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Cooking with L^AT_EX

Well typeset recipes in SI units

fubini ⊗ tonelli
edizioni e convoluzioni


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Preface

I will start with a warning: this is a boring cooking book, that was started as a reference point for myself and my flatmate, back when I was living in Vienna. It often happened that I was at the supermarket and forgot what I needed, and to avoid going twice (or more!) shopping, so looking up the recipe became a must.

You will quickly notice there are no pictures, just some illustrations, when necessary to understand how to do a certain procedure. I personally don't like them because pictures create expectations and are a limit to our imagination. I'm sure you will find lots of yummy pictures of every dish I listed online, but that's not the purpose: creativity is.

Another reason why I state this manual is boring is because of the detailedness of the steps and ingredients, I usually forget something and hate this feeling, so I prefer to have everything written down.

Warnings and tips

Read the suggestions and have a look at the instructions before trying a recipe! All the suggestions were discovered by making mistakes, I didn't magically know them. Avoid making further mistakes and take advantage of warnings and tips, and if you have any suggestion feel free to contact me, they will be gladly added to ensure the best results for everyone.

Equipment

In your kitchen you'll need:

- A set of pan and pots, varying size, with lid;
- A casserole and a wok;
- A couple of sharpened knives;
- An oven;
- Wooden or plastic spoons;
- Baking trays and dishes;
- Garlic press;
- Cheese grate;
- Creativity and heartwarming guests.

The rest is optional. For some recipes some additional equipment might be needed, but don't worry, it will be written in the ingredients, no surprise while cooking.

I suggest some metal bowls, really easy to clean, useful to collect the organic waste and store the intermediate products. Keep your knives sharpened, cutting is really important. Some brandy, white or red wine are always useful, keep a bottle available, trying not to drink it all.

Be creative, alter the recipes, experiment, use whatever you have in the fridge, but most importantly, have fun!

Aron

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Chapter 1

Pasta

Pasta is probably the most common food in Italy, it is eaten pretty much every day. There are hundred different types of pasta, many of them regional, that have to be matched with the right sauce. There is really no right recipe for many sauces, every family has its own tradition. In this book there are some pastas already matched with them and a full chapter for sauces, which can be matched with different types to give different tastes.

Pay attention to buy good pasta, it is not really expensive. Check the cooking time, the longer the better; italian premium pastas usually require 12-18 minutes. Longer cooking times usually allow it to "hold" better overcooking, this means that it won't become glue while you add the sauce, or in the last minute. Especially outside of Italy beware of wrong cooking times, try it and judge yourself, it should be *al dente*, i.e. a bit crunchy on the inside.

1.1 Bucatini cacio e pepe

Ingredients for 2 hungry people:

- 250g bucatini
- 120g pecorino cheese, medium to long aged
- 10g pepper
- 4g kosher salt

Procedure

1. Put on the stove 3L of water;
2. Grate the pecorino in a bowl;
3. Grind the pepper into a big pan, or a wok;
4. Salt the water and throw the pasta in;
5. Turn on the pan with the pepper;
6. Stir the pasta and around $\frac{1}{3}$ of the cooking time, as soon as it becomes a little soft, put a dipper of cooking water into the pepper, then move the pasta to the pan, leaving the boiling water on the stove;
7. Add another 2 dippers of cooking water to the pasta in the pan, if it gets too dry just add some more;
8. Let it cook for the rest of the time in a similar way to risotto (see 3.3);
9. When it's almost done add another dipper of water to another bowl and while mixing with a fork add slowly the grated pecorino;
10. Take the pasta off the stove, while mixing it add the cheese sauce, serve warm.

Be careful: this pasta should be eaten warm, as soon as it's made, the cheese sauce should never get cold.

Be careful: don't add too much water to the pasta while cooking in the pan, you will need to overcook the pasta! You can always add some, but before adding the cheese it should be pretty dried up.

Be careful: don't add the cheese before getting off the stove and mix it carefully, if it sticks to the pan leave it as a residue.

Tip: it is easier to be in two people to make it, while someone prepares the cheese sauce the other can turn the pasta, so it won't stick.

1.2 Penne tonno e melanzane

Tuna and aubergine penne

Ingredients for 4 hungry people:

- 500g penne
- 500g small aubergines
- 30g onion
- 5g chili pepper
- 120g canned tuna in olive oil (net weight)
- 400g cherry tomatoes or 300-400g canned tomato
- 50g white wine
- 8g kosher salt
- 10g extra virgin olive oil
- 5g salt

Procedure

1. Put on the stove 2L of water;
2. Cut the onions and chili pepper finely together;
3. Cut the aubergine in dices, circa 1cm³, then put them in salt water;
4. Add the olive oil in to a pan, mixed with the residual oil from the tuna;
5. When the oil mix is warm, put onions and chili pepper, before they get brown add the wine. If you don't want to open a new wine, while acknowledging you're doing something wrong, you can use a bit of water from the pasta pot;
6. Add the diced aubergines, squeezing the water out of them;
7. When the water's boiling add the kosher salt;
8. Wait, you'll need 15 to 20 minutes for the aubergine to get softer;
9. Then add the cut tomatoes or the sauce. If the tomatoes are not really tasty you can do half sauce half tomatoes;

10. (a) Throw the pasta in after $(16 - n)$ minutes, where n is the number of minutes needed to cook it;
(b) Let it cook until the aubergine gets really soft (approximately 15 minutes);
11. Add the tuna, drain the pasta, add the pasta, correct the salt.

