

my ITALY

with David Rocco

The Big Three

THE FLAVOURS
OF ITALY'S TOP
WINE REGIONS

THE UPPER CRUST

Add pizzazz to pizza
with any-day wine

PASTA PERFETTO!

The best wines for
David Rocco's
comforting pasta

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Rocco
Recipes
Inside



DISCOVER THE FLAVOURS OF ITALY AT THE LCBO FEBRUARY 26TH TO MARCH 31ST

A full-page background image showing a man and a woman walking away from the camera through a lush green vineyard. They are holding hands. In the background, a hilltop town with several tall, square towers is visible under a clear sky.

12

CHIANTI, VALPOLICELLA AND BAROLO

These wines take their names from areas within the big three regions of Italy — Tuscany, Veneto and Piedmont.

Read more about Italy's regional wine and discover delicious regional food pairings courtesy of David Rocco.

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that David Rocco calls his must-haves

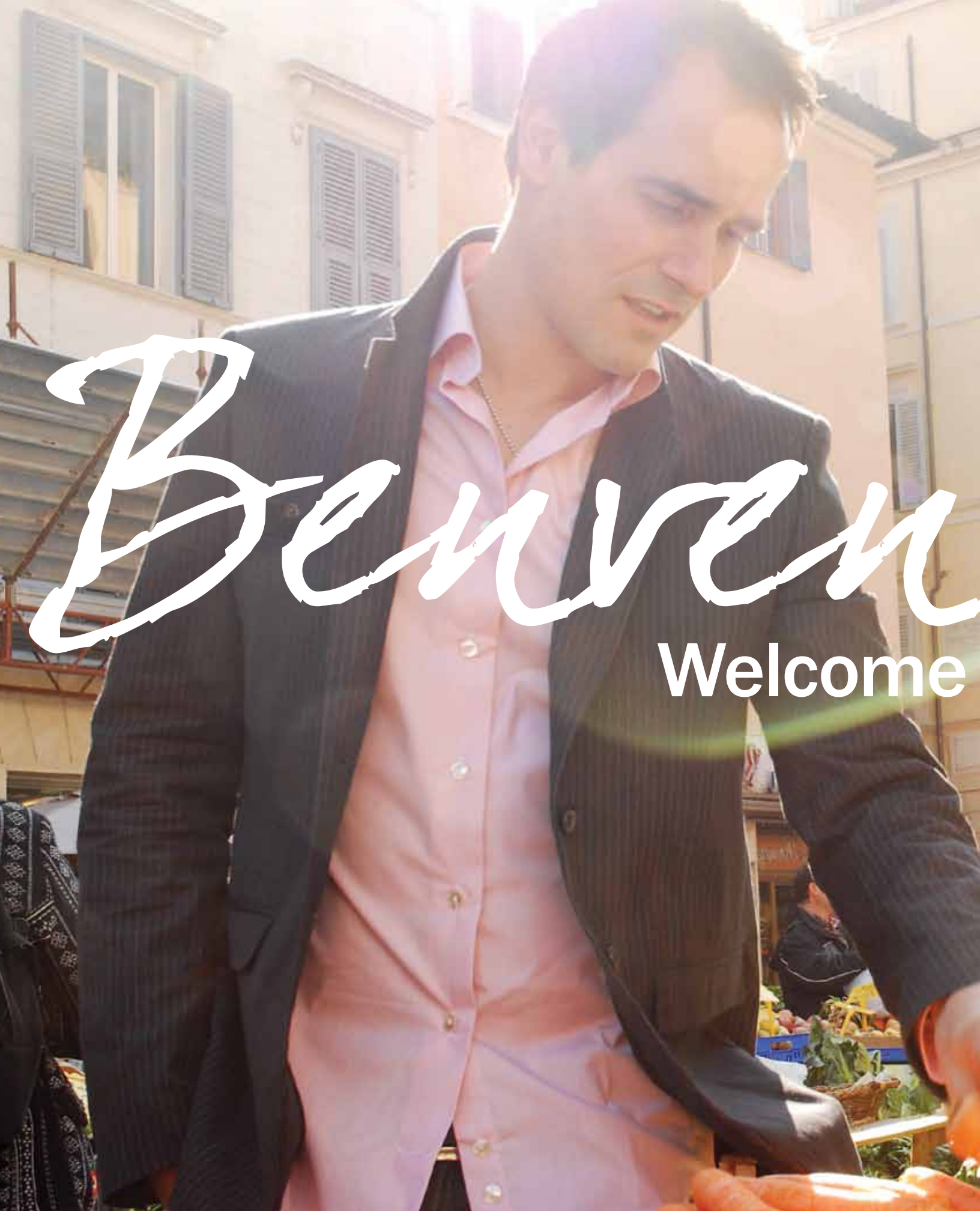


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WINE FOR PASTA

A white for David's clam pasta, and three wines for his hearty red sauces. *Perfetto!*





Benven

Welcome



WTF!

to David Rocco's Italy!

To introduce you to the wine and food of *Italia* — or perhaps to refresh your memory — the LCBO is thrilled to partner with author, TV host and Italian food expert David Rocco to help you make “My Italy” your own.

David is passionate about Italy and its wine and food. So we knew he was the perfect “tour guide” to take us on a journey to experience Italy's regional flavours.

His hit Food Network series and cookbook, *David Rocco's Dolce Vita*, made him a food and travel celebrity.

Now he's out with a gorgeous new cookbook, *Made in Italy*, and a new series that will air on The Food Network this fall called *David Rocco's Amalfi Getaway*.

Let's go with David to learn about wines like Chianti, Amarone and Barolo and how to pair them with his delicious recipes.

Read more about David on page 28.





The SOCIALE NETWORK

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The Italian *aperitivo* is one part cocktail party
and one part after-work snack

In Italy, the time between the end of the workday and dinner is spent connecting with friends, sipping a cocktail and nibbling on delicious food. It's time for *aperitivo*! And you can host one at home. David Rocco helps us set the mood...and the table.

TIME FOR A COCKTAIL

For Italians, David says, “having a drink is about community and flavour.”

Aperitivo is a social phenomenon all over Italy. Friends and colleagues gather for a cocktail, a glass of Prosecco, a beer — “just something to sip and enjoy while chatting.”

The must-have cocktail for *aperitivo* is the Aperol Spritz. It’s made with sweet yet bitter, orange-flavoured Aperol liqueur, Prosecco and soda. In fact, *aperitivo* without Aperol is like a meal without olive oil!

Another popular classic is the Amaretto Sour. It’s a balance of nutty, sour and sweet flavours that’s perfect for sipping with snacks.



Aperol Spritz →

Cannellini Bruschetta



David Rocco's Aperol Spritz

Ice
2 oz Aperol
3 oz Prosecco
Club soda
Orange slice and mint leaves
for garnish

To a short glass filled with ice, add Aperol and Astoria Prosecco La Robinia, then top with club soda. Garnish with an orange slice and mint leaves.

