**Authentic Italian Recipes**

**Crespelle Alla Fiorentina-** a recipe from the Tuscan Renaissance

\*See conversion table at end for grams to cups or ounces.

Crepes:

150 gr all purpose flour

375 mL milk

3 eggs

1 tsp salt

Filling:

550 gr frozen spinach (boiled)

200 gr ricotta cheese

Salt, pepper, and nutmeg to taste

3 tbsp grated fresh Parmesan cheese

1 garlic clove

Olive oil for sauteing garlic

Bechamel Sauce:

50 gr all purpose flour

50 gr butter

½ L milk

3 tbsp grated fresh Parmesan cheese

Salt, pepper, and nutmeg to taste

For batter, gradually add milk to flour beating vigorously. Then add eggs, and salt and beat until smooth. Leave to rest for half an hour. Into a greased heavy-bottomed or non-stick frying pan on medium heat . Pour half a ladleful of batter in and move the pan so that the batter runs all over the bottom, crepes should be very thin. As soon as the crepe is easily detached and slightly brown on bottom, turn it over to cook other side. Repeat, stacking crepes in a pile.

For the filling, saute the garlic in olive oil. Drain the spinach and chop very fine. Add spinach, salt, pepper, and nutmeg to garlic in a large clean bowl. Mix garlic mixture with ricotta and parmesan.

For the sauce, heat butter until melted and add flour stirring constantly. Add the milk little by little until the mixture boils and thickens slightly. Add the salt , pepper , nutmeg, and parmesan.

Put a generous line of filling on each crepe then roll up and arrange side by side in an oiled oven dish. Pour the sauce over the top of the crepes, adding extra parmesan to the top. Bake at 220 degrees Celsius (425 Fahrenheit) until top is golden.

**Cecina Al Rosmarino-** a thin,soft bread

220 g chickpea flour

500 g water

5 g rosemary, finely chopped, leaves only

100 mL olive oil

Salt, a pinch

Pour the water into the flour while mixing, allow to rest for at least 2 hours. Add rosemary, salt, and olive oil. Pour into a cookie sheet with side no more than a inch high. Bake at 220 degrees Celsius (425 Fahrenheit) in a preheated oven about 20 minutes.

**Risotto Di Asparagi-** a traditional Lombardy recipe

Serves 6

1 kg asparagus

500 gr Arborio rice

50 gr butter

400 mL dry white wine

1 onion, minced

3 oz grated fresh Parmesan cheese

Salt and pepper to taste

1) Peel onion, removing two layers leaving only core remaining. Mince and saute in 25 grams butter and some olive oil. Cut tips and ends from asparagus, putting stems to boil in a generous amount of water until very tender.

2) When onion is golden, add rice to toast and flavor, stirring constantly. About 3-4 minutes.

3) Add tips of asparagus (raw), salt, and pepper cooking for about 5 minutes longer , stirring constantly, to tenderize the asparagus.

4) Add wine while mixture is on high heat, stirring constantly until wine evaporates.

5) When asparagus stems are tender, puree them with some of the water from boiling. Begin adding puree to rice a little at a time. Each time liquid reduces by ½ add more of the puree and broth from the cooking asparagus until rice is cooked al dente and the dish looks thick and creamy.

The final preparation should have some liquid left, but is NOT a soup. Conversely, the rice should not be cooked dry like in a Chinese fried rice dish.

**Lasagne-** in the style of Emilia Romagna Region

Serves 6

For the pasta:

200 gr flour, half all purpose and half hard wheat

2 whole eggs

Salt, a pinch

Water, if pasta is too dry to knead

For the ragu sauce:

1 celery stalk

1 carrot

1 medium onion

1 bay leaf

3 oz ground beef

3 oz ground pork

⅔ oz mushrooms (optional)

2 oz extra virgin olive oil

1 oz butter

½ oz tomato paste

Salt and Pepper to taste

½ cup white wine

1 cup chicken stock

For the bechamel sauce:

1.5 oz butter

1 oz flour

2 cups milk

Nutmeg, a pinch

Salt and pepper, a pinch

2 oz grated fresh Parmesan cheese

Ragu: finely chop carrot, celery, and onion and saute in extra virgin olive oil and butter until light in color. Add the ground beef and pork (mixed together with hands) and cook on medium heat for 15 minutes. Once the meat is browned, pour in the wine and let it evaporate. Add the tomato paste, bay leaf, salt and pepper. Finally, add the stock and cook the ragu for 30 minutes to 2 hours (more time for greater flavor) on low heat until it becomes dense.

