETTI CARBONARA | 11 |
| FETTUCCINE WITH CLAMS AND CREAM..... | 12 |
| LASAGNA..... | 13 |
| SPINACH AND RICOTTA RAVIOLI | 15 |
| ROSEMARY AND LEMON ROASTED CHICKEN AND MUSHROOM RISOTTO | 17 |
| PIZZA DOUGH | 19 |
| PIZZA MARGHERITA | 21 |
| PIZZA WITH CREAM AND PROSCIUTTO..... | 22 |
| ITALIAN SANDWICHES | 23 |
| TIRAMISU | 25 |
| LUSCIOUS LEMON CAKE..... | 27 |
| MINI CHOCOLATE CROISSANTS | 29 |
| RUSTIC ITALIAN BREAD | 30 |
| ITALIAN CHEESES..... | 31 |
| ITALIAN WINES..... | 33 |
| ITALIAN PASTA AND SAUCES..... | 34 |
| GLOSSARY | 36 |
| ITALIAN MENU TRANSLATIONS..... | 37 |

Introduction

Food may not be Italy and Italy may not be food, but we thought creating this cookbook was a great way to share our Italian experience with you. We hope you enjoy our recipes and stories.

In October 2006, we traveled through Italy visiting Rome, Florence, Venice, Naples, Sorrento, and Capri along the way. As well as enjoying the beautiful landscapes of Italy, we enjoyed the wine and cuisine of Italy. While Joe kept looking for an Olive Garden, I made notes of the variation in foods between the regions.

Each region has its own specialties and sometimes even a particular town or village has a special food. We quickly learned that the all foods of Italy are simple. The ingredients are fresh and the dishes are uncomplicated. Italians believe in the natural flavor of fresh ingredients which can sometimes seem bland to our American palettes.

Ordering and eating a meal in Italy can be quite different from the experience in the United States. Italian meals may last one to two hours or more and Italians usually eat fairly late meals. Lunch will not start before 1:00 and dinner will not start before 8:00.

Traditional Italian menus have five sections. A full meal usually consists of an antipasto, il primo, il secondo, contorni, and dolce.

Antipasto, the appetizer, comes before the main meal. This includes hot and cold appetizers. An antipasto may be a bowl of marinated olives, bruschetta, carpaccio, or a platter of meats and cheeses served with bread.

Il Primo, the first course, is pasta, risotto, gnocchi, polenta, or soup. There are typically several pasta choices but it should be noted that Italian pasta dishes usually have much less sauce than American pasta dishes. In Italy, the type of pasta is often more important than the sauce.

Il Secondo, the second or main course, is usually meat, poultry, or fish. Pasta is never the main course in a traditional menu. The main course usually does not include a potato or vegetable.

Contorni, the side dishes, are usually ordered with the main course. Side dishes include vegetables (verdure) and salads (Insalata).

Dolce, the dessert, is eaten at the end of the meal. The choices may include fruit or cheese. After dessert, café is offered.

Il primo, or first course, is usually the more filling dish in a traditional Italian meal. Il secondo, or second course, is often scant in comparison. The exception to this can be found in Tuscany where the traditional menu serves soup as il primo and a hearty meat dish as il secondo.

Regional Cuisine

Northern Italian cuisine is characterized by less use of olive oil, pasta and tomato sauce and more use of butter (or lard), rice, corn (for polenta) and cheeses for cream sauces. Seafood and shellfish are very popular on the coasts and rivers and streams provide carp and trout.



Much of what the rest of the world considers Italian food comes from the central regions of Italy. Velvety smooth olive oils, world-famous cheeses, savory cured meats and rich tomato sauces grace the tables of this sun-scorched area. From the pizza of Naples to the countless types of dried and fresh pasta, the food of the southern regions is the soul of Italy. Rich and spicy tomato sauces and the almost exclusive use of olive oil in cooking are found here. The south is home to citrus fruits, fields of durum wheat for pasta, olive groves and vineyards. The sea is used to its fullest extent with all manner of seafood enjoyed from tuna to anchovies, clams to sea urchins.

We visited Roma (Rome) in the Lazio region, Firenze (Florence) in the Toscana region, Venézia (Venice) in the Veneto region, and Nápoli (Naples) in the Campania region of Italy.

LAZIO

The region of Lazio is divided into the four provinces of Viterbo, Rieti, Latina and Rome. Traditional cooking in Lazio reflects the meals of shepherds and farmers, which were made from a few ingredients, prepared simply.

Regional dishes include Saltimbocca (Veal Scaloppini with Prosciutto and Sage), Spaghetti alla Amatriciana (Spaghetti with Tomato and Basil), Crostata di Marmellata (Jam Tart), Fettuccine alla Papalina (Fettuccine with Prosciutto and Bacon), Spaghetti alla Carbonara (Spaghetti with Egg and Bacon), Gnocchi di Patate (Potato Gnocchi), and Crostata di Ricotta (Roman Ricotta Cake).

TOSCANO

The region of Tuscany is divided into the provinces of Florence, Siena, Arezzo, Grosseto, Livorno, Pisa, Pistoia, Lucca, Prato, Massa Carrara, and Massa. Tuscan cuisine stirs the soul and enters the consciousness, weaving a narrative of country life most easily expressed in the kitchen. But Tuscan food is not fussy. Any given day's dinner is determined by a combination of gastronomic whim and what is fresh at the vendor's stalls. From grapes, olives and porcini mushrooms to game, herbs, cheeses, and pasta, its plentiful bounty is on display at markets all around the fertile countryside.

Regional dishes include Pasta e Fagioli (Noodle and Bean Soup), Arrosto di Maiale alle Erbe (Roast Pork with Herbs), Funghi Trifolati (Sautéed Mushrooms), Ravioli di Ricotta e Spinaci (Ravioli Stuffed with Ricotta Cheese and Spinach), Focaccia al Rosmarino (Rosemary Focaccia), Zuccotto (Whipped Cream Trifle), and Pesche con Vino Chianti (Peaches in Chianti Wine).

VENETO

The region of Veneto is divided into the provinces of Venice, Verona, Vicenza, Treviso, Padova, Rovigo and Belluno. The main difference between the cuisines of Venice and other parts of Veneto is that the former prominently features seafood while the latter favors heavier meat-based dishes. In general, Venetian cuisine is based on four basics: polenta, rice, beans, and vegetables. These foods often are complemented by the presence of cinnamon, cloves, or other spices – a remnant of the 14th century spice trades in Venice, which was an important center of European commerce.

Regional dishes include Risotto con Zucca e Radicchio (Risotto with Pumpkin and Red Radicchio), Cape Sante al Basilico (Scallops in Basil Sauce), Risi e Bisi (Rice and Peas), and Tiramisu (Coffee and Cheese Cake Trifle).