APEROL

176834 750 mL **\$23.25**

SPRITZ MIX

This Prosecco is an elegant, light bubbly with fruity flavours. It's our choice for the Aperol Spritz. We love sipping it on its own, too.

ASTORIA PROSECCO LA ROBINIA

593855 750 mL **\$12.95**

LOVE STORY

The Amaretto recipe, legend has it, was created in 1525 by a young widow as a gift to her beloved — a student of da Vinci's. This classic Italian liqueur has an intense cherry-almond flavour. How sweet!

DISARONNO ORIGINALE

605881 1140 mL **\$36.95**

For the Amaretto Sour recipe, turn to page 42.

A RESPONSIBLE CHOICE

To fully round out your *aperitivo* offerings, whip up this alcohol-free take on the Amaretto Sour.



Honey Sour Mocktail

1 oz lemon juice
1 oz lime juice
1 oz orange juice
2 oz honey syrup*
Orange wheels for garnish

To a rocks glass with ice, add all ingredients. Garnish with orange wheels.

*See honey syrup recipe on page 42

Avocado
Bruschetta

Amaretto
Sour

SAY SALUTE! WITH BEER AND BUBBLY

Along with cocktails, beer and bubbly are the sippers of choice for *aperitivo*.

Fizzy drinks go so perfectly with salty or fried snacks. With *aperitivi*, some bars offer olives, potato chips, bread and olive oil. While at others, you'll get snacks like *arancini* (rice balls) and *frico* (Parmigiano chips), pictured below.

"The food is amazing," David enthuses, "and there's lots of it! It's usually set out on a bar or a long table and often complimentary with your drink." The idea, he says, is to whet the appetite before dinner. "But sometimes people will stay out until 9 o'clock, they're so busy talking, eating and having a little flirt!" With a delicious drink, fantastic food and, above all, great conversation, it's easy to lose track of time.

Arancini
(Rice Balls)





ITALIAN BREW

Who's that man on the label? He's a "pleasant-looking old man" that Commander Lao Menazzi Moretti saw in a bar, who possessed all the character of Moretti's beer: wholesome, traditional and authentic. How refreshing; just like this snack-friendly beer.

MORETTI

174094 6x330 mL Reg. \$12.95

Now \$11.95 SAVE \$1.00

SIP IN STYLE

Savour the nutty flavours and lip-smacking bubbly freshness of this Prosecco from VINTAGES. It's a great sipper to always have on hand, especially to serve with salty snacks.

SANTA MARGHERITA PROSECCO DI VALDOBBIADENE SUPERIORE

687582 750 mL **\$17.95**

A VINTAGES Essential*

ITALIAN CHIC

This refreshing sparkler is perfect for an everyday celebration — with your most stylish friends, of course! It's ideal for finger foods, like *frico*.

VOGA ITALIA SPARKLING

215905 750 mL **\$18.65**

"Aperitivo is a phenomenon, especially in Florence. It's a very social city, so tourists really fit into the aperitivo scene." —David

*Frico
(Parmigiano
Chips)*

VINTAGES

*VINTAGES Essentials Collection is always available in VINTAGES at select LCBO locations. Visit vintages.com

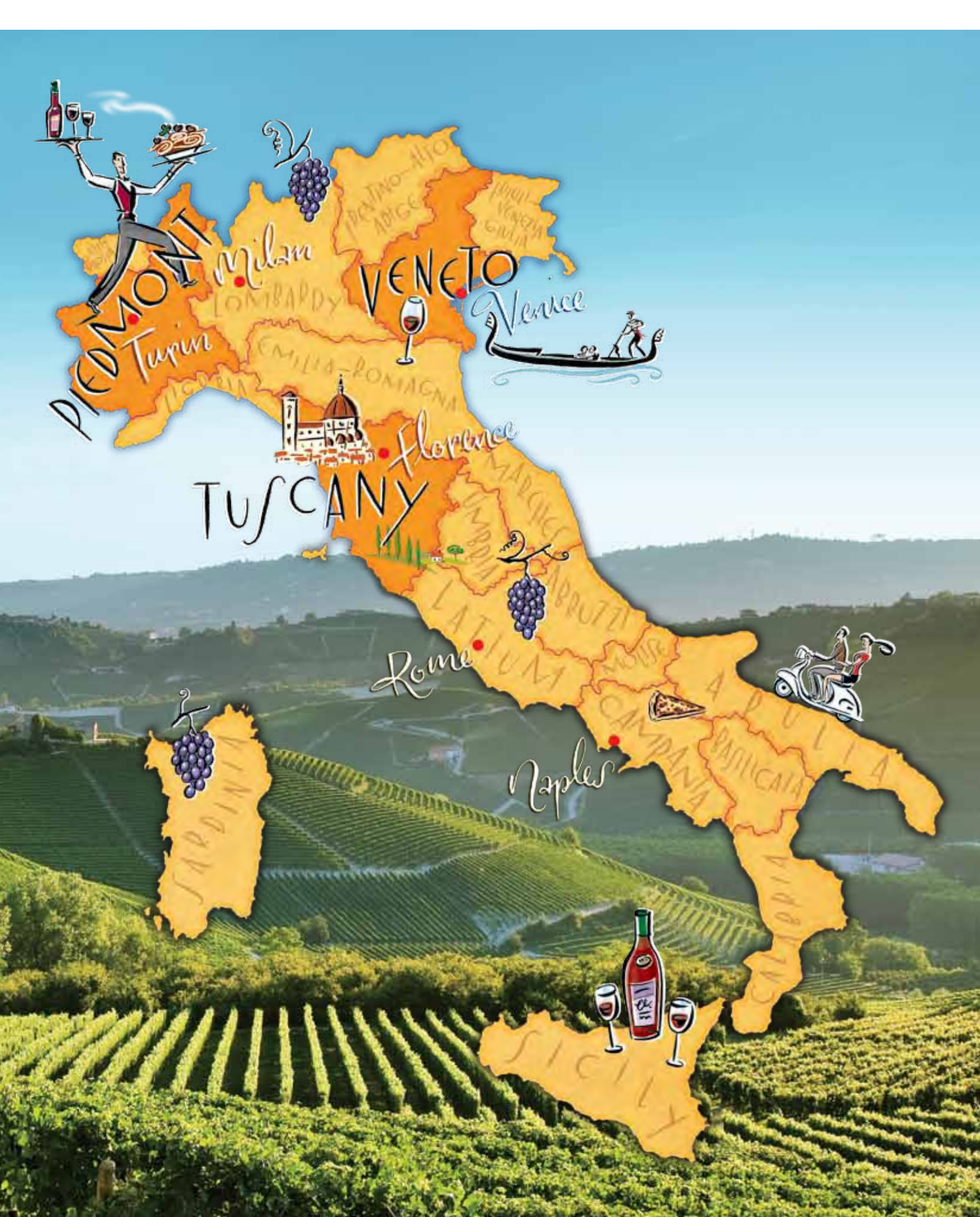


THE BIG 3

THE BIG

EXPLORE THE FLAVOURS OF ITALY'S MOST FAMOUS WINE REGIONS

The spectacular regions of Tuscany, Veneto and Piedmont are unique and steeped in history and tradition. Once you know all about the richness of Italian wine country, you'll expertly choose your favourite regional wine and food. David, take us away!