Tip: it's better to undercook pasta by 1-2 minutes and let it finish cooking with the sauce, it will take slightly longer than in water, e.g. if you drain it 2 mins early it will need to cook 3 minutes in the sauce.

1.3 Penne tonno e pomodorini secchi

Tuna and dried tomatoes penne

Ingredients for 4 hungry people:

- 500g penne
- 30g onion
- 5g chili pepper
- 180g canned tuna in olive oil (net weight)
- 100g dried tomatoes
- 50g olives
- 50g carrot
- 50g celery
- 10g capers (optional)
- 25g + 25g white wine
- 8g kosher salt
- 10g extra virgin olive oil
- 5g salt

Procedure

1. Put on the stove 4L of water;
2. Cut the onions and chili pepper finely together;
3. Cut carrot, olives, dried tomatoes, capers, and celery finely together, to create a mince;
4. When the water's boiling add the kosher salt;
5. Add the olive oil in to a pan, mixed with the residual oil from the tuna;
6. When the oil mix is warm, put onions and chili pepper, before they get brown add the wine.
7. Add the mince, then simmer with white wine;

8. Just before draining add the tuna to the sauce;
9. When the pasta is ready drain it and add it to the sauce and serve warm;

1.4 Penne all'arrabiata

Ingredients for 4 hungry people:

- 500g penne
- 400g canned tomato
- 150g bacon
- 1 little onion
- 1 little chili pepper
- 8g chili pepper oil (spicy)
- 8g kosher salt
- 5g + 5g extra virgin olive oil

Procedure

1. Put on the stove 4L of water;
2. Cut the onions and chili pepper finely together;
3. Cut the bacon in little strips, circa $10 \times 3 \times 2$ mm;
4. Add half of the olive oil in a wok;
5. Brown the bacon, then set it aside leaving the oil;
6. Add the rest of the oil in to the wok, mixed with the spicy oil;
7. When the oil mix is warm, put onions and chili pepper;
8. Add the tomato sauce;
9. When the water's boiling add the kosher salt, and throw the pasta in;
10. A minute before the pasta is ready, drain it and add it to the sauce, adding the bacon as well.

Tip: it's better to undercook pasta by 1-2 minutes and let it finish cooking with the sauce, it will take more or less double the amount it would have taken in the water, e.g. if you drain it 2 mins early it will need to cook 4 minutes in the sauce.

1.5 Tagliatelle

Ingredients for 4 hungry people:

- 400g flour type "00"
- 4 eggs (360g)
- pasta machine

Procedure

1. Mix the flour and eggs, make a ball and let it rest for half an hour in the fridge;
2. Using the pasta machine roll the dough to 0.5 mm thick;
3. Let it rest 20 minutes so it dries up a bit and easier for the machine to cut;
4. Cut the pasta with the cutting attachment;
5. Lay it carefully onto a plane to let it dry, without it overlapping;
6. After 1-2h it should be almost dried and you can fold it into 30g nests to store it in a dry place.

Be careful: Cooking time for fresh tagliatelle is usually just 2-3 minutes, depending on the thickness and driedness, beware for overcooking.

Tip: if you don't have a pasta machine a rolling pin can be used as well, on the other hand it will take considerably more time and effort. To cut the dough without a machine it's tricky: cover the sheets well in flour and roll them up, now with a sharpen knife and a cutting board you can cut 8mm wide strips. Be careful they don't stick together and unroll them immediately after cutting.

1.6 Tagliatelle al pesto di pistacchio

Pistachio tagliatelle

Ingredients for 4 hungry people:

- 500g tagliatelle (see 1.5)
- 200g pesto di pistacchio
- 50g parmigiano reggiano
- 8g extra virgin olive oil
- 8g kosher salt
- pepper

Procedure

1. Boil 3L of water;
2. Grate the parmesan;
3. Once boiling add the salt and the pasta;
4. Add one dipper of cooking water and the oil to the pesto in a bowl;
5. Halfway the cooking drain the pasta, keeping aside 4 dippers of cooking water;
6. In the same pot where you cooked the pasta put two dippers of cooking water and the drained pasta, let it cook for the remaining time stirring rapidly;
7. When almost ready add the pesto mix to the pasta and let it cook for 30 seconds;
8. Serve warm, with parmigiano and pepper on top.