CAMPANIA

The region of Campania is divided into the provinces of Naples, Caserta, Salerno, Avellino and Benevento. The cooking of Campania is delightfully simple – but it’s also, like Naples’ bustling streets, speedy. Fresh fish and seafood (such as octopus, mussels and baby clams) from the Gulf of Naples, tomatoes and other vegetables grown in the region’s fertile volcanic soil, aromatic buffalo mozzarella cheese, and of course, pizza and pasta (especially spaghetti), are the region’s best-loved foods, and all are prepared with a minimum of fuss.

Regional dishes include Pizza Margherita, Pasta Puttanesca (Pasta with Olives, Capers, and Tomatoes), Pasce all’Aqua Pazza (Fish with Lemon and Tomato), Insalata Caprese (Tomato and Mozzarella Salad), and Biscotti Rococo (Spicy Almond Cookies).

Recipes

Upon returning home, we began recreating some of our favorite meals and some meals we wished we had found while in Italy. Most of the recipes are simple, keeping with the Italian traditions we found.

INSALATA CAPRESE

This is a salad from the gorgeous island of Capri. We found many variations of the salad throughout Italy, but our favorite stays true to the original Caprese Salad which represents the colors of the Italian flag with green basil, white mozzarella, and red tomatoes.



Ingredients

- 8 oz. fresh mini mozzarella
- 6 oz. grape or cherry tomatoes
- Fresh basil leaves
- ¼ cup olive oil
- 1 T. Balsamic vinegar
- Salt and pepper

Instructions

1. Slice the mozzarella and tomatoes in half. Coarsely chop the basil. Place mozzarella, tomatoes and basil in a bowl.
2. In a small bowl, whisk together olive oil and balsamic vinegar. Add a dash of salt and pepper. Sprinkle over salad and toss to lightly coat.

Serves: 2-3

Note: An alternative presentation of this salad is using slices of whole tomatoes arranged in a circle with slices of fresh mozzarella and basil leaves.

BAKED SEA BASS WITH CAPERS

We actually had sea bass in Italy a couple times. Each time it was served completely plain. This recipe is simple, but adds a little more flavor to the fish which is hard to find as fresh as it was in Italy along the sea. Since sea bass can be hard to find in the United States, and quite expensive, this recipe would also work for halibut, orange roughy, grouper, salmon, cod, or whitefish.



Ingredients

- 4 sea bass fillets, about 4-6 ounces each
- 2 T. butter
- 2 T. olive oil
- 2 garlic cloves, minced
- 3 T. capers
- ¼ cup fresh lemon juice
- Salt and pepper

Instructions

1. Preheat oven to 400°.
2. Heat the butter and olive oil in a small sauté pan until butter is melted. Add the garlic and capers. Cook for about 1 minute and remove from heat. Add the lemon juice, salt and pepper.
3. Cut four large pieces of parchment paper. Place one fillet in the center of each. Carefully spoon the butter-caper sauce over each fillet.
4. To seal the packages, first bring the long edges together and fold twice. Repeat this procedure with each of the short edges. Place the packages in a baking dish.
5. Bake for 15-20 minutes, or until fish is opaque. The fish can be served in the package or removed and placed on a plate with the sauce.

Serves: 4



GORGONZOLA GNOCCHI

Gnocchi is the Italian word for dumpling and is served as the 'il primo', or first course of a traditional Italian meal. This simple gnocchi is served in a gorgonzola cream sauce. Gorgonzola is a wonderful Italian blue cheese that is full of very strong flavors.



Ingredients

Potato Gnocchi

1½ lbs. Yukon Gold or Russet potatoes
2 eggs
2½ - 3 cups flour

Gorgonzola Sauce

7 oz. Gorgonzola cheese
⅓ cup butter
1 ¼ cup cream
½ tsp. freshly grated nutmeg (optional)
Salt and pepper

Instructions

Potato Gnocchi

1. Cook potatoes, in skins, in boiling salted water until tender. Drain water and peel potatoes while still warm. Mash until smooth, by hand or with an electric mixer.
2. Add eggs and 2 cups flour. Stir, adding more flour as needed, until dough is soft, smooth, and barely sticky.
3. Dust the work surface with flour. Take a piece of dough and roll into a rope about ½ to ¾ inch in diameter. Cut the rope into ½ to ¾ inch pieces. Roll each piece slightly to create a small egg-shaped piece of dough. Repeat using all the dough.
4. Bring a large pot of salted water to a boil. Working in small batches, place the gnocchi in the boiling water. The gnocchi will sink and then rise. Continue to cook the gnocchi for about 1-2 minutes after they have risen. Remove from water with a slotted spoon and place on serving platter. Keep warm until ready to serve.

Gorgonzola Sauce

1. Melt gorgonzola and butter in a sauce pan over medium low heat while stirring frequently.
2. Add cream and cook 5-7 minutes, until cream has reduced and sauce has thickened.
3. Season to taste with salt, pepper, and nutmeg.
4. Pour gorgonzola sauce over gnocchi and serve immediately.

Serves: 4-6

Note: Pre-made gnocchi are available in many grocery stores now. Although gnocchi are not difficult to make, the preparation can be time consuming.

PARMESAN PESTO LINGUINE

We probably ate Linguine with Pesto at least every other day. Although always very good, our favorite was at Caffé Maioli in Florence, across the Arno River. The pesto had an extra creamy parmesan flavor that we really liked. This version tastes very similar but uses chicken broth in place of a lot of the olive oil we found left on our plates in Italy.



Ingredients

- 1 cup basil leaves (or two ¾ oz. pkgs.)
- ½ cup Parmesan cheese chunks
- ¼ cup olive oil
- 1½ T. pine nuts
- 1 clove garlic, coarsely chopped
- 1 slice white bread, crusts removed
- ¼ cup chicken or vegetable broth
- ½ lb. linguine, cooked according to package directions

Instructions

1. Soak bread in the broth for 2-3 minutes to absorb the liquid.
2. Put all ingredients, except olive oil, into a food processor. Mix until combined and finely chopped. Add olive oil and mix again briefly.
3. Serve pesto over hot linguine and sprinkle with freshly grated Parmesan cheese.

Serves: 2

Note: A little pesto goes a long way. Toss the pesto with the linguine to evenly distribute.



SPAGHETTI CARBONARA

We had authentic Spaghetti Carbonara our first night in Rome at a little restaurant off Via Veneto. Unlike the Olive Garden version that Joe loves, it was actually quite dry. The recipe below stays true to the flavor of authentic Spaghetti Carbonara but creates more sauce to please Joe's taste buds.



