

Italian Country

Friday Night Foreign Foods
March 7, 1997

Drinks	Italian Red and White Wine Espresso
Appetizer	Pizza Margherita
Soup	Zuppa di Zucchine Crostini
Pasta	Penne con Sugo di Salsiccie
Entree	Orata ai Ferri Salsa Verde
Salad	Insalata Invernale
Side Dishes	Patate al Forno con Pancetta Spinach with Oil and Lemon Italian Bread with Sesame Seeds
Dessert	Pere al Forno con Marsala e Cannella Gorgonzola with Grapes

2 - Italian Country - March 1997

Pizza Margherita

Makes: 4 - 12" Pizzas

Dough:

1½ cups warm water (110° F)

2 Tbl active dry yeast

2 Tbl olive oil

1 tsp. salt

4 cups unbleached flour

Dough Preparation: Prepare dough 4 hours ahead. Mix water, yeast, oil and 3 cups of flour in Cuisinart. Add the 4th cup of flour at the end so dough turns from paste to a large lumpy ball.

Add slightly more flour if ball is not firm. Take out and hand kneed on a floured surface. Knead approximately 5 min. until dough loses its grainy sticky feeling and becomes smooth. Make into a ball. Oil the inside of a large bowl. Place ball inside, coating top with oil and cover bowl with plastic wrap and a towel and place in a cool dark place. Push down in 2 hours. (If dough is runny and sticky it is too warm)

Remove dough and make into 4 equal sized balls. Cover with a towel. Heat gas grill to hot. Roll or press out dough thinly on 12" pizza tin. Cook on covered grill until golden brown on the bottom. Lightly oil the dough top and flip over. Place ingredients on the dough and return to the grill for another 10 min or until all the cheese is melted, watch the bottom so it doesn't burn.

Margherita Pizza Topping: Place the following ingredients on the cooked pizza dough: use no sauce but completely cover top with thinly sliced tomatoes, thinly sliced onions, grated mozzarella cheese, and basil leaves.

Zuppa di Zucchine - Zucchini Soup

Serves 6

2¼ lb medium zucchini, trimmed

2 Tbl olive oil

2 garlic cloves, peeled and chopped

sea salt and freshly ground black pepper

2 cup Chicken Stock

½ cup plus 1 Tbl heavy cream

1 small bunch fresh basil, chopped

1 small bunch fresh flat-leaf parsley, chopped

1 heaped cup Parmesan, freshly grated

Cut the zucchini lengthwise into quarters, then into 1-in. pieces. Heat the oil in a heavy saucepan and cook the garlic and zucchini slowly for approximately 25 min., until the zucchini are golden and soft. Add salt, pepper, and the stock, and simmer for another few min. Remove from the stove. Put three quarters of the zucchini in a food processor and purée. Return to the pan, and add the cream, basil, parsley, and Parmesan.



Crostini – Toasted Bread

Makes: 6 slices

6 slices ciabatta bread, cut at an angle
¾ cup black olives, pitted and chopped
1 fresh hot red chile pepper, seeded and minced
extra-virgin olive oil

To make the crostini, toast or grill the bread on both sides. Mix the olives and chile with some extra-virgin olive oil and spread thickly on the crostini. Serve at the side of the plate.

Italian Sausage

1 lb. boneless pork butt, cut into 1-in. cubes
1 tsp salt
1 tsp fennel seeds, crushed in mortar
1 clove garlic
¼ tsp freshly ground pepper
1/3 tsp red pepper flakes

Use a food processor with the metal blade. With the motor running, drop garlic through feed tube and chop for about 3 sec. Then drop in meat cubes and chop using on and off turns for about 10 sec. Add all remaining ingredients and continue chopping until desired texture is attained. Either shape into patties or use in bulk.

Penne con Sugo di Salsiccie - Penne with Sausage Sauce

Serves 6

2 Tbl olive oil
2 small red onions, peeled and chopped
½ lb. homemade sausage or 5 Italian spiced sausages, meat removed from skins and crumbled
1½ heaped Tbl chopped fresh rosemary
2 bay leaves
2 small dried hot chile peppers, crumbled
1-28 oz. can peeled plum tomatoes, drained and chopped
11 oz. Penne rigate
2/3 cup heavy cream
1 heaped cup Parmesan, freshly grated
sea salt and freshly ground black pepper

In a large saucepan, heat the oil and sauté the onions, until light brown. Add the crumbled sausage, rosemary, bay leaves, and chile. Sauté together over high heat, stirring to mash the sausage. Remove all but 1 Tbl of the fat, and continue to cook for 20 min. The sausage meat should become brown and crumbly. Add the tomatoes, stir, and simmer gently until you have a thick sauce. Remove from the stove. Cook the penne in a generous amount of boiling salted water, then drain thoroughly. Stir the cream into the sauce along with the drained penne and ½ the Parmesan. Season, and serve with the remaining Parmesan.