1.7 Tagliatelle all'arrostò

Roast tagliatelle

Ingredients for 4 hungry people:

- 500g tagliatelle (see 1.5)
- 250g leftover roast with sauce (see 6.5) or goulash (see 6.6)
- 6g kosher salt
- 10g olive oil

Procedure

1. Heat up 3L of water;
2. Once boiling add the salt and the pasta;

3. Heat up the roast with sauce in a wok, adding a bit of cooking water to make it creamy (around 70-100 ml);
4. When the pasta is ready drain it and add it to the sauce, serve warm;

1.8 Penne con gamberi e zucchini

Shrimps and zucchini penne

Ingredients for 3 hungry people:

- 350g penne
- 200g raw shrimps
- 200g zucchini
- 10g pine nuts
- 7g + 7g extra virgin olive oil
- 5g chili flakes
- 3g pepper
- 4g kosher salt

Procedure

1. Put on the stove 3L of water;
2. Blend the pine nuts, add the zucchini and blend again, to create a mousse;
3. Add pepper and half of the oil to the mousse;
4. Once boiling salt the water and throw the pasta in;
5. Heat up the rest of the oil, add chili flakes and brown the shrimps;
6. Remove the shrimps from the pan;
7. Stir the pasta and around $\frac{1}{3}$ of the cooking time, as soon as it becomes a little soft, put a dipper of cooking water into the empty pan, then move the pasta to the pan, leaving the boiling water on the stove;
8. Add another 2 dippers of cooking water to the pasta in the pan, if it gets too dry just add some more;
9. Let it cook for the rest of the time in a similar way to risotto (see 3);
10. When it's almost done add the mousse and the shrimps;
11. After a minute take the pasta off the stove, serve warm.

Be careful: don't add too much water to the pasta while cooking in the pan, you will need to overcook the pasta! You can always add some, but before adding the mousse it should be creamy.

Be careful: the shrimps can be frozen, but should not be pre-cooked.

Tip: other spices can be added as well to the shrimps, like Sichuan pepper, chili oil, or paprika.

1.9 Penne pomodorini e pesto

Pesto and cherry tomatoes penne

Ingredients for 4 hungry people:

- 500g penne
- 500g cherry tomatoes
- 100g dried tomatoes (optional)
- 80g pesto (see 2.1)
- 5g garlic
- 8g olive oil

Procedure

1. Put on the stove 4L of water;
2. Cut the dried tomatoes in strips, the fresh ones in quarters;
3. When the water's boiling add the kosher salt;
4. Heat up the oil and throw in the tomatoes (dried ones as well) after $n - 6$ minutes, where n is the cooking time of the pasta;
5. Turn the tomatoes often and after 5 minutes add the pesto;
6. Drain the pasta and cook for a minute in the sauce, serve warm.

1.10 Penne pomodoro e pesto

Pesto and tomato sauce penne

Ingredients for 4 hungry people:

- 500g penne
- 400g tomato sauce
- 100g dried tomatoes (optional)
- 80g pesto (see 2.1)
- 5g garlic
- 8g olive oil

Procedure

1. Put on the stove 4L of water;
2. Cut the dried tomatoes in strips;
3. Heat up the oil and stir fry the dried tomatoes
4. Add the tomato sauce and cook for 15 minutes;
5. When the water's boiling add the kosher salt;
6. When almost done add the pesto;
7. Drain the pasta and cook for a minute in the sauce, serve warm.

Tip: it's better to undercook pasta by 1-2 minutes and let it finish cooking with the sauce, it will take more or less double the amount it would have taken in the water, e.g. if you drain it 2 mins early it will need to cook 4 minutes in the sauce.

1.11 Cavatelli ai broccoli

Broccoli cavatelli

Ingredients for 4 hungry people:

- 400g cavatelli
- 500g soy sauce broccoli with almonds (see 9.7)

Procedure

1. Put on the stove 3L of water;
2. Prepare the broccoli following the recipe;
3. Once boiling salt the water and throw the pasta in;
4. When the pasta is almost done drain it and add it to the broccoli;
5. Let it cook for one minute, serve warm.

