

# Venetian Carnevale

Friday Night Foreign Foods  
5:00pm December 10, 2000

Bevande

Bellini  
Pinot Grigio  
Coffee  
Sambuca

Cicheti

Tomato, Basil & Fresh Mozzarella  
Gorgonzola Mascarpone  
Mortadella Roll-ups  
Baccalà Mantecata  
Polenta  
Insalata di Verdure Cotte  
al Prosciutto

il Secondi

Spaghetti all' Astice

Insalata

Insalata Mista

il Dolce

Tiramisù

Carnevale Costumes

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## **Bellini**

*Serves 2*

2 oz White peach purée, ice-cold (See substitution)

6 oz prosecco, ice-cold

Substitution: for white peach purée, substitute frozen sliced peaches and process in food processor (the Ciprianis at Harry's Bar would be horrified)

Combine peach purée with prosecco, then pour into two small chilled tumblers.

## **Cicheti -**

### **Tomato, Basil and Fresh Mozzarella**

Tomatoes (nice, bright red, hothouse), sliced

Fresh mozzarella, sliced (Costco, in packages of 3)

Fresh basil, torn in pieces at the last minute (Trader Joe's)

Coarse salt and freshly ground pepper

Extra-virgin olive oil

Alternate sliced tomatoes and mozzarella. Season with salt and pepper and dribble with olive oil. Before serving tear basil and sprinkle over all.

### **Gorgonzola Mascarpone**

*Serves 8*

1/3 cup of sweet gorgonzola (Roma Imports)

1 cup mascarpone (Roma Imports)

Toasted walnut halves

Croûtes

Soften gorgonzola into a spread and blend with mascarpone. Spread on croûtes. Garnish with walnuts.

### **Mortadella Roll-ups**

*Serves 6*

Mortadella (sliced 1/8 inch thick) (Roma Imports)

ricotta

arrugula (in bags at Trader Joe's)

walnut pieces

Cut mortadella into 1 1/2 inch thick strips. Spread 1 side with ricotta. Dot with arrugula and roll into roll-ups. Garnish with a walnut piece

### **Baccalà Mantecata**

*Serves 6*

2 lb. salt cod, soaked \*(Roma Imports)

1 - 2 cloves garlic

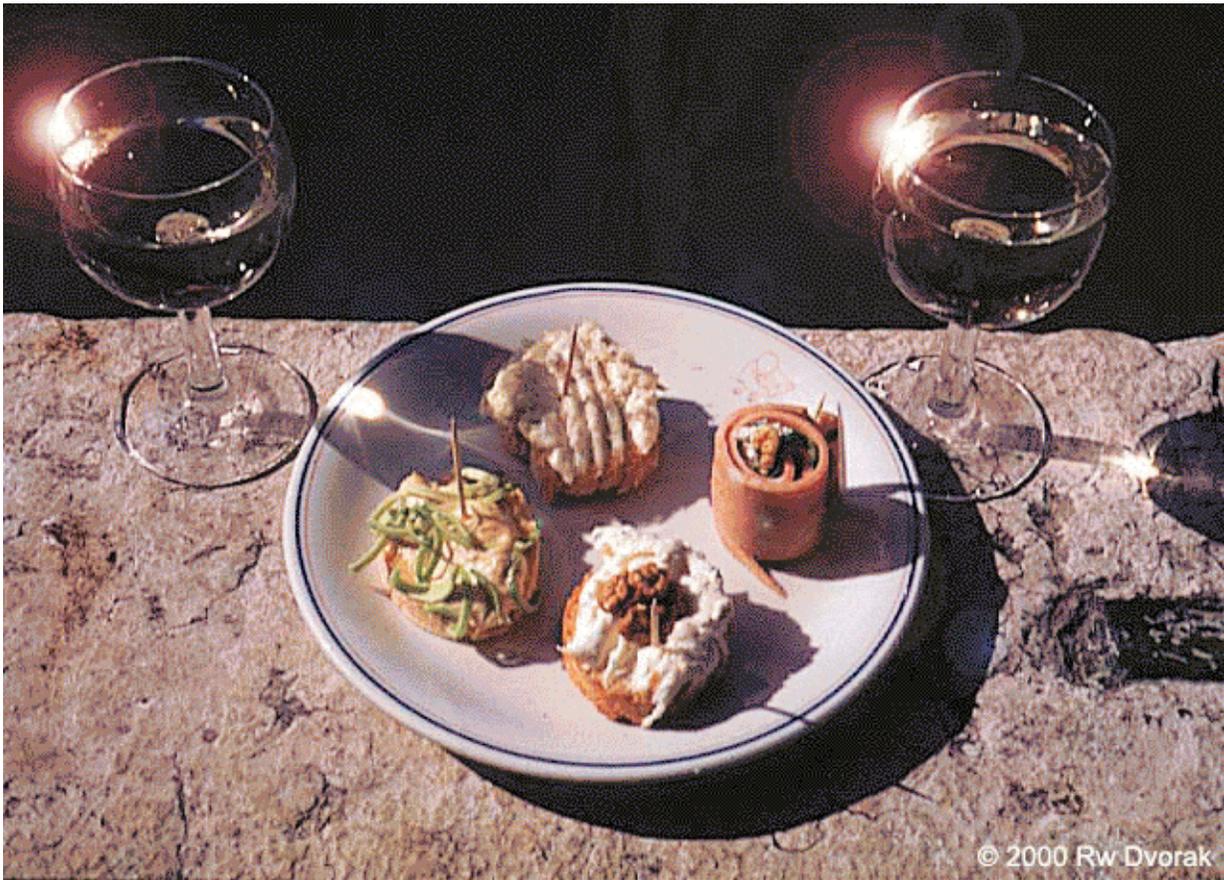
Olive oil - as necessary

Salt & pepper

Italian parsley

\* Place salt cod in a large bowl or pot and cover with cold water, then place in refrigerator for 4-5 days, changing water at least 3 times a day, and more often if possible, until fish is rehydrated and soft.

Put the fish in a pot, cover with cold water and bring to a boil; skim off any foam that forms on the water's surface. When it reaches a full boil, turn off heat and let sit for 20 minutes. Pound the garlic to a paste with a mortar and pestle. Drain the fish, remove its skin and open it to bone it. Put it in a sturdy container and break its flesh into tiny crumb-like pieces with a fork. Slowly pour oil into the fish and vigorously beat them together. As the baccalà absorbs the oil the mixture should become frothy; the amount of oil necessary depends on how lean or fat the fish is. Stir in the garlic and a dash of salt and pepper. Serve on croûtes or with slices of warm grilled polenta. Garnish with parsley.



## **Polenta**

*Serves 6*

1 - 1 ½ Tbl coarse salt

7 cups cold water

1 2/3 cups polenta

1 Tbl olive oil

Combine the water and salt in a medium heavy saucepan and bring to a boil. Gradually add polenta and whisk in. Bring to a boil over high heat, stirring often; add olive oil, then reduce heat to medium and continue cooking, stirring often with a wooden spoon until

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polenta thickens and pulls away slightly from bottom and sides of pot, at least 20 minutes. Pour onto flat surface and cool. With a wet knife cut into manageable pieces and grill on a very hot, dry grill or sear in a nonstick skillet until golden brown. Before serving, cut into hors d'oeuvres-sized pieces. Serve alongside the baccalà.

### **Insalata di Verdure Cotte al Prosciutto**

*Serves 6*

2 medium-size beets (about ½ lb with greens removed), trimmed and scrubbed

Salt

1 medium-size carrot, trimmed

1 small zucchini

¼ lb. tender young string beans, ends trimmed

½ head cauliflower, cut or broken into florets (about 4 cups)

½ head broccoli, cut or broken into florets (about 3 cups)

4 small heads Lolla Rossa lettuce or other tender baby lettuces, washed and spun dry

1 Tbl extra virgin olive oil

4 - 1/8 inch-thick slices prosciutto di Parma (about ¼ lb), chopped medium-fine

¼ cup red wine vinegar

3 Tbl chicken stock

Cook the beets in a medium-size saucepan of boiling salted water until easily pierced with a skewer or paring knife, 20 - 35 minutes, depending on the beets. Drain and cool. Meanwhile, set a vegetable steamer over boiling water in a large pot with a tight-fitting lid. Steam the vegetables until tender but still firm: about 15 minutes for the carrot, 8 minutes for the zucchini, 7 minutes for the string beans, and 6 minutes for the cauliflower and broccoli. Remove the vegetables and cool them completely.