4 - Italian Country - March 1997

Orata ai Ferri - Grilled Red Snapper

6 ea 6 to 8 oz. Red snapper

sea salt and freshly ground black pepper

Salt and pepper snapper. Grill on hot grill for 4 - 5 min each side. Serve with Salsa Verde.

Patate al Forno con Pancetta - Potato and Pancetta Gratin

Serves 6

4 Tbl olive oil

4 oz pancetta, julienned

4 garlic cloves, peeled and finely sliced

20 fresh sage leaves

2 lb potatoes

1 cup heavy cream

sea salt and freshly ground black pepper

Parmesan, freshly grated

Preheat the oven to 375°F. Heat the oil in a frying pan and sauté the pancetta over medium heat. Stir in the garlic, add the sage, cook for a minute, and remove from the heat. Slice each potato lengthwise down the middle so that you are left with 2 thick slices. Place in a large bowl and add the pancetta and oil mixture and the cream. Season with salt and pepper, and toss together. Put in a baking dish, making sure that the potato, pancetta and sage are evenly distributed, cover with foil, and cook in the oven for 40 min. About 20 min before the end of cooking, remove the foil so that the surface of the potatoes becomes brown. Add a little Parmesan 5 min before the end.

Salsa Verde – Green Salsa

Makes: 1½ cups

1 large bunch fresh flat-leaf parsley

1 bunch fresh basil

1 handful fresh mint leaves

3 garlic cloves, peeled

1/3 cup salted capers, prepared

4 oz. salted anchovies, prepared

2 Tbl red wine vinegar

5 Tbl extra-virgin olive oil

1 Tbl Dijon mustard, heaping

sea salt and freshly ground black pepper

Using a food processor, pulse/chop the parsley, basil, mint, garlic, capers and anchovies until roughly blended. Transfer to a large bowl and add the vinegar. Slowly pour in the olive oil, stirring constantly, finally add the mustard. Season to taste.

Spinach with Oil and Lemon

Serves 6

3 Tbl extra-virgin olive oil

2 lb spinach, washed and tough stems removed

sea salt and freshly ground black pepper

juice of ½ lemon

Heat the oil in a large saucepan with a lid. Put the wet spinach into the oil, season with salt and pepper, stir once, and cover tightly with the lid. Cook for about a minute. Squeeze over the lemon juice and serve.

Insalata Invernale - Winter Salad

Serves 6

1 handful each dandelion, arugula, and radicchio, red or white Belgian endive or young spinach, and lamb's lettuce or any bitter chicory

Oil, Vinegar, Garlic and Lemon Dressing:

6 Tbl extra-virgin olive oil

1 Tbl lemon juice

1 Tbl white/red wine vinegar

1 garlic clove, peeled and crushed with a little

sea salt

freshly ground black pepper

Wash and pick over the greens. Separate the radicchio, chicory and endive leaves from their stems and check for dirt. Mix all the leaves together in a bowl and toss with the dressing.

Crème Fraîche – French Sour Cream

Makes: 1¼ cups

1 Tbl sour cream or buttermilk

1 ¼ cups heavy cream

Add sour cream or buttermilk to heavy cream, then heat to 385°F and leave to stand in a warm place for 6 - 8 hours. Make at least 2 days ahead. Refrigerate.

Pere al Forno con Marsala e Cannella - Pears Baked w/ Marsala & Cinnamon

Makes 6 servings

6 ripe Comice pears

4 Tbl ½ stick unsalted butter, room temp

½ cup packed dark brown sugar

¾ cup Marsala

4 Tbl white wine

2 cinnamon sticks, roughly broken

crème fraîche

Preheat the oven to 350°F. Cut a small slice from the rounded end of each pear so that it will stand up, then remove the core. Spread a little butter over the skin of each pear and stand them in an ovenproof dish. Dust with sugar. Pour the Marsala and white wine into the dish. Scatter the cinnamon sticks over the pears, then cover the dish loosely with foil.

Bake for 30 min. Remove the foil and lower the oven heat 300°F Continue to bake for a further 30 min, until the pears are very tender and slightly shriveled. Serve warm with their juices and crème fraîche.

Planners: Judy & Rob Dvorak - 623-1043