1.12 Penne con gli asparagi

Asparagi penne

Ingredients for 3 hungry people:

- 350g penne
- 500g green asparagi
- 10g extra virgin olive oil
- 40g Parmigiano Reggiano
- 3g pepper
- 4g kosher salt

Procedure

1. Put on the stove 3L of water;
2. Grate the parmesan in a bowl;
3. Cut the asparagi in three parts:
 - Keep the tip for later;
 - Cut the middle part in little pieces (can be also done with a blender, but reduce cooking time by 75%);
 - Throw away the white hard end.
4. Cook the middle part of the asparagi for 20 minutes (5 if blended) in olive oil, adding a bit of water from the pasta if necessary;

5. Once boiling salt the water and throw the pasta in;
6. Stir the pasta and around $\frac{1}{3}$ of the cooking time, as soon as it becomes a little soft, put a dipper of cooking water into the asparagi, then move the pasta to the pan, leaving the boiling water on the stove;
7. Add another 2 dippers of cooking water to the pasta in the pan, if it gets too dry just add some more;
8. Add the asparagi tips;
9. Let it cook for the rest of the time in a similar way to risotto (see 3);
10. After a minute take the pasta off the stove, add the grated parmesan, and serve warm with pepper on top.

Be careful: don't add too much water to the pasta while cooking in the pan, you will need to overcook the pasta! You can always add some, but before adding the mousse it should be creamy.

1.13 Tagliatelle Gorgonzola e rucola

Gorgonzola and rocket tagliatelle

Ingredients for 4 hungry people:

- 500g tagliatelle (see 1.5)
- 150g gorgonzola
- 50g milk
- 10g corn starch
- 150g rocket salad*
- 6g kosher salt
- 10g olive oil
- blender

Procedure

1. Heat up 3L of water;
2. Blend the rocket finely;
3. Mix the corn starch and the milk;
4. Once boiling add the salt and the pasta;
5. Melt the gorgonzola with the milk mixture and the rocket blend;
6. When the pasta is ready drain it and add it to the sauce, serve warm;

1.14 Pasta alla carbonara

This recipe is a never-ending debate in Italy, everyone has his own personal method, ingredients, wheter to add cream or not, only the yolk or the whole egg... For a fun experiment, given two italians, ask them *which is the right way to prepare pasta alla carbonara*, they will most likely start arguing, based upon how it is made in their family. Anyway, this is my way, no pretense to be the *best* or *correct* one.

Ingredients for 4 hungry people:

- 500g penne
- 100g pancetta (bacon)
- 3 eggs
- 100g Parmigiano reggiano
- 6g kosher salt
- pepper
- nutmeg

Procedure

1. Heat up 3L of water;
2. Once boiling add the salt and the pasta;
3. Stir fry the bacon;
4. Mix the eggs and cheese with a fork;
5. When the pasta is ready drain it and add it to the sauce (see warning below);
6. Add the bacon, pepper, and nutmeg, then serve warm;

Be careful: Add the pasta to the sauce paying attention to turn it while adding it, the egg should not coagulate around the pasta. To make this easier you can always add it a bit slower with someone helping and mixing it constantly.

1.15 Paccheri alla spigola

Sea bass paccheri

Ingredients for 6 hungry people:

- 600g paccheri
- 1kg ungutted sea bass (see warning below)
- 60g onions
- 1kg cherry tomatoes
- 50g white wine
- 8g kosher salt
- 20g extra virgin olive oil
- 5g salt
- 5g laurel leaves
- 2g dry thyme
- 5g capers (optional)
- pepper

Procedure

For the broth:

1. Gut the fish and filet it, throwing away the guts, but keeping the bones, skin, and head;
2. Finely cut the onion;
3. In a pan, roast the onions with 5g of olive oil;
4. Add the fish bones and laurel leaves into the pan;
5. Let it roast on all sides and simmer with white wine;
6. Add boiling water and let it cook for 30 minutes;
7. Once the broth is ready, filter it with a sieve;
8. Concentrate it in a pan until it's thick, to avoid making your sauce too liquid.

For the sauce and pasta:

1. Boil 3L of water
2. Chop the cherry tomatoes in quarters;
3. Throw the pasta in the water, considering it will take approximately 12 to 18 minutes to cook;
4. Add 10g of olive oil in a large, very hot pan (note: this can also be done in smaller iterations if no large pan is available);

5. Roast the cherry tomatoes at most 3 minutes, on very high heat, then set aside;
6. Add 5g of olive oil in a pan, and roast the skinned fish filets with the thyme and optionally capers;
7. Add the tomatoes and fish broth, then cook for 5 minutes;
8. Drain the pasta 3 minutes early, and let it finish cooking in the sauce, then serve warm.

Be careful: gutting a fish may be a strong experience. In case you don't feel like, or don't have the time to do so, you can also get 400g of fish filet and fish broth, skipping the steps to make the broth.

Be careful: using too liquid fish broth in the sauce will require to overcook the fish to achieve the right density.

Chapter 2

Salse

Sauces

2.1 Pesto

Ingredients for 4 hungry people:

- 150g basil leaves
- 30g extra virgin olive oil
- 100g pine nuts
- mortar or blender

Procedure

1. In the mortar (or blender) put the pine nuts and mash them almost to powder;
2. Wash the basil leaves and dry them delicately with a cloth, without mashing them;
3. Add the washed basil to the pine nuts and $\frac{1}{3}$ of the olive oil;
4. Cover the pesto with the remaining oil making sure it doesn't oxidise;
5. Use with pasta, store in the fridge up to a week or in the freezer up to a year.