Scrape the skins off the beets as soon as they are cool enough to handle. Cut the carrot, zucchini, and peeled beets into thick matchstick strips, about 2 x ¼ x ¼ inch. Arrange the lettuce leaves like a flower in the center of a platter. Arrange the vegetables in groups around the leaves. In a medium-size skillet, heat the olive oil over medium heat. Add the prosciutto and cook, stirring a few times, until it begins to brown, about 3 minutes. Add the vinegar and cook until it has evaporated, about 3 minutes. Add the stock and bring to a boil. (Can be reheated at serving time) Spoon the hot dressing over the greens and vegetables and serve.

### **Spaghetti all'Astice**

1 1-lb. Live Maine lobster (Use frozen lobster tails from Costco, available during Seafood Road Show)

3 Tbl extra virgin olive oil

2 cloves garlic, peeled and minced

1 cup tocai friulano or other dry Friuli white wine

4 ripe hothouse tomatoes, cored and chopped

Coarse salt and freshly ground pepper

12 oz Spaghetti (good quality like DiCecco)

4 sprigs Italian parsley, trimmed and chopped

Plunge a sharp knife into top of lobster's head just behind its eyes (to kill it quickly); chop into 8 - 10 pieces. (For our lobster tails: thaw and remove shell, save juices, cut into ½ inch chunks). Heat oil in a large skillet over medium-high heat. Add lobster and any juices and garlic; cook, stirring and turning the lobster pieces, for 1 minute. Add wine and cook until alcohol has evaporated, about 3 minutes. Add tomatoes and cook, stirring occasionally and breaking tomatoes down with the back of a wooden spoon, until sauce gets smoother and thickens slightly, about 10 minutes. Season to taste with salt. Meanwhile, cook spaghetti in a large pot of boiling salted water over high heat until just tender, 11 - 13 minutes. Drain, add pasta to sauce, stirring well, and cook a few minutes more. Finish off with a dribbling of olive oil and a generous garnish of chopped parsley.

### **Insalata Mista**

Mixed greens including radicchio  
1 bulb of fennel, thinly sliced (Wild Oats)  
balsamic vinegar  
extra-virgin olive oil

Mix greens and fennel. Serve with sprinkling of vinegar and oil, salt and pepper.

### **Tiramisù**

*Serves 10 -12*

7 eggs  
13 Tbl sugar  
13 oz Mascarpone  
1 ½ cup strong homemade black coffee  
2/3 cup Marsala  
60 Lady Fingers (approx) (Roma Imports)  
2 Tbl powdered good quality cocoa

Separate the egg whites and yolks into 2 bowls. Add the sugar to the yolks and whip until foamy. With a wooden spoon, stir in the mascarpone. Beat the egg whites until they form peaks and add them to the mascarpone, stirring until it has a uniform, fluffy consistency. Combine the coffee and marsala in a bowl. Quickly dip the cookies in the liquid - they should not get soggy or fall apart. Cover the bottom of a shallow serving bowl, round or rectangular, with a layer of moistened cookies and spread a layer of the egg mixture over them, then another layer of cookies, alternating until there is nothing left. Finish with a layer of the egg mixture. Cover with plastic and refrigerate at least 2 hours before serving. Before eating, sprinkle the dessert with the powdered cocoa.

Cookbooks:

*Venice & Food* by Sally Spector, *Lidia's Italian Table* by Lidia Matticchio Bastianich, *SAVEUR* Special Issue VENICE, Nov. 1999

Specialty Stores:

Roma Imports - 627 S. Vine Ave. 792-3173, Trader Joe's - all locations, Rumrunner - 3200 E. Speedway Blvd. 326-0121, Costco - all locations, Wild Oats - all locations.