Pasta: Place flour in large bowl, creating a pit in the middle. Add eggs and salt. Knead for about 10 minutes until the mixture is smooth and elastic, water can be added if mixture is too dry. Wrap with plastic film and set in fridge for 30 minutes.

 Roll dough out flat and very thin preferably in a pasta machine through settings 1-5. Folding in half only after running through 1st setting. Cut into rectangles about 8x10 cm.

Bechamel sauce: melt butter in pan, add the flour and mix. Then add milk and stir. with a whisk. Cook on medium heat stirring constantly until sauce boils,add salt, pepper and nutmeg. Cook for an additional 2 minutes. Sauce should remain thin, can add more milk if necessary.

In an oven-proof dish, layer noodle-ragu-bechamel repeating up to 4 times. Can top with grated Parmesan. Bake in a pre-heated oven at 190 degrees Celsius (375 Fahrenheit) for 15 minutes.

**Pappa Al Pomodoro-** a summer bread soup in the Tuscan style

Serves 6

30 oz fresh tomatoes, with hard white core and seeds removed

10 oz unsalted Tuscan bread

6 basil leaves

3 cloves garlic

3 oz extra virgin olive oil

Salt and pepper to taste

Peel and crush the garlic cloves and saute in evoo. Rinse tomatoes and cut in big chunks. Place tomatoes in pan with garlic and cook, stirring for about 8-10 minutes until tender. Bring to a boil a pot of water. Crumble the bread and add to sauce. Simmer for 20 minutes adding the boiling water as needed, should have a thick but soupy consistency. Add salt to taste, particularly necessary because the bread is unsalted. Add the basil broken with fingers at the last minute. Serve with an extra drizzle of evoo in individual bowls and a sprinkle of black pepper.

**Cannoli Siciliani-** a deep fried dessert from Sicily

Serves 12

Filling:

500 gr ricotta cheese

½ cinnamon

100 gr confectioner’s sugar

40 gr candied orange peel (optional)

30 gr unsweetened chocolate

Chopped pistachio nuts, a palmful

Cannoli Shells:

1 cup flour

1 tbsp granulated sugar

Salt, a pinch

20 gr shortening

8 tbsp Marsala wine

Vegetable oil for deep frying

Filling: In a large bowl, beat the ricotta with a spatula until smooth. Then beat in remaining ingredients, spoon into a pastry bag and refrigerate for at least 30 minutes.

Shells: Combine all ingredients except the oil in a bowl. Knead the dough until smooth, it should bounce back when you press it with your finger. Leave the dough in ball and let sit for 30 minutes in the refrigerator. Take ball out and divide into four pieces, dusting with flour, and beginning rolling each ball on a smooth, floured countertop with a rolling pin. Roll very thin and cut into circles about 10 cm across using a cookie cutter or circular lid. From each small ball should come 3 shells.

Use butter to grease cannoli forms (metal cylinders about 1 inch wide and 4 inches long) . Center a form lengthwise on a disk of dough and roll one end of dough over the top of the tube. Use your finger to lightly brush this edge of the dough with water and roll so this area is overlapped by other end of shell. Press firmly on the overlapped area only to create a good seal to keep the shell from opening during frying. When the oil is hot (about 375 degrees Fahrenheit), gently lower 3-4 shells into it. They will puff up and turn golden brown in about 3 minutes. Pick shells up with tongs and drain off excess oil, set on paper towel. Cool them briefly before removing shells from forms.

Pipe the filling into each cannolo and sprinkle with powdered sugar.

**Pasta Alla Norma-**  pasta with eggplant and ricotta from Sicily

Serves 4

1 eggplant

All purpose flour for frying eggplant

1 can of peeled tomatoes (250 gr)

100 grams salted ricotta cheese

1 garlic clove

Oil for frying

50 gr extra virgin olive oil

500 gr of short, dry pasta (penne or rigatoni)

Basil Leaves

Cut the ends off the eggplant and discard. The slice into discs about ½ an inch thick. Cover slices in rock salt and allow to sit for an hour in a strainer to remove their bitter water. Then, remove from salt and rinse. Cut into cubes and coat in flour. Pan fry in a skillet using a little oil until golden brown. Remove cubes and place on paper towel to remove excess oil.

In a tall pot, heat olive oil and cook garlic clove (crushed) for about 2 minutes. Add tomatoes and leave to cook for 20 minutes on a low flame. Then add eggplant and boil together for 5 minutes.

Cook the pasta al dente and drain. Then toss the pasta with the sauce and cover with the riccota and hand chopped basil. Can add a little olive oil to moisten.

**Fettunta O Bruschetta-** Tuscan bread with tomatoes and basil

4 slices of unsalted Tuscan bread

Extra Virgin Olive Oil

1 garlic clove

Black pepper

6 ripe tomatoes

2 leaves basil

salt to taste

Cut in the tomatoes in half and scoop out the hard middle and seeds. Sprinkle with salt and put them upside down for 20 minutes to remove excess water.

Toast or grill the bread and rub with garlic. Drizzle it with evoo and sprinkle with salt and pepper.

Cut the tomatoes into cubes and arrange on bread. Decorate with basil broken by hand .

**Fettunta Coi Cannellini-** Tuscan bread with cannellini beans

4 slices of Tuscan unsalted bread

7 oz dried cannellini beans

2 garlic cloves

2 sage leaves

50 gr evoo

salt and pepper to taste

Soak the dry beans in 2 times their volume of water, cover and refrigerate overnight changing the water twice.

The next day, boil the beans starting from cold water with a garlic clove and the sage leaves whole in the pot. As the water starts to boil, lower the heat and simmer until the beans are no longer hard in the middle and their shells begin to crack.

Toast the slices of bread on a grill pan. Rub the garlic on their surface and put on dishes. Spread upon a couple of spoons of boiled cannellini and drizzle olive oil on top. Sprinkle with salt and pepper and serve hot.

**Parmigiana Di Melanzane-** a casserole from the Campania region

Serves 4-6

700 gr eggplants

800 gr ripe tomatoes, peeled and de-seeded

250 gr Mozzarella cheese, diced

100 gr grated Parmesan cheese

Extra Virgin Olive Oil

Coarse salt

flour for pan frying

1 garlic clove

6 fresh basil leaves

salt and pepper to taste

Slice the eggplants width-wise about ½ in thick.Put in a colander sprinkling with coarse salt and let sit for 30-40 minutes. Rinse them quickly, pat dry and flour them, shaking off excess. Pan fry the slices with evoo in a skillet. When golden brown, place on paper towel.

Dice tomatoes. Saute the garlic in evoo until aroma arises. Add the diced tomatoes, salt, and pepper and cook until the sauce thickens. Add the basil broken by hand at the end. Grease a baking pan and arrange fried eggplants on the bottom. Cover with tomato sauce, place some mozzarella cubes on top and sprinkle with grated Parmesan. Repeat, layering all ingredients for approximately 3 layers. Finish with grated Parmesan. Bake in pre-heated oven at 180 degrees Celsius (350 Fahrenheit) for 30 minutes.

**Tiramisu-** a rich dessert from Northern Italy

Serves 4

200 gr Mascarpone cheese

100 mL fresh cream

2 tbsp sugar

1 cup strong coffee

1 tbsp rum

16 lady fingers

1 tbsp cocoa powder

Brew the coffee and pour in the rum, adding sugar to taste. In a bowl beat the cream until stiff, add the mascarpone and sugar mixing well. Dip the lady fingers into the coffee and place them side by side on the bottom of a rectangular serving dish. Pour half of the cream mixture over the biscuits and make a second layer of biscuits dipped in coffee. Cover the top with the leftover cream. Sprinkle cocoa on top and refrigerate at least an hour (up to one day) before serving.

**Panna Cotta Al Chianti-** a cooked cream with a Tuscan wine reduction

Serves 4

Cream:

250 gr whole milk

250 gr cream

100 gr refined sugar

8 gr of gelatin

Chianti Reduction:

200 mL Chianti Red Wine

50 gr granulated sugar

1 pinch of cinammon

Mix milk, cream, and sugar in a tall pot and bring to a boil. Leave to cool until it reaches room temperature. Melt the gelatin in cold water, when it’s softened add it to the milk mixture combining well. Pour into individual custard dishes and cool in refrigerator.

Put Chianti wine, sugar, and cinnamon in a pot and cook on a low flame until it obtains a syrup-like consistency (not too thick).

Empty the cooked cream onto individual plates and drizzle with the reduction.

**Vitella Al Marsala-** veal with Marsala wine

150 gr of veal rump

50 gr of Marsala wine

EVOO

Flour for pan frying

Salt and Pepper

Pound the meat and make into 2 cutlets. Coat in flour and pat off excess. In a frying pan, heat the evoo. Add the coated meat, salt , and pepper and cook slowly until golden brown. Sprinkle flour into pan and add Marsala. Continue to cook 3-5 minutes. Serve with pealed, steamed potatoes.

**Gamberoni Al Lardo-** shrimp with a Tuscan cured ham

16 jumbo shrimps

16 slices lardo

1 bunch asparagus

8 slices Tuscan bread

2 tomatoes

4 basil leaves

Evoo

Salt and pepper to taste

Put the tomatoes in boiling water until their skin cracks, then peel and cut into cubes. Slice the bread into 16 pieces. Peel the shrimps, leaving the heads and tales intact for presentation. Wrap each shrimp with a slice of lardo and fry in olive oil until lardo is well browned. Set on paper towel to drain excess oil.

Saute the asparagus with garlic seasoned oil, then add salt and pepper. Next, add the tomatoes and basil. Top the bread with this mixture and place shrimp on top.

**Conversions**

## Butter

**1 ounce = 28.34 grams, so one cup of butter weighs 227 grams.**

**1/4 cup of butter = 57 g**

**1/3 cup of butter = 76 g**

**1/2 cup of butter = 113 g**

## Dry Goods

**All-Purpose Flour and Confectioners' Sugar**

|  |  |  |
| --- | --- | --- |
| **Cups** |  **Grams** |  **Ounces** |
|  **1/8 cup****(2 Tablespoons)** |  **16 g** |  **.563 oz** |
| **1/4 cup** |  **32 g** |  **1.13 oz** |
|  **1/3 cup** |  **43 g** |  **1.5 oz** |
|  **1/2 cup** |  **64 g** |  **2.25 oz** |
|  **2/3 cup** |  **85 g** |  **3 oz** |
|  **3/4 cup** |  **96 g** |  **3.38 oz** |
|  **1 cup** |  **128 g** |  **4.5 oz** |

**Bread Flour**

|  |  |  |
| --- | --- | --- |
|  **Cups** |  **Grams** |  **Ounces** |
| **1/4 cup** |  **34 g** |  **1.2 oz** |
| **1/3 cup** |  **45 g** |  **1.6 oz** |
| **1/2 cup** |  **68 g** |  **2.4 oz** |
| **1 cup** |  **136 g** |  **4.8 oz** |

**Rolled Oats**

|  |  |  |
| --- | --- | --- |
|  **Cups** |  **Grams** |  **Ounces** |
|  **1/4 c** |  **21 g** |  **.75 oz** |
|  **1/3 c** |  **28 g** |  **1 oz** |
|  **1/2 c** |  **43 g** |  **1.5 oz** |
|  **1 c** |  **85 g** |  **3 oz** |

**White Sugar (Granulated)**

|  |  |  |
| --- | --- | --- |
|  **Cups** |  **Grams** |  **Ounces** |
|  **2 Tbsp** |  **25 g** |  **.89 oz** |
|  **1/4 cup** |  **50 g** |  **1.78 oz** |
|  **1/3 cup** |  **67 g** |  **2.37 oz** |
|  **1/2 cup** |  **100 g** |  **3.55 oz** |
|  **2/3 cup** |  **134 g** |  **4.73 oz** |
|  **3/4 cup** |  **150 g** |  **5.3 oz** |
|  **1 cup** |  **201 g** |  **7.1 oz** |

**Packed Brown Sugar**

|  |  |  |
| --- | --- | --- |
|  **Cups** |  **Grams** |  **Ounces** |
|  **1/4 c** |  **55 g** |  **1.9 oz** |
|  **1/3 c** |  **73 g** |  **2.58 oz** |
|  **1/2 c** |  **110 g** |  **3.88 oz** |
|  **1 c** |  **220 g** |  **7.75 oz** |

**Honey, Molasses & Syrup**

|  |  |  |
| --- | --- | --- |
|  **Cups** |  **Grams** |  **Ounces** |
|  **2 Tbsp** |  **43 g** |  **1.5 oz** |
|  **1/4 c** |  **85 g** |  **3 oz** |
|  **1/3 c** |  **113 g** |  **4 oz** |
|  **1/2 c** |  **170 g** |  **6 oz** |
|  **2/3 c** |  **227 g** |  **8 oz** |
|  **3/4 c** |  **255 g** |  **9 oz** |
|  **1 c** |  **340 g** |  **12 oz** |