

Tuscan Cooking Class

*Tutti A Tavola, Alla Casa Da Marisa con Lele
April 21, 2005*

Hors d'oeuvres

*Leek tart - Torta Salata di
Porri
Chick Pea Pancake - Farinata
Socca Ceci*

Vegtables

*Baked Artichokes - Carciofi in
Umido*

Entrée

*Prosciutto Loaf - Arrosto al
prosciutto crudo*

Dessert

Fruit Roll - Rotolo alia frutta

Leek tart - Torta Salata di Porri

Serves 6

Mixture:

2 lb	leeks (1 kg porri)
2	eggs
5 Tbl	parmigiano, freshly grated
	Salt, pepper, olive oil for sautéing

Pie crust:

1 1/2 cup	Flour (200 grams)
3/4 cup	Liquid: 1/2 water, 1/4 olive oil
1 tsp	salt

The Mixture: Thinly slice the leeks and sauté in olive oil stirring occasionally until golden. Add salt to taste. Let cool to room temperature. Beat the eggs and add the freshly grated parmigiano. Stir the mixture together.

The Crust: Add salt to the flour. Make a volcano of the flour and slowly pour in the water, oil mixture incorporating as you stir. After all the liquid is incorporated, make into a ball and knead for a few minutes. Roll out the dough thinly to entirely cover a 14" pizza pan.

Assembly: Pour in the filling to within 2" of the edges. Smooth out the mixture, then make a thicker edge crust by folding in an inch of the edge and crimping as you go around. Bake at 400° F or 200° C for approx 30 minutes. Note: If the leek mixture is browning too quickly, top with a 12" circle of aluminum foil.

Chick Pea Pancake - Farinata Socca Ceci

Serves 4

1 cup	chick pea flour
2 1/2 cup	water
1 Tbl	olive oil
1 tsp	salt
1/8 cup	rosemary leaves

Mix the chick pea flour with water in a bowl. The flour will not immediately incorporate so let the mixture sit and come back to it and stir from time to time. After the mixture has become smooth stir in the oil and salt.

Preheat the oven to 425° F. Pour the mixture into a 12" heavy cast iron or paella pan and sprinkle on the rosemary. Place in the oven for 25-30 min. The mixture will expand and become dark brown in spots on top.

Alternative cooking method: Preheat gas grill to 500° F (all burners high). Place pan on grill center for 12 min. Remove and place under broiler for 5 min.

Baked Artichokes - Carciofi in umido

Serves: 8

Artichokes (2 per person)
Bread crumbs
Olive oil
Garlic, salt, parsley

Prepare artichokes by removing outer leaves, stems and top. Open them gently and fill them with a mixture of breadcrumbs, olive oil, and finely chopped garlic and parsley.

Arrange them upside down in a saucepan and pour in water and drizzle some olive oil. Cook on stove top over medium-low heat until almost all the water evaporates - approximately 30-45 min. Serve warm or room temperature.

Prosciutto Loaf - Arrosto al prosciutto crudo

Serving: 8

2/3 lb	ground meat (300 gr)
2/3 lb	ricotta (300 gr)
3	eggs
3 Tbl	Parmigiano
1/2 lb	prosciutto crudo (200 gr)
1/2 lb	butter
	pepper, salt

In a bowl mix the meat, ricotta, eggs and parmigiano. Add pepper and salt to taste. On a sheet of aluminum foil overlap the slices of prosciutto crudo and carefully wrap them around the filling. Sauté the “arrosto” using a non-stick pan for 30 minutes on each side. This makes a wonderful picnic dish the next day.

Fruit Roll - Rotolo alia frutta

Serves: 12

5	eggs
5 Tbl	flour
5 Tbl	sugar
	lemon zest
	taste of vanilla
60	strawberries

Mix the yolks with the sugar and beat until the color is a light yellow. Fold in the flour, the lemon zest and the vanilla. Whip the whites to firm peaks and gently fold into the yoke mixture. Using a large spatula, spread mixture onto a parchment covered cookie sheet. Bake for 7 to 10 minutes in medium-hot oven - 375° F.

Let it cool. Cut roll in half. Spread on a thin layer of whipped cream and place the strawberries on top. Roll gently and sprinkle with icing sugar.

From the Tutti A Tavola cooking class, April 21, 2005. At the “casa” of Marisa with Lele.