TUSCANY

“This is where the Renaissance began! Tuscany is the home of famous works of art, music, wonderfully rustic food and iconic Chianti wine.” –*David*

MY TUSCANY

"When I think of Tuscany, I picture the *collines* — the beautiful rolling hills — dotted with farmhouses, and the roads lined with cypress trees. There's so much culture in Tuscany: this is where the Italian Renaissance began, home of Michelangelo, da Vinci, Galileo! So it's not a big surprise that Tuscany's food and wine are so beautifully crafted." —David

TUSCAN TREASURE

If you're looking for a pairing worthy of Sophia Loren and Carlo Ponti, enjoy this Chianti with a big, juicy Florentine steak. This is a mouthwatering, medium-bodied red where flavours of plum, cherry and blackberry meet.

NEW!

FONTELLA CHIANTI DOCG

230797 750 mL Reg. \$11.95

Now \$10.95 **SAVE \$1.00**

"Chianti has come a long way since those iconic, straw-covered fiasco bottles!" —David



WHEN IN TUSCANY, DO AS DAVID DOES...



HAVE AN APERITIVO AT DOLCE VITA BAR

This retro-cool spot has the quintessential *aperitivo* — a must-do! It's right in Florence's gorgeous Piazza del Carmine.

1



HELP WITH THE OLIVE HARVEST

Many lawyers, doctors, you name it, take days off every year to do this *brucatura*, by hand! In return, they get litres of fresh olive oil.

2



CLIMB THE STEPS OF THE TORRE DEL MANGIA

If you're not afraid of heights, this climb gives you a spectacular view of Piazza del Campo, Siena's main public square.

3

“*Salsiccie e Fagioli* is a throwback to a simpler time in Tuscany. Sip it with Chianti Classico for a true Tuscan experience.” –David

Salsiccie e Fagioli

(Pork 'n' Beans)

TUSCAN FLAVOURS

“Tuscans are jokingly called *mangiafagioli* – ‘bean eaters.’ And they’re masters at getting spectacular results from humble ingredients like cannellini beans and even stale bread. It’s *la cucina povera* – peasant cooking – simple, delicious food that becomes incredible when drizzled with fresh olive oil and sipped with the region’s fabulous red wine.” –David

TWO TUSCAN TRADITIONS

This is a dry, full-bodied red from the traditional region of Classico, within Chianti. Its aromas of violets and vanilla and velvety-smooth flavour are made for authentic Tuscan pork and beans.

NEW!

**CASTELLARE DI CASTELLINA
CHIANTI CLASSICO DOCG**

267260 750 mL **\$18.95**

CHIANTI: AN ICONIC WINE FROM A LEGENDARY REGION

The best-known Tuscan wine is Chianti. It's not a type of grape, but the name of the winemaking region that stretches between Siena in the south of Tuscany and Florence in the north.

Chianti is a blend of grapes, but is made mostly of Sangiovese. A Chianti Classico, however, uses only grapes from the Classico sub-region, is aged longer and can have a more complex flavour.

Both wines have a beautiful acidity, and that means they can be paired with a wide range of foods, from rich pastas to lamb and hearty soups.



"Throughout Italy, cooking is all about the celebration of food. You cook not just to eat, but for the love of food and to be able to break bread with friends and family." -David



David's Favourite Italian Classics

We asked David to let us in on his Italian must-haves

1

A BIG RED

"One of the simplest pleasures in life is enjoying good wine and food with friends and family. It's even better when it's a spontaneous visit — we sit around the table with a bottle of great red, nibbling on cured meats, cheese and olives."

A HANDSOME TREAT

This wine is truly an affordable luxury. It's robust and complex with delicious aromas of chocolate and cherries. The flavour is full-bodied and concentrated, spicy and smooth. Sounds perfect for David Rocco...and you! Great with meaty pasta.

ZONIN RIPASSO VALPOLICELLA SUPERIORE

170142 750 mL **\$16.45**



2

MEZZALUNA CHOPPING BLADE

"These make adding lots of fresh herbs *facile*. Easy."

3

OLIVE OIL

"Nearly every Italian dish needs olive oil. I always have two on hand: a good all-purpose one for general frying and sautéing, and a super-premium one to finish dishes."



4

BIALETTI STOVETOP ESPRESSO MAKER

"I learned how to use these when I was nine. I still prefer them over automatic coffee makers."



5

SOCIETA SPORTIVA CALCIO NAPOLI JERSEY

"My folks are from the Naples area, so I gotta show my pride. Plus these look great with a tan!"

VENETO

“This is the land of beautiful Venetian islands, hopping wine bars, cured meats and wonderful risottos. And, of course, you’ve also got famous Amarone wine!” –David

MY VENETO

"I think of Veneto as the Quebec of Italy; it has a sort of cultural independence. You don't get a lot of the big, tomato-sauce pastas; it's more about braised meats and rice. The countryside is ideal for grape-growing and drying, so you get these incredibly refined wines from Valpolicella in the western part of the region." –David

VENETIAN ROYALTY

This has been called a "majestic and velvety" red. It has aromas of deep, red wild berries and luscious, fruity dried-grape flavours. An absolutely spectacular wine for an Italian dinner party. Serve with braised red-meat dishes and strong cheeses.

NEW!

ZONIN AMARONE DELLA VALPOLICELLA DOC

266684 750 mL **\$35.95**



WHEN IN VENETO, DO AS DAVID DOES...



1 JOIN THE VENDEMMIA WINE HARVEST

I love being in Veneto between July and October, when towns celebrate the harvest. It's a great excuse to go out and celebrate!



2 HAVE A CAPPUCCINO IN THE PIAZZA SAN MARCO

Sure, it's a little touristy, but there's nothing like the way the early-spring light falls in this beautiful Venetian landmark.



3 TRY BRAISED CONIGLIO

Rabbit is really popular in Veneto. It's similar to chicken, but sweeter. My favourite recipe is rabbit and rosemary in white wine.

“Veneto is the land of risotto. And there’s no better match than the region’s famous Valpolicella wine.” –David

Risotto Con Vino Rosso, Radicchio e Gorgonzola

(Risotto with Red Wine, Radicchio and Gorgonzola)

VENETIAN FLAVOURS

“Rice is big in Veneto, as it grows along the Po river. This ‘rustically elegant’ risotto reminds me of my friend’s mother, Gioia, who would head outside wearing a cashmere sweater and Hermès scarf and return with two huge chunks of wood under each arm to stoke the fire.” –David

FRANK’S NO. 1 WINERY

The Bolla winery was a favourite of Frank Sinatra’s, and he refused to sit at a table without its wines. This wine has cherry-spice aromas and crisp, fruity black-pepper flavours. Serve it with this classic Venetian risotto.

BOLLA VALPOLICELLA

16840 750 mL **\$11.95**



THE VALPOLICELLA CONNECTION

Valpolicella is the name of the region where three of Italy's most famous wines come from: Valpolicella Classico, Ripasso and Amarone. They're made from the same grapes, but the difference is in the way they're produced.

Valpolicella is aged for a short time, so it's easy-drinking. Amarone is made from dried grapes and aged the longest, so it has a lush, port-like flavour. Ripasso is fermented with Amarone pomace (stems, skins, etc.) so its flavour is between the two.

A WINE DIVINE

This red from VINTAGES is from the heart of the Valpolicella Classico area. Amarone skins bring a touch of "divine nectar" to this Ripasso, giving it elegance, depth and complexity. Delicious with gnocchi and meat sauce.

**TOMMASI RIPASSO
VALPOLICELLA CLASSICO
SUPERIORE 2009 DOC**

910430 750 mL **\$19.95**

VINTAGES

*VINTAGES Essentials Collection is always available in VINTAGES at select LCBO locations. Visit vintages.com



APPASSIMENTO

This is the method of drying grapes to concentrate the flavours. It's a signature of Valpolicella wines.



A TRUE ORIGINAL

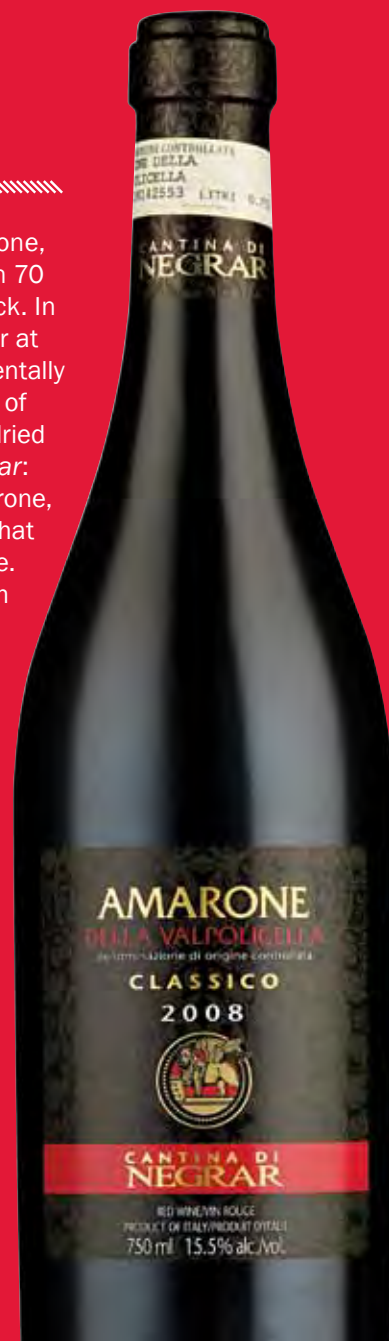
When you sip this Amarone, you're tasting more than 70 years of history...and luck. In the 1930s, a winemaker at Cantina di Negrar accidentally over-fermented a bottle of sweet wine made from dried grapes and it turned *amar*: "bitter." The result, Amarone, was a dry, luscious red that is now famous worldwide. The very first bottle, from 1939, is still on display at the winery.

NUMERO UNO

It's no wonder the Amarone tradition started with this iconic wine. It's intense, dry and full-bodied with rich plum flavours and aromas of figs and sour cherry. Serve with mature cheeses and braised meat.

**NEGRAR AMARONE
CLASSICO**

44784 750 mL **\$34.95**



PIEDMONT

“This region has magical views of the Alps. It’s a skier’s paradise and is dotted with castles. Some of the finest food and wine is from here, including white truffles and Barolo.” –David



MY PIEDMONT

“The Italian name for Piedmont, *Piemonte*, translates to ‘at the foot of the mountains,’ and you can see spectacular views of the Alps in three directions. Remember, this is where the 2006 Winter Olympics were held, in the city of Turin, which is a gorgeous, aristocratic old city. Piedmont is very different from central or southern Italy as there’s a lot of French and Swiss influence in the language, the food (butter!) and the wine, which tends to be very big and full-bodied.” –David

A PIEDMONTESE FAMILY AFFAIR

Since 1880, the Ascheri family has been hand-harvesting its grapes and making lovely, traditional wine with minimal technology. This wine is yet another treat from Alba, the land of Nutella, peaches and truffles. It’s perfect with an antipasti platter.

NEW! ASCHERI BARBERA D’ALBA DOC

219790 750 mL \$13.95



WHEN IN PIEDMONT, DO AS DAVID DOES...



1

VISIT THE ALBA TRUFFLE FAIR

This celebrates the *tartufo bianco d'Alba*, considered the finest white truffle in the world: try the fried eggs with white truffle!



2

TRY SOME GRANA PADANO

This cheese is made in a similar way to Parmigiano-Reggiano, but it has a flavour and texture all its own: fragrant, grainy and delicately “sweet.”



3

TAKE IN GORGEOUS LAKE MAGGIORE

This is one of the most spectacular lakes I've ever seen! Blue, blue water, picturesque islands with gardens and the Alps as a backdrop. A must-see.

“Polenta is very popular in Piedmont. It’s creamy and perfect with red-wine-braised beef and a lovely Barbaresco.” –*David*

Stracotto al Vino Rosso

(Beef Braised in Red Wine)

PIEDMONTESE FLAVOURS

“French and Swiss influences mean more dishes with butter, cheese and cream than in central or southern Italy. The region is also known for incredible chocolate, nuts and white truffles. One of my favourite dishes is the classic Beef in Barolo, which I’ve updated for my recipe.” –*David*

BAROLO’S COUSIN

This Piedmontese wine is produced very close to Barolo, and is made from the same grape, Nebbiolo. It’s quite distinct, though, with red-fruit flavours and fine tannins. Try it in, and with, this succulent braised beef.

NEW!

**UMBERTO FIORE
BARBARESCO DOCG**

254870 750 mL **\$16.95**

12 BONUS AIR MILES®



BARBERA, BARBARESCO & BAROLO: PARAGONS OF PIEDMONT

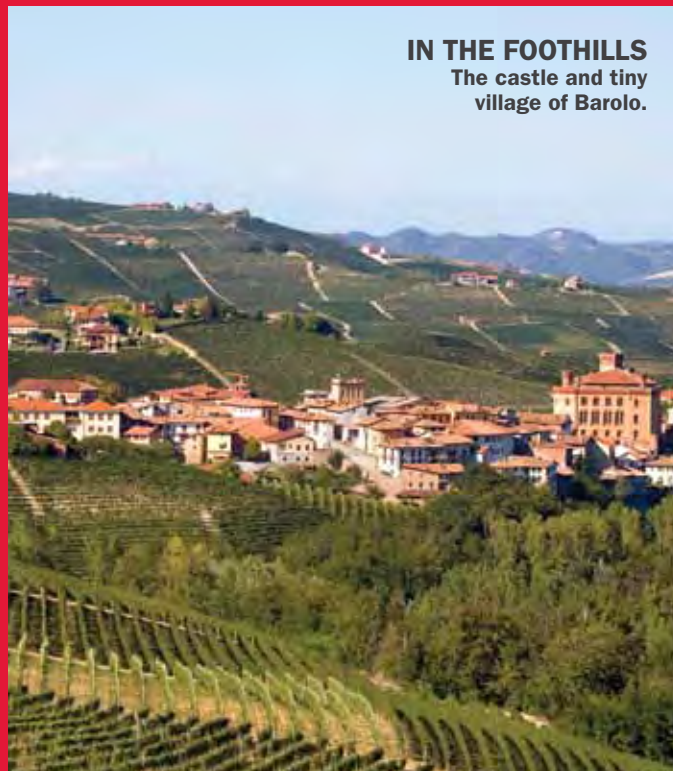
Popular wines from Piedmont include Barolo, its cousin — Barbaresco — and Barbera.

In traditional Italian wine fashion, Barolo and Barbaresco are named after the region they come from (just like Chianti). Although both are made with the Nebbiolo grape, each region produces a different style of wine. They can both be described as bold and strong, but Barbaresco tends to be softer than Barolo.

In the case of Barbera, however, it's named for the grape used to produce the wine. Produced in Asti and Alba, Barbera is light and fresh — very different from Barolo and Barbaresco.



IN THE FOOTHILLS
The castle and tiny
village of Barolo.



BAROLO: THE ITALIAN KING

This aristocratic region produces what many consider the king of Italian wine: Barolo. This luscious wine is made with 100% Nebbiolo grapes grown in a small area in the high foothills of the Alps.

Barolo is prized for its exotic and layered aromas (rose petals and chocolate are just two) and powerful flavours (ripe plum, spice and vanilla).

It's considered a benchmark for exceptional red wine and sought after by wine lovers worldwide.

ROYAL CRUSH

From the rolling Piedmontese hills of Barolo comes this regal wine. This "king of Italian wine" features aromas of violets and spice, followed by full-bodied, dry flavours of earthy plum. Serve with hearty mushroom risotto.

NEW!
BAROLO DOCG VINUM VITAE EST

264333 750 mL Reg. \$24.80

Now \$22.80 SAVE \$2.00

Playing on Italians' passion for food, David's motto is: "I'm not a chef; I'm Italian!" So you may be surprised to learn he wasn't always quite so enthusiastic about his family heritage.

"I actually was embarrassed to be 'the Italian kid' at school. My dad would take my brand-new hockey sticks and cut them up to stake the tomato plants!" David laughs. Though he says growing up in a traditional Italian family in the '70s wasn't always so funny. "My mom put rapini and sausage sandwiches in my lunch box when all the other kids had peanut butter; we served rabbit at our table!" Still, he says, "when I was away from it, at friends' houses, I missed it. And when I went to Italy for the first time at six years old, I fell in love with everything Italian."

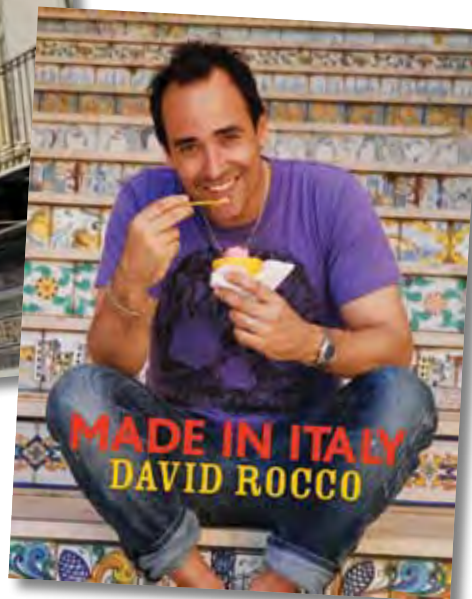
As an adult, now with a wife and three young children of his own, David fully embraces those traditions and has made a career of

sharing them, and his beloved Italy, with others. "I like to tease that Italy is deliciously dysfunctional — frantic, emotional, impulsive! It's so different from the lifestyle here in Canada, which is more, well, orderly. But Italy's so captivating, so sensual, you just can't get enough."

"Italian wine is captivating too, especially with flavourful, rustic Italian food!" he says. "The wine there has this simplicity, and there's a lot of heart to it, a lot of texture — it's like the Italian spirit in a glass."

Flipping through David's books brings the same sense of spirit. With his good looks, charm and obvious passion for Italian food and wine, he has a knack for romancing the regions and customs of the country. And that's why we knew he'd be the best "tour guide" to take us there.

It's a delicious journey. Thanks, David!

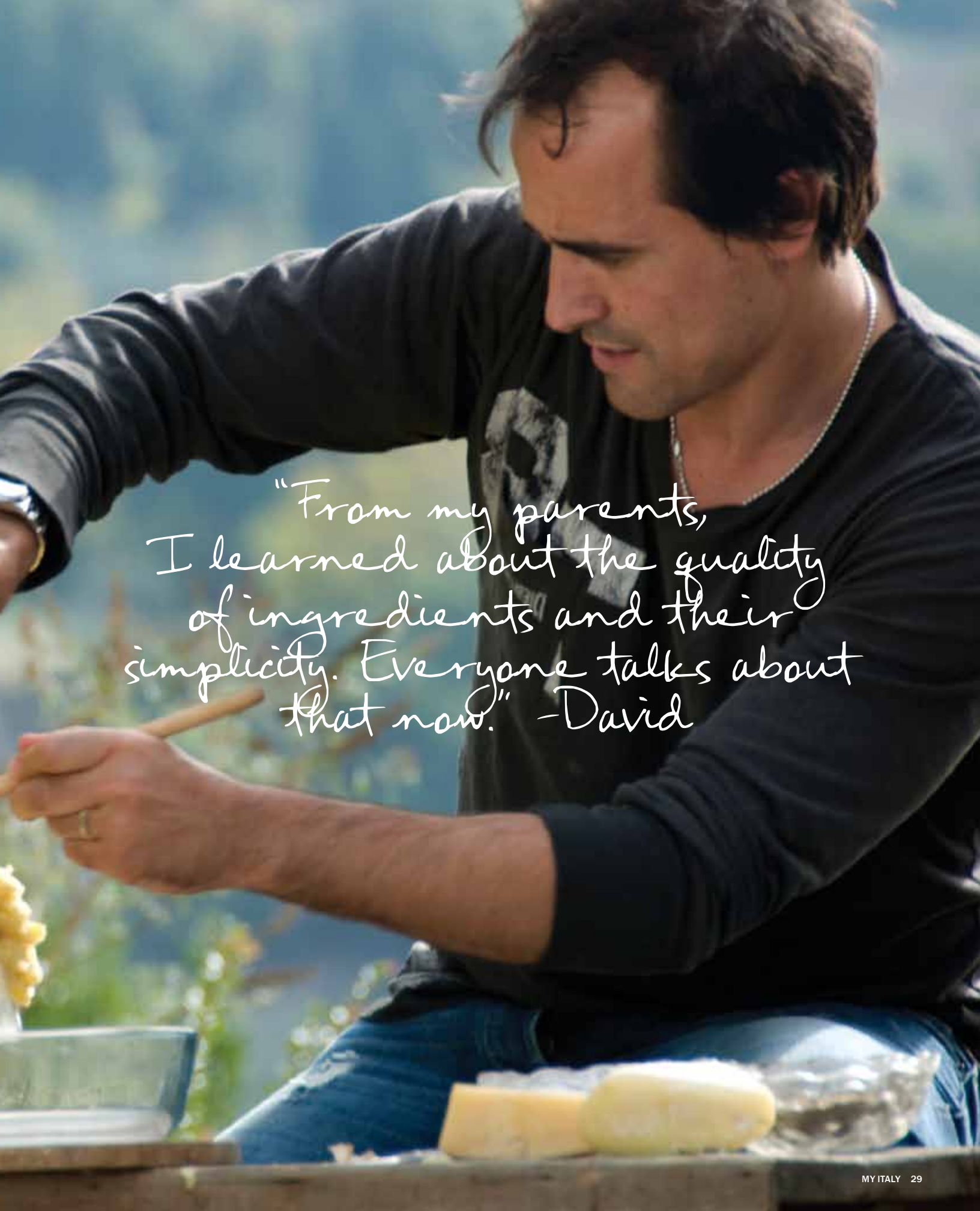


ALL RECIPES* ARE FROM DAVID'S BOOKS, *MADE IN ITALY* AND *DAVID ROCCO'S DOLCE VITA*.

FIND RECIPES ON PAGE 42

*Except Amaretto Sour, Honey Sour Mocktail and Pizzas. *Made in Italy* (HarperCollins, 2011); *David Rocco's Dolce Vita* (HarperCollins, 2009)



A man with dark hair, wearing a dark long-sleeved shirt and a watch, is focused on cooking outdoors. He is using a wooden stick to handle food in a bowl. In the foreground, there are ingredients like cheese and a glass bowl. The background shows a blurred view of a valley with green hills and a blue sky. A quote is overlaid on the image in a white, handwritten-style font.

*"From my parents,
I learned about the quality
of ingredients and their
simplicity. Everyone talks about
that now." -David*



PASTA PERFETTO!

pasta PERFETTO!

Few meals are more pleasing than pasta paired with beautiful Italian wine. We've matched three of David's recipes with their *vino* soul mates. Let the romance begin!

"This dish reminds me of digging for clams on the Mediterranean Sea shore with my cousin when we were kids. Now I get to have it with a great Pinot Grigio." -David

GRAZIE, VENEZIE!

This seafood-friendly white is produced by the shores of Veneto's Lake Garda. Its light fruit flavours are superb with this delicate baby-clam pasta.

**LAMBERTI SANTEPIETRE
PINOT GRIGIO DELLE VENEZIE**

560524 750 mL **\$12.95**

*Spaghetti
Con Vongole*

(Spaghetti with Clams)

PASTA PERFETTO!

"Everyone has their own way of making this iconic dish. But making the soffrito flavour base, and serving a great red wine, is a must." -David

BALANCING ACT

A pasta dish with hearty meat and tomato flavours needs a wine that can stand up to it! This easy-drinking dry red from Sicily is bursting with fresh plum and cherry flavours.

NEW!

CASA PLANETA SYRAH IGT

219857 750 mL **\$11.80**

Salsa
Bolognese
(Bolognese Meat Sauce)



SUPER VENETIAN

From hugely popular Masi comes this top-selling red. It has aromas of plum, prune, cinnamon and violets, and a full-bodied, spicy flavour. It's a wine that longs for rich, meaty pasta dishes like this one.

MASI CAMPOFIORIN

155051 750 mL **\$17.95**

12 BONUS AIR MILES®



PASTA PERFETTO!

KULTURE KLUB

This bucatini dish meets its match in this blend of Montepulciano, Sangiovese and Cabernet Sauvignon from Abruzzo's Chieti region. It features wild berry aromas and a full-bodied yet soft flavour.

NEW!

KULT TERRE DI CHIETI IGT

230805 750 mL Reg. \$10.95

Now **\$9.95** **SAVE \$1.00**



DAVID'S TIPS FOR PERFECT PASTA

◆ 1 ◆

Once the water is boiling, the only thing you need to add before the pasta is a good handful of salt. It should taste like the sea. Don't add oil — it's a waste. Stir the pasta a few times in the first 20 or 30 seconds and it won't stick. I promise!

◆ 2 ◆

Remove the pasta just before the al dente stage, and keep a cup or so of the pasta water.

◆ 3 ◆

Finish cooking the noodles in the sauce so the starches get released and thicken up the sauce. This allows the sauce to cling to the noodles. If the sauce gets too sticky, pour in a little of the pasta water.

"Some of my favourite wine is from Abruzzo. I love it with this recipe: the pancetta, the salty pecorino cheese... magical!" -David

*Bucatini
All'Amatriciana*

(Bucatini in a Tomato and Pancetta Sauce)



The UPPER CRUST

Delicious, any-day Italian wine takes pizza night to a whole new level. We've chosen four wines priced right for pizza, and suggested three topping combos for your next takeout order.

Buon appetito!



Pizza wine has to be as casual and tasty as its match. We've chosen four of our favourite everyday wines and matched them to four meaty, tomato-rich topping combos. Try these wines with *your* favourite takeout!

MEDITERRANEAN MEAL MAKER

Take takeout to new heights with this food-friendly, versatile red. Its rich, spicy flavours make it a superb pizza wine.

NEW!

ZINFANDEL PRIMITIVO DEL SALENTO IGT

268102 750 mL **\$13.95**

SICILIAN SENSATION

From one of the finest wine producers in Sicily comes this lively Syrah. The Syrah grape, also called Shiraz, thrives in sunny southern Italy. This wine's lively plum and cherry flavours make it ideal for flavour-rich pizza.

NEW!

FIRRIATO PRIMULA SYRAH

265900 750 mL **\$9.95**





THE WILD GENOAN

WITH

Tomato sauce, mozzarella,
Genoa salami, wild
mushrooms and shaved
Parmigiano-Reggiano



THE SAUSAGE 'N' PEPPERS

WITH

Tomato sauce, mozzarella, rapini,
roasted red peppers and crumbled
Italian sausage



THE STAPLES OF NAPLES

A quick look at the history of pizza

Hundreds of years ago, Italians ate flatbreads similar to pita. In the late 1700s, these evolved into baked crusts with toppings. In the late 1800s, however, legend has it that the first modern pizza was made in Naples for Princess Margherita of the Savoy royal family. It was topped with basil, buffalo mozzarella and tomato sauce — green, white and red, the colours of the new Italian flag.

Today the craft of making Neapolitan pizza is internationally certified by the Associazione Verace Pizza Napoletana or VPN, the Genuine Neapolitan Pizza Association.

What are the keys to authentic Neapolitan pizza? “A chewy, charred crust;” says David, “minimal ingredients, and centuries of practice.”