Ingredients

- 2 T. olive oil
- 2 T. butter
- 2 shallots, finely chopped
- 4 cloves garlic, cut in half
- 4 oz. pancetta
- 1 cup chicken broth
- 1 cup cream
- 1 lb. cooked spaghetti
- 1 cup Parmesan or Pecorino cheese, freshly grated
- Fresh cracked black pepper
- 4 egg yolks, slightly beaten
- ¼ cup parsley, chopped (optional)

Instructions

1. Heat the olive oil and butter in a large sauté pan over medium heat.
2. Add the shallot, garlic, and pancetta. Cook until the pancetta begins to brown. Remove the garlic from the pan.
3. Add the chicken broth and cream. Cook over high heat for 5 minutes while stirring often.
4. Turn off the heat and add the pasta, cheese, black pepper, and egg yolks to the sauce. Using tongs, toss the pasta with the sauce making sure to incorporate the egg yolks.
5. Serve with freshly grated cheese and chopped parsley.

Serves: 4-6

FETTUCCINE WITH CLAMS AND CREAM

Joe loves a creamy clam sauce on his pasta. When he discovered the pasta with clam sauce at a restaurant in Rome was made with olive oil he asked to have a cream sauce. The waiter told him it is no good with cream sauce and he will like it better with olive oil. In essence, his request was denied. Well, Joe really does prefer a cream sauce for his pasta with clams and the look on his face when he tried this version confirmed it is great.



Ingredients

- 1 lb. fettuccine, cooked according to package directions
- 2 – 6.5 oz. cans clams, chopped
- 2-4 cloves garlic, minced
- 3 T. olive oil
- 2-3 tsp. dried chiles, finely chopped or crushed red pepper
- 1 bay leaf
- $\frac{3}{4}$ cup cream
- 1 pint cherry or grape tomatoes, diced
- Dash of salt
- Freshly grated Parmesan cheese

Instructions

1. Sauté garlic, chiles, and bay leaf in olive oil until garlic begins to brown.
2. Add clams, clam juice, cream, tomatoes, and salt. Simmer over medium-high heat for 10-12 minutes or until sauce has reduced.
3. Add cooked pasta to sauce and toss to coat.
4. Transfer pasta to a serving dish and sprinkle with Parmesan cheese. Serve immediately.

Serves: 4

Note: If available, use fresh clams in the recipe and serve in the shells. To use fresh clams instead, soak 2 lbs. fresh clams in cold water for 1 hour. Put clams in a large sauté pan over high heat, covered, until clams open. Make sure to discard any shells that do not open. Add the clams with their juice to the recipe in place of the chopped, canned clams.

LASAGNA

We did not have lasagna in Italy, but we created this recipe at home before our trip as we started to get excited about the foods of Italy. The ingredients and flavors of the recipe are probably too complex for Italians but we think it tastes fantastic. This has a lot of cheese that can easily be reduced, if desired.



Ingredients

- 1 lb. lasagna noodles, cooked according to package directions
- 1 lb. ground beef
- 1 lb. hot Italian sausage
- 1 jar Newman's Own Roasted Garlic & Pepper sauce
- ¾ jar Newman's Own Tomato & Roasted Garlic sauce
- 1 cup yellow onion
- 3 cloves garlic, minced
- 3 T. olive oil
- 1 egg
- 10 oz. frozen leaf spinach, thawed
- ½ cup grated Parmesan
- 15 oz. ricotta
- 4 to 8 oz. shredded Italian cheeses
- 4 to 8 oz. mozzarella cheese slices
- 8 oz. fresh mozzarella, thinly sliced (optional)
- Salt, pepper and garlic-pepper seasoning

Instructions

1. Heat 1½ T. olive oil in a large skillet over medium heat. Add ground beef and cook until browned. Use the spatula to break ground beef into crumbles as it cooks. Season with salt, pepper, and garlic-pepper seasoning (to taste). Add ¾ cup onion (coarsely chopped) and 2 cloves garlic and continue to cook until onions are soft. Stir in the jar of Roasted Garlic and Pepper sauce. Remove from heat and set aside.
2. At the same time, heat 1½ T. olive oil in a medium skillet over medium heat. Add the Italian sausage and cook until browned. Use the spatula to break Italian sausage into crumbles as it cooks. Remove from heat and set aside.

3. In a bowl, lightly beat the egg. Add 1 clove garlic, $\frac{1}{4}$ cup onion (finely chopped), $\frac{1}{2}$ cup grated parmesan, spinach, 1 tsp. salt, and $\frac{1}{2}$ tsp. black pepper. Stir to combine. Add ricotta and stir to combine.
4. To assemble lasagna, pour $\frac{3}{4}$ - 1 cup Tomato & Roasted Garlic sauce into the bottom of a deep 9x13-inch baking dish and spread to cover the bottom. Arrange 4 lasagna noodles to cover the bottom of the baking dish. Scoop half the ground beef mixture over the noodles. Sprinkle with about 1 cup of the shredded Italian cheeses. Arrange 4 lasagna noodles over the meat and cheeses. Scoop half the ricotta mixture over the noodles. Arrange 4 lasagna noodles over the ricotta mixture. Scoop the remaining ground beef mixture over the noodles. Sprinkle with about 1 cup of the shredded Italian cheeses. Arrange 4 lasagna noodles over the meat and cheeses. Scoop the remaining ricotta mixture over the noodles. Arrange 4 lasagna noodles over the ricotta mixture. Pour $\frac{3}{4}$ - 1 cup Tomato & Roasted Garlic sauce over the noodles. Arrange fresh mozzarella slices over sauce. Sprinkle the sausage over the fresh mozzarella slices and sauce. Pour $\frac{1}{2}$ - $\frac{3}{4}$ cup Tomato & Roasted Garlic sauce over the sausage. Top with packaged mozzarella slices.
5. Cover with foil. Bake in an oven preheated to 375° for 35 minutes. Remove foil and back an additional 15 minutes or until cheese begins to brown.

Serves: 10-12

SPINACH AND RICOTTA RAVIOLI

This is the recipe we made in a cooking class we took in the Tuscan countryside. Although we weren't able to eat the exact ravioli we created, someone in the class made the ravioli that we ate that day.



