

Dolce Toscana Cooking's Lessons For The Dilettante Society

Toscana 8-13.11 2007

Crostini Toscani

Stir fry $\frac{1}{2}$ an onion with olive oil and some chopped parsil.
Add 200 grams of chicken liver and stir fry them for 5 minutes.
Add slowly $\frac{1}{2}$ a glass of red wine salt and pepper to your tasting.
When almost cooked add $\frac{1}{2}$ a glass of chicken broth.
After a few second blend them (chopping setting) together with one anchovies a few capers (5/6) and add a little butter.
Slice some round bread, fry it in oil or toast it and brush on it a little chicken broth.
Spread the pate`.

Bruschette al pomodoro

Chop some ripe tomatoes add salt, olive oil, basil and fresh oregano.
Slice bread put it in the toaster run, rub some garlic and put the tomatoes mix on it.
Must be eaten immediately!

Torta di patate

Potatoes casserole

Peal and slice yellow potatoes. Drop them in boiling salted water for one minute and drain them well. Wash and slice a leak chop it very thin and sauté it in butter together with a finely chopped onion carrot and piece of celery. Add a little broth and cook with a lid for 10 minutes.
Add 200 gg of smoked diced bacon and sauté it for a one minute. Salt and pepper to your tasting.
Take some filo pastry, (pate feuilleté) and add one layer of potatoes and one of ragout (bacon and veggies) until you have run out of ingredients (layering).
Last layer must only be of potatoes and rosemary.
Beat two eggs together with parmesan cheese and another soft cheese of your liking.
Place it in the hot oven for 40 mt. convection heat at 180* changing the convection to grilling at the last mt. Once gold color, take it out and let it sit. Serve it warm with fromage freche (sower cream).

Spaghetti alle vongole

Mussle Noodles

Boil the mussels in minimum salted water. Strain them well and keep the water to boil the spaghetti. In a skillet mix one clove of garlic together with some pine nuts and some clean fresh anchovies without the bones. Let them brown a little and after one mt add a glass of white wine letting it simmer until evaporation. Add 8 small grape tomatoes, salt and pepper. Cook the spaghetti serve "al dente" in salted water, drained them well add the sauce the vongole and $\frac{1}{2}$ a cup of finely chopped parsley.

Seppie in Zimino di Bietole

Cattle Fish in Swiss chard

Clean a kg of (squid-cattle fish) and slice it in long strips.

Sautee a white onion some garlic, add some pine nuts to your tasting and in the end some finely chopped parsley.

Once the mixture is golden brown add the fish and stir fry it for a mt. Add a fish cube and 4 or 5 tomatoes and let them cook for 15 mt.

In a different pan cook the Swiss-chard leaves in little water with salt and keep the water. Add the bietole to the fish together with two cups of the Swiss chard's water and let it cook of 30 mt. Serve it with bread croutons and extra virgin olive oil.

If cooked with fresh fish, freeze it for two days to make it easier to cut them and blend them to the other ingredients.

Pesce al sapore Mediterraneo

Mediterranean Fish

Clean the fish thoroughly in and out, put it in a large oven casserole with potatoes, red onions fennel, olives, capers, and cherry tomatoes. Spice it with fresh oregano, thyme, crushed rosemary, olive oil and lemon juice and quite a bit of salt. Place the casserole in the convection oven at 180.

Every once in a while pour some white wine and fish broth or vegetable broth on it to keep everything nice and moist.

Risotto giallo ai Crostacei e Melanzane croccanti Saffron Risotto with Shell Fish

Thinly chop a white onion and brown it in butter in a stove casserole.

Add 350g (4 people) of rice for risotto and brown it together with the onion adding ½ a glass of white wine. Cut the tail of at least 8 big shrimps take the pulp out and slice it. Make a broth with the scampi's tail and a fish cube and add some saffron.

Pour a little of the broth at the time over the rice for at least 5 mt, add the scampi, salt pepper and thinly chopped parsley. Take an egg plant and chop it in small cubes, fry it in oil and add it to the rice. Add a little butter and serve.

Cinghiale in umido con scalogni stufati

Stew of Wild Board and Shallots

Marinate the meat with black and red pepper, juniper's berries and cloves. Add some wine and onions. Leave it in the fridge for two days.

In a skillet sauté onions, carrots and celery.

Take the board out of the juices dry it with paper towels.

Strain the spices, chop them and add them to the sauté.

Roll the meat into the flour after cutting it in chunks and brown it in the sauté .

Add the sauté to the board, the Chianti from the marinate, some tomatoes and let it simmer for 20 to 30 mt on a slow setting. Add salt.

In a different skillet brown the shallots in butter, add salt and pepper, add Marsala wine and let it simmer on a low setting for 30 mt.

Pere al Chianti.

Pears marinated in Chianti wine

Pour 1 liter of Chianti wine, cloves and nutmeg, lemon peel + six spoons of sugar in a casserole and bring it to boil. Peel the pears and add them. Cut the pear as if it was a fan and place it in a dish with the wine to which you will have added a little gelatin to thicken it. Serve with a ball of vanilla ice-cream.

Delizia al cioccolato.

Chocolate delicacy

Melt 200 g of dark chocolate with 100 g of butter.

Take 4 egg yolks and 180 g of powder sugar + a spoon of potatoes flake or corn stark and beat them together. Beat the egg white until it thickens and add it to the chocolate cream.

Put it in the oven on bake for 20 mt at 180* .

Serve it with liquid cream.

Zuppa di Cavolo Nero e Fagioli

Swiss Chard and Beans soup

Stir fry lots of white onions , together with celery, carrots, and thyme.

Add some of the beans let them simmer for a few minutes and then blend it.

Add some tomatoes water potatoes, carrots, zucchini and celery.

Add the left over beans. Add the Swiss chard previously cooked and let everything simmer for 40 mt. Serve with croutons and extra-virgin olive oil.

Gnocchi di Farro

Farro's dumplings

250g of Farro's flower and 50g of white, mix and create a crater.

Dump in the crater 2 egg yolks, salt oil and some water. Beat everything and work it with your hands. Lay down the doe and break it in little balls.

Salsa ai funghi porcini

Porcini Mushroom Sauce

Brush the mushrooms without using water.

Rub them in paper towels and slice them

Fry in a pan 2 pieces of garlic and a little red pepper.

Add the mushrooms salt and pour some white wine.

Mix the sauce with pasta or pour it on meat and sprinkle it with parsley.

Salsa Balsamica

Vinaigrette sauce

Pour in a small pan: olive oil, 2 cloves of garlic and fresh rosemary . As soon as it is warm add balsamic vinegar and little salt. Perfect on grilled meat or grilled veggie.

Castagnaccia

Chestnut Cake

In a ball mix 150 g of chestnut flower with 150 g of water, 2 spoons of oil, salt and 100g of powder sugar + pine nuts and raisins.

Roll the dough and put it in an oven pan previously buttered.

Bake it for 25 mt on medium and remembering to add a pan of water in the bottom of the oven to prevent the cake from drying up.

Tortino di Melanzane e Timo.

Eggplant's and Thyme tart.

Slice the eggplants in long thin slices and fry them in very hot oil.

Take some filo pastry (pasta sfoglia) and place it in a round oven pan, over a sheet of cooking paper. Dispose over the top the eggplants, a spoon or more of tomatoes sauce, or fresh tomatoes, some thin slices of mozzarella, little salt and thyme.

Once finished all the ingredients pour over two beaten eggs and some parmesan cheese.

Place it in the oven on bake at 180* and cook it for 40 mt.