THE OLIVIA

WITH

Tomato sauce, mozzarella, prosciutto, black olives and baby arugula

WEEKDAY TREAT

Stylistically, this wine is similar to Ripasso — it's from the same region. They're made from partially dried grapes — the time-consuming *apassimento* method — which gives it mellow, raisin-like flavours. It's a superb value and a real treat with pizza.

PASQUA VILLA BORGHETTI PASSIMENTO ROSSO

141952 750 mL **\$11.95**

10 BONUS AIR MILES®



THE COAST IS CLEAR

Made from 100% Montepulciano grapes from the Abruzzo region of eastern Italy, this fruity red is lush and medium-bodied, thanks to breezes off the Adriatic Sea. It's a terrific bargain, making pizza night a *celebrazione!*

NEW!

ILLUMINATI RIPAROSSO MONTEPULCIANO D'ABRUZZO DOCG

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RECIPES

A NOTE ABOUT QB: You'll see this in David's recipes, and it stands for *quanto basta*, or "as much as you need/want." It gives you the freedom to add less or more of an ingredient.

APERITIVO



AMARETTO SOUR

1½ oz Disaronno Originale
4 oz sour mix*
Orange slice for garnish

In a cocktail shaker filled with ice, add first two ingredients. Shake and strain into a rocks glass with ice. Garnish with an orange slice.

*To make fresh sour mix, combine 1 oz lemon juice, 1 oz lime juice, 2 oz simple syrup. Or use store-bought sour mix, or substitute 4 oz limeade.

HONEY SYRUP

¼ oz very hot water
½ cup honey

Combine ingredients, stir to dissolve and chill.



AVOCADO BRUSCHETTA & CANNELLINI BRUSCHETTA

This is so easy: grilled or toasted bread rubbed with a halved garlic clove is the base. Smashed avocado and cooked white beans are the toppings. To finish them off, sprinkle salt and pepper and add a good drizzle of olive oil. Don't be shy! Remember, the oil is the star ingredient.



ARANCINI (RICE BALLS)

Makes 6 servings

The name means "little oranges," because when cooked, these stuffed rice balls take on a slightly orange

colour. Some recipes call for making a risotto first, but here's a quick and easy version.

Eggplant and Cherry Tomato Filling

1 cup (250 mL) extra-virgin olive oil, divided
1 medium-sized eggplant, cubed
10 cherry tomatoes, quartered
Salt, QB

Arancini

2 cups (500 mL) Arborio rice
1 cup (250 mL) finely grated Parmigiano-Reggiano cheese
3 oz (90 g) Eggplant and Cherry Tomato Filling
1 egg, beaten
1 cup (250 mL) dry bread crumbs
2 cups (500 mL) extra-virgin olive oil

First, make the filling. Reserve 3 to 4 tablespoons (45 to 60 mL) of the olive oil. Heat the rest up in a high-sided frying pan. When the pan is hot, fry the eggplant until golden and crispy. Drain on paper towels. In a separate frying pan, heat up reserved olive oil, and sauté the cherry tomatoes until they soften and start to lose their shape. Add in the eggplant, a pinch of salt and cook for a minute or two. Remove from heat and let cool.

Next, make the arancini. In a pot of boiling salted water, cook the Arborio as you would any rice. Some recipes call for a two-to-one ratio of water to rice. I prefer to put the rice in the pot and pour in enough water to cover it by a couple of inches. When the rice is ready, I drain off the excess water. Put the rice back into the pot and add a good handful of Parmigiano.

When the rice is cool enough to handle, scoop out a handful and roll it into a ball. You can make arancini as large or as small as you want. The small ones are a great cocktail-party finger food. The large ones allow you to put in more stuffing.

Press a hole in the middle of the rice ball with your thumb and use a spoon to help you stuff the centres with Eggplant and Cherry Tomato Filling. Reshape the rice ball so the filling is fully enclosed.

Dip each rice ball into the beaten egg, then roll it in the bread crumbs to coat it evenly. If you want to freeze some balls for later, now is the time to do it.

Pan-fry the arancini in about a ½ inch (1 cm) of hot olive oil until golden brown on all sides. If you have a deep-fryer, you can just plop them in and remove them when they're done. Remember, the rice is already cooked, so you're only frying them to achieve a golden color and crispness.

Remove and drain on paper towels. Serve hot or at room temperature.



FRICO (PARMIGIANO CHIPS)

Makes 4 servings

This is a sophisticated little chip that seems to work perfectly with Prosecco. And they're very simple to make. You literally need one ingredient.

3 cups (750 mL) Parmigiano-Reggiano cheese, some finely grated and some coarsely grated, combined

Begin by heating a frying pan on medium-high heat. Don't put any oil in the pan, as there's enough in the cheese. Sprinkle the Parmigiano in the pan in a thin, even layer so that the cheese covers the surface. Just make sure you don't put too much in. You want the frico to be thin and crispy.

As it cooks, you'll see it start to bubble, and the cheese will break down into a semi-liquid state. Keep an eye on it: if the pan begins to smoke, turn down the heat to medium. Once the cheese has melted together, just slide it out of the frying pan onto a plate. Help it along with your spatula if you need to, making sure it stays flat and doesn't fold over onto itself.

Allow it to cool down and completely solidify, which only takes about a minute. Break it up with your hands into little chips. Now you have a perfect finger food, beautifully crunchy and salty, like a chip.

THE BIG 3



Tuscany SALSICCIA E FAGIOLI (PORK 'N' BEANS)

Makes 4 servings

This classic dish is a one-pot wonder. You're about half an hour away from an amazing meal.

4 tbsp (60 mL) extra-virgin olive oil
3 cloves garlic, finely chopped

8 pork sausages, each about 3 oz (90 g)
2 sprigs fresh rosemary
Splash red wine
1 can (10 oz/284 mL) plum tomatoes, with juices
2 cans (each 19 oz/540 mL) cannellini or white navy beans, drained and rinsed
Salt and freshly ground pepper, QB

Start off by heating the olive oil in your pot. You're going to use less oil than you might usually use because the sausages will give off a lot of fat as they cook. Then into the heated oil put your garlic, sausages and rosemary sprig. I like to throw the whole sprig in at this stage. The rosemary gets crisp and eventually those pieces break off and infuse the dish with flavour. Just remove the stem before serving.

Cook the sausages for a few minutes and pierce them with the end of a knife to let some of the fat out. That will flavour the dish as well. Once the sausages are browned, pour a glass of red wine, take a sip and throw the rest in. Then add the plum tomatoes with all their juices and let the whole thing simmer for a bit. As it's simmering, use a fork or the back of a spoon to break up the tomatoes. You could use tomato purée, but I prefer this dish chunkier. Let it simmer for about 10 minutes or until slightly reduced.

Add the beans to the pan. Add salt and pepper and let the whole thing reduce and thicken, about another 15 minutes, stirring occasionally to make sure nothing sticks. You can thicken it more by mashing up a third of the beans.

Serve with **Castellare Di Castellina Chianti Classico**



Veneto

RISOTTO CON VINO ROSSO, RADICCHIO E GORGONZOLA (RISOTTO WITH RED WINE RADICCHIO AND GORGONZOLA)

Makes 4 servings

This recipe is easy, beautiful and has a no-fuss rustic elegance to it.

4 tbsp (60 mL) extra-virgin olive oil
2 shallots or 1 medium white onion, minced

1 large head of radicchio, chopped
 1 lb (450 g) Italian rice
 5 cups (1.2 L) red wine
 3.5 oz (100 g) gorgonzola, cubed
 ½ cup (110 mL) finely grated
 fresh Parmigiano
 Salt, QB
 Pepper (optional), QB

Over medium heat, heat up your olive oil. When it's hot, add in the minced shallots, radicchio and some salt and pepper. Stir it and let it cook until they're soft. Add in the rice and stir until it is coated with oil, toasted and translucent.

Add in about half a cup of red wine, stirring so the rice doesn't stick. When that's absorbed, add more. The risotto will take about 16-18 minutes to cook. Remove it from the heat. Stir in the gorgonzola and Parmigiano and keep stirring until it melts and adds that beautiful creamy texture and flavour.

Serve with Bolla Valpolicella



Piedmont

STRACOTTO AL VINO ROSSO (BEEF BRAISED IN RED WINE)

Makes 4 servings

You will not believe how simple and amazing this is. Whenever I serve this, I'm asked for the recipe.

½ cup (125 mL) extra-virgin olive oil
 2 lb (1 kg) stewing beef,
 cut into 1 inch (2.5 cm) cubes
 2 red onions, roughly chopped
 3 cloves garlic, finely chopped
 2 tsp (10 mL) whole peppercorns
 Salt, QB
 3 cups (750 mL) red wine

Get out your big pot and heat up the olive oil. Once the oil is hot, add the beef, onions and garlic and cook for 2 minutes, stirring frequently. Season with some whole peppercorns and salt, then pour in the wine. The only rule is that you have to have enough wine to completely cover the beef.

Bring the wine to a boil, then lower the heat to medium, cover and let the whole thing simmer for approximately 2 hours, stirring it every so often. The result? Perfectly cooked, gorgeously flavoured, fork-tender meat. The

wine will cook down to give this dish a full-bodied, sweet sauce.

Spoon over polenta and you have the perfect winter meal.

**Serve with Umberto Fiore
 Barbaresco DOCG**

PASTA PERFETTO!



SPAGHETTI CON VONGOLE (SPAGHETTI WITH CLAMS)

Makes 4 servings

This recipe may seem daunting but it's very easy to make.

1 lb (450 g) spaghetti
 2 lb (900 g) clams, or QB
 1/2 lb (225 g) cherry tomatoes,
 quartered
 1 bunch parsley
 1 cup (225 mL) white wine
 4 tbsp (60 mL) olive oil
 1 clove garlic, thinly sliced
 1 tsp (5 mL) dried chili flakes or QB
 Salt QB

Clean your clams by giving them a good scrub in cold water. Discard any of the ones that are already open.

Clam sauce is simple. So when you're ready to make the sauce, put a big pot of water for the pasta on and let it heat up to a boil and add salt.

In a frying pan on medium, heat up some olive oil and add in some thinly sliced garlic, chili flakes and parsley. When the garlic turns slightly golden, turn the heat up to high, add in the clams and the cherry tomatoes, and gently shake the pan. Put the lid on the pan for about a minute. Now add a cup of white wine and some salt and continue steaming the clams with the lid on until they've fully opened. This should take 3 to 5 minutes.

Discard any clams that haven't opened. With the lid off, lower the heat to medium, and continue to cook your clam sauce so that the wine reduces and the tomatoes slightly break down.

Cook your pasta until slightly before the al dente stage. Drain and put right into the pot with the clam sauce and finish cooking the spaghetti in the sauce. This is important so that the flavours combine, the starches of

the pasta are released and thicken up the sauce.

Finish each serving with a drizzle of your best olive oil.

**Serve with Lamberti Santepietre
 Pinot Grigio Delle Venezie**



SALSA BOLOGNESE (BOLOGNESE MEAT SAUCE)

Makes 6-8 servings

This is one of my favourite sauces, and it works with any type of fresh or dried pasta or gnocchi.

1 onion, finely chopped
 1 stalk celery, finely chopped
 1 large carrot, peeled and finely
 chopped
 3 tbsp (45 mL) extra-virgin olive oil
 2 tbsp (30 mL) unsalted butter
 ½ lb (250 g) ground beef
 ½ lb (250 g) ground pork
 1 cup (250 mL) white wine
 1 cup (250 mL) milk
 3 cups (750 mL) tomato purée
 Salt, QB
 5 fresh basil leaves

Chop your onion, celery and carrot as finely as possible so they almost melt when you sauté them. Heat up a pan and add the olive oil and the soffritto mixture, taking time to gently brown your vegetables so the flavours become sweet and intense.

Add the butter along with the ground beef and pork. Cook over medium to high heat until the meat is browned. Stir in the wine and cook until it's evaporated. Add the milk, which will give a slightly creamy texture and soften the meat as well. Add the tomato purée and salt, and simmer over low heat for a few hours, stirring occasionally. When the sauce is finished, tear up some basil leaves to add to it.

**Serve with Casa Planeta Syrah IGT
 or Masi Campofiorino**



BUCATINI ALL'AMATRICIANA (BUCATINI IN A TOMATO AND PANCETTA SAUCE)

Makes 4 servings

You can try this sauce with spaghetti if that's all you have, but I urge you to go get some bucatini. It's not hard to find, and you'll get the authentic All'Amatriciana experience.

1 lb (500 g) bucatini pasta
 3 tbsp (45 mL) extra-virgin olive oil
 6 oz (175 g) guanciale or pancetta,
 cubed
 1 clove garlic, finely chopped
 1 small onion, finely chopped
 Chili pepper flakes, QB
 1 can (19 oz/540 mL) plum tomatoes,
 crushed
 Salt, QB
 1 cup (250 mL) grated pecorino cheese

The sauce will cook in about the same time it takes to cook the pasta.

While the pasta is cooking, heat up the olive oil in a frying pan on high heat. Add your guanciale or pancetta and fry until it's crisp, 7 to 10 minutes. Add the garlic, onion and chili pepper flakes and sauté until the onions soften. Turn down the heat to medium-high, add the tomatoes with a little bit of salt and cook for an additional 5 minutes.

Once your pasta is at the al dente stage, reserve a cup of the cooking water, drain the pasta and add it to the sauce. If you're using bucatini, you may not have to add any of the cooking water to the dish because the hollow middle of the noodle traps enough water and will release it right into the sauce. But if you're using spaghetti, I recommend adding some of the liquid to help bind the sauce to the pasta. Let the whole thing cook for about a minute and then remove the pan from the heat. Add the grated pecorino cheese, mix it together and serve.

Serve with Kult Terre Di Chieti IGT



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