Ingredients

Fresh Egg Pasta Dough

3 cups fine semolina (wheat durum) flour
3 large eggs
Pinch of salt
Water (if and as needed)

Spinach and Ricotta Filling

2 cups fresh ricotta
1 cup steamed spinach
1/3 cup freshly grated Parmigiano Reggiano cheese
1 large egg
Freshly grated nutmeg (to taste)
Salt (to taste)

Instructions

1. Pour 2 1/2 cups semolina flour on a clean surface to create a mound. Use your fingers to create a well in the center. Add other pasta dough ingredients to the well. Start incorporating the flour from the inner rim of the well into the other ingredients using your fingers of one hand.
2. Begin kneading the dough when the flour and other ingredients have been combined. Add the extra semolina as necessary if the dough is too sticky. Continue to knead the dough until it becomes smooth and elastic. The dough should not be sticky. After kneading the dough, roll into a ball and wrap with plastic wrap. Allow the dough to rest at room temperature for at least 15 minutes.
3. In the meantime, mince and squeeze excess water from the spinach. Combine all ingredients for the filling. Set aside.
4. If you have a pasta machine, divide the dough into balls (about the size of a small orange) and roll them through set number 1, then 3, then 5, then 7. (For gourmet, professional ravioli try 8 or 9, at your own risk.)

5. Use a round ravioli cutter or glass to cut out as many circles as possible from the sheet of ravioli dough. Place about a teaspoon of filling in the center of each pasta circle. Fold the pasta circle in half and squeeze out the air when sealing the edges, making sure the filling remains inside.
6. Lay the ravioli on a well floured surface. The ravioli should not touch each other.
7. Bring a large pot of salted water to boil. Carefully place the ravioli in the water and cook 3-4 minutes. (You will probably need to cook the ravioli in batches.)
8. Strain and serve the ravioli immediately with olive oil and freshly grated Parmigiano Reggiano cheese or your favorite tomato sauce.

Serves: 10-12

Note: This is a basic pasta dough recipe. The same recipe can be used to make other pastas such as fettuccine.

ROSEMARY AND LEMON ROASTED CHICKEN AND MUSHROOM RISOTTO

Unfortunately, we were not very impressed with the roasted chicken and risotto we had in Italy. Both were dry and tasteless. These recipes are full of flavor – probably too much flavor to be considered authentic but we think they taste great. We like both of these together in the same meal, but you can make one or the other.



Ingredients

Roasted Chicken

- 2 cups water
- 1 large yellow onion, sliced
- 1 large lemon, sliced
- $\frac{3}{4}$ oz. fresh rosemary sprigs
- 6 cloves garlic, halved
- 4 T. butter, melted
- Salt and pepper
- 1 whole chicken, cut into pieces or
4 chicken breasts with bone and skin

Mushroom Risotto

- 2 T. olive oil
- 2 T. butter
- $\frac{3}{4}$ cup yellow onion, chopped
- 1 clove garlic, minced
- 1 cup Arborio rice
- 4 cups chicken (or vegetable) broth
- $\frac{1}{2}$ cup cream
- 1 cup Parmesan cheese, freshly grated
- 6 oz. flavorful mushroom (such as Shitake, Chanterelle, or Oyster)
- $\frac{1}{4}$ cup olive oil
- $1\frac{1}{2}$ tsp. dried thyme
- 1 tsp. salt
- 2 tsp. garlic-pepper seasoning

Instructions

Roasted Chicken

1. Pre-heat the oven to 375°.
2. Pour the water into a 9x13-inch baking dish. Arrange the onion, lemon, rosemary, and garlic in a single layer in the baking dish.
3. Place the chicken in the baking dish and sprinkle each piece with salt and pepper. Pour the melted butter over the chicken.
4. Bake uncovered for 1 hour. Baste the chicken with the liquid in the pan every 15 minutes while cooking.

Mushroom Risotto

1. Heat ¼ cup olive oil in a small sauté pan over medium-high heat. Add chopped mushrooms and arrange so mushrooms form a single layer across the pan. Allow mushrooms to cook 2-3 minutes without turning.
2. Add thyme, salt and garlic-pepper seasoning to mushrooms. Stir and continue to cook 2-3 more minutes. Remove from heat and set aside.
3. In a large sauce pan, heat 2 T. butter and 2 T. olive oil over medium heat. Add onion and garlic. Cook until onion is soft.
4. Add rice and stir for about 2 minutes.
5. Add 1 cup broth. Continue to cook and stir until broth is absorbed by the rice. Add another cup of broth. As before, cook and stir until broth is absorbed by the rice. Repeat with remaining broth.
6. Stir in cream. Continue to cook and stir for 5 minutes.
7. Stir in mushrooms and cheese.

Serves: 4-6



PIZZA DOUGH

*Unlike the other recipes in this book, this one was not created by us. This recipe is from **The Bread Baker's Apprentice** by Peter Reinhart. This is a fantastic book about the art of making artisan breads. While still easy to read and understand, this book explains the details and subtleties of bread making. The recipe for Pizza Napoletana dough is full of flavor.*

Ingredients

4½ cups bread flour
1¾ tsp. salt
1 tsp. instant yeast
¼ cup olive oil
1¾ cups ice cold water
Spray oil
Semolina flour or cornmeal for dusting

Instructions

1. Stir together the flour, salt, and yeast in the bowl of an electric mixer and mix on low speed with the paddle attachment to combine. Add oil and water. Continue mixing until the flour is all absorbed.
2. Switch to the dough hook and mix on medium speed for 5 to 7 minutes, or as long as it takes to create a smooth, sticky dough. The dough should clear the sides of the bowl but stick to the bottom. If the dough does not come off the sides of the bowl, sprinkle in more flour until it clears the sides. If the dough clears the bottom of the bowl, dribble in a teaspoon or two of cold water. The finished dough will be springy, elastic, and sticky, not just tacky and register 50° to 55 F°.
3. Sprinkle flour on the counter and transfer the dough to the counter. Prepare a sheet pan by lining it with baking parchment and misting the parchment with spray oil. Using a metal dough scraper, cut the dough into 6 equal pieces. Lift each piece and gently roll it into a ball. Transfer the dough balls to the sheet pan. Mist the dough generously with spray oil and cover the pan with plastic wrap or put into a food-grade plastic bag.
4. Put the pan into the refrigerator overnight to rest the dough, or keep for up to 3 days. (You can also freeze the dough for up to 3 months. Dip each dough ball into a bowl that has a few tablespoons of oil in it, rolling the dough in the oil, and then put each ball into a separate bag. Transfer the dough to the refrigerator the day before you plan to make pizza.)

5. On the day you plan to make pizza, dust the counter with flour and mist the counter with spray oil. Place the dough balls on top of the floured counter and sprinkle them with flour; dust your hands with flour. Gently press the dough into flat disks about ½ inch thick and 5 inches in diameter. Sprinkle the dough with flour, mist it again with spray oil, and cover the dough loosely with plastic wrap. Let rest of 2 hours.
6. At least 45 minutes before making the pizza, place a baking stone on the floor of the oven (for gas ovens or on the lowest rack for electric ovens). Preheat the oven as hot as allowed.
7. Generously dust a pizza peel (or back of a sheet pan) with semolina flour or cornmeal. Make the pizzas one at a time. Dip your hands, including the backs of your hands and knuckles, in flour and lift 1 piece of dough by getting under it with a pastry scraper. Very gently lay the dough across your fists and carefully stretch it by bouncing the dough in a circular motion on your hands, carefully giving it a little stretch with each bounce. If it begins to stick to your hands, lay it down on the floured counter and re-flour your hands, then continue to shaping it. Once the dough has expanded outward, move to a full toss. If you have trouble tossing the dough, or if the dough keeps springing back, let it rest for 5 to 20 minutes so the gluten can relax, and try again. You can also resort to using a rolling pin, though this isn't as effective as the toss method.
8. When the dough is stretched to your satisfaction (about 9 to 12 inches in diameter), lay it on the peel or pan, making sure there is enough semolina or cornmeal to allow it to slide. Lightly top with sauce and other toppings. Try Pizza Margherita on page 21 or Pizza with Cream and Prosciutto on page 22.
9. Slide the topped pizza onto the stone (or bake directly on a sheet pan) and close the door. Wait 2 minutes, then take a peek. If it needs to be rotated 180 degrees for even baking, do so. The pizza should take about 5 to 8 minutes to bake. If the top gets done before the bottom, you will need to move the stone to a lower shelf before the next round. If the bottom crisps before the cheese caramelizes, then you will need to raise the stone for the subsequent pizzas.
10. Remove the pizza from the oven and transfer to a cutting board. Wait 3 to 5 minutes before slicing and serving, to allow the cheese to set slightly.

Serves: 6 pizza crusts

PIZZA MARGHERITA

Pizza originated in Naples, Italy. According to the tradition, a real pizza must use a base of flour mixed with water from the Sarno River (the water of Naples), be sprinkled with pure olive oil from groves of the Campania coast, be colored with the tomatoes ripened between the Sebeto and Sele Rivers, enriched with mozzarella from Mondragone, flavored with basil grown only on the window sills of Naples, and baked in a Neapolitan oven as big as a room burning only local wood.



Ingredients

Tomato Sauce

- 14 oz. can Italian tomatoes
- 2 T. olive oil
- ¼ cup onion, chopped
- 1 T. garlic, minced
- 1 tsp. salt
- 1 tsp. black pepper
- 1 tsp. Italian seasoning

Other

- 2 - 3 pieces of pizza dough
- 8 oz. fresh mozzarella, sliced
- Fresh basil leaves

Instructions

1. In a sauce pan, heat olive oil. Add onion and garlic. Cook until onion is soft. Add tomatoes and seasonings. Simmer for 5 to 7 minutes. Remove from heat.
2. Using pizza dough recipe provided in this cookbook, spoon enough tomato sauce on tossed pizza dough to lightly cover. Arrange cheese and basil over sauce.
3. Bake according to direction in pizza dough recipe (page 19, step 9).

Makes: 2-3 pizzas



PIZZA WITH CREAM AND PROSCIUTTO

We had the best pizza at Antonio & Antonio in Naples, Italy. We sat at a sidewalk table that looked out onto the Gulf of Naples. The crust of this pizza had a wonderful texture, aroma, and flavor. It was very thin under the toppings and the edges were just slightly thicker. It may have been the best pizza we've ever eaten!



Ingredients

Cream Sauce

½ cup ricotta

¼ cup cream

1 T. olive oil

½ tsp. minced garlic

Salt and pepper, to taste

Other

2 - 3 pieces of pizza dough

4-6 pieces of prosciutto

1 cup shredded Italian cheeses

Instructions

1. Combine all ingredients for the cream sauce.
2. Using pizza dough recipe provided in this cookbook, spoon enough cream sauce on tossed pizza dough to lightly cover. Arrange prosciutto and cheese over sauce.
3. Bake according to direction in pizza dough recipe (page 19, step 9).

Makes: 2-3 pizzas

ITALIAN SANDWICHES

We had one of our favorite meals at a snack bar near the top of Mt. Vesuvius. It was a spicy Italian sandwich with hot calabrese and mozzarella. We also found we really liked the Prosciutto and Provolone sandwiches available all over Italy. The key to both sandwiches is quality ingredients and the Italian flatbread – called a Piadina.



Ingredients

Sandwich Bread

- 2 tsp. dry yeast
- 5 T. water
- 3¼ cups bread flour
- 2 tsp. salt
- 1 T. olive oil
- ¾ - 1½ cup water

Instructions

Piadina Bread

1. Sprinkle the yeast into the water. Let stand 5 minutes. Stir to dissolve.
2. Mix flour and salt in the bowl of an electric mixer. Make a well in the center and pour in yeast, oil, and ¾ cup water.
3. Using the paddle attachment, mix on low speed adding the remaining water as needed to make a firm, moist dough.
4. Using the dough hook, knead the dough for about 10 minutes.
5. Put the dough in a bowl and cover. Let the dough rise until double in size – about 1½ hours. Punch down the dough and let rest 10 minutes.
6. Divide the dough into 8 pieces. Roll each piece of dough to 6-8 inch diameter on a lightly floured surface.
7. Heat a griddle until very hot. Working in batches, place the rolled dough on the griddle and use a fork to prick the dough all over. Cook until golden brown on both sides, flipping frequently – about 5 minutes.

8. Stack bread on a plate and cover with a towel while making other pieces. Keep the bread warm to make the best sandwiches.

The Spicy Italian

The Spicy Italian is a combination of spicy, sliced Italian meats (such as Hot Calabrese, Pepper Salame, and Hot Capocollo) with Mozzarella cheese and Hot Giardiniera (Marinated Pepper Mix).

1. Slice a piadina in half.
2. Add 2 slices of cheese to one side of the bread. Add a few pieces of spicy meats on top of cheese. Top the meats with chopped hot Giardiniera.
3. Top sandwich with other piece of bread.

The Classic Italian

The Classic Italian is a sandwich of sliced Prosciutto with Provolone cheese.

1. Slice a piadina in half.
2. Add 2 slices of cheese to one side of the bread. Add a few pieces of prosciutto on top of cheese.
3. Top sandwich with other piece of bread.

Makes: 8 sandwiches

TIRAMISU

Our Tuscan cooking class turned out to be more of a Tuscan experience than cooking class. The day began with a tour of a farm that produces Chianti and olive oil. Then we were given a tasting of the wine and olive oil. In the afternoon we made ravioli and fettuccine. The day ended with a late lunch that included a delicious dessert. The tiramisu was partially frozen which added an interesting texture to this flavorful sweet treat. Tiramisu means 'pick me up'.



Ingredients

Cocoa powder
Chocolate bar
¼ cup espresso
¼ cup water
1 T. marsala wine

Sponge Cake

6 eggs
¾ cup sugar
1 tsp. vanilla
1½ cups flour, sifted
Pinch of salt

Cream Filling

4 eggs, separated
½ cup sugar
1 lb. mascarpone
½ cup whipping cream
2 T. marsala wine

Instructions

1. **Sponge Cake:** Whisk egg and sugar until frothy. Add vanilla and whisk until light and fluffy. Gently fold in sifted flour and salt. Pour onto a greased ¼ sheet pan that has been lined with parchment paper. Bake at 325° for 30-40 minutes. Allow to cool and cut into 1-inch strips.

2. Coffee Mixture: Combine $\frac{1}{4}$ cup water, $\frac{1}{4}$ cup cold espresso, and 1 T. marsala. Set aside.
3. Cream Filling: Beat 4 egg yolks until light. Slowly add sugar and mascarpone while continuing to beat. In another bowl, beat 4 egg whites until stiff peaks form. Gently fold the egg whites into the egg yolk mixture. Then in another bowl beat the cream. Fold the cream into the eggs.
4. To assemble the tiramisu, place $\frac{1}{2}$ strips of sponge cake in the bottom of a 9x13 inch baking dish or trifle dish. Brush each piece of sponge cake with the coffee mixture. Pour $\frac{1}{2}$ the cream filling over the sponge cake. Sprinkle with cocoa powder. Repeat with remaining in sponge cake, coffee mixture, and cream filling. Sprinkle with cocoa powder. Finally, use a vegetable peeler or knife to create chocolate shavings from the chocolate bar. Sprinkle the shavings over the top of the tiramisu.
5. Cover with plastic wrap and freeze for at least 2 hours before serving.

Serves: 12-15

Note: This recipe can also be made with store-bought Italian ladyfingers, also called 'savoiardi', in place of the sponge cake.

LUSCIOUS LEMON CAKE

Sorrento, Italy is famous for fantastic lemons. This cake was inspired by a dessert we found at Fauno Bar in Sorrento's Piazza Tasso. The original dessert was a sundae dish with chunks of white cake, a scoop of lemon mousse, and some lemon custard topped with whipped cream. This recipe shows the same type of ingredients as a fantastic layered cake.



Ingredients

1½ cups whipping cream
2 T. sugar
1 tsp. vanilla
Zest of 1 lemon

Cake

1 box vanilla or white cake mix
Zest of 1 lemon
¼ cup fresh lemon juice

Lemon Custard

½ cup sugar
¼ cup cornstarch
¼ tsp. salt
2 egg yolks
¾ cup water
⅓ cup lemon juice
2 T. butter

Lemon Pudding

1 small box instant lemon pudding
½ cup mascarpone
½ cup sugar

Instructions

1. Prepare the cake mix according to the instructions on the box, except substitute ¼ cup lemon juice for the equal amount of water and add the lemon zest. Bake according to the instructions of the

box using two 8-inch round cake pans. Allow to cool completely and slice each cake into two layers yielding four thin cakes.

2. **Lemon Custard:** Combine sugar, cornstarch and salt in a large saucepan. Beat the egg yolks and water together and whisk into the sugar mixture. Cook over medium heat, stirring constantly, until thickened. Remove from heat and stir in lemon juice and butter. Cover and allow to cool.
3. Prepare the lemon pudding according to the instructions on the box. Then add sugar and mascarpone. Mix to combine and set aside.
4. Meanwhile, whip the cream with the sugar and vanilla. Store in refrigerator until ready to use.
5. To assemble the cake, place the first cake layer on the serving dish. Carefully spread a thick layer of pudding over the cake to within about ½ inch of the edge. Gently place another cake over the pudding layer. Carefully spread a thick layer of lemon custard over the cake to within about ½ inch of the edge. Gently place another cake over the custard layer. Carefully spread a thick layer of pudding over the cake to within about ½ inch of the edge. Gently place the last cake over the pudding layer. Chill cake for about 30 minutes. Then use the whipped cream to carefully frost the cake. Finally, sprinkle the frosted cake with lemon zest. Place cake in refrigerator (or freezer) until ready to serve.

Serves: 8-10

Note: This cake freezes very well. First, put the cake in the freezer lightly covered with plastic wrap. When the whipped cream has hardened, wrap the cake more tightly in plastic wrap and put in a freezer bag. Allow the cake to thaw 20-30 minutes before serving.



MINI CHOCOLATE CROISSANTS

Although a croissant is French, we found these mini croissant all over Southern Italy. We enjoyed mini chocolate croissants and mini custard croissants. This recipe recreates the chocolate croissants and could not be any easier to make. Between the two of us, we ate 12 of these the first time we tried them!



Ingredients

- 1 sheet frozen puff pastry
- Semi-sweet chocolate chips (such as Guittard)
- 1 egg beaten with 1 T. water

Instructions

1. Thaw puff pastry dough according to package directions.
2. Preheat oven to 350°.
3. On a lightly floured surface, gently roll the dough with a floured rolling pin just to slightly flatten the dough.
4. Cut the pastry sheet into three pieces using the folds of the dough. Cut each of the three pieces into thirds. Cut each third along the diagonal – yielding 18 triangles per sheet.
5. Place 6-8 chocolate chips on the dough at the widest part of the triangle.
6. Gently begin to roll the dough over the chocolate chips, beginning at the widest part of the triangle. Give each croissant a little twist to curve the ends inward. Place on an ungreased cookie sheet.
7. Brush each croissant with the egg/water mixture.
8. Bake for 15-17 minutes.

Makes: 18 mini croissants

RUSTIC ITALIAN BREAD

Although we were usually charged at least €1,50 each, most meals we enjoyed were served with rustic Italian bread. The breads had a wonderful texture, aroma, and flavor. We often dipped our bread in a mixture of olive oil, balsamic vinegar, pepper and Parmesan cheese.



Ingredients

- 2½ cups bread flour
- ¾ cup semolina flour
- 1 pkg. instant yeast
- ½ tsp. salt
- 1 cup warm water (100° – 110°F)
- 2 T. olive oil
- 1 T. honey

Instructions

1. Using the paddle attachment of an electric mixer, combine the bread flour, semolina flour, yeast and salt.
2. Add water, olive oil, and honey. Mix well to combine.
3. Switch to the dough hook and knead for 10-12 minutes. Place the dough in a lightly greased bowl and turn to coat dough with oil. Cover with plastic wrap and a towel. Let rise in a warm place until double in size, about 1½ - 2 hours.
4. Punch the dough down and then let rest 15 minutes.
5. Shape dough into desired shape (round, loaf, baguette) and place on semolina or cornmeal covered baking pan. Cover and let rise until dough in size (about 1½ - 2 hours). Cut slits in the top of bread after rising.
6. Place a clean pan of water on a lower oven rack and preheat the oven to 450°. After placing bread in oven, reduce heat to 375° and spray sides of oven with water. Close door and wait 15 seconds. Repeat spraying the oven 2 more times. Bake for 30 – 35 minutes or until bread sounds hollow when tapped.
7. Cool for at least 30 minutes before slicing.

Italian Cheeses

This is a list of some of the more common Italian cheese that can be found in the United States. There are many more cheeses in Italy and even the list below varies in flavor by region.



Asiago – An ancient product of the Veneto region, Asiago is made from cow's milk and is a pressed cooked cheese. Asiago comes in two versions, *da allievo*, which is young, and *pressato*, which is aged. Both have delicate flavors and are used as table and grating cheeses.

Fontina – Genuine fontina comes from the Valle d'Aosta region in northwestern Italy. It is made from cow's milk and has a mild, slightly nutty, delicate flavor. Young fontina has a soft texture and mature fontina is a hard cheese. Both melt very well.

Gorgonzola – One of the finest blue cheeses in the world, Gorgonzola is a soft, high fat, unboiled cheese made from cow's milk in an area to the north of Milan. The delicate greenish-blue vein is created by pricking the cheese at various points with long needles that allow air to enter and create mold spores. It is often served as a dessert cheese or served with polenta.

Parmigiano Reggiano – The undisputed king of Italian cheese originated in the province of Reggio Emilia. This is a firm, grainy cow's milk cheese that is aged from just less than a year to more than two years. Parmigiano Reggiano is best when freshly grated so it should be purchased in large pieces.

Mascarpone – This cheese is made in Lombardy from the freshest cow's milk that is often sweetened. It has the consistency of thick cream. Mascarpone can be used in sweet or savory dishes, but should be consumed as soon as production as possible. This cheese was originally made in Lombardy in the autumn.

Mozzarella – This is a mild, white fresh cheese made by the *Pasta Filata* process (the curd is dipped into hot whey, then stretched and

kneaded to the desired consistency). Originally made only from the milk of water buffaloes, today the majority of mozzarella is made with cow's milk. Most regular mozzarella is factory produced. It has a semisoft, elastic texture and is drier and not as delicately flavored as the fresher version. This style of the cheese is excellent for melting. Fresh mozzarella, which is usually packaged in whey or water, has a softer texture with a sweet, delicate flavor. Fresh mozzarella is wonderful in a Caprese Salad or spread on bread with salt, pepper, and a little olive oil.

Pecorino Romano – In Italy, cheeses made from sheep's milk are known as pecorino. There are four regionally based versions: Pecorino Romano, Sardo, Siciliano, and Toscano. Pecorino Romano is aged the longest, eight months. This hard, dry cheese has a rustic, yet refined flavor, and is good for grating.

Provolone – This southern Italy cheese is made from cow's milk and has a firm texture with a mild, smoky flavor. Most provolone is aged for 2 to 3 months and has a pale-yellow color. Some, however, are aged 6 months to a year or more. As the cheese ripens, the color becomes a richer yellow and the flavor becomes more pronounced. Provolone can be used as a table cheese or a cooking cheese. Aged provolone can be used for grating.

Ricotta – Not really a cheese, but a milk product, Ricotta is made by reheating the whey that has been drained off while making cheeses such as Mozzarella or Provolone. The whey can be from cow's or sheep's milk. Ricotta is a rich, fresh, slightly grainy, white cheese with a slightly sweet flavor. Ricotta is a popular ingredient in savory dishes like lasagna, but is also used in desserts like cheesecake.

Robbiola – This is a cow's milk cheese produced in Piedmont and Lombardy. The younger cheeses are soft and buttery. Aged Robbiola is firm and lightly piquant. It is mostly consumed as a table cheese.

Stracchino – This is a fresh, cow's milk cheese from the Lombardy region. Stracchino contains about 50% milk fat. The flavor is mild and delicate, similar to but slightly more acidic than cream cheese.

Taleggio – This is a cow's milk cheese made in Lombardy. It is a rich, semi-soft cheese that contains 48% milk fat. The flavor can range from mild to pungent, depending on the age of the cheese. When young, the color is pale yellow and its texture is semi-soft. As it ages it darkens to a deep yellow and becomes rather runny. It is excellent on a salad or served with fruit for dessert.

Italian Wines

Italy and France are the world's largest producers of wine. There are over 3,800 different varieties of wine produced by all 20 regions of Italy. All Italian wine bottles must contain the wine name, the producer's name and location, alcohol by percentage, and the contents in milliliters. Italian wines are characterized by origin, environment, climate, and purity. These characteristics lead to the classifications of Italian wines:

Denominazione di Origine Controllata e Garantita (DOCG) –

Created in 1980, this classification translates to *Certification of Controlled and Guaranteed Origin*. This is the highest quality of Italian wine and all wines have a paper strip seal of guarantee. This classification is awarded to wines of outstanding reputation with a DOC of at least five years and represent a relatively limited number of first-class wines. Today there are 25 wines that have been given this classification including Barbaresco, Barolo, Brunello di Montalcino, Chianti, and Vino Nobile di Montepulciano.

Denominazione di Origine Controllata (DOC) – Created in 1963, this classification translates to *Certification of Controlled Origin*. These wines must be made in specified, government defined production areas with strict limits on maximum yields per hectare. The wine production is regulated to preserve the wine's character that is uniquely derived for Italy's individual regions. There are approximately 300 wines with this classification.

Indicazione Geografica Tipica (IGR) – Created in 1992, this classification translates to *Typical Geographical Indication*. This classification represents table wines grown in a specific geographical growing region. Some of Italy's best wines will fall into this classification just to avoid the more stringent regulations associated with DOC or DOCG. There are approximately 120 areas in this classification.

Vini da Tavola (VdT) – This classification translates to *Table Wine* and represents wines without specific origin. On their labels the grape variety, year and name of area of production can be omitted. These are the Italian table wines and the only requirements is that must have been produced somewhere in Italy.

Italian Pasta and Sauces

When making delicious pasta dishes, be sure to choose a pasta shape and sauce that complement each other. Thin, delicate pastas like cappellini, should be served with light, thin sauces. Thicker pasta shapes, like fettuccine, work well with heavier sauces. Pasta shapes with holes or ridges like penne, are perfect for chunkier sauces.

Common Pasta Shapes

Cannelloni – Wide, straight, tube-shaped pasta approximately 4 inches long. It is cut straight on both ends and has a smooth surface. Cannelloni are usually stuffed with meat or cheese.

Cappellini – Long strands of thin pasta, often called angel hair.

Cochiglie – Tiny ridged pasta shells the size of lentils.

Conchiglie – Medium sized pasta shaped similar to a conch shell with a ridged surface.

Ditalini – Short tubes about the size of a pencil eraser that are often used in soups.

Farfalle – Bow tie or butterfly shaped pasta. The larger version is called Farfallone.

Fettuccine – Thin, flat noodles about ¼ inch wide and 10 inches long.

Fusilli – Short ribbon of pasta twisted into a shape resembling a screw.

Gnocchi – Pasta dumplings often made from potatoes.

Lasagna – Very wide, flat noodles usually baked with meat, cheese and tomato sauce.

Linguine – Thin, flat noodles that about 1/8 inch wide.

Maccheroni – Narrow, short, tube-shaped pasta that can be straight or curved.

Manicotti – Large, tube-shaped pasta that can be ridged or smooth and the ends are often diagonally cut.

Orecchiette – Thick, disk-shaped pasta formed into bowls or 'little ears'. The outer edge is thicker than the center.

Orzo – Rice-shaped pasta.

Pappardelle – Wide, flat ribbon pasta.



Rotini



Fusilli



Conchiglie



Penne



Rigatoni



Farfalle

Penne – Thin, tube-shaped pasta with sharp diagonally cut ends which resemble the end of a quill pen. It may be smooth or ridged.

Ravioli – Pillows of pasta stuffed with cheese, meat, or vegetables.

Rigatoni – Large, slightly curved, tube-shaped pasta approximately 1½ inches long and ½ inch in diameter. It has a ridged outer surface and straight cut ends.

Rotini – Short pasta twisted into a spiral shape.

Spaghetti – Long, thin round strands of pasta.

Tagliatelle – Thin, flat noodles that are about 3/8 inch wide.

Tortellini – Circles of pasta that are folded in half to form a half circle after the filling is added and then twisted to form the shape of a little hat.

Common Pasta Sauce

Alfredo Sauce – Cream, butter, Parmesan cheese, pepper, and nutmeg

Arrabbiata Sauce – Chile peppers, tomatoes, olive oil, garlic, basil

Boscaiola Sauce – Tomatoes, butter, cheese, mushrooms, olive oil and garlic

Bolognese Sauce – Meat, tomatoes, and cheese

Carbonara Sauce – Olive oil, cheese, egg and bacon

Diavolo Sauce – Tomato sauce with hot spices

Genovese Sauce – Basil, pine nuts, garlic, and olive oil

Marinara Sauce – Tomatoes, olive oil, and garlic

Marsala Sauce – Marsala wine, onions, garlic, herbs, mushrooms, cream, and butter

Napoletana Sauce – Tomatoes, cheese, and herbs

Novelli Sauce – Tomatoes, anchovies, and cheese

Puttanesca Sauce – Tomatoes, black olives, peppers, olive oil, and garlic

Quattro Formaggi Sauce – Four cheeses

Romesco Sauce – Tomatoes, garlic, olive oil, almonds, hazelnuts, vinegar, herbs, red chile peppers, and salt

Vodka Sauce – Cream, tomatoes, vodka, olive oil, garlic, onions, and seasonings

Glossary

All-Purpose Flour – is a blend of high-gluten hard wheat and low-gluten soft wheat. It is fine-textured flour milled from the inner part of the wheat kernel and contains neither the germ (the sprouting part) nor the bran (the outer coating). All-purpose flour contains 9.5-11.5% gluten.

Bread Flour – is an unbleached, specially formulated, high-gluten blend of 99.8 percent hard-wheat flour, some malted barley flour (to improve yeast activity) and vitamin C or potassium bromate (to increase the gluten's elasticity and the dough's gas retention). It contains 11.5-13.5% gluten and is ideal for yeast breads.

Boconccini – small mozzarella balls (about 1 inch diameter) that are commonly marinated in olive oil and sometimes herbs.

Gluten – wheat and other grains that are made into flour contain proteins, one of which is glutenin (commonly known as gluten). The gluten in flour is what helps hold in the gas bubbles formed by a leavening agent when dough is kneaded.

Pancetta – the Italian form of bacon. It is pork belly that has been salt cured and spiced, and dried for about three months. Unlike the American form of bacon, pancetta is not smoked.

Piadina – is an Italian flatbread made from flour, salt and water. This bread varies greatly across Italy with difference usually in the thickness of the bread due to extra yeast, milk or even honey. A piadina is delicious with salami, grilled meats, cheese and fruits and jams.

Prosciutto – the Italian word for ham. In American English usage, the term is used more narrowly for a dry-cured ham from central and northern Italy.

Semolina – is hard, high-protein flour milled from durum wheat that is not high in gluten. Semolina has a golden color because of beta-carotene which contributes to the aroma and flavor in foods.

Italian Menu Translations

Most restaurants in Italy have menus written in several languages, including English. There are, however, some restaurants that do not have translated menus. Here are some words to help ensure what is ordered is what is expected:

affogato = poached
affumicato = smoked
ai ferri = grilled
al Forno = baked
antipasto = appetizer
arrostito = roasted
burro = butter
caldo = hot
cotto al vapore =
steamed
crudo = raw
dolce – dessert
el polpette = meatballs
formaggio = cheese
freddo = cold
fritto = fried
frutti de mare =
seafood
gelato = ice cream
i biscotti = cookie
i broccoli = broccoli
i fagiolini = green
beans
i lamponi = raspberry
i piselli = peas
i funghi = mushrooms
il caffè = coffee
i calamari = squid
il carciofo = artichoke
il cavolo = cabbage
il cetriolo = cucumber
il coniglio = rabbit
il fegato = liver

i gamberi = shrimp
il ghiaccio = ice
il grano = corn
il latte = milk
il manzo = beef
il maiale = pork
il pesce = fish
il pollo = chicken
il pompelno = grapefruit
il pure = mashed
il succo = juice
il té = tea
il vino = wine
il vitello = veal
insalata – salad
il salmone = salmon
il sedono = celery
l'acciuga = anchovy
l'acqua = water
l'aglio = garlic
l'agnello = lamb
l'albicocca = apricot
l'anguilla = eel
l'anitra = duck
l'aragosta = lobster
l'asparago = asparagus
l'oca = goose
l'uva = grape
la birra = beer
la bistecca = beef
la cipolla = onion
la cioccolata =
chocolate

la crema = custard
la frutta = fruit
la lattuga = lettuce
la carne = meat
la mela = apple
la panna montata =
whipped cream
la pesca = peach
la salsicca = sausage
la torta = cake
le carote = carrot
le ciliegie = cherries
le cozze = mussels
le ostriche = oysters
le uova = egg
le patate = potatoes
le trota = trout
le volgone = clams
lo zucchero = sugar
olive = olive
lesso = boiled
olio = oil
pancetta = bacon
pane = bread
panna = cream
piccante = spicy
salato = cured
scampi = prawns
tostato = toasted
zuppa = soup



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