2.2 Ragù

Be careful: for this recipe around 4 hours planning ahead are needed.

Ingredients for 4 hungry people:

- 300g minced meat (Beef or mixed)
- 30g celery
- 500g tomato pulp
- 50g onion
- 30g carrot
- 10g extra virgin olive oil
- 100ml red wine (optional)

Procedure

1. Cut the onions, carrot and celery quite finely;
2. Put oil into a pot and once warm add the vegetables;
3. Before they burn add the minced meat, and let it brown with the wine;
4. Add the tomato pulp and let it cook on the lowest fire for 3-4 hours, turning it every 15-25 minutes;

5. If it gets too dry add some warm water;
6. Use fresh with pasta, store in the fridge up to a week or in the freezer up to a year.

Tip: ragù can also be put in jars and stored at room temperature for up to 6 months, and this recipe scales up very easily. I would generally recommend to use a large pot and cook approximately 5 liters of it at once. To do this, you will have to disinfect the jars beforehand, e.g. by washing them in a dishwasher at high temperature, then jar the sauce as it's still warmer than 60 °C, and finally seal the jar immediately with the help of a cloth.

2.3 Salsa di noci

Walnut sauce

Ingredients for 4 hungry people:

- 80g walnuts
- 30g pine nuts
- 80g bread
- 50g milk
- 10g olive oil
- blender

Procedure

1. In a cup let the bread soak up the milk;
2. Put on the stove a little pot filled with water;
3. Once the water is boiling cook the walnuts for 1-2 minutes, then drain them;
4. Briefly blend everything together;
5. If it doesn't look creamy enough you can add some milk, vice-versa some bread if it looks too liquid.
6. Use with pasta, especially egg-based pasta, trofie, ravioli or pansotti. Store in the fridge up to a week.

Be careful: it's really important to boil the walnuts, this will prevent a bitter taste.

Tip: pistachios can be added as well to the boiled nuts.

2.4 Salsa al Gorgonzola

Gorgonzola sauce

Ingredients for 4 hungry people:

- 150g Gorgonzola
- 80g milk
- 10g corn starch
- pepper
- nutmeg

Procedure

1. Mix milk and corn starch;
2. Warm up the gorgonzola with the milk mix, pepper, and nutmeg on low heat;
3. When it gets dense take off the stove and serve warm.

2.5 Salsa all'avocado

Avocado sauce

Ingredients for 4 hungry people:

- 300g avocado
- 10g mustard
- 5g extra virgin olive oil
- 3g salt
- 10g lemon juice (half a lemon)
- pepper

Procedure

1. Mash the avocado in a bowl with a fork;
2. Add the other ingredients;
3. Mix and serve as a dip, or mixed with gorgonzola sauce (see 2.4)

2.6 Hummus

Ingredients for 2 hungry people:

- 250g cooked chickpeas (net weight)
- 40g tahini
- 3g garlic
- 20g extra virgin olive oil
- 5g salt
- 5g lemon peel (half a lemon)
- 10g lemon juice (half a lemon)
- 5g spicy paprika powder
- 30g lukewarm water

Procedure

1. (Optional) cook the chickpeas, if they are not canned pre-cooked;
2. Add the chickpeas, the tahini, the olive oil, salt, lemon juice, and paprika powder in a blender;
3. Smash the garlic clove with a garlic press and grate the lemon peel very finely on top;
4. Blend the ingredients together, adding water to taste until it looks like a creamy paste.
5. Serve fresh with some olive oil on top.

2.7 Ragù di Polpo

Octopus ragù

Ingredients for 4 hungry people:

- 500g fresh octopus
- 500g tomato pulp
- 50g carrot
- 50g onion onion
- 10g extra virgin olive oil
- 100ml red wine

Procedure

1. Cut finely the onions and carrots;
2. Clean and chop the octopus in small pieces;
3. Stir fry the vegetables in a pan with olive oil;

4. Add the octopus, let it brown for 4 minutes, then simmer with red wine;
5. Add the tomato pulp and let it cook on the lowest heat for 2 hours, turning it every 15-25 minutes;
6. Use fresh with pasta, or store in the fridge up to a week. Paccheri are recommended.

2.8 Salsa alla zucca

Pumpkin sauce

Ingredients for 4 hungry people:

- 800g baked pumpkin (see 9.11)
- 10g salvia
- 50g parmesan cheese
- 10g butter

Procedure

1. Chop the pumpkin in 6-10cm³ pieces, without removing the skin;
2. Grate the parmesan;
3. Heat up the butter in the pan, then stir fry the salvia;
4. Once crispy, remove the salvia leaving the butter in the pan;
5. Add the chopped pumpkin and let it cook for 3 minutes;
6. Add the salvia and serve warm with pasta, or spinach and ricotta ravioli.

Chapter 3

Risotti

Risotto is a typical dish from Lombardy, especially in Milan, where it is matched with many roasts to make a single-dish meal. The following advice was passed on by my grandmother, alongside the proverb “Rice is born in water and dies in wine”, to underline the necessity to use wine while cooking it.

Be careful: when cooking risotto it is important that the added broth is boiling hot, putting it cold will stop the cooking process (and ruin the end result). As an alternative to broth warm water from a kettle can be used, adding circa 8g of vegetable broth to the rice itself. When not sure about the amount of broth needed it can be added in several stages: the end result should be creamy but not liquid.

A good risotto should be made with real, homemade, chicken or beef broth and the difference from a bouillon cube can be tasted, nevertheless, especially in today's fast-paced society it is sadly more common to use extracts or pre-made ones.

3.1 Risotto alla milanese

Ingredients for 4 hungry people:

- 400g risotto rice
- 1000g meat broth
- 60g white wine
- 40g butter
- 30g onions
- 8g extra virgin olive oil
- 4g salt
- 0.125g saffron

Procedure

1. Warm up the broth;
2. Cut the onion finely;
3. Heat up the oil and stir-fry the onions;
4. Add the rice, let it dry for a few seconds, then add the wine;
5. Add the some broth and let cook until soft (usually 15-20 minutes), while stirring;
6. If the saffron is in pistils, take some warm broth and let them in for 10 minutes, it will turn orange and you can add it to the rice. If it's in powder you can add it directly to the risotto a two minutes before finishing it.
7. Finish with butter and salt.

3.2 Risotto al vino rosso

Red wine risotto

Ingredients for 4 hungry people:

- 400g risotto rice
- 1000g meat broth
- 100g red wine
- 40g butter (optional)
- 30g onions
- 8g extra virgin olive oil
- 4g salt

Procedure

1. Warm up the broth;
2. Cut the onion finely;

3. Heat up the oil and stir-fry the onions;
4. Add the rice, let it dry for a few seconds, then add the wine;
5. Add the some broth and let cook until soft (usually 15-20 minutes), while stirring;
6. Finish with butter and salt.

3.3 Risotto alla salsiccia

Sausage risotto

Ingredients for 4 hungry people:

- 400g risotto rice
- 300g raw sausage
- 800g vegetable broth
- 80g + 80g red wine
- 50g parmigiano reggiano
- 40g butter
- 30g onions or shallots
- 8g extra virgin olive oil
- 4g salt
- 3g rosemary
- 3g sage
- pepper

Procedure

1. Cut the sausage in small pieces and marinate it with half of the wine, pepper, sage, and rosemary;
2. Warm up the broth;
3. Cut the onion finely;
4. Heat up the oil and stir-fry the onions or shallot;
5. Add the marinated sausage and let it brown;
6. Add some broth and let it cook on slow heat for 20 minutes;
7. Add the rice, let it dry for a minute then add the rest of the wine;
8. Add the rest of the broth and let cook until soft (usually 15-20 minutes), while stirring;
9. Finish with grated parmesan, butter, and salt.

Tip: for a better result the sausage can be left marinating a couple of hours in the fridge in a closed tupperware.

3.4 Risotto zafferano e zucchini

Zucchini saffron risotto

Ingredients for 4 hungry people:

- 400g risotto rice
- 800g meat broth
- 200g small zucchini with flower
- 60g white wine
- 40g butter
- 30g onions
- 8g + 8g extra virgin olive oil
- 4g salt
- 0.125g saffron
- 2g chili oil
- pepper

Procedure

1. Cut the zucchini flowers in little strips;
2. Grate the zucchini;
3. Cut the onion finely;
4. Warm up the broth
5. Heat up half of the oil with the chili oil and brown the flowers and the grated zucchini with some pepper, then set them aside;
6. Add the remaining oil and stir-fry the onions;
7. Add the rice, let it dry for a few seconds, then add the wine;
8. Add the some broth and let cook 10 minutes, while stirring;
9. If the saffron is in pistils, take some warm broth and let them in for 10 minutes, it will turn orange and you can add it to the rice. If it's in powder you can add it directly to the risotto a two minutes before finishing it.
10. Add the zucchini and flowers, then let cook until soft (circa 5-10 minutes);
11. Finish with butter and salt.

Tip: if no zucchini with the flower are available just try to pick the smallest, light green zucchini available.

3.5 Risotto agli asparagi

Asparagi risotto

Ingredients for 4 hungry people:

- 400g risotto rice
- 400g green asparagi
- 1000g meat broth
- 60g white wine
- 60g grated parmesan
- 40g butter
- 30g onions
- 8g extra virgin olive oil
- 4g salt

Procedure

1. Cut the asparagi in three parts: tip (the first 3-4 cm), body and tail (the white part). Keep the tips and set them aside, cut the body in fine strips or discs and throw away the tails;
2. Warm up the broth;
3. Cut the onion finely;
4. Heat up the oil and stir-fry the onions, then add the asparagi strips;
5. Let the mix cook for few minutes until they get softer, if needed add some warm broth or wine;
6. Add the rice, let it dry for a few seconds, then add the wine;
7. Add the some broth and let cook until soft (usually 15-20 minutes), while stirring;
8. 8 minutes before it's done add the tips;
9. Finish with butter, parmesan and salt.

3.6 Risotto castagne e mascarpone

Chestnut and Mascarpone risotto

Be careful: depending on the chestnuts you have, this recipe could take up to 12 hours. If using dried ones, you need to let them rest overnight to soak up the juice; if instead you got already moist or hydrated ones, as well as fresh ones this step is unnecessary.

Ingredients for 4 hungry people:

- 400g risotto rice
- 1000g meat broth
- 80g red wine
- 100g Brandy chestnuts (see 9.9)
- 100g mascarpone cheese
- 50g pecorino (or aged sheep cheese)
- 30g onions
- 8g extra virgin olive oil
- 4g + 4g salt
- Pepper and nutmeg

Procedure

1. Warm up the broth;
2. Cut the onion finely;
3. Let the chestnut cook with 50g of broth for 5 minutes;
4. Heat up the oil and stir-fry the onions;
5. Add the rice, let it dry for a few seconds, then add the wine;
6. Add the some broth and the chestnuts, then let cook until soft (usually 15-20 minutes), while stirring;
7. Finish with grated pecorino, mascarpone, pepper, nutmeg and salt.

Chapter 4

Informati

Baked first courses

When baking the most important thing is to pay attention to the rising. Choose a good flour and be careful that half of the rising is done once in the oven. Integral or whole-wheat flours usually take longer to be digested from the bacteria, and need a bit more water. To speed up the rising process the yeast can be mixed with a teaspoon of sugar.

4.1 Focaccia

Be careful: for this recipe around 18-24 hours planning ahead are needed.

Ingredients for 2 hungry people:

- 150g flour type “0”
- 150g high protein flour type “00”
- 190g + 15g water
- 3g fresh yeast
- 8g + 15g extra virgin olive oil
- 7g + 8g salt
- 1 aluminium foil baking dish
- pizza stone
- aliment brush

Procedure

1. Mix the flours, the yeast and water for approximately 5-10 min;
2. Let it rest for 30 minutes, in a bowl covered with a towel;
3. Add 7g salt and 8g olive oil, and mix again;
4. Make a loaf and let it rest 1 hour, again in a covered bowl;
5. Make a loaf again and put it into a tupperware in the fridge for 8-16 hours;
6. Get the dough out of the fridge and prepare a mix of 15g water, 15g olive oil and 8g salt;
7. Brush the baking dish with the sauce;
8. Put the dough in the baking dish, and pushing with your fingers extend it to the size of the dish (be careful not to break it);
9. Brush the top of the dough with the sauce;
10. Let it rest for 2:15 hours and every 45 minutes brush it again;
11. Preheat the oven at 220°C with the pizza stone on the highest level;
12. Once warm let the stone get extremely hot leaving it there for an additional 10 minutes, possibly with the grill on;
13. Cook in the oven for 7 minutes;
14. The last minute turn on the grill;
15. The focaccia can be served warm or kept as bread for 1-2 days.

Be careful: size is important! The perfect amount of dough is circa 0.9g to 1g per square cm of tray.

Tip: if you're making more than 1 baking dish of focaccia you should divide the dough before putting it into the fridge and use more tupperwares.

Tip: rosemary, olives or some little tomatoes cut in half can be added as well on top, before putting into the oven.

4.2 Pizza in teglia

Pizza in a tray

Be careful: for this recipe around 18-24 hours planning ahead are needed.

This is the base recipe for my thick pizza, that can be achieved fairly decently with a normal household baking oven. Different results can be achieved with the same recipe, depending on the thickness of the dough. Refer to table 4.1 to choose the appropriate baking tray, or amount of ingredients.

Pizza type	Desired thickness	Dough density
Deep dish	1-1.2 cm	0.9 g/cm ²
Tray	0.8-0.9 cm	0.7 g/cm ²
Pinsa	0.5-0.6 cm	0.5 g/cm ²

Table 4.1: Thickness of pizza in relation to dough density

Ingredients for 2 hungry people:

- 150g + 200g + 10g flour type "0"
- 120ml + 80ml water
- 300g tomato pulp
- 150g fresh buffalo mozzarella
- 5g fresh yeast
- extra virgin olive oil
- 7g + 7g salt
- 3g oregano
- 1 aluminium foil baking dish
- pizza stone

Procedure

1. Mix 150g of flour, the yeast, and 120ml of water until obtaining a creamy paste;
2. Let it rest in a tupperware in the fridge for 8-16 hours;
3. Dissolve 7g of salt into the remaining 90ml of water;
4. Add the salt solution, 150g of flour and 8g of olive oil to the fermented mix, then mix for 2 minutes;
5. Distribute evenly 10 mg/cm² of olive oil into each baking tray;
6. Take a second bowl, and add 10g of flour, then for each baking tray roll a ball of dough into the dry flour to ensure the outside is not sticky;
7. Put the dough in the baking dish, and pushing with your fingers extend it to the size of the dish (be careful not to break it);
8. Let it rest for 3 hours in the turned off oven;
9. Remove the pizza dough and preheat the oven at 220°C with the stone leaving a 10-15 cm gap from the top of the oven;
10. Mix the tomato sauce, 5g of olive oil, 7g of salt, and the oregano in a bowl;
11. Cut the mozzarella and remove the excess water;
12. Put the sauce on the top of the dough;
13. Once warm let the stone get extremely hot leaving it there for an additional 10 minutes;
14. Cook the pizza in the oven for 8 minutes;
15. Add the mozzarella on top of the warm pizza and serve.

Tip: be creative with the toppings, just be careful with the sweet ones, for instance pineapple is strictly forbidden! Canned tuna, Parma ham, Parmesan, rucola, artichokes and similar vegetables should be added after cooking.

4.3 Lasagne

Be careful: for this recipe around 5 hours planning ahead are needed.

Ingredients for 4 hungry people:

- 300 g + 70g flour
- 3 eggs
- 60g butter
- 1L milk (whole or semi-skimmed)
- 500g ragù (see 2.2)
- 50g Parmigiano Reggiano
- pasta machine
- mortar or blender
- baking pan
- aluminium foil

Procedure

1. Mix the flour and eggs, make a ball and let it rest for half an hour in the fridge;
2. In the meanwhile melt the butter in a pot and sift the flour, mixing with a whisk;
3. Keep stirring and slowly add all the milk;
4. Let it boil for 2 minutes and then let cool down while stirring once in a while, once cold the béchamel sauce will be ready;
5. Using the pasta machine roll the dough to the thinnest setting, it should be as thick as a t-shirt at the very end.
6. Grate the parmesan;
7. Preheat the oven at 180 °C, ventilated;
8. On the bottom of the baking pan put a dipper of béchamel sauce;
9. Now start the layering process, there should be enough ingredients to make 6 layers:
 - (a) Lay down a pasta layer;
 - (b) Put some béchamelle sauce;
 - (c) Add ragù;
10. On the very last layer add parmesan on top to make a crust;
11. Put the lasagne in the oven for 10 minutes with a aluminium foil on top;
12. Remove the foil and put in the oven for another 20 minutes;

13. Serve warm, 3-5 minutes after getting them out of the oven.

Tip: if you don't have a pasta machine a rolling pin can be used as well, on the other hand it will take considerably more time and effort.

Tip: this recipe can also be made with premade pasta sheets, but it's better to make 4 instead of 6 layers, because they tend to be thicker.

Tip: premade ragù can be used as well, just try to not to call it *bolognese sauce*.

Tip: the dough is the same as tagliatelle, so it might be worth to do some more and dry them.

4.4 Lasagne al pesto

Ingredients for 4 hungry people:

- 300 g + 100g flour
- 3 eggs
- 80g butter
- 1.3L milk (whole or semi-skimmed)
- 280g pesto (see 2.1)
- 150g Parmigiano Reggiano
- pasta machine
- baking pan

Procedure

1. Mix the flour and eggs, make a ball and let it rest for half an hour in the fridge;
2. In the meanwhile melt the butter in a pot and sift the flour, mixing with a whisk;
3. Keep stirring and slowly add all the milk;
4. Let it boil for 2 minutes and then let cool down while stirring once in a while, once cold the béchamel sauce will be ready;
5. Using the pasta machine roll the dough to the thinnest setting, it should be as thick as a t-shirt at the very end.

6. Grate the parmesan;
7. Preheat the oven at 180 °C, ventilated;
8. On the bottom of the baking pan put a dipper of béchamel sauce;
9. Now start the layering process, there should be enough ingredients to make 6 layers:
 - (a) Lay down a pasta layer;
 - (b) Put some béchamelle sauce;
 - (c) Add pesto;
 - (d) Add some parmesan;
10. On the very last layer add more parmesan to make a crust;
11. Put the lasagne in the oven for 25 minutes;
12. Serve warm, 3-5 minutