

*Antonietta's 2010
Classic Italian Cooking
Recipe Book*



**ANTONIETTA TERRIGNO
OSTERIA DE MEDICI RISTORANTE**

Grand Room



Main Room



Milan Room



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Classic Italian Cooking
Recipe Book*

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by Antonietta Terrigno

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**This book is dedicated
to my children Maurizio and Michael,
my grandson Marcello Rocco,
and my husband Rocco.**

INTRODUCTION



Antonietta's 2010 Classic Italian Cooking Recipe Book

**ANTONIETTA TERRIGNO
OSTERIA DE MEDICI RISTORANTE**



ANTONIETTA TERRIGNO

Over the years I have produced numerous cookbooks but this is the very first time I have incorporated modern day technology with the time honoured traditional method of paper and ink. I believe this is a good thing. My computer 'technician' has explained the simplicity of clicking a button and having my recipes appear instantly instead of sifting through a cookbook looking for page numbers. In addition, when one is confronted with the need of, for instance, a Demi-Glace in the chosen recipe, specific words can be active links which transport one to my recipe for Demi-Glace. How time saving and convenient. I am excited to present this new form of cookbook to you and look forward to your response. [Antonietta's 2010 Classic Italian Cooking](#) is also available in print. Ciao and Enjoy!



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Osteria de Medici



Ristorante



INTRODUCTION

Superb flavor and simplicity are the best words to describe Antonietta's 2010 Classic Italian Cooking Recipe Book.

The flavors of Italy include famous ingredients like Parmigiano-Reggiano, Romano and Mascarpone cheeses, Marsala wine, prosciutto, capicollo and extra-virgin olive oil. They include herbs like basil, rosemary, oregano and garlic. As you read through Antonietta's recipes, the flavors and combinations of flavors stay in your mind. You can almost taste them.

Antonietta has taken great classic Italian recipes and used her skill as a chef to simplify them for home cooks. Her chapter on the basic sauces provides the foundation for many recipes. With these basics on hand, many of the recipes can be ready to eat in 20 to 30 minutes or less.

Building on her heritage of generations of great Italian cooks, Antonietta trained in Rome and in Switzerland as a professional chef. Her Calgary restaurant Osteria de Medici, has become famous with an international clientele for the outstanding quality of its cuisine. This striving for excellent quality and attention to detail are evident in her recipes.

It takes an outstanding chef to unravel the mysteries of culinary artistry. Antonietta has created a cookbook that can help new cooks become accomplished, and stimulate the inventive desires of accomplished cooks.

Many of these recipes will be reassuringly familiar to anyone who loves Italian food, many will be temptingly new. Antonietta's 2010 Classic Italian Cooking Recipe Book is itself a classic, a cookbook to be trusted and treasured.

Ingredients of Great Italian Cooking



POPULAR CHEESES USED IN CLASSIC ITALIAN COOKING

Asiago - This cow's milk cheese has a pale yellow color and a nutty flavor. Aged Asiago hardens and is used grated.

Bocconcini - usually sold in containers with olive oil, water or whey, these small balls of fresh mozzarella have a light delicate flavor.

Caciocavallo - This cow's milk cheese from Southern Italy has a firm texture and mild flavor when young. The mature, aged cheese is suitable for grating and has a more pungent flavor. Smoked versions are also available. These cheeses are shaped like gourds and are tied around the "neck" with a string.

Gorgonzola - This cow's milk cheese from the Milan region is creamy and pungent. It is a superb blue table cheese. A great foil for grapes and pears, it can also be crumbled into salads and soups.

Friulano - This table cheese is sometimes called Italian Cheddar. It is firm with a buttery, nutty flavor.

Mascarpone - This very rich cow's milk cream cheese is from the Lombardy region. The buttery, delicate flavor is very suitable for desserts like Tiramisu, and for pairing with fruit.

Mozzarella - Originally made from water buffalo milk, this cheese is now made from cow's milk. The best fresh Italian mozzarella is available in containers with water or whey and has a more delicate flavor and texture than the usual commercial mozzarella.

Parmesan - Parmigiano-Reggiano is the correct name for the true aged Italian Parmesan from the Parma, Bologna, Modena region. Formaggi di grana means cheeses with hard, grainy texture; vecchio (old) are aged 2 years, stravecchio (extra-old) are aged 3 years, stravecchiones are aged 4 years. Freshly grated Parmesan has an incomparable sharp, rich flavor.

Pecorino - This cheese is made from sheep's milk and may be aged (grana) or soft (ricotta). Aged pecorino Romano is grated and used in cooking. The flavor is sharp and rich.

Provolone Picante - Aged provolone can be grated and has a rich flavor. This cow's milk cheese comes from Southern Italy and is used for cooking.

Ricotta - This Italian version of cottage cheese has a fresh, delicate flavor. It is used in lasagne, other pastas, and cheesecakes.

Romano - This sheep's, goat's or cow's milk cheese is from Rome and has a milder flavor than Parmigiano-Reggiano. Aged Romano has a sharper flavor. It is grated and used for cooking.

HERBS ~ MARSALA WINE ~ OLIVE OILS

HERBS

Basil is one of the most popular herbs and is commonly used in Italian cooking. Fresh basil can be cut up or chopped and kept in olive oil, ready to use whenever needed in soups, salads, sauces and in preparing meat and fish.

Rosemary is an aromatic herb that is excellent for roasted meats, marinades and savory breads.

Oregano when fresh is mild, sweet and aromatic and is excellent in fresh tomato sauces. Use dried oregano in moderation.

Garlic is the most widely used root herb in the world and is a major ingredient in all Italian cooking. Garlic is not usually used alone but works along with other ingredients to add a flavorful taste to a variety of foods.

MARSALA WINE

This wonderful aromatic wine comes from Marsala, Sicily. Most Italian families have a standard supply of Marsala wine in their pantry. Marsala comes in sweet and dry versions; always use sweet Marsala for cooking. Of the imported brands, Florio and Pellegrino, both produced in Marsala, are the best. Domestic Marsala should be used only if nothing else is available.

OLIVE OILS

Olive oil should have the greenish colour and fragrance of olives. It comes in three basic grades:

Extra-Virgin Olive Oil, made from olives that are not quite ripe, is produced by stone crushing and cold pressing. Because it is produced without chemicals, it is of the highest quality and the most flavorful oil.

Virgin Olive Oil, is produced the same way as extra-virgin olive oil, but is made from olives that are more ripe.

Pure Olive Oil, is the most common grade. It is produced by chemical means and contains only olive oils, without the blending of seed oil, hence the name "pure". The most common brands available in supermarkets are usually called "pure olive oil".

POPULAR FOODS AND DRINKS IN ITALIAN COOKING

CAPICOLLO

Capicollo is a spicy ham-like seasoned cured meat made from pork neck. It is usually served thinly sliced as part of an antipasto tray.

PROSCIUTTO

Prosciutto is salted, air-cured ham. It is not smoked. It is widely used in Italian cooking and is often served as an appetizer with ripe figs or cantaloupe. Prosciutto is also added to pasta dishes as a flavorful garnish. Add it at the time of serving as it toughens when overcooked.

RICE

Italian rice (Riso) is short, high starch and thick grained. It is the perfect rice for the unique preparation of a delicious risotto. Years ago it was difficult to find Italian rice in most of North America. Today the best and most widely exported grain from Italy is Arborio. The high starch content contributes to the smooth texture of the perfect risotto.

STOCKS/BROTHS

Good broth is not only nourishing, but also an important element in Italian cooking. It is also vital to risotto and to innumerable soups. You will find a recipe for Chicken Broth in The Basics section on page 20.

TOMATOES

To prepare the perfect sauce, you need good quality tomatoes. The best tomatoes are grown in the southern regions of Italy.

WINE

Wine good enough for cooking should also be good enough to drink. Every ingredient you put into a dish affects its quality — wine is no exception. Using a little bit of good wine will improve the quality of your dish and your mood, as you will probably be sipping a little bit as you cook.

HISTORY OF ANTONIETTA'S 2010 CLASSIC ITALIAN COOKING



Born in Molise, just east of Rome, Antonietta Terrigno, began her culinary journey during her childhood by helping her mother cook for the extended family. Through many years of watching and learning and finally participating, Antonietta honed her skills in traditional Italian cuisine. Building on a heritage with generations of great Italian chefs and home cooked recipes, Antonietta began her apprenticeship. Using only organic ingredients and traditional cooking styles, Antonietta's own style soon became apparent. As in all traditional families, Antonietta found the love of her life and married. Soon after Antonietta and her new husband Rocco Terrigno moved to Montreal, she supported the culinary growth of Rocco, as he also emerged as a star in Italian cuisine.

Executive Chef Rocco Terrigno, along with his new bride, desired to create the finest dining establishment in all of Canada. This ambition led him to open Renato's Italian Ristorante in Calgary, some 27 years ago. As one of Calgary's first Italian restaurants, Renato's soon became well known, as did the art of great Italian cookery. For developing the Italian cuisine in Calgary and for serving Calgarians with great affection, Antonietta and Rocco were awarded the title of Tourism Ambassadors to Canada.

Some years later the Terrignos sold Renato's and shortly thereafter decided retirement can be too melancholy. They revived their passion for creating excellence in service and cuisine and in 1989 brought that enthusiasm to Osteria de Medici, which has become world renowned for its dedication in providing exceptional cuisine, a pleasant ambience, and remarkable service. Now recognized as one of Canada's premier fine dining establishments, Osteria de Medici has become a favorite with distinguished guests such as: Cuba Gooding Junior; Tom Selleck; Sir Anthony Hopkins; the late Christopher Reeves; Loretta Swit; André Gagnon; Isabella Rossellini; Steven Segal; Kevin Costner; John Voight; and many others. The restaurant continues to attract the most demanding and discriminating diners from around the world and continues to impress.

With a desire to expand her horizons, Antonietta felt a need to stand out on her own in the culinary world once more and that is where the recipes and styles known to many who are patrons of Osteria de Medici can be brought home in the form of previous cookbooks written by Antonietta. Now with modern technology, these recipes can be even easier to create thanks to the innovation of Antonietta's newest cookbook on DVD. On behalf of Antonietta and all the people that brought Antonietta's 2010 Classic Italian Cooking recipes to fruition, we hope you enjoy this cookbook as much as we enjoyed making it possible. Ciao!

Catherine de' Medici Background

In 1519, Catherine de' Medici was born in Florence Italy. When she was only 14, Catherine went to France to marry the future King Henry II. She brought with her, besides refined manners, many of the delicacies that were then enjoyed in Renaissance Italy: sweetbreads, truffles, artichoke hearts, quenelles of poultry, ice cream and frangipane tarts. Also, she introduced sauces and certain vegetables to France such as broccoli, peas, and green beans never seen before.



Catherine de' Medici
(1519 - 1589)

O

Osteria de Medici



The Basics



BRODO DI POLLO (CHICKEN BROTH)

PREPARATION TIME: 15 MINUTES COOKING TIME: 2½ HOURS

Soups and risottos are only as good as the broth or stock used to make them.

This basic chicken stock will add rich flavor to your recipes.

Note: *This recipe is originally from the revised edition of Antonietta Terrigno's previous book entitled Italian Cooking, Classic Recipes, printed in May, 2005.*

INGREDIENTS

1 lb (500 g) chicken
2 celery stalks, chopped
1 medium onion, chopped
1 large carrot, chopped
Salt and pepper to taste
5 quarts (5 L) water

INSTRUCTIONS

- Cut the chicken in half. Place the chicken, celery, onion, carrot, salt and pepper in a large saucepan. Add the water. Bring to a boil; reduce heat and simmer for 2 hours, removing the froth from the top with a slotted spoon.
- Remove the chicken from the pot and reserve for use in other dishes.
- Strain the broth through a fine sieve. Cool the broth, then cover and refrigerate.
- Keep refrigerated or freeze in small containers. Broth will keep in the refrigerator for up to 5 days.
- Makes 3 to 4 quarts (3 to 4 L).

DEMI-GLACE

PREPARATION TIME: 10 MINUTES COOKING TIME: 2½ HOURS

Famed French chef Escoffier called Demi-Glace, “Sauce Espagnole taken to the extreme of perfection.” This simplified version is very versatile, with intense flavor.

***Note:** This recipe is originally from the revised edition of Antonietta Terrigno’s previous book entitled Italian Cooking, Classic Recipes, printed in May, 2005.*

INGREDIENTS

½ lb (250 g) butter
½ lb (250 g) all-purpose flour
64 oz (2 L) canned beef broth or
consomme
1 medium onion, chopped
1 carrot, chopped
1 celery stalk, chopped
4 bay leaves
3 garlic cloves, minced
1 tsp (5 mL) black peppercorns
5½ oz (156 mL) can tomato paste

INSTRUCTIONS

- In a large pot, melt the butter; stir in the flour until smooth.
- Add the remaining ingredients and bring to a boil. Reduce the heat and simmer for 2 hours.
- Strain and use in sauces.
- Cool and store in covered containers in the refrigerator or freezer.
- Makes 2 quarts (2 L).

BEURRE MANIÉ

PREPARATION TIME: 10 MINUTES

This butter and flour mixture is very useful for thickening savory sauces, gravies and soups. The name means “kneaded butter” in French.

***Note:** This recipe is originally from the revised edition of Antonietta Terrigno’s previous book entitled Italian Cooking, Classic Recipes, printed in May, 2005.*

INGREDIENTS

- ¼ lb (115 g) soft butter
- ¼ lb (115 g) all-purpose flour

INSTRUCTIONS

- In a small bowl, mix butter and flour together until fully blended.
- Use Beurre Manié to thicken soups and sauces. Stir in a little at a time until the sauce thickens. This butter mixture can be stored refrigerated, for a long time.
- Makes $\frac{2}{3}$ cup (150 g).

PASTELLA (BATTER FOR DEEP-FRYING)

PREPARATION TIME: 5 MINUTES COOKING TIME: 5-10 MINUTES

*This batter is suitable for vegetables, chicken, shrimp, fish, etc.
It makes a crispy, golden coating.*

***Note:** This recipe is originally from the revised edition of Antonietta Terrigno’s previous book entitled Italian Cooking, Classic Recipes, printed in May, 2005.*

INGREDIENTS

- 4 whole eggs
- 1 tbsp (15 mL) baking powder
- 1½ cups (375 mL) flour
- Salt and pepper to taste

INSTRUCTIONS

- Mix eggs and baking powder together. Add flour a little at a time until the batter becomes fairly thick. Make sure the batter is smooth. Add salt and pepper.
- Heat oil in a deep-fryer to 365°F (185°C). Dip desired items in the batter and fry until golden brown.
- Makes 2 cups (500 mL) of batter.

BESCIAMELLA SAUCE (BÉCHAMEL SAUCE)

PREPARATION TIME: 5 MINUTES COOKING TIME: 30 MINUTES

Also called Balsamella in Italy, this white sauce was invented by a courtier of Louis XIV's, Louis de Béchamel. It is one of the 4 "mother" sauces.

Note: *This recipe is originally from the revised edition of Antonietta Terrigno's previous book entitled Italian Cooking, Classic Recipes, printed in May, 2005.*

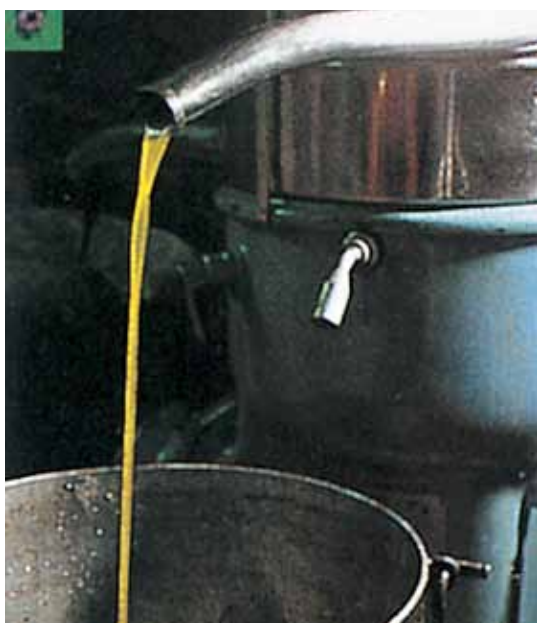
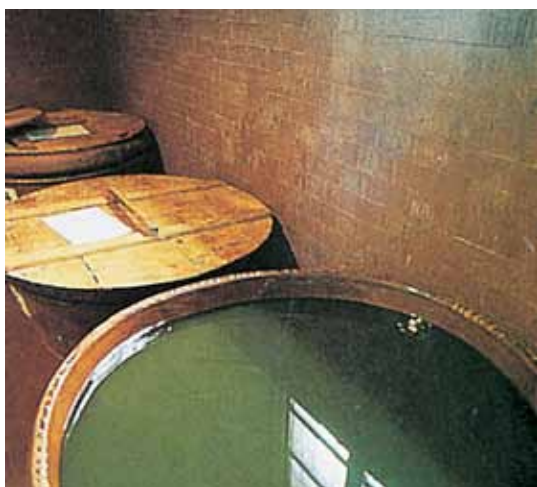
INGREDIENTS

2 cups (500 mL) milk
¼ lb (115 g) butter
½ cup (125 mL) flour
Pinch of salt and pepper
½ tsp (2 mL) nutmeg

INSTRUCTIONS

- Heat the milk in a saucepan until it is very close to the boiling point. Set aside.
- In another saucepan melt the butter over medium heat. When the butter has reached the frothing point add flour, salt, pepper and nutmeg. Stir well. Add hot milk slowly, stirring with a wire whisk or a wooden spoon (always stir in the same direction).
- To prevent lumps from forming, lower the heat and let the sauce cook for 15 minutes, stirring frequently.
- Makes 2 cups (500 ml).

The Production of Olive Oil





Antipasto Course

The Antipasto Course which precedes the first course, has been part of festive Italian meals since as early as the sixteenth century. Its components vary greatly depending on where you are in Molise and whether you are eating in a home or a restaurant. The antipasto course may consist of a mixed platter of local preserved meats and crostini or, for a special dinner prepared at home, it may be a single elaborate hot or cold dish.

ANTIPASTO FRUTTI DI-MARE

SERVES 4 PEOPLE PREPARATION TIME: 20 MINUTES COOKING TIME: 10 MINUTES



INGREDIENTS

8 medium scallops
3 - 6 squid
8 shrimp
16 mussels
1 cup red pepper, diced
1 cup green pepper, diced
2 cups olive oil
1/4 cup red wine vinegar
1 tsp each of oregano, salt, black pepper
1 fresh lemon squeezed
Fresh parsley

INSTRUCTIONS

- Boil all seafood in lemon juice and 2 L of water for 5 minutes, drain and cool, season with salt and pepper.
- Boil the red and green peppers in the vinegar for 10 minutes and cool.
- Add the remaining ingredients.
- Spoon pepper mixture over seafood, garnish with fresh parsley and lemons.

BRUSCHETTA

SERVES 6 - 10 PEOPLE PREPARATION TIME: 15 MINUTES COOKING TIME: 5 MINUTES



INGREDIENTS

Part A: Topping

10 medium tomatoes, diced into small pieces
1 tsp black pepper
1 tsp salt
1 tbsp oregano
4 garlic cloves, minced
½ cup olive oil

Part B: Bread

10 Italian dinner rolls, cut in half
¼ lb soft butter
4 shallots, chopped fine

INSTRUCTIONS FOR TOPPING

- Mix all ingredients together in a bowl and refrigerate overnight.

Serving Day

- Combine butter and shallots.
- Spread butter mixture on bread and place on a baking sheet, toast till brown.
- Spoon topping onto heated bread and serve.

MUSHROOM GRISSINI

SERVES 8 PEOPLE PREPARATION TIME: 15 MINUTES



INGREDIENTS

1 tbsp olive oil
1 fresh clove garlic, crushed
4 cups mushrooms, sliced
1 tsp salt
1 tsp pepper
1 cup whipping cream
2 oz brandy
8 slices toast

INSTRUCTIONS

- Sauté garlic in oil.
- Add sliced mushrooms and whipping cream.
- Reduce heat and stir until thickened.
- Place on toast and serve.

PROSCIUTTO MELONE (HAM AND MELON)

SERVES 4 PEOPLE PREPARATION TIME: 5 MINUTES



INGREDIENTS

2 cantaloupes
12 thin slices of prosciutto

INSTRUCTIONS

- Peel and slice the cantaloupes into 12 slices.
- Place three slices of cantaloupe per plate and lay a slice of prosciutto on each.

CAPELANTE CON BRANDI
(SCALLOPS WITH BRANDY AND CREAM)

SERVES 2 PEOPLE PREPARATION TIME: 10 MINUTES COOK TIME: 20 MINUTES



INGREDIENTS

6 scallops
2 oz brandy
1 cup flour
1 cup whipped cream 32%
1 cup extra-virgin olive oil
1 tbsp parsley
2 cloves garlic
Salt and pepper to taste

INSTRUCTIONS

- Place flour on a flat plate.
- Dip scallops in flour coating.
- Place scallops in frying pan with hot oil and fry each side for 5 minutes.
- Drain oil.
- Add brandy, whipping cream, parsley, salt and pepper to taste and cook 15 minutes.
- Ready to serve.

MOZZARELLA IN CARROZZA

(THIS CLASSIC ITALIAN DISH GAVE RISE TO FRIED MOZZARELLA)

SERVES 6 PEOPLE PREPARATION TIME: 10 MINUTES

This classic Italian dish gave rise to fried Mozzarella.

***Note:** This recipe is originally from the revised edition of Antonietta Terrigno's previous book entitled Italian Cooking, Classic Recipes, printed in May, 2005.*

INGREDIENTS

2 eggs
2 cups flour
2 cups bread crumbs, finely grated
2 cups olive oil
Pinch of salt and pepper
6 balls of Bocconcini

INSTRUCTIONS

- Whip eggs with the salt and pepper.
- Dip the Bocconcini in the flour first, then in the egg mixture, finishing in the bread crumbs.
- Cook in hot oil until golden brown.

Soups

Soups are mostly made with fresh vegetables to obtain the optimum taste value for homemade soups. Frozen vegetables do not taste the same as the flavor is lacking compared to fresh vegetables. For the best flavor in meat soups; meatballs, sausage, and prociutto are used. Winter soups are lentil, beans, and chic pea. Soups are a very simple way to add vitamins and minerals to any meal.

Soups



CAPELLINI IN BRODO (ANGEL HAIR WITH BROTH)

SERVES 4 - 5 PEOPLE PREPARATION TIME: 15 MINUTES COOKING TIME: 15 MINUTES



INGREDIENTS

3 litres chicken broth
500g angel hair pasta
Salt and pepper to taste

INSTRUCTIONS

- Cook Angel hair in an abundance of salted boiling water for approximately. 3-5 minutes.
- Meanwhile bring broth to a boil and season with salt and pepper, strain pasta.
- Add it to the broth and ladle into bowls.

PASTA E FAGIOLI **(ITALIAN BEAN SOUP)**

SERVES 8 PEOPLE

PREPARATION TIME: 45 MINUTES

COOKING TIME: 3 HOURS



INGREDIENTS

1 lb chopped prosciutto
4 cups dried beans (white or brown)
1 medium carrot, diced
1 medium onion, diced
1 large green pepper, diced
16 cups chicken broth
1 tsp dried rosemary
1 tsp sage
3 garlic cloves, minced
2 cups macaroni
Salt and pepper to taste

INSTRUCTIONS

- Soak beans in water overnight and strain.
- Sauté vegetables in a large saucepan with the prosciutto and chicken broth.
- Cook till beans become soft and soup thickens.
- In a small saucepan brown garlic, rosemary and sage.
- Add this to the soup.
- Add cooked pasta, season with salt and pepper.

MINISTRONE SOUP

SERVES 6 PEOPLE PREPARATION TIME: 20 MINUTES COOKING TIME: 40 MINUTES



INGREDIENTS

1/3 cup olive oil
1 large zucchini, diced
1 medium carrot, diced
1 medium onion, diced
8 celery stalks, diced
3 peeled potatoes, diced
1/2 cup prosciutto
1/2 cup cooked spinach
2 cups whole stewed tomatoes
8 cups chicken broth
Salt and pepper to taste

INSTRUCTIONS

- Heat oil in a saucepot and sauté the vegetables with the prosciutto for approximately 10 minutes.
- Add the stewed tomatoes and continue cooking for another 10 minutes.
- Add broth and cook until vegetables are soft.
- Add spinach, salt and pepper.
- Serve.

STRACCIATELLA ALLA ROMANA **(PARMESAN AND EGG IN CHICKEN BROTH)**

SERVES 4 PEOPLE PREPARATION TIME: 10 MINUTES COOKING TIME: 20 MINUTES



INGREDIENTS

1 litre of chicken broth
1 cup Parmesan cheese
3 eggs
Salt and pepper to taste
Pinch of parsley

INSTRUCTIONS

- Add chicken broth to pot and bring to a boil.
- In a separate bowl, whip the eggs. Add Parmesan, salt, pepper and parsley and whip again.
- Pour into boiling chicken broth and simmer for 15 minutes.
- Enjoy.

ZUPPA DI ZUCCHINI CON RISO **(ZUCCHINI AND RICE SOUP)**

SERVES 4 PEOPLE

PREPARATION TIME: 30 MINUTES

COOKING TIME: 1 HOUR



INGREDIENTS

1 small onion, chopped fine
1 garlic clove, minced
1 tbsp butter
3 tbsp extra-virgin olive oil
1 zucchini, chopped fine
8 cups chicken broth
1½ cups rice, uncooked
Salt and pepper to taste

INSTRUCTIONS

- In a large saucepan, sauté onion and garlic in oil and butter.
- Add zucchini and mix well.
- Simmer for $\frac{3}{4}$ of an hour.
- Add broth, one chicken cube, rice, salt, and pepper.
- Bring to a boil.
- Reduce heat and simmer until rice is tender, stirring frequently.
- Sprinkle with grated Parmesan cheese and serve.

ZUPPA DI LENTICCHIE (LENTIL SOUP)

SERVES 6 - 8 PEOPLE PREPARATION TIME: 20 MINUTES COOKING TIME: 1 HOUR

Lentils add rich earthy flavor to soups and stews. Their high nutritional value and low fat content has made them very popular in contemporary North American recipes, but Mediterranean cooks have used them for centuries.

Note: *This recipe is originally from the revised edition of Antonietta Terrigno's previous book entitled Italian Cooking, Classic Recipes, printed in May, 2005.*

INGREDIENTS

½ lb (250 g) dried lentils
2 quarts (2 L) water
2 medium potatoes, quartered
2 tbsp (30 mL) vegetable oil
1 tsp (5 mL) butter
1 small onion, finely chopped
1 small carrot, finely chopped
1 celery stalk, finely chopped
1 garlic clove, minced
2 strips bacon, finely chopped
7½ oz (213 mL) can plum-style Italian tomatoes
Salt and pepper to taste

INSTRUCTIONS

- Soak the lentils for 6 hours or overnight in cold water to cover. Drain lentils and discard the water.
- Place the lentils in a large saucepan with the potatoes and cover with water. Bring to a boil, reduce heat and cook until lentils and potatoes are tender, about 20 to 30 minutes. Drain and save the liquid.
- In another saucepan, heat the oil and butter and sauté the onion, carrot, celery, garlic and bacon. Add peeled tomatoes and the lentil liquid. Simmer for half an hour.
- Remove the potatoes from the lentils and mash the potatoes. Return the potatoes to the lentils and add the tomato mixture. Add salt and pepper. Bring to a boil and simmer for 5 minutes before serving.

Tip for Salads

Use cold water to keep lettuce fresh when washing it. Always use the freshest vegetables in season and keep them in the fridge until you use them.



Salads

INSTRUCTIONS ON HOW TO PREPARE SALAD

- 1) When washing produce, squeeze the juice of 1 or 2 lemons into the water and also add about $\frac{1}{2}$ tsp. salt. The lemon juice adds to the crispness of the lettuce and the salt will drive out any insects hidden on the produce.
- 2) If lettuce seems to be limp, add ice cubes to the water and allow lettuce to soak a few minutes.
- 3) After thorough washing, dry lettuce well between towels or drain in a salad basket.
- 4) Always chill lettuce after it is cleaned. Put in a cloth bag or other closed container in refrigerator to keep cold and crispy.
- 5) If you wish tomatoes to be added to a salad, prepare them separately and use them as garnish. If they are added along with the other ingredients, their juice will thin the dressing.
- 6) It is best to cut tomatoes in vertical slices because they bleed less this way.
- 7) A tastier tossed salad will result if several kinds of lettuce are used.
- 8) Always taste a tossed salad before serving. If it seems dull, add a little more vinegar or salt and pepper.
- 9) Chill salad plates (bowls), especially if serving individual salads.
- 10) For a change of pace, try chilling the salad forks too. You'll be amazed at the reactions you'll receive.

CAESAR SALAD

SERVES 8 PEOPLE PREPARATION TIME: 20 MINUTES



INGREDIENTS

1 head of romaine lettuce
1 cup croutons
5 cloves of garlic
½ cup Parmesan cheese
4 egg yolks
3 anchovy filets, chopped
1 tbsp capers, chopped
1 cup olive oil
½ tsp dry mustard
Pinch tabasco sauce
Pinch of worcestershire sauce
Salt and pepper to taste
2 lemons

INSTRUCTIONS

- Wash and cut romaine and store in a cloth towel.
- In a mixing bowl add egg yolk, garlic, capers, anchovy and mustard.
- Mix on high with blender slowing to add oil till completely absorbed.
- Then add juice of lemons, tabasco sauce, worcestershire sauce, salt and pepper.
- Mix together lettuce, croutons, cheese, add dressing and mix together.

CAPRESE SALAD

SERVES 6 - 10 PEOPLE PREPARATION TIME: 15 MINUTES COOKING TIME: 5 MINUTES



INGREDIENTS

6 medium tomatoes
6 Bocconcini cheese
1 cup olive oil
½ cup balsamic vinegar
1 tsp salt
1 tsp pepper
1 tsp oregano
1 tsp parsley

INSTRUCTIONS

- Slice tomatoes and Bocconcini cheese crosswise.
- In a bowl mix the remaining ingredients for your dressing.
- Place tomato and cheese on plates and pour dressing over the top.

MISTA SALAD

SERVES 6 PEOPLE PREPARATION TIME: 10 MINUTES



INGREDIENTS

½ head of butter leaf lettuce
1 small head of endive lettuce
3 small radishes, sliced thin
2 fennel bulbs, sliced ½ inch thick
2 tomatoes, quartered
Oil and vinegar
Salt to taste

INSTRUCTIONS

- Discard outer leaves from greens.
- Wash quickly and pat dry with towels.
- Tear into bite sized pieces and place in a large salad bowl.
- Slice fennel, radishes, tomatoes and add to salad.
- Season with salt and add enough oil to coat ingredients.
- Sprinkle with vinegar and toss gently to mix.

Entrées

BEEF

CHICKEN

FISH

PASTA

VEGETARIAN



Cooking Tip for Beef

When cooking beef, don't cook it too well done or it will be tough. Cook filet or steak 3 minutes each side on high heat. Also, if you want the meat more rare, cook each side for only 2 minutes.

Beef



CANNELLONI PASTA

SERVES 6 PEOPLE PREPARATION TIME: 1 HR COOKING TIME: 1 HR



A INGREDIENTS

1 lb ground veal
1 lb ground beef
1 lb spinach
4 egg yokes
2 cups Parmesan cheese
½ cup extra-virgin olive oil
1 medium onion
2 carrots
2 celery stalks
1 cup Marsala wine
4 cups crushed tomatoes
Salt and pepper to taste

B INGREDIENTS (BÉSCHAMEL)

3 cups flour
1 cup butter
2 liters milk
1 tsp nutmeg
Salt and pepper to taste

INSTRUCTIONS - PART A

- Cook meat in casserole dish 30 minutes at 350°F.
- Add vegetables and Marsala wine.
- Add tomatoes and cook for 1 hr/350°F.
- Salt and pepper to taste.

INSTRUCTIONS - PART B

- Grind all product through sausage grinder (or similar).
- Mix product with egg yoke and Parmesan cheese.
- (Meanwhile - Partially cook cannelloni pasta in boiling water).
- Lay pasta on cloth and damp dry with napkins.
- Place meat product on pasta and roll into tubes.

INSTRUCTIONS - BÉSCHAMEL PART C (COOK)

- Melt butter in pot on low heat.
- Add flour and continue to mix.
- Add milk to make a smooth paste (continue mixing).
- Add nutmeg, salt and pepper to taste and cook covered on medium heat with a light bubble (mixing occasionally).

INSTRUCTIONS - PART D

- Pour 80% of Béchamel in pan.
- Place tubes in pan on Béchamel.
- Place remainder of Béchamel on top of tubes and cook on medium heat (350°F) for ½ hour like lasagne.

OSSO BUCO

SERVES 4 - 5 PEOPLE PREPARATION TIME: 15 MINUTES COOKING TIME: 1 ½ HOURS



INGREDIENTS

6 veal shank (2 inch thick)
1 carrot, diced
1 onion, diced
1 celery stalk, diced
2 litres tomato sauce
2 litres Demi-Glace
Salt and pepper to taste
1 cup extra-virgin olive oil

INSTRUCTIONS

- Season shank with salt and pepper.
- Dredge in flour.
- In a saucepan, heat 1 cup of olive oil on high.
- Fry shank on both sides until brown.
- Remove from pan and place in a baking pan.
- In the same frying pan with 1 tbsp oil, sauté carrots, onion, celery and pat on top of shank.
- Add tomato sauce and Demi-Glace.
- Bake in oven at 375°F for approximately 1 ½ hours or until meat is tender.

BISTECCA ALLA PIZZAIOLA **(BEEF IN WINE AND TOMATO SAUCE)**

SERVES 4 PEOPLE PREPARATION TIME: 15 MINUTES COOKING TIME: 20 MINUTES



INGREDIENTS

4 (4 oz) beef tenderloin
3 tbsp olive oil
2 garlic cloves, minced
1 tsp oregano
½ cup dry white wine
1 28 oz can tomatoes, chopped with liquid
Salt and pepper to taste

INSTRUCTIONS

- Heat oil in a large skillet.
- When oil is hot, sauté beef tenderloin for about 2 minutes per side.
- Remove from skillet and set aside.
- In the same skillet, add garlic, wine, tomatoes, salt and pepper.
- Simmer for 15 minutes over low heat, stirring frequently.
- Return tenderloin to skillet and continue to simmer for another 10 minutes (or longer if you prefer the tenderloin well done).
- When ready to serve, place tenderloin on plates and pour sauce over the top.

ABBACCHIO ALLA TOSCANA (RACK OF LAMB)

SERVES 4 PEOPLE PREPARATION TIME: 10 MINUTES COOKING TIME: 20-30 MINUTES



INGREDIENTS

4 Racks of Lamb 1¼ to 1½ lbs
1 tsp (5 mL) butter
4 shallots, chopped
1 tsp (5 mL) dried rosemary
2 garlic cloves, minced
1 tsp (5 mL) cracked pepper
1 cup (250 mL) red wine
1 cup (250 mL) *Demi-Glace
Salt and pepper to taste

INSTRUCTIONS

- Sear the lamb in heavy saucepan over high heat, until browned.
- Roast the lamb at 350°F (180°C) until desired doneness is reached.
- Test with a meat thermometer 125°F (52°C) for rare, 130° to 135°F (54 to 57°C) for medium rare, about 20 to 30 minutes.
- Meanwhile, in a small pot, melt the butter and add the shallots, rosemary, garlic and pepper.
- Sauté for 2 to 3 minutes and add the wine and Demi-Glace.
- Bring to a boil and reduce to a sauce consistency.
- Add salt and pepper and strain.
- Remove the lamb from oven and let it rest 5 to 10 minutes before cutting into single or double chops.
- Place the lamb on a platter and pour the sauce over.

BISTECCA ALLA PEPERONI GIALLO **(STEAK IN A YELLOW ROASTED PEPPER)**

SERVES 6 PEOPLE PREPARATION TIME: 10 MINUTES COOKING TIME: 5 MINUTES



INGREDIENTS

4 (5oz) Filet Mignons
2 yellow pepper
2 red pepper
3 potatoes (sliced)
4 cups broccoli
3 cloves garlic
1 cup extra-virgin olive oil
½ cup wine
1 tbsp butter
Salt and pepper to taste

INSTRUCTIONS

- Boil potatoes whole.
- Roast yellow peppers on stove.
- When pepper blisters, scrape off blisters and place yellow peppers in blender with ½ cup white wine for 2 minutes.
- Prep frying pan with oil and butter and place on medium heat for composite of: sliced potato; slice broccoli; red pepper; salt and pepper to taste.
- Dip filets in oil and place on grill (grill filets to preference).
- Meanwhile, place vegetables and seasoning in frying pan cook for 2 minutes but do not over cook.
- Pour yellow pepper and wine from blender onto serving plate and place both filet and vegetables into position.
- Serve.



Cooking Tip for Chicken

Chicken must be well cooked because of salmonella poisoning. Chicken has to be in the cold fridge placed in porcelain not plastic. You can't cook frozen chicken or you will get sick. Depending on the size of the chicken pieces, place chicken in a porcelain dish outside of the fridge for 3 hours. Cover with porcelain lid. Don't use cloth with chicken because of possible salmonella. Use paper towel to dry up areas. The chicken is cooked properly when the juices run clear not pink.

Chicken



POLLO ALLA CACCIATORE

(CHICKEN CACCIATORE)

SERVES 4 PEOPLE PREPARATION TIME: 15 MINUTES COOKING TIME: 45 MINUTES



INGREDIENTS

4 chicken breasts
1 cup of flour
½ cup of chicken broth
2 slices of anchovies sardine
2 cloves of fresh garlic chopped
½ glass of white wine
4 tbsp of extra-virgin olive oil
2 pinches of rosemary
1 pinch of parsley
Salt and pepper to taste

INSTRUCTIONS

- Put flour on a plate and dip chicken breast in flour to coat; make sure oil is very hot before adding chicken to frying pan.
- Cook each side for 15 minutes on medium temperature.
- Drain oil and add wine, anchovies, garlic, rosemary, parsley, chicken broth, chopped sardines, salt and pepper.
- Cook 15 minutes uncovered.
- Serve with vegetables or risotto.

PETTI DE POLLO RIPIENO (CHICKEN CORDON BLEU)

SERVES 6 PEOPLE

PREPARATION TIME: 1 HOUR

COOKING TIME: 30 MINUTES



INGREDIENTS

6 chicken breasts
6 pieces ham (sliced)
1 lb Mozzarella (sliced)
2 cups flour
 $\frac{3}{4}$ cup extra-virgin olive oil
2 cups of white wine
1 cup chicken broth
1 tsp rosemary
3 cloves garlic
1 carrot (large)
1 celery stalk
Salt and pepper to taste
6 toothpicks

INSTRUCTIONS

- Wrap plastic on chicken breasts and pound both sides.
- Lay chicken breasts in pan.
- Place cheese then ham on top of chicken breast and roll into a tube secured with toothpicks.
- Roll the product in flour and fry each side in oil on high heat for 15 minutes.
- Drain oil.
- Add white wine, chicken broth and vegetables (chopped fine).
- Salt and pepper to taste.
- Cover and cook 15 minutes on medium heat and serve.
- Recommended side dish - Corn and Peas.

POLLO CON FUNGHI

(CHICKEN WITH MUSHROOMS)

SERVES 6 PEOPLE

PREPARATION TIME: 1 HOUR

COOKING TIME: 30 MINUTES



INGREDIENTS

6 chicken breasts
1 cup extra-virgin olive oil
2 cups of white wine
1 cup of flour
1 cup mushrooms (sliced)
3 cloves garlic, chopped
1 tsp rosemary
Salt and pepper to taste

INSTRUCTIONS

- Wrap chicken in plastic and pound both sides.
- Dip chicken in flour on both sides.
- Place chicken in pan with hot oil on medium heat for 10 minutes on each side.
- Drain oil.
- Add white wine, mushrooms and all spices.
- Simmer 10 minutes for flavor and serve.
- Side dish recommendations - Broccoli, Potatoes or Zucchini.

POLLO CON PISELLI **(CHICKEN WITH PEAS)**

SERVES 6 PEOPLE PREPARATION TIME: 30 MINUTES COOKING TIME: 30 MINUTES



INGREDIENTS

6 chicken breasts
1 cup extra-virgin olive oil
2 cups of white wine
1 cup of flour
1 cup snow peas
3 cloves garlic, chopped
Salt and pepper to taste

INSTRUCTIONS

- Wrap chicken in plastic and pound both sides.
- Dip chicken in flour on both sides.
- Place chicken in pan with hot oil on medium heat for 10 minutes on each side.
- Drain oil.
- Add white wine, snow peas and all spices.
- Simmer 10 minutes for flavor and serve.
- Side dish recommendations - Red Peppers and Roasted Potatoes with onions.

POLLO VINO BIANCO **(CHICKEN IN WHITE WINE)**

SERVES 6 PEOPLE PREPARATION TIME: 30 MINUTES COOKING TIME: 30 MINUTES



INGREDIENTS

6 chicken breasts
1 cup extra-virgin olive oil
2 cups of white wine
1 cup of flour
3 cloves garlic, chopped
1 tsp rosemary
Salt and pepper to taste

INSTRUCTIONS

- Wrap chicken in plastic and pound both sides.
- Dip chicken in flour on both sides.
- Place chicken in pan with hot oil on medium heat for 10 minutes on each side.
- Drain oil.
- Add white wine and all spices.
- Simmer 10 minutes for flavor and serve.
- Side dish recommendations -
Green Peas.

POLLO ALLE MANDORLE (CHICKEN WITH ALMONDS)

SERVES 6 PEOPLE PREPARATION TIME: 10 MINUTES COOKING TIME: 20 MINUTES

Marsala and almonds add smoky, nutty subtle flavor to this chicken dish.

***Note:** This recipe is originally from the revised edition of Antonietta Terrigno's previous book entitled Italian Cooking, Classic Recipes, printed in May, 2005.*

INGREDIENTS

½ cup (125 mL) olive oil
Flour
6 boneless chicken breasts, 12 halves
1½ cups (375 mL) sliced almonds,
toasted
1 cup (250 mL) Marsala*
2 cups (500 mL) Demi-Glace, see page 21
1 cup (250 mL) water
Salt and pepper to taste

INSTRUCTIONS

- Heat the oil in a large skillet and dredge the chicken in flour. Fry the chicken breasts on each side for approximately 3 minutes per side.
- Drain off the oil. Add the almonds and Marsala. Then add the Demi-Glace and water. Reduce the heat until the sauce thickens slightly. Add salt and pepper to taste.

*Marsala is a fortified wine made in Sicily. Famous for its smoky richness, it comes in sweet (dolce), semisweet (semisecco), and dry (secco) versions. The sweet and semisweet are usually served as dessert wines.

Cooking Tip for Fish

The different ways to cook fish are: sear it in the frying pan or BBQ, bake it, or boil it and then add it to salad with extra-virgin olive oil and balsamic vinegar. Don't leave fresh fish in the fridge more than 2 days without cooking it because this can cause food poisoning. Defrost the fish overnight before cooking. Place it in a porcelain dish not a plastic one otherwise the plastic will collect bacteria and it is hard to get out. This doesn't happen with porcelain. Fish is cooked properly when the color is even throughout after cutting it with a knife.

Fish



LINGUINE PESCATORE

SERVES 6 PEOPLE PREPARATION TIME: 20 MINUTES COOKING TIME: 25 MINUTES



INGREDIENTS

2 tbsp (30 ml) olive oil
3 fresh garlic cloves, minced
2 tbsp (30 ml) chopped fresh parsley
2 tbsp (30 ml) dried oregano
24 mussels in shells
8 oz (250 ml) calamari, cut into 1 inch (2.5 cm) circles
½ lb (250 g) scallops
24 shrimp
½ lb (250 g) baby clams in shells
½ cup (125 ml) dry white wine
1 quart (1 L) coarsely chopped tomatoes
Salt and pepper to taste

1 lb (500 g) linguine

INSTRUCTIONS

- Heat the oil in a large skillet. Add garlic and sauté until the aroma is released.
- Clean all of the seafood and add to the herb/garlic mixture.
- Sauté for 5 minutes.
- Add wine, tomatoes, salt and pepper to taste.
- Cook for 15 minutes.
- Throw out all unopened mussels and clams.
- Meanwhile, in a large pot of boiling, salted water, cook the linguine for 5 minutes until al dente.
- Drain the pasta and add to the seafood.
- Combine thoroughly.
- Transfer to a large platter and serve at the table.

SALMON ALLA OSTERIA

SERVES 4 PEOPLE PREPARATION TIME: 30 MINUTES COOKING TIME: 20 MINUTES



INGREDIENTS

4 (4 oz) salmon (wild)
2 cups bread crumbs
1 tbsp parsley
3 cloves garlic
½ cup extra-virgin olive oil
Salt and pepper to taste

INSTRUCTIONS

- Preheat oven to 350°F.
- Mix: bread crumbs; chopped garlic cloves; chopped parsley; 2 tbsp oil in deep ceramic bowl and mix with wooden spoon;
- Preheat large pan with oil for 5 minutes to avoid 'sticking.'
- Place 'mixture' on top of salmon and place on oiled pan in oven.
- Cook for 20 minutes and serve hot.

BACCALA DI FONDO CON BRANDI **(SEA BASS IN BRANDY SAUCE)**

SERVES 4 PEOPLE PREPARATION TIME: 10 MINUTES COOKING TIME: 25 MINUTES



INGREDIENTS

8 sea bass fillets (approximately
2 ounces each)
2 oz brandy
2 cups whipping cream
2 pinches of parsley
2 cloves fresh garlic, chopped
1 cup flour
1 cup oil
1 cup peas
Salt and pepper to taste

INSTRUCTIONS

- Dip fish in flour to coat.
- Make sure oil is very hot before adding sea bass to frying pan.
- Cook approximately 5 minutes each side.
- Drain oil, add whipping cream then brandy, add peas, garlic, parsley and salt and pepper.
- Bring to boil for 15 minutes then reduce heat and simmer until cream sauce becomes thicker.
- Place and serve.

SCAMPI AND RISOTTO

SERVES 6 - 8 PEOPLE PREPARATION TIME: 20 MINUTES COOKING TIME: 40 MINUTES



INGREDIENTS

Part A: Rice

2 lbs scampi, medium size
2 litres water
1 tbsp butter
¼ cup olive oil
5 cups rice
½ medium onion

Part B: Mix Sauce

5 medium shallots, diced
1 garlic clove, minced
2 tbsp butter
½ cup brandy
1 tbsp parsley
5 cups tomato sauce
2 cups whipping cream

INSTRUCTIONS

Part A: Split the scampi in half. Remove from shell. Set scampi aside. Place the shells in a large saucepot of boiling salted water. Let boil for 20 minutes. Meanwhile in a skillet sauté onion in butter and oil for about 5 minutes over medium heat. Add rice and stir well. Strain the scampi broth and discard the shells. Add broth to rice and stir well with a wooden spoon. Let cook for 20 minutes.

Part B: In a skillet sauté shallots and garlic in butter over medium heat for 5-minutes. Add scampi and stir well. Add the salt, pepper, and the parsley. Cook for another 5 minutes. Remove skillet from heat and pour brandy over scampi. Remove the scampi and return the skillet to the heat. Add the whipping cream, tomato sauce and stir well. Cook for 15 minutes stirring occasionally. Add the rice and scampi to sauce and stir well.

RISOTTO PORTOFINO

(SHRIMP MUSHROOM AND RICE)

SERVES 4 - 5 PEOPLE PREPARATION TIME: 15 MINUTES COOKING TIME: 15 MINUTES



INGREDIENTS

1 lb shrimp
3 cups risotto (Italian short grain rice)
1 cup green peas
2 cloves of garlic (crushed)
1½ cup sliced mushrooms
2 tbsp chopped parsley
¼ cup white wine
6 cup tomato sauce
1 cup Parmesan cheese
Salt and pepper to taste

INSTRUCTIONS

- Cook 3 cups of rice in 2 litres of salted boiling water for 20 minutes.
- Meanwhile, sauté shrimps, mushrooms, and garlic together for approximately 1 minute.
- Add wine, parsley, green peas and tomato sauce.
- Simmer for an additional 2 minutes.
- Remove half the mixture from pan and set aside.
- Strain rice and add it to the sauce, stir in cheese.
- Place the rice on plates and add shrimp.
- Pour remaining sauce over top.

ARAGOSTA DI PESARO (LOBSTER IN LEMON SAUCE)

SERVES 4 PEOPLE PREPARATION TIME: 10 MINUTES COOKING TIME: 10 - 20 MINUTES

Often the simple things are the best, wonderful ingredients simply prepared.

Lemon and wine enhance the natural lobster flavor in this recipe.

Note: *This recipe is originally from the revised edition of Antonietta Terrigno's previous book entitled Italian Cooking, Classic Recipes, printed in May, 2005.*

INGREDIENTS

4 lobster tails
½ cup (125 mL) white wine
½ cup (125 mL) butter
1 lemon
2 garlic cloves, minced
1 tsp. (5 mL) chopped parsley
Salt and pepper to taste

INSTRUCTIONS

- Cut the lobster tails lengthwise down the back and peel out the meat. Rest the meat on the shell. Place on a baking sheet and bake at 350°F (180°C) for 10 to 20 minutes.
- In a small saucepan, heat wine, butter, lemon, garlic, parsley, salt and pepper. Bring to a boil. The sauce should thicken, if it doesn't, add a little Beurre Manié, see page 22.
- To serve, place the lobster on a platter and pour the sauce over it.

Cooking Tip for Pasta

Knowing how to cook pasta is very important in Italian cuisine. To cook pasta you need a generous amount of salted water. A good rule is to add 4 times the amount of water to pasta. For example, for 500 grams of penne you would need 2 litres of water and 1 tbsp of salt per litre. Make sure the water comes to a boil before adding the pasta, and always stir the pasta to prevent it from sticking together. Pasta is done when it is soft and slightly firm to the bite. Cook 10 minutes if you want it al dente or 15 minutes for well done. Then strain the pasta and serve with the desired dish.

Pasta



SPAGHETTI AGLIO E OLIO **(SPAGHETTI WITH GARLIC AND OIL)**

SERVES 4 PEOPLE PREPARATION TIME: 10 MINUTES COOKING TIME: 10 MINUTES



INGREDIENTS

1 lb thin spaghetti or linguine
6 garlic cloves, minced
 $\frac{1}{3}$ to $\frac{1}{2}$ cup extra-virgin olive oil
Salt and freshly ground pepper to taste
 $\frac{1}{2}$ cup freshly grated Parmesan cheese

INSTRUCTIONS

- Cook the pasta in an abundance of boiling, salted water.
- While pasta is cooking, heat the garlic in $\frac{1}{3}$ cup oil in a frying pan over low heat.
- When the mixture just begins to bubble, stir and cook for a few more minutes until garlic just begins to turn golden. Do not let garlic brown.
- When pasta is partially cooked, drain it, add it to the frying pan and toss well.
- Season to taste with salt and pepper.
- Add a bit more oil if you like.
- Serve immediately with Parmesan cheese.

LINGUINE ALLE VONGOLE (LINGUINE IN CLAM SAUCE)

SERVES 6 PEOPLE PREPARATION TIME: 10 MINUTES COOKING TIME: 15 MINUTES



INGREDIENTS

2 lbs fresh baby clams, or 5 oz can
½ cup olive oil
2 garlic cloves, minced
Pinch crushed chilies
Pinch of oregano
5 sprigs parsley, chopped fine
1 cup dry white wine
1 lb linguini
Salt and pepper to taste

INSTRUCTIONS

- Wash and scrub fresh clams several times.
- In a large skillet, add oil and garlic. Cook over medium heat until garlic turns light brown.
- Add remaining ingredients and cover with a lid.
- When clams have opened, remove from the shell and return them to the skillet.
- Simmer for 5 minutes, stirring occasionally.
- Cook the pasta in an abundance of boiling, salted water.
- When pasta is partially cooked, drain and add to clam sauce.
- Mix well, remove from heat and serve.

***Note:** When using canned clams, add clams and liquid to garlic along with the seasonings and wine.*

FETTUCCHINE AL BURRO E PANNA (FETTUCCHINE ALFREDO)

SERVES 4 - 5 PEOPLE PREPARATION TIME: 15 MINUTES COOKING TIME: 15 MINUTES



INGREDIENTS

8 tbsp (120 mL) unsalted butter
1 cup (250 mL) heavy cream
2 tbsp (30 mL) salt
1 lb (500 g) fresh fettuccine
1 cup (250 mL) freshly grated Parmesan cheese
Freshly ground pepper

INSTRUCTIONS

- In a large saucepan, bring 2 quarts (2 L) of water to a boil.
- As the water for the pasta begins to boil, melt the butter in large sauté pan over low heat.
- Add the cream to the butter and let it warm.
- At the same time, salt the water and cook the pasta until al dente, about 7 to 9 minutes.
- Drain the pasta and mix thoroughly with the butter and cream, over low heat.
- Add the cheese and toss until the sauce thickens slightly.
- Season with the pepper.
- Serve immediately and pass additional cheese at the table.

PENNE ALL'ARRABBIATA

(PENNE WITH SPICY TOMATO SAUCE)

SERVES 6 PEOPLE PREPARATION TIME: 10 MINUTES COOKING TIME: 15 MINUTES

Arrabbiata means "angry" in Italian. It is usually used for spicy tomato sauces with chilies. This sauce is very easy to prepare and you can add chilies to turn up the heat or lower it.

***Note:** This recipe is originally from the revised edition of Antonietta Terrigno's previous book entitled Italian Cooking, Classic Recipes, printed in May, 2005.*

INGREDIENTS

2 lbs (1 kg) penne
½ cup (125 mL) olive oil
4 tbsp (60 mL) crushed garlic
1 tsp (5 mL) crushed chilies
3 ripe tomatoes, peeled and coarsely diced
Salt and pepper to taste
½ cup (125 mL) grated Parmesan cheese

INSTRUCTIONS

- In a large pot of boiling, salted water cook the pasta for 10 to 15 minutes, until al dente. Drain.
- While pasta is cooking, heat the oil in a skillet over medium heat. Add garlic and chilies and cook until garlic is golden in color. Add tomatoes. Reduce heat and continue to cook for 10 to 15 minutes, stirring frequently.
- Add the pasta to the frying pan and toss well. Season to taste with salt and pepper, adding a bit more oil if you like. Serve immediately with Parmesan cheese.

LINGUINE ALLA PUTTANESCA (LINGUINE WITH OLIVES AND CAPERS)

SERVES 4 PEOPLE PREPARATION TIME: 10 MINUTES COOKING TIME: 25 MINUTES

This spicy sauce from Naples has a fabulous fragrance and flavor. It is named after the “ladies of the night” who reputedly created it for its energy-boosting powers.

***Note:** This recipe is originally from the revised edition of Antonietta Terrigno’s previous book entitled Italian Cooking, Classic Recipes, printed in May, 2005.*

INGREDIENTS

28 oz (796 mL) can tomatoes
2 tbsp (30 mL) virgin olive oil
2 x 2 oz (50 g) cans anchovy fillets,
drained, and finely chopped (optional)
4 garlic cloves, minced
½ cup (125 mL) sliced, pitted, medium,
ripe olives
½ cup (125 mL) sliced, stuffed
manzanilla olives
2 tbsp (30 mL) drained capers
½ tsp (2 mL) hot pepper flakes
¼ tsp (1 mL) dried oregano
¼ tsp (1 mL) salt
¾ lb (340 g) linguine
¼ cup (60 mL) chopped fresh
Italian parsley

INSTRUCTIONS

- Place tomatoes and juice in food processor. Pulse on and off until tomatoes are crushed; set aside.
- In a large skillet, heat olive oil over medium heat. Add anchovies (if using), garlic, olives, capers, hot pepper flakes, oregano and salt. Cook for 3 minutes, or until garlic softens, stirring constantly. Stir in tomatoes; cook for 20 minutes, or until the sauce thickens.
- Meanwhile, in a pot of boiling, salted water, cook the pasta for 6 minutes, or until al dente. Drain well. Toss with the sauce and fresh parsley. Serve immediately.

PASTA CON TONNO E OLIVE (PASTA WITH TUNA & OLIVES)

SERVES 6 PEOPLE PREPARATION TIME: 10 MINUTES COOKING TIME: 20 MINUTES

Rich in flavor, flaky and tender, tuna combines well with the distinctive flavors of ripe Italian olives and tomatoes in this traditional sauce.

***Note:** This recipe is originally from the revised edition of Antonietta Terrigno's previous book entitled Italian Cooking, Classic Recipes, printed in May, 2005.*

INGREDIENTS

2 tbsp (30 mL) olive oil
2 garlic cloves, minced
28 oz (796 mL) can tomatoes
½ tsp (2 mL) dried oregano,
Salt and pepper to taste
¼ tsp (1 mL) hot pepper flakes
1 lb. (500 g) bucatini*
1 cup (250 mL) medium, sliced, pitted
black Italian olives
¼ cup (60 mL) chopped fresh parsley
2 x 6.5 oz (184 g) cans solid light
tuna, drained, flaked

INSTRUCTIONS

- In a large saucepan, heat oil over medium heat. Add garlic and cook for 10 seconds, or until golden brown. Add tomatoes, oregano, salt, pepper and hot pepper flakes; bring to a boil. Reduce heat to medium-low and cook for 15 minutes.
- Meanwhile, in a large pot of boiling, salted water, cook the pasta for 8 to 10 minutes, until al dente. Drain well.
- Stir the olives into the sauce and cook for 2 minutes. Toss the pasta with the sauce, parsley and tuna. Serve immediately.

* Bucatini is a hollow pasta, just a bit thicker than spaghetti, that comes in long strands. A thicker version is called bucatoni.

SPAGHETTI CON POLPETTE (SPAGHETTI WITH MEATBALLS)

SERVES 4 PEOPLE PREPARATION TIME: 1 HOUR COOKING TIME: 1½ HOURS

For many North Americans, Spaghetti and Meatballs was their first taste of “real” Italian food. This traditional recipe is made with equal amounts of veal and pork.

***Note:** This recipe is originally from the revised edition of Antonietta Terrigno’s previous book entitled Italian Cooking, Classic Recipes, printed in May, 2005.*

MEATBALLS

8 oz. (250 g) ground veal
8 oz. (250 g) ground pork
3 eggs
2 cups (500 mL) bread crumbs
3 garlic cloves, minced
Salt and pepper to taste
½ cup (125 mL) vegetable oil
2 cups (500 mL) grated Parmesan cheese

19 oz. (540 mL) canned tomatoes
1 onion, chopped
1 medium green pepper, chopped
½ cup (125 mL) chopped parsley
1 lb (500 g) spaghetti

INSTRUCTIONS

- Combine the veal, pork, eggs, bread crumbs, garlic, Parmesan cheese, salt and pepper in a large bowl. Make 1" (2.5 cm) round balls.
- In a large skillet, heat oil on high but not to the smoking point. The oil must be hot or the meatballs will stick. Cook until the meatballs are brown on all sides, about 15 minutes.
- Remove some of the excess oil and add the onion, peppers and parsley. Cook until the onion and peppers are soft; add the tomatoes and juice. Simmer over low heat for 1 hour.
- In a large pot of boiling, salted water, cook the spaghetti for 7 to 8 minutes, until al dente. Place the cooked spaghetti in bowls and add the meatballs and sauce.



LASAGNE

(LASAGNE WITH MEAT SAUCE)

SERVES 6 PEOPLE PREPARATION TIME: 30 MINUTES COOKING TIME: 30 - 60 MINUTES

Lasagne has become a worldwide favorite. It is true comfort food, hearty, delicious and satisfying.

***Note:** This recipe is originally from the revised edition of Antonietta Terrigno's previous book entitled Italian Cooking, Classic Recipes, printed in May, 2005.*

INGREDIENTS (PASTA DOUGH)

6 whole eggs
2 lbs. (1 kg) all-purpose flour

2 quarts (2 L) meat sauce, see page 114
1½ lbs. (700 g) grated mozzarella cheese
2 cups (500 mL) grated Parmesan cheese

INSTRUCTIONS

Pasta:

- Mix egg and flour together until it forms a nice smooth dough. Let stand for 2 hours. Using a pasta machine, roll out about 10 sheets to 8" (20 cm) in length. Cook them in boiling water and cool. If using dry pasta use the same process.
- In a 9" x 13" (23 x 33 cm) baking pan, place a little of the meat sauce on the bottom, then place 2 or 3 of the cooked lasagne noodles on the top. Pour in a little more meat sauce and place grated mozzarella cheese and Parmesan cheese on top. Repeat this process until the layers reach the top of the pan, finishing with a layer of cheese.
- Bake at 350°F (180°C) for 30 to 40 minutes.
- Pasta Dough Makes 10, 8" (20 cm) lasagne noodles.

CAPELLINI ALLA MARINARA (ANGEL HAIR PASTA AND TOMATO SAUCE)

SERVES 4 PEOPLE PREPARATION TIME: 5 MINUTES COOKING TIME: 15 MINUTES

The salty tang of anchovies adds zest to this garlicky herbed tomato sauce.

***Note:** This recipe is originally from the revised edition of Antonietta Terrigno's previous book entitled Italian Cooking, Classic Recipes, printed in May, 2005.*

INGREDIENTS

2 garlic cloves, minced
2 anchovy filets
1 tbsp (15 mL) olive oil
½ medium onion, diced
1 tsp (5 mL) dried oregano
1 tsp (5 mL) dried parsley
1 quart (1 L) tomato sauce, see page 115
1 lb (500 g) capellini (angel hair)
½ cup (125 mL) grated Parmesan cheese
Salt and pepper to taste

INSTRUCTIONS

- Crush the garlic and anchovy together until a paste forms.
- In a large saucepan, heat the oil and sauté the onions and garlic/anchovy paste until the onions are translucent.
- Add oregano and parsley, followed by the tomato sauce, salt and pepper.
Cook for 5 minutes over medium heat.
- Meanwhile, cook the pasta in a large pot of boiling, salted water for 3 to 4 minutes.
- Drain the pasta and add to the sauce.
Add the cheese.

Cooking Tip for Vegetables

You can't use frozen vegetables for minestrone because they have to be fresh vegetables for the best taste. Cooking time depends on the vegetable since some vegetables require less or more cooking time. Generally, vegetables should be cooked 10 - 15 minutes as soon as the water starts boiling.

Vegetarian

CAVOLFIORE ALLA MILANESE (FRIED CAULIFLOWER)

SERVES 6 PEOPLE PREPARATION TIME: 20 MINUTES COOKING TIME: 30 MINUTES



INGREDIENTS

1 large cauliflower
2 eggs, beaten
 $\frac{1}{4}$ cup oil
3 tbsp butter
Bread crumbs
Salt and pepper to taste

INSTRUCTIONS

- Remove outer leaves from cauliflower.
- Bring water to a boil in a large saucepan and add the cauliflower whole.
- Cook for about 15 minutes.
- Drain.
- Cool and break into florets.
- Dip cauliflower into flour and then into the egg.
- Coat with breadcrumbs.
- In a large skillet, heat oil and butter until very hot.
- Add cauliflower, reduce heat and fry for 10 minutes or until golden brown.

MELANZANA PARMEGINA (EGGPLANT PARMESAN)

SERVES 4 PEOPLE

PREPARATION TIME: 1 HOUR

COOKING TIME: 1 HOUR



INGREDIENTS

4 eggplants
2 cups extra-virgin olive oil
1 tbsp parsley
1 tbsp oregano
1 litre tomato sauce
2 cloves garlic
1 lb mozzarella
1 cup Parmesan cheese
Salt and pepper to taste

INSTRUCTIONS

- Peel eggplant.
- Add salt and pepper and mix.
- In a frying pan at medium heat, fry both sides in $\frac{1}{2}$ cup extra-virgin olive oil for 2 - 3 minutes
- Dry on cloth damping with napkin.
- Place tomato sauce in base of eggplant and layer on top with: eggplant; grated mozzarella cheese; a pinch of Parmesan cheese; repeat layers until 3 to 4 inches thick.
- Bake in oven at 350°F for $\frac{1}{2}$ hour until mozzarella melts.
- Cut into squares and serve.

CROCANTE PRIMAVERA (CRISPY RICE VEGETARIAN)

SERVES 6 PEOPLE PREPARATION TIME: 20 MINUTES COOKING TIME: 1 HOUR



INGREDIENTS

2 litres water
3 cups rice
2 cups Parmesan cheese
4 eggs
1 cup extra-virgin olive oil
½ cup cauliflower, chopped
½ cup snow peas
½ cup zucchini, chopped
½ cup parsley, chopped
Salt and pepper to taste

INSTRUCTIONS

- Boil water with a pinch of salt.
- Cook rice for 15 minutes.
- Drain water.
- Place in ceramic bowl.
- Add all vegetables, eggs and Parmesan cheese.
- Mix with big wooden spoon until product is homogenized.
- Shape individual patties by hand into palm sized balls.
- Pre heat oil in pan to hot.
- Place patties into pan and cook both sides for 10 minutes.
- Drain oil and serve.

RISO CON FUNGHI **(RICE WITH MUSHROOMS)**

SERVES 6 PEOPLE

PREPARATION TIME: 20 MINUTES

COOKING TIME: 1 HOUR



INGREDIENTS

4 cups rice
4 cups mushrooms, sliced
1 tbsp parsley
½ cup Parmesan cheese
3 cups tomato sauce
Salt and pepper to taste
3 litres water

INSTRUCTIONS

- Boil water 2½ minutes with rice
- Drain water and place rice in pan on medium heat
- Immediately add sliced mushrooms, tomato sauce, Parmesan cheese and cook for 20 to 25 minutes.
- Salt and pepper to taste, display and serve.

RISOTTO CON ASPARAGI

(RICE WITH ASPARAGUS)

SERVES 4 PEOPLE PREPARATION TIME: 10 MINUTES COOKING TIME: 20-30 MINUTES



INGREDIENTS - PART A

3 cups arborio rice
1 lb asparagus
4 cups chicken broth
1 onion (medium)
½ cup extra-virgin olive oil
1 tsp parsley
¼ lb prosciutto or Soy ham
Salt and pepper to taste

INGREDIENTS - PART B

2 tsp extra virgin olive oil
1 cup chicken broth
2 tsp butter

INSTRUCTIONS - PART A

- Fry medium onion (sliced) in oil until rosé (4 - 5 minutes on medium heat).
- Add rice, chicken broth, salt and pepper to taste and cook in oven stirring every 15 minutes for 30 minutes at 350°F.

INSTRUCTIONS - PART B

- Asparagus / Clean asparagus and remove end, or tail
- Boil asparagus with combined ingredients of Part B
- Combine Part A and B, display and serve.

***Note:** (For a Vegetarian lifestyle this recipe can be made with Veri Soy Vegetarian ham lightly sautéed to bring out a crisp texture).*

Vegetable Side Dishes



BROCCOLI

(SIDE DISH)

PREPARATION TIME: 5 MINUTES COOKING TIME: 15 MINUTES



INGREDIENTS

6 florets of broccoli
1 chopped clove garlic
1 tbsp butter
2 tbsp extra-virgin olive oil
Salt and pepper to taste
3 litres water

INSTRUCTIONS - PART A

- Boil water with a pinch of salt.
- Boil broccoli for 5 minutes.
- Drain water.
- Add oil, butter, garlic and broccoli to a frying pan on low heat and cover for 5 minutes.
- Salt and pepper to taste and serve.

CARROTS

(SIDE DISH)

PREPARATION TIME: 5 MINUTES COOKING TIME: 15 MINUTES



INGREDIENTS

4 medium carrots
1 chopped clove garlic
1 tbsp butter
2 tbsp extra-virgin olive oil
Salt and pepper to taste
3 litres water

INSTRUCTIONS

- Peel carrots but cook whole.
- Boil water with a pinch of salt.
- Add carrots and cook for 5 minutes.
- Drain carrots.
- In frying pan add oil, butter, garlic, and carrots and put on low heat. Cover and simmer for 5 minutes.
- Salt and pepper to taste and serve.

CORN AND GREEN PEAS (SIDE DISH)

PREPARATION TIME: 10 MINUTES COOKING TIME: 20 MINUTES



INGREDIENTS

3 cups corn
3 cups snow peas
1 medium onion, chopped
2 cloves chopped garlic
1 tbsp butter
2 tbsp extra-virgin olive oil
Salt and pepper to taste

INSTRUCTIONS

- Wash corn and peas in warm water then strain well.
- Fry garlic, onion, oil and butter for 3 minutes on medium heat in a frying pan.
- Add corn and peas, cover and simmer on low heat for 5 minutes.
- Salt and pepper to taste and serve.

POTATOES (SIDE DISH)

PREPARATION TIME: 10 MINUTES COOKING TIME: 45 MINUTES



INGREDIENTS

4 potatoes
1 medium onion, chopped
1 clove garlic
1 tbsp butter
2 tbsp extra virgin olive oil
Salt and pepper to taste
2 litres water

INSTRUCTIONS

- Boil water with a pinch of salt.
- Peel and slice potatoes lengthwise to ½" thick.
- Boil in water for 5 minutes.
- Drain water.
- Add oil, butter, garlic and onion to frying pan on medium heat for 2 to 3 minutes.
- Add potatoes, cover, and continue at medium heat for 20 minutes.
- Salt and pepper to taste and serve.

RED PEPPERS

(SIDE DISH)

PREPARATION TIME: 10 MINUTES COOKING TIME: 10 MINUTES



INGREDIENTS

4 red peppers sliced
1 medium onion, chopped
2 cloves garlic
1 tbsp butter
2 tbsp extra-virgin olive oil
Salt and pepper to taste

INSTRUCTIONS

- Fry onion, garlic, butter and oil in a frying pan on medium heat for 3 minutes.
- Add red peppers leaving uncovered and cook at medium heat for 5 minutes.
- Salt and pepper to taste and serve.

SPINACH (SIDE DISH)

PREPARATION TIME: 5 MINUTES COOKING TIME: 15 MINUTES



INGREDIENTS

2 lbs spinach
3 clove garlic, chopped
1 tsp butter
3 tbsp extra-virgin olive oil
Salt and pepper to taste
3 litres water

INSTRUCTIONS

- Wash spinach in cold water.
- Drain water.
- Fry garlic to rosé in oil on medium heat (approximately 10 minutes).
- Add butter and spinach and cook 5 minutes.
- Salt and pepper to taste and serve.

ZUCCHINI (SIDE DISH)

PREPARATION TIME: 10 MINUTES COOKING TIME: 20 MINUTES



INGREDIENTS

3 zucchini - medium
4 chopped fresh tomatoes
(tomatoes must NOT be ripe)
2 cloves garlic, chopped
1 tsp oregano
2 tbsp extra-virgin olive oil
Salt and pepper to taste

INSTRUCTIONS

- Slice zucchini lengthwise and then in half.
- Heat oil and garlic in frying pan for 1 minute on medium heat.
- Add zucchini, oregano, and tomato to frying pan - cover and cook on low heat for 15 minutes.
- Salt and pepper to taste and serve.

CAVOLETTI DI BRUXELLE, CON PANCETTA, ALLA VASTESE (BRUSSEL SPROUTS WITH BACON)

SERVES 4 PEOPLE PREPARATION TIME: 5 MINUTES COOKING TIME: 15 MINUTES

The rich salty flavor of bacon gives these tender Brussel sprouts a distinctive flavor.

***Note:** This recipe is originally from the revised edition of Antonietta Terrigno's previous book entitled Italian Cooking, Classic Recipes, printed in May, 2005.*

INGREDIENTS

1 lb (500 g) fresh Brussel sprouts
¼ lb (115 g) bacon, chopped
1 tbsp (15 mL) butter
Salt and pepper to taste

INSTRUCTIONS

- Place the washed brussel sprouts in a saucepan with a small amount of boiling salted water. Cook for about 15 minutes, or until tender. Drain.
- In a medium saucepan, melt the butter over high heat. Add the bacon and fry for about 10 minutes.
- Stir in the Brussel sprouts, salt and pepper. Continue cooking for about 5 minutes before serving.

BROCCOLI ROMANI AL'AGLIO (FRIED BROCCOLI)

SERVES 4 PEOPLE PREPARATION TIME: 5 MINUTES COOKING TIME: 10 MINUTES

Broccoli is one of the most healthful vegetables and one of the most beautiful.

Seasoned with garlic and wine, this dish is outstanding.

***Note:** This recipe is originally from the revised edition of Antonietta Terrigno's previous book entitled Italian Cooking, Classic Recipes, printed in May, 2005.*

INGREDIENTS

1 bunch broccoli
3 tbsp (45 mL) olive oil
2 garlic cloves, minced
Salt and pepper to taste
½ cup (125 mL) dry white wine

INSTRUCTIONS

- Wash the broccoli and cut into florets.
- Add broccoli to a large saucepan of boiling, salted water and cook just until the florets are bright green and the stems are soft.
- Heat the oil in a medium saucepan. Add garlic and sauté until light brown. Add the broccoli and sprinkle with salt and pepper. Sauté for 2 minutes. Pour the wine over and continue cooking for another 2 minutes.

PEPPERONI ALLA ROMANA (PEPPERS STUFFED WITH PASTA)

SERVES 4 PEOPLE PREPARATION TIME: 30 MINUTES COOKING TIME: 45 MINUTES

Peppers are beautiful natural containers that can be stuffed with many different fillings. Use your imagination and also use red or yellow peppers if you prefer.

***Note:** This recipe is originally from the revised edition of Antonietta Terrigno's previous book entitled Italian Cooking, Classic Recipes, printed in May, 2005.*

INGREDIENTS

4 large sweet green peppers
4 quarts (4 L) water
2 tbsp (30 mL) salt
2 cups (500 mL) orchichetti*
3 cups (750 mL) meat sauce, (see meat sauce recipe on page 114)
¼ cup (60 mL) Parmesan cheese
⅓ cup (75 mL) chopped chives or green onions
½ tsp (2 mL) dried oregano
Dash of hot pepper flakes (optional)
Salt and pepper to taste
¾ cup (175 mL) grated mozzarella cheese

INSTRUCTIONS

- Remove and save the tops of the peppers. Core and seed peppers. Blanch peppers and tops in boiling water for 5 minutes. This makes them tender.
- In a large pot, bring the water and salt to a boil. Add the pasta and cook uncovered, stirring occasionally until pasta is al dente, about 6 to 8 minutes. Drain well.
- Combine the hot, cooked pasta with 1½ cups (375 mL) of the spaghetti sauce, Parmesan cheese, chives, oregano, pepper flakes, salt and pepper.
- Stuff each pepper with the pasta mixture. Top each pepper with grated mozzarella cheese and replace the pepper lids.
- Stand the peppers in a baking dish and pour the remaining sauce around them. Cover the dish with foil and bake at 375°F (190°C) for 30 minutes, or until tender but not limp. Serve immediately.

* Orchichetti are very small disk-shaped pasta, "little ears". If you cannot find them, substitute baby pasta shells.

Desserts

For most desserts, we use liquor, eggs, whipped cream and flour. Often we serve Zabaglione with fresh fruit to top off a meal and Crêpes Suzette with Grand Marnier and orange.

Desserts



TIRAMISU RECIPE

SERVES 6 PEOPLE PREPARATION TIME: 1 HOUR



INGREDIENTS

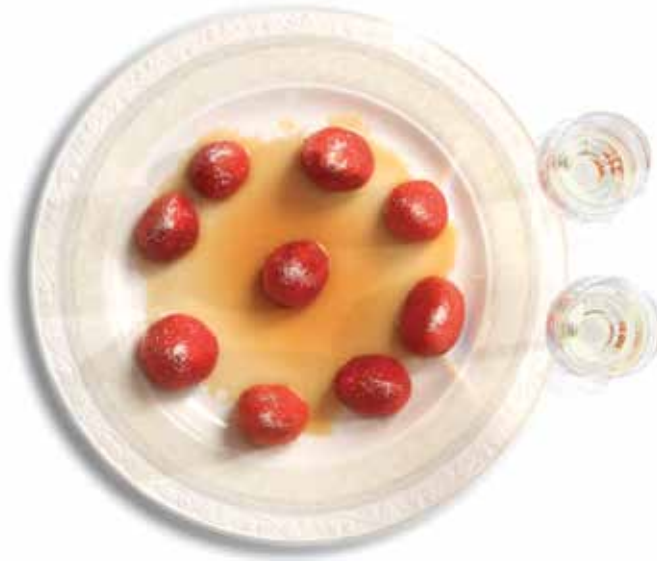
8 egg yolks
2 cups sugar
2 cups Mascarpone cheese
24 - 30 lady finger biscuits
1 litre espresso, cold
 $\frac{1}{2}$ cup sambuca
 $\frac{1}{2}$ cup Marsala wine
 $\frac{1}{2}$ cup amaretto

INSTRUCTIONS

- Whip egg yolks and sugar on high speed for $\frac{1}{2}$ hour.
- Then add Mascarpone and one cup of cold espresso.
- Continue mixing for an additional 5 minutes. Mix remaining espresso with liqueur.
- Then dip lady fingers in coffee mixture and place one layer on the bottom of the pan.
- Take half of the egg mixture and place evenly on the top of the cookies.
- Layer remaining dipped cookies and add the rest of the egg mixture on top and spread out evenly.
- Refrigerate overnight.

FRAGOLE AL PEPE VERDE **(STRAWBERRIES WITH GREEN PEPPERCORNS)**

SERVES 6 PEOPLE PREPARATION TIME: 5 MINUTES COOKING TIME: 5 MINUTES



INGREDIENTS

1 lb strawberries
1 tsp green peppercorns
2 tbsp butter
1 cup sugar
½ cup Marsala wine

INSTRUCTIONS

- Clean strawberries.
- In a saucepan melt butter and add sugar.
- Place strawberries and peppercorns in the saucepan.
- Cook for about one minute, add Marsala wine.
- Continue cooking for approximately 3 more minutes.
- Serve over ice cream.

TORTA DI CITRO

(LIME CAKE)

SERVES 6 PEOPLE PREPARATION TIME: 10 MINUTES COOKING TIME: 10 MINUTES



INGREDIENTS

Step 1

12 limes, squeezed for the juice
3 grated lime rinds
24 egg yolks
6 cups sugar

Step 2

3 cups hot milk
3 tbsp gelatin
4 cups 32%
Whipping cream

INSTRUCTIONS - STEP 1

- In a double boiler, combine lime juice, egg yolks and sugar and steadily whisk for 10 minutes.

INSTRUCTIONS - STEP 2

- Add the remaining ingredients and whisk for an additional 5 minutes.
- Place in a round cake pan and refrigerate for 4 hours.

PERE AL' AMARETTO (AMARETTO AND PEARS)

SERVES 6 PEOPLE PREPARATION TIME: 15 MINUTES COOKING TIME: 30 MINUTES



INGREDIENTS

Part A: Sauce

2 cups sugar
1 cup warm water
2 cups cold water
1 cup amaretto liqueur

Part B: Pears

4 cups water
½ lemon
1 clove
2 bay leaves
6 pears, peeled, halved, and cored
½ cup sugar

INSTRUCTIONS - PART A

Combine sugar and warm water in a saucepan and bring to a boil. Stir constantly until the mixture turns a caramel colour. Remove from heat. Slowly stir in cold water and amaretto liqueur. Return it to the heat and simmer until the sauce has reduced and thickens (about 10 minutes). Remove from heat and cool. Place in the refrigerator.

INSTRUCTIONS - PART B

In a saucepan, combine bay leaves, clove and lemon with 4 cups of water. Bring to a boil. Add the pears and sugar. Stir and simmer for one half hour. Then let pears cool in the water. When cool, drain and place in sherbet glasses and pour the sauce over top.

SOUFFLÉ AU GRAND MARNIER (ORANGE LIQUEUR SOUFFLÉ)

SERVES 4 PEOPLE PREPARATION TIME: 10 MINUTES COOKING TIME: 30-40 MINUTES

Elegant, light and delicious this impressive dessert is truly spectacular.

Note: This recipe is originally from the revised edition of Antonietta Terrigno's previous book entitled Italian Cooking, Classic Recipes, printed in May, 2005.

INGREDIENTS

2 tbsp (30 mL) soft butter
3 tbsp (45 mL) sugar
5 egg yolks
1/3 cup (75 mL) sugar
1/4 cup (60 mL) Grand Marnier
1 tbsp (15 mL) freshly grated orange peel
7 egg whites
1/4 tsp (1 mL) cream of tartar
Confectioner's (powdered) sugar

INSTRUCTIONS

- Grease the bottom and sides of a 1 1/2 - quart (1.5 L) soufflé dish with 2 tbsp. (30 mL) of soft butter. Sprinkle in 3 tbsp. (45 mL) of sugar, tipping and shaking the dish to spread the sugar evenly. Then turn the dish over and knock out the excess sugar. Set aside.

- In the top of a double boiler, beat the egg yolks with a whisk, rotary or electric beater until they are well blended. Slowly add the sugar and continue beating until the yolks become very thick and pale yellow. Set the pan over barely simmering (not boiling) water and heat the egg yolks, stirring gently and constantly while the mixture thickens and becomes almost too hot to touch.

- Stir in the Grand Marnier and grated orange peel and transfer to a large bowl. Set the bowl into a pan filled with crushed ice or ice cubes and cold water, and stir the mixture until it is quite cold. Remove it from the ice.

- In a large mixing bowl, preferably of unlined copper, beat the egg whites and the cream of tartar with a clean whisk or rotary beater until they form stiff, unwavering peaks. Using a rubber spatula, stir a large spoonful of beaten egg white into the yolk mixture to lighten it.

Gently fold the remaining egg whites into the yolk mixture. Spoon the soufflé batter into the buttered, sugared dish, filling it to within 2" (5 cm) of the top. Smooth the top of the soufflé with the spatula. For a decorative effect, make a cap on the soufflé by cutting a trench about 1" deep and 1" (2.5 cm) from the edge all around the top.

- Bake at 425°F (220°C) on the middle shelf of the oven, for 2 minutes, then reduce the heat to 400°F (200°C).

Continue baking for another 20 to 30 minutes, or until the soufflé has risen about 2" (5 cm) above the top of the mold and the top is lightly browned. Sprinkle with confectioner's (powdered) sugar and serve at once.

CRÈME CARAMEL (CARAMEL CUSTARD)

SERVES 4 PEOPLE PREPARATION TIME: 20 MINUTES COOKING TIME: 40-45 MINUTES



This classic dessert is a favorite in many countries. The rich caramel and creamy custard are a heavenly combination. Galliano adds a gorgeous golden color and spicy, flowery flavor.

***Note:** This recipe is originally from the revised edition of Antonietta Terrigno's previous book entitled Italian Cooking, Classic Recipes, printed in May, 2005.*

INGREDIENTS

CARAMEL

- 2 cups (500 mL) sugar
- 1 cup (250 mL) water

CUSTARD

- 4 eggs
- $\frac{1}{4}$ cup (60 mL) sugar
- 2 cups (500 mL) warm milk
- $\frac{1}{3}$ cup (75 mL) Galliano liqueur

INSTRUCTIONS

CARAMEL

- In a saucepan combine the sugar and water. Bring to a boil, stirring constantly, until it turns a caramel color. Remove from the heat and pour the caramel evenly into 4, 1 cup (250 mL) custard cups. Refrigerate for 20 minutes, or until the caramel has hardened.

INSTRUCTIONS CONTINUED CUSTARD

- In a medium bowl, beat the eggs. Add the sugar, milk and Galliano, mixing well. Set aside.
- Remove the custard cups from the refrigerator and divide the egg mixture evenly among the cups.
- Set the custard cups in a baking pan with water about half the depth of the custard cups. Bake for 30 minutes at 350°F (180°C). The custard is done when it feels firm to the touch.
- Remove the custard from the oven and chill in the custard cups in the refrigerator.
- To serve, invert the cups onto individual plates. Serve chilled.

Cooking Tip for Sauces

There are 4 Italian Sauces which make up the foundation for all quality Italian cooking. For successful Italian cuisine to be created, proper care and attention must be given while making your Italian Sauces.

Sauces



CHICKEN BROTH

MAKES 2 - 3 LITRES

PREPARATION TIME: 15 MINUTES

COOKING TIME: 2 1/2 HOURS



INGREDIENTS

1 lb chicken
2 celery stalks
1 medium onion
2 large tomatoes, chopped
1 large carrot
5 litres water
Salt and pepper to taste

INSTRUCTIONS

- Cut chicken in half. In a large sauce pot place the chicken, celery, onion, carrot, salt and pepper along with the water. Bring to a boil; reduce heat and simmer for 2 hours.
- Remove the froth from the top with a slotted spoon. Remove the chicken from the pot and reserve for use in other dishes.
- Strain the broth through a fine sieve.
- Cool and chill in the refrigerator. Keep refrigerated or freeze in small containers. Broth will keep in the refrigerator for up to 5 days.

DEMI-GLACE

MAKES 5 LITRES PREPARATION TIME: 10 MINUTES COOKING TIME: 2 HOURS



INGREDIENTS

5 litres canned beef consomme or broth
½ lb butter
2 cups all purpose flour
1 medium onion
1 carrot
1 celery stalk
4 bay leaves
3 garlic cloves
1 tsp black peppercorns
1 small can tomato paste
Salt and pepper to taste

INSTRUCTIONS

- In a large pot, melt butter and add the flour. Mix thoroughly.
- Add remaining ingredients and bring to a boil. Reduce heat and simmer for 2 hours. Strain and use in sauces as is.

SALSA BOLOGNESE

(MEAT SAUCE)

MAKES 2 LITRES PREPARATION TIME: 15 MINUTES COOKING TIME: 1 HOUR



INGREDIENTS

100 grams ground beef
200 grams ground pork
200 grams ground veal
1 medium green pepper, diced
1 medium onion, diced
1 celery stalk, diced
4 garlic cloves, minced
1 tbsp salt
1 tsp pepper
½ cup olive oil
3 cups chicken broth
2 litres canned tomatoes

INSTRUCTIONS

- Sauté vegetables and garlic for 3 minutes.
- Add the meat and cook for an additional 15 minutes.
- Add tomatoes, broth, salt and pepper. Simmer for at least two hours. Stir occasionally.

TOMATO SAUCE

MAKES 2 LITRES PREPARATION TIME: 20 MINUTES COOKING TIME: 2 - 3 HOURS



INGREDIENTS

½ cup olive oil
1 medium onion, diced
1 medium green onion, diced
1 chopped green pepper
1 celery stick
1 large carrot, chopped fine
4 garlic cloves, minced
1 tsp oregano
1 tbsp black pepper
3 cups water
1 tbsp fresh parsley, minced
2.8 kgs canned crushed tomatoes
2 tbsp salt

INSTRUCTIONS

- Warm olive oil in large skillet, add onion, pepper, and garlic. Fry for 5 minutes and add the rest of the ingredients. Cook for 2 hours at a low temperature, stirring occasionally. Sauce is ready to serve with any seafood, pasta or veal dish.

Cooking Tip for Making Bread

For those people who are sensitive to gluten, you can add cornflour into any recipe. This is the best way to reduce the amount of gluten in recipes. Remove half of the flour and replace it with cornflour in order to get the best results to reduce the gluten.

Bread



POLENTA (CORNMEAL)

SERVES 6 PEOPLE PREPARATION TIME: 20 MINUTES COOKING TIME: 1 HOUR

In northern Italy, Polenta is a staple. It is served hot with butter as a side dish or for breakfast. It can also be chilled, cut into squares and grilled or fried.

***Note:** This recipe is originally from the revised edition of Antonietta Terrigno's previous book entitled Italian Cooking, Classic Recipes, printed in May, 2005.*

INGREDIENTS

4 (1 L) cups water
2 tbsp (30 mL) salt
½ cup (125 mL) olive oil
3 cups (750 mL) fine cornmeal
¼ cup (60 mL) Parmesan cheese

INSTRUCTIONS

- Bring the water to a boil and add the salt and oil.
- Slowly whisk in the cornmeal and cook over low heat for 1 hour.
- Serve with tomato sauce and cod fish, or zucchini, or sausage and sprinkle with additional cheese.

RICE FLOUR QUICK BREAD

PREPARATION TIME: 5 MINUTES COOKING TIME: 45 MINUTES

No eggs, no milk, this wheat-flour-free bread is ideal for people with wheat and egg allergies.

***Note:** This recipe is originally from the revised edition of Antonietta Terrigno's previous book entitled Italian Cooking, Classic Recipes, printed in May, 2005.*

INGREDIENTS

2 tbsp + 2 tsp. (40 mL) egg substitute
2 cups (500 mL) milk
2 tsp (10 mL) baking powder
2 tsp (10 mL) baking soda
¼ cup (60 mL) sugar
4 cups (1 L) pure rice flour

INSTRUCTIONS

- In a large bowl, beat together all of the ingredients, except the flour. Fold in the rice flour.
- Pour the batter into a greased 4" x 8" (10 x 20 cm) loaf pan and bake at 350°F (180°C) for 45 minutes.
- Cool on a wire rack.
- Makes 1 loaf.

CORN BREAD

SERVES 9 PEOPLE PREPARATION TIME: 10 MINUTES COOKING TIME: 45 MINUTES

Corn Bread is delicious served warm with hearty meat dishes or for breakfast.

The crust is slightly crunchy and the texture has a slightly gritty quality. Addictive!

***Note:** This recipe is originally from the revised edition of Antonietta Terrigno's previous book entitled Italian Cooking, Classic Recipes, printed in May, 2005.*

INGREDIENTS

2 cups (500 mL) cornmeal
1 cup (250 mL) corn flour
1 cup (250 mL) rice flour
½ tsp (2 mL) salt
1 tsp (5 mL) baking soda
2 tsp (10 mL) baking powder
3 eggs
⅓ cup (75 mL) cooking oil
2¼ (550 mL) cups buttermilk

INSTRUCTIONS

- In a large bowl, combine the cornmeal, flours, salt, baking soda and baking powder.
- In a separate bowl, beat the eggs until frothy, then whisk in the oil and buttermilk.
- Add the wet ingredients to the dry ingredients, mixing just until blended.
- Pour the batter into a waxed-paper-lined 9" (23 cm) square baking pan and bake at 350°F (180°C) for 45 minutes.
- Test for doneness before taking out of the oven. Cut in squares to serve. If not serving immediately, warm for 45 seconds in a microwave before serving.

POTATO RICE BREAD

PREPARATION TIME: 10 MINUTES RISING TIME: 1 HOUR COOKING TIME: 45 MINUTES

This bread uses potato flour and brown rice flour – no wheat flour – so it is great for anyone with wheat allergies.

***Note:** This recipe is originally from the revised edition of Antonietta Terrigno's previous book entitled Italian Cooking, Classic Recipes, printed in May, 2005.*

INGREDIENTS

1/3 cup (75 mL) pure potato flour
3 cups (750 mL) pure brown rice flour
1/4 cup (60 mL) sugar
1 1/2 tsp (7 mL) salt
2/3 cup (150 mL) dry milk
1 tbsp (15 mL) instant dry yeast
2 large eggs
1/4 cup (60 mL) shortening, melted
1 3/4 cups (425 mL) warm water

INSTRUCTIONS

- In a large bowl, combine the dry ingredients, including the yeast. Set aside.
- Whip the eggs until frothy. Add the shortening and warm water.
- Thoroughly mix the dry ingredients into the liquid mixture.
- Divide the dough in 2 and place into 2, 4" x 8" (10 x 20 cm) greased loaf pans. Let rise in a warm oven, 200°F (93°C), for 1 hour, or until the bread reaches the top of the pan.
- Bake at 400°F (200°C) for 45 minutes.
- Makes 2 loaves.



The Wine Club Program

Members of Enoteca's Wine Club will receive six exclusive wines from our private cellar chosen by our expert panel as well as an educational newsletter describing the wines. Members will be entered into our email database and will be notified about sales, tastings, seminars, and exclusive member only events where you can bring a guest. Members will also receive a discount card giving you a 5% discount towards any purchase in the liquor store. These are just some of the membership benefits you can look forward to.

**7112 Macleod Trail South East, Calgary, AB T2H 0L3
(403) 252-5529**

www.enjoywine.ca

Wine and Special Drinks



SPECIAL DRINKS



Margarita

INGREDIENTS

1 oz tequila
¼ oz triple sec
5 oz Lime juice

INSTRUCTIONS

Shake all ingredients together with ice.
Strain into cocktail glass.

***Note:** Born and raised in Mexico, the Margarita characteristics reflect the flavor of its native land.*

PLEASE DRINK RESPONSIBLY



SPECIAL DRINKS



Kir Royal

INGREDIENTS

6 oz champagne

½ oz crème de cassis

INSTRUCTIONS

Pour champagne into champagne glass.
Top with crème de cassis pouring very slowly, about ½ oz.

Note: A subtle blend of crème de cassis and champagne creates a wonderful taste sensation.

PLEASE DRINK RESPONSIBLY



SPECIAL DRINKS



Syrah Rose

INGREDIENTS

House: Ceago

Comments: Medium bodied rosé

Directions: Enjoy



PLEASE DRINK RESPONSIBLY



SPECIAL DRINKS



Lemon Drop

INGREDIENTS

1.5 oz vodka
.5 oz orange liqueur (Cointreau, etc)
1 tsp superfine sugar
Ice cubes
Twisted peel of lemon

INSTRUCTIONS

Mix vodka, orange liqueur, sugar, lemon juice in a cocktail shaker half-filled with ice; shake well. Pour strained liquor into sugar-rimmed martini glass. Garnish with a twisted peel of lemon.

PLEASE DRINK RESPONSIBLY



SPECIAL DRINKS



Cosmopolitan

INGREDIENTS

1 oz vodka
½ oz triple sec
½ oz Rose's® lime juice
3 oz cranberry juice

INSTRUCTIONS

Shake vodka, triple sec, lime and cranberry juice vigorously in a shaker with ice.
Strain into a martini glass, garnish with a lime wedge on the rim, and serve.

Comments: Martini

PLEASE DRINK RESPONSIBLY



SPECIAL DRINKS



Late Vintage Port

INGREDIENTS

House: Taylor Flodgate

Comments: Full bodied tawney

Directions: Enjoy



PLEASE DRINK RESPONSIBLY



SPECIAL DRINKS



Le Givaie

INGREDIENTS

House: Monto Zovo

Directions: Enjoy

Comments: Various wines



PLEASE DRINK RESPONSIBLY



SPECIAL DRINKS



Passito

INGREDIENTS

House: Monto Zovo

Comments: Dessert Wine

Directions: Enjoy



PLEASE DRINK RESPONSIBLY



VINO CHE MAKING (WINE MAKING)

YIELD: ONE BARREL (48 GALLONS)



INGREDIENTS

17 cases grapes in total
(each case is 42 lbs)
4 cases moscat grapes (white)
4 cases alleganti
3 cases barberra
3 cases garingani
3 cases zinfandel

INSTRUCTIONS

- Grind all grapes together.
- Let ferment in barrel for at least 6 days in a cool, dark place with a temperature of between 20 and 40°F. If time allows, my preference is to ferment for 21 days.
- Drain through tap or siphon into bottles.
- Let the bottles rest for one more week.
- Enjoy.



My Father taught me his recipe for making our family wine. This recipe had taken Papa years of 'Trial and Error' but the final result was, and still is, an elegant scent and flavour that reminds me of my native home.

I proudly invite you to follow in my family's tradition and experience the flavor of Medici. *Antonietta Terrigno*

REGIONAL WINES



Valbiferno

This name is used by the ancient inhabitants of the hills where the vineyards are found which produce this particular red wine. It is a ruby red color with purple tints and a pleasant bouquet. The flavor is refined, smooth, well balanced, easy to drink. It accompanies roasts and cheeses well.

Liburno

This wine is from a hill named Liburno near the south boundary of the Sannto district. This white wine is made from Trebbiano grapes which give it a delicate flavor and bouquet. It should be enjoyed young at 50 to 53°F (10 to 12°C), with hors d'oeuvres, fish and cold white meats.

WINE STORAGE

All bottles of wine should be kept lying down so that the corks remain moist. This is to keep the corks from drying out and permitting air to come into contact with the contents since air is the prime enemy of wine. Dessert wines are an exception to this rule. Deterioration is prevented due to their higher alcohol content. These wines may be stored with the necks up.

BARILE WINE

REGIONAL WINES

PREPARATION TIME: VARIES - SEE INSTRUCTIONS BELOW

This is from my father - Nicola Barile.

Note: This recipe is originally from the revised edition of Antonietta Terrigno's previous book entitled Italian Cooking, Classic Recipes, printed in May, 2005.

INGREDIENTS

17 cases grapes (each case is 42 lbs/19 kg)
4 cases moscat grapes (white)
4 cases alleganti
3 cases barberra
3 cases garingani
3 cases zinfandel

INSTRUCTIONS

- Crush 2 cases of grapes and cook the pulp and juice for 5 minutes. Mix the hot grapes into the cold crushed grapes. Press the grape mixture into a large barrel called a gallon. Let it ferment for at least 6 days in a cool, dark place, 20 to 40°F (-6 to 5°C).
- Pour the wine into a fresh gallon slowly, so that the sediment from the bottom does not go into the new gallon.
- Fill the new container right to the neck and then add a ½" (1.3cm) of olive oil, so that the wine does not breath.
- Seal with a cork and let sit for 4 months. After 4 months, open the cork and siphon the oil off of the top carefully, so that it does not mix with the wine.
- The wine is now ready to drink.

- Yield: 1 barrel/48 gallons (189 L).

Special Occasions

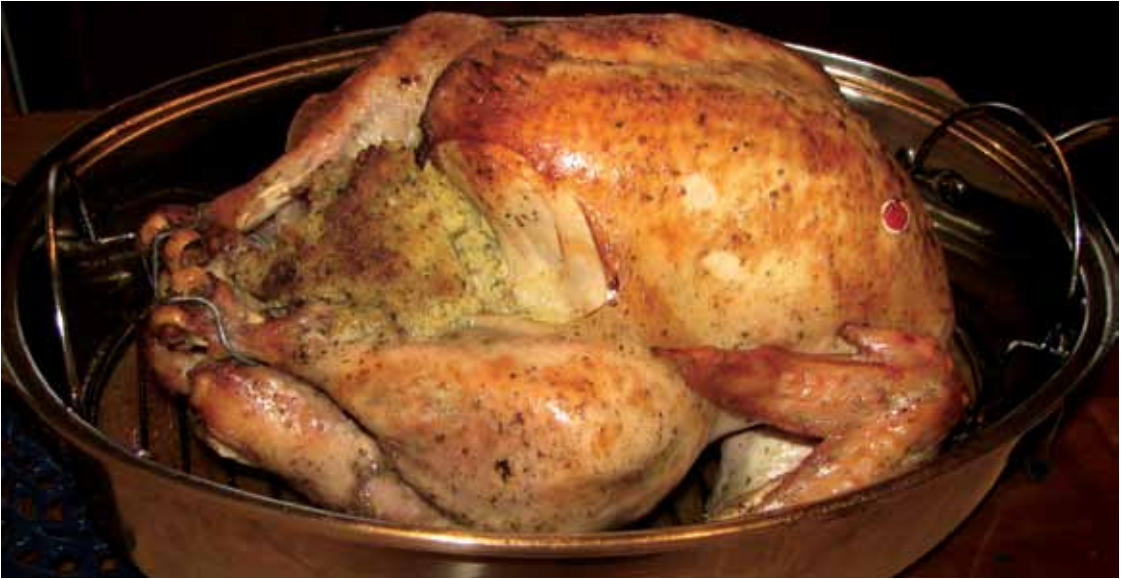


THANKSGIVING (TURKEY)

SERVES 8 -10 PEOPLE

PREPARATION TIME: 30 MIN

COOKING TIME: 4 HRS



INGREDIENTS

10 - 12 lb turkey
1/4 lb sliced almonds
4 eggs
1/2 cup chopped parsley
1 med green pepper, chopped
3 cups Parmesan cheese
3 cups bread crumbs
4 garlic cloves, chopped
3 cups white wine
2 carrots, chopped
1 onion, chopped
Salt and pepper to taste

Note: * Beurre Manié (makes 1/3 lb / preparation time: 10 minutes.)

INGREDIENTS

1/4 lb soft butter; 1/4 lb all purpose flour

INSTRUCTIONS

Mix butter and flour together until fully mixed. Can be stored in fridge or freezer.

INSTRUCTIONS

- Season turkey inside and out.
- Then mix all stuffing ingredients in a large bowl, and stuff turkey.
- Rub turkey with oil and place in a 350°F oven for about 30 minutes.
- Add vegetables to the pan and continue cooking for another 3 1/2 hours.
- Drain grease and remove turkey.
- Place pan on top of the stove and turn on high, add wine and thicken with Beurre Manié* and season to taste.
- Serve with Red and Green Peppers, and Potatoes. See next pages for Vegetable Side Dishes.

RED PEPPERS

(SIDE DISH)

PREPARATION TIME: 10 MINUTES COOKING TIME: 10 MINUTES



INGREDIENTS

4 red peppers sliced
1 medium onion chopped
2 cloves garlic
1 tbsp butter
2 tbsp extra-virgin olive oil
Salt and pepper to taste

INSTRUCTIONS

- Fry onion, garlic, butter and oil in frying pan on medium heat for 3 minutes.
- Add red peppers leaving uncovered and cook for 5 minutes on medium heat.
- Salt and pepper to taste and serve.

POTATOES (SIDE DISH)

PREPARATION TIME: 10 MINUTES COOKING TIME: 45 MINUTES



INGREDIENTS

4 potatoes
1 medium onion, chopped
1 clove garlic
1 tbsp butter
2 tbsp extra virgin olive oil
2 litres water
Salt and pepper to taste

INSTRUCTIONS

- Boil water with a pinch of salt.
- Peel and slice potatoes lengthwise to $\frac{1}{2}$ " thick.
- Boil in water for 5 minutes.
- Drain water.
- Add oil, butter, garlic and onion to frying pan on medium heat for 2 to 3 minutes.
- Add potatoes, cover, and continue at medium heat for 20 minutes.
- Salt and pepper to taste and serve.

Christmas



PANETONNE

SERVES 12 PEOPLE

PREPARATION TIME: 30 MINUTES

COOKING TIME: 1 HOUR



INGREDIENTS

1 cup (250 ml) softened butter
1 ½ cups (375 ml) sugar
1 tbsp (15 ml) grated lemon rind
4 eggs
1 cup (250 ml) milk
1 tbsp (15 ml) vanilla
1 tbsp (15 ml) brandy
1 tbsp (15 ml) rum
4 cups (1 L) flour
4 tsp (20 ml) baking powder
1 tsp (5 ml) salt
1 cup (250 ml) raisins
1 cup (250 ml) chopped citron
1 cup (250 ml) chopped maraschino cherries
1 cup (250 ml) chopped walnuts

INSTRUCTIONS

- In a large bowl, cream together the butter and sugar, then add the lemon rind and eggs - 1 at a time, beating well after each.
- Add the milk, vanilla, brandy, rum and blend well.
- Sift the flour, baking powder, salt together and gradually add to the creamed mixture.
- Fold in the raisins, citron, cherries, nuts until well blended.
- Pour into 9" (23 cm) angel food pan - and bake at 350 F (180 C) for about 1 hour.
- When a toothpick is inserted and comes out clean, it is done.

ANTIPASTO FRUTTI DI-MARE

SERVES 4 PEOPLE PREPARATION TIME: 20 MINUTES COOKING TIME: 10 MINUTES



INGREDIENTS

8 medium scallops
3 - 6 squid
8 shrimp
16 mussels
1 cup red pepper, diced
1 cup green pepper, diced
2 cups olive oil
 $\frac{1}{4}$ cup red wine vinegar
1 tsp each of oregano, salt, black pepper
1 fresh lemon
Fresh parsley

INSTRUCTIONS

- Boil all seafood in lemon juice and water for 5 minutes, drain and cool, season with salt and pepper.
- Boil the red and green peppers in the vinegar for 10 minutes and cool.
- Add the remaining ingredients.
- Spoon pepper mixture over seafood, garnish with fresh parsley and lemons.

BRUSCHETTA

SERVES 6 - 10 PEOPLE PREPARATION TIME: 15 MINUTES COOKING TIME: 5 MINUTES



INGREDIENTS

Part A: Topping

10 medium tomatoes, diced into small pieces
1 tsp black pepper
1 tsp salt
1 tbsp oregano
4 garlic cloves, minced
 $\frac{1}{2}$ cup olive oil

Part B: Bread

10 Italian dinner rolls, cut in half
 $\frac{1}{4}$ lb soft butter
4 shallots, chopped fine

INSTRUCTIONS FOR TOPPING

- Mix all ingredients together in a bowl and refrigerate overnight.

Serving Day

- Combine butter and shallots.
- Spread mixture on bread and place on a baking sheet, toast till brown.
- Spoon "topping" onto heated bread and serve.

STRACCIATELLA ALLA ROMANA **(PARMESAN AND EGG IN CHICKEN BROTH)**

SERVES 4 PEOPLE PREPARATION TIME: 10 MINUTES COOKING TIME: 20 MINUTES



INGREDIENTS

1 litre of chicken broth
1 cup Parmesan cheese
3 eggs
Pinch of parsley
Salt and pepper to taste

INSTRUCTIONS

- Add chicken broth to pot and bring to a boil.
- In a separate bowl add eggs and whip, add Parmesan, salt and pepper and parsley and whip again.
- Pour into boiling chicken broth and simmer for 15 minutes.
- Enjoy.

CAPRESE SALAD

SERVES 6 - 10 PEOPLE PREPARATION TIME: 15 MINUTES COOKING TIME: 5 MINUTES



INGREDIENTS

6 medium tomatoes
6 Bocconcini cheese
1 cup olive oil
½ cup balsamic vinegar
1 tsp salt
1 tsp pepper
1 tsp oregano
1 tsp parsley

INSTRUCTIONS

- Slice tomatoes and Bocconcini cheese crosswise.
- In a bowl mix the remaining ingredients for your dressing.
- Place tomato and cheese on plates and pour dressing over the top.

SALMON ALLA OSTERIA

SERVES 4 PEOPLE PREPARATION TIME: 30 MINUTES COOKING TIME: 20 MINUTES



INGREDIENTS

4 (4 oz) salmon fillets (wild)
2 cups bread crumbs
1 tbsp parsely
3 cloves garlic
½ cup extra-virgin olive oil
Salt and pepper to taste

INSTRUCTIONS

- Preheat oven to 350°F.
- Mix: bread crumbs; chopped garlic cloves; chopped parsely; 2 tbsp oil in deep ceramic bowl and mix with wooden spoon;
- Preheat large pan with oil for 5 minutes to avoid 'sticking.'
- Place 'mixture' on top of salmon and place on oiled pan in oven.
- Cook for 20 minutes and serve hot.

HONEY GLAZED HAM

SERVES 15 PEOPLE PREPARATION TIME: 15 MIN COOKING TIME: 2.75 HRS

INGREDIENTS

Ingredients 1 (10 pound) fully-cooked,
bone-in ham
3 cups white wine
 $\frac{1}{3}$ cup honey
 $\frac{1}{3}$ large orange, juiced and zested
2 tbsp Dijon mustard
 $\frac{1}{4}$ tsp ground cloves
Salt and pepper to taste

INSTRUCTIONS

- Preheat oven to 325°F (165 C).
- Place ham in a roasting pan.
- In a small saucepan, combine white, honey, orange juice, orange zest, Dijon mustard, ground cloves.
- Bring to a boil, reduce heat, and simmer for 5 to 10 minutes.
- Set aside.
- Bake ham in preheated oven uncovered for 2 hours.
- Remove ham from oven, and brush with glaze.
- Bake for an additional 35 to 45 minutes, brushing ham with glaze every 7-10 minutes.
- Serve.

POTATOES (SIDE DISH)

PREPARATION TIME: 10 MINUTES COOKING TIME: 45 MINUTES



INGREDIENTS

4 potatoes
1 medium onion, chopped
1 clove garlic
1 tbsp butter
2 tbsp extra-virgin olive oil
2 litres water
Salt and pepper to taste

INSTRUCTIONS

- Boil water with a pinch of salt.
- Peel and slice potatoes lengthwise to ½" thick.
- Boil in water for 5 minutes.
- Drain water.
- Add oil, butter, garlic and onion to frying pan on medium heat for 2 to 3 minutes.
- Add potatoes, cover, and continue at medium heat for 20 minutes.
- Salt and pepper to taste and serve.

ZUCCHINI (SIDE DISH)

PREPARATION TIME: 10 MINUTES COOKING TIME: 20 MINUTES



INGREDIENTS

3 zucchini - medium
4 chopped fresh tomatoes
(tomatoes must NOT be ripe)
2 cloves chopped garlic
1 tsp oregano
2 tbsp extra-virgin olive oil
Salt and pepper to taste

INSTRUCTIONS

- Slice zucchini lengthwise and then in half.
- Heat oil and garlic in fry pan for 1 minutes on medium heat.
- Add zucchini, oregano, and tomato to fry pan - cover and cook on low heat for 15 minutes.
- Salt and pepper to taste and serve.

PERE AL' AMARETTO (AMARETTO AND PEARS)

SERVES 6 PEOPLE PREPARATION TIME: 15 MINUTES COOKING TIME: 30 MINUTES



INGREDIENTS

Part A: Sauce

- 2 cups sugar
- 1 cup warm water
- 2 cups cold water
- 1 cup amaretto liqueur

Part B: Pears

- 4 cups water
- ½ lemon
- 1 clove
- 2 bay leaves
- 6 pears, peeled, halved, and cored
- ½ cup sugar

INSTRUCTIONS - PART A

- Combine sugar and warm water in a saucepan and bring to a boil. Stir constantly until the mixture turns a caramel colour.
- Remove from heat. Slowly stir in cold water and amaretto liqueur. Return it to the heat and simmer until the sauce has reduced and thickens (about 10 minutes).
- Remove from heat and cool. Place in the refrigerator.

INSTRUCTIONS - PART B

In a saucepan, combine bay leaves, clove and lemon with 4 cups of water. Bring to a boil. Add the pears and sugar. Stir and simmer for one half hour. Then let pears cool in the water. When cool, drain and place in sherbet glasses and pour the sauce over top.

Special Occasions

Thanksgiving, Christmas, Valentine's Day, and Easter are special times of the year when families and friends gather to enjoy a delicious hearty meal.

Valentine's Day



CAPELANTE CON BRANDI
(SCALLOPS WITH BRANDY AND CREAM)

SERVES 2 PEOPLE PREPARATION TIME: 10 MINUTES COOK TIME: 20 MINUTES



INGREDIENTS

6 scallops
2 oz brandy
1 cup flour
1 cup whipped cream 32%
1 cup extra-virgin olive oil
1 tbsp parsley
2 cloves garlic
Salt and pepper to taste

INSTRUCTIONS

- Place flour on a flat plate.
- Dip scallops in flour coating.
- Place scallops in frying pan with hot oil and fry each side for 5 minutes.
- Drain oil.
- Add brandy, whipping cream, parsley, salt and pepper to taste and cook 15 minutes on medium heat.
- Ready to serve.

CAPELLINI IN BRODO **(ANGEL HAIR WITH BROTH)**

SERVES 4 - 5 PEOPLE PREPARATION TIME: 15 MINUTES COOKING TIME: 15 MINUTES



INGREDIENTS

3 litres chicken broth
500g angel hair pasta
Salt and pepper to taste

INSTRUCTIONS

- Cook angel hair in an abundance of salted boiling water for approximately. 3 - 5 minutes.
- Meanwhile bring broth to a boil and season with salt and pepper, strain pasta.
- Add it to the broth and ladle into bowls.

MISTA SALAD

SERVES 6 PEOPLE PREPARATION TIME: 10 MINUTES



INGREDIENTS

½ head of butter leaf lettuce
1 small head of endive lettuce
3 small radishes, sliced thin
2 fennel bulbs, sliced ½ inch thick
2 tomatoes, quartered
Oil and vinegar
Salt to taste

INSTRUCTIONS

- Discard outer leaves from greens.
- Wash quickly and pat dry with towels.
- Tear into bite sized pieces and place in a large salad bowl.
- Slice fennel, radishes, tomatoes and add to salad.
- Season with salt and add enough oil to coat ingredients.
- Sprinkle with vinegar and toss gently to mix.

VITELLO IN SALSA DI POMODORI (VEAL IN TOMATO SAUCE)

SERVES 2 PEOPLE PREPARATION TIME: 5 MINUTES COOKING TIME: 10 MINUTES



INGREDIENTS

1 lb veal scallopini
½ cup white wine
½ cup extra-virgin olive oil
2 cups tomato sauce
1 cup flour
1 clove garlic
½ tsp oregano
1 tsp parsley
Salt and pepper to taste

INSTRUCTIONS

- Wrap veal in plastic and pound both sides flat.
- Place flour on flat plate.
- Dip both sides of veal in flour.
- Place in hot oil of fry pan (medium heat) and cook each side for 2 minutes.
- Drain oil.
- Add white wine, garlic, tomato sauce, oregano and cook 2½ minutes per side
- Ready to serve.
- See Vegetarian section for recommended side dishes.

FRAGOLE AL MARSALA **(STRAWBERRIES WITH MARSALA WINE)**

SERVES 6 PEOPLE PREPARATION TIME: 5 MINUTES COOKING TIME: 5 MINUTES



INGREDIENTS

1 lb strawberries
2 tbsp butter
1 cup sugar
 $\frac{1}{2}$ cup Marsala wine

INSTRUCTIONS

- Clean strawberries.
- In a saucepan (low heat) melt butter and add sugar.
- Place strawberries in the saucepan.
- Cook about 1 minute.
- Add lemon juice and Marsala wine.
- Continue cooking for approximately 3 more minutes.
- Serve.

Easter



ABBACCHIO (RACK OF LAMB)

SERVES 10 - 12 PEOPLE PREPARATION TIME: 30 MINUTES COOKING TIME: 1.5 HOURS



INGREDIENTS

16 lbs baby lamb
6 garlic cloves
 $\frac{1}{2}$ cup chopped parsley
3 tbsp rosemary
2 cups olive oil
3 cups white wine
Salt and pepper to taste

INSTRUCTIONS

- Cut lamb into 4 pieces.
- Place it in large baking pan with oil and bake for $\frac{3}{4}$ hour at 400°F.
- Drain oil.
- Add garlic, rosemary, parsley, salt and pepper.
- Continue cooking for 10 minutes.
- Add wine and cut into portions.
- Serve with roasted potatoes, corn and peas.

POTATOES (SIDE DISH)

PREPARATION TIME: 10 MINUTES COOKING TIME: 45 MINUTES



INGREDIENTS

4 potatoes
1 medium onion, chopped
1 clove garlic
1 tbsp butter
2 tbsp extra-virgin olive oil
Salt and pepper to taste
2 litres water

INSTRUCTIONS

- Boil water with a pinch of salt.
- Peel and slice potatoes lengthwise to ½" thick.
- Boil in water for 5 minutes.
- Drain water.
- Add oil, butter, garlic and onion to frying pan on medium heat for 2 to 3 minutes.
- Add potatoes, cover, and continue at medium heat for 20 minutes.
- Salt and pepper to taste and serve.

CORN AND GREEN PEAS (SIDE DISH)

PREPARATION TIME: 10 MINUTES COOKING TIME: 20 MINUTES



INGREDIENTS

3 cups corn
3 cups snow peas
1 chopped medium, onion
2 cloves chopped garlic
1 tbsp butter
2 tbsp extra-virgin olive oil
Salt and pepper to taste

INSTRUCTIONS

- Wash corn and peas in warm water then strain well.
- Fry garlic, onion, oil and butter for 3 minutes on medium heat in a frying pan.
- Add corn and peas, cover and simmer on low heat for 5 minutes.
- Salt and pepper to taste and serve.

Recipes for Babies

BODINO DI MELE (PURÉED APPLES)

PREPARATION TIME: 5 MINUTES COOKING TIME: 20 MINUTES

Let us not forget the babies, following are a few recipes for the young ones. Each recipe calls for the freshest produce and meats. After all, babies are as important as adults.

***Note:** This recipe is originally from the revised edition of Antonietta Terrigno's previous book entitled Italian Cooking, Classic Recipes, printed in May, 2005.*

INGREDIENTS

1 apple, peeled, cored, chopped
3 cups (750 mL) water
1 tsp (5 mL) sugar

Variations: Substitute pears or peaches for apples.

INSTRUCTIONS

- Place all of the ingredients, including the apple peelings, into a small saucepan and simmer until the apple is very soft, about 20 minutes.
- Remove the apple from the pan, discarding the peelings, and purée the apple in a food processor. Refrigerate. Serve cold.
- The skins are used because they contain essential vitamins.

Yield: Approximately $\frac{3}{4}$ cup (175 mL) of sauce.

BODINO DI POLLO (CREAMED CHICKEN)

PREPARATION TIME: 5 MINUTES COOKING TIME: 1 HOUR

Let us not forget the babies, following are a few recipes for the young ones. Each recipe calls for the freshest produce and meats. After all, babies are as important as adults.

Note: *This recipe is originally from the revised edition of Antonietta Terrigno's previous book entitled Italian Cooking, Classic Recipes, printed in May, 2005.*

INGREDIENTS

½ chicken breast
½ medium potato, peeled
½ celery stalk
½ carrot
¼ onion
2 cups (500 mL) water
1 tsp (5 mL) salt
2 fresh basil leaves

INSTRUCTIONS

- In a small saucepan, combine all of the ingredients and bring to a boil. Simmer until the vegetables are soft, about an hour.
- Remove from the pot and purée in a food processor.
- Refrigerate up to 4 days.
- Yield: 4 portions.

ZUCCHINI CON RISO BODINO

(ZUCCHINI AND RICE PURÉE)

PREPARATION TIME: 5 MINUTES COOKING TIME: 35 TO 40 MINUTES

Let us not forget the babies, following are a few recipes for the young ones. Each recipe calls for the freshest produce and meats. After all, babies are as important as adults.

***Note:** This recipe is originally from the revised edition of Antonietta Terrigno's previous book entitled Italian Cooking, Classic Recipes, printed in May, 2005.*

INGREDIENTS

2 cups (500 mL) water
½ cup (125 mL) rice
2 cups (500 mL) chicken broth
½ small zucchini, chopped
¼ fresh tomato, chopped
Salt to taste

INSTRUCTIONS

- In a small saucepan. Bring the rice and the water to a boil. Cook until the rice is cooked and all the liquid has evaporated, about 20 to 25 minutes.
- In another small saucepan, bring the broth to a boil. Add the zucchini and tomato. Cook until the vegetables are soft, about 20 minutes. Add the cooked rice and purée in a food processor.
- Refrigerate up to 4 days.

Yield: 4 portions.

PASTINA IN BRODO (SMALL PASTAS IN BROTH)

PREPARATION TIME: 5 MINUTES COOKING TIME: 15 MINUTES

Let us not forget the babies, following are a few recipes for the young ones. Each recipe calls for the freshest produce and meats. After all, babies are as important as adults.

Note: *This recipe is originally from the revised edition of Antonietta Terrigno's previous book entitled Italian Cooking, Classic Recipes, printed in May, 2005.*

INGREDIENTS

1 cup (250 mL) pastina*
2 cups (500 mL) chicken broth
Salt to taste

INSTRUCTIONS

- In a large pot of boiling, salted water, cook the pastina until tender, about 15 minutes. Meanwhile, bring the broth to a boil and add the salt. Drain the pastina and add it to the broth.
- Refrigerate up to 3 days.
- Yield: 2 portions.

* Pastina is any of several very small pasta shapes, stars, alphabets, etc. They are usually used in broth or soups.

CAMOMILE HERB TEA

PREPARATION TIME: 5 MINUTES

***Note:** This recipe is originally from the revised edition of Antonietta Terrigno's previous book entitled Italian Cooking, Classic Recipes, printed in May, 2005.*

INGREDIENTS

1 quart (1 L) water
1 camomile tea bag
Sugar to taste

INSTRUCTIONS

- Bring the water to a boil and add the tea bag. Let it steep for 5 minutes and add sugar to taste.
- Makes 4 cups of very mild tea.

CANARINO

PREPARATION TIME: 20 MINUTES

***Note:** This recipe is originally from the revised edition of Antonietta Terrigno's previous book entitled Italian Cooking, Classic Recipes, printed in May, 2005.*

INGREDIENTS

1 quart (1 L) water
3 medium lemons, peel
Sugar to taste

INSTRUCTIONS

- In a small saucepan, bring the water to a boil and add the lemon peel and sugar. Boil for 20 minutes.
- Served hot or cold.
- Makes 4 cups.
- These drinks are also used by those who prefer caffeine-free drinks.



Canadians Lynda Perry and Bob Edwards co-founded the Our World Network and Our World Foundation in Vancouver BC Canada. Their primary goal was to merge the worlds of personal health and individual wealth in a person-to-person networking enterprise. The Foundation was set up so that a percentage from the proceeds of their products goes to children's charities involved in researching ways to prevent disease thereby promoting health and long-term wellness.

Their proprietary product YouthJuice™ consists of a combination largely of berries and sea vegetables. The ingredients in a bottle of YouthJuice™ consists of this potent antioxidant combination: Elderberry; Red Raspberry; Blueberry; Blackberry; Boysenberry; Blackcurrant; Cranberry; Kombu Fucoïdan; Bladderwrack; and Sea Lettuce. Additional products include YouthJuice Restör™ and the Orchard to Ocean Inflammatory Response & Cellular Maintenance kit.

YouthJuice™ is the result of 40 years of scientific research that combines Orchard to Ocean ingredients. In collaboration with scientists at the University of British Columbia, this revolutionary product was developed. A Canadian Government Research and Development Grant funded the research. The process and development of this product took place over a four-year period that brings seven of the most powerful berries together in one bottle. Every ounce of YouthJuice™ contains as much Resveratrol as 3 glasses of red wine. Resveratrol contains the "miracle molecule" and is the nutrient found in red wine. It also embellishes cardiovascular and neurological health, eye health and eyesight, aids in the inflammatory response of the metabolism and supports strong bones.

Also included in this product is the effective anti-aging seaweed Kombu Fucoïdan which



promotes healthy cell division, fat metabolism, weight management, healthy inflammatory response and improved mobility. The other 2 ingredients from the sea are Bladderwrack and Sea Lettuce that aid in digestion and absorption of nutrients as well as detoxification and elimination. YouthJuice™ also has 500 International Units per ounce of vitamin D3 that plays an important role in the absorption of calcium.

Only a sustainably grown harvest is chosen and tested for purity from environmental toxins. The proprietary whole-berry nutrient extraction process that Our World scientists created allows the assimilation of peels and seeds of the fruit where the greatest concentration of nutrients is found. Special pasteurization and bottling processes ensure that there is no need for preservatives.

Four decades of research suggests that the foods we eat every day affect our long-term health. In North America especially, the history of our ancestors reveal that they used this dietary combination of berries and sea vegetables for long-term health and survival. In essence, Our World Network has retrieved the healthy solutions and practices of our ancestors for optimum health and wellness.

In Calgary AB, Rob Swiderski has spent the last 2½ years helping to build and market these products. In the last 3 years, he has been building a pre-launch team while getting the business plan to a level that encompasses both the best of industry standards for compensation, marketing tools and support with the latest technology utilizing social media and marketing. It helps that the products are exemplary for health, wellness, and sustainability. Research and more information can be found at Calgary contact Edward Malek Farah's page: www.malek.youryouthjuice.com
Tel: 403.472.8855

Contact Us

Should you or your organization need to contact the Executive Chef and author of these recipes, please call Antonietta Terrigno at Osteria de Medici. Antonietta is available for Cooking Classes both at her restaurant and on location. Interviews with Antonietta can also be arranged with reasonable notice. Good health and good cooking. Ciao!

Telephone: 1.403.283.5553

Facsimile: 1.403.283.5558

<http://www.osteria.ca>

cookbooks@osteria.ca

MORE RECIPES

More recipes will be available soon. Antonietta is presently designing 4 more cookbooks: 1) **The Healthy Italian** - a book blending the exquisite tastes of Italian Cooking with health concerns the 21st century has brought to the modern world; 2) **Cooking for Kids** - a book designed to get kids excited with cooking which may help our future children from developing poor eating habits and ominous health problems later on in life; 3) **Vegetarian Cookbook** with specific recipes for the growing Vegetarian and Vegan population; and 4) **Cooking Under Pressure** - a book designed for the 21st century adult with too many deadlines and not enough time to enjoy 'casual cooking'.

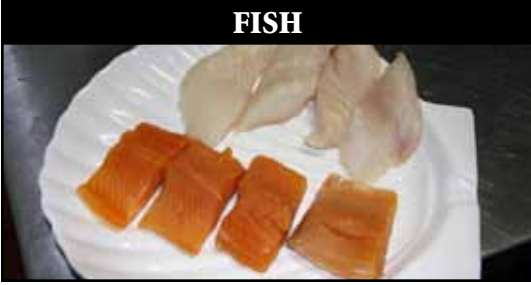
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Osteria de Medici Cooking Classes

FISH



Cooking classes at Osteria de Medici are available any time during the week or weekends. Cooking classes are offered on Sunday from 11 a.m. – 3:00 p.m. and during the week for corporations. The minimum people allowed in the cooking class is 10. The 3-course meal that is made by the group comes with a glass of wine and one recipe book per person. The price is \$150.00 for each individual. The majority rules on the type of meal that the group decides to cook. People can purchase sauces as well as stainless steel pots and pans to cook with from Osteria de Medici.

Every meal that is made in these classes is taken from the cookbook given to the participants.

Contact Executive Chef and owner Antonietta Terrigno of Osteria de Medici at 403-283-5553.

Osteria de Medici Weddings and Other Functions



Osteria de Medici also hosts weddings, banquets, birthday parties, lingerie and clothing fashion shows, wine tasting events as well as other functions for businesses of all sizes, and universities. The price for each event varies depending on the food and liquor ordered as well as the number of people that will be in attendance.

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Antonietta Terrigno - Osteria de Medici Ristorante



Antonietta Terrigno and Osteria de Medici, her award-winning Calgary restaurant, represent the best in Italian cuisine. Osteria de Medici has become famous with an international clientele, which includes Sir Anthony Hopkins, Tom Selleck, Kevin Costner, André Gagnon, Jane Goodall, Isabella Rossellini, and many more.

Classic Italian Cooking is an exceptional collection of recipes designed to work in home kitchens. It takes an outstanding chef to unravel the mysteries of culinary artistry. Antonietta has created a cookbook that can help new cooks become accomplished, and stimulate the inventive desires of accomplished cooks.

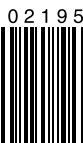
Many of these recipes will be reassuringly familiar to anyone who loves Italian food, many will be temptingly new. *Antonietta's 2010 Classic Italian Cooking* is itself a classic, a cookbook to be trusted and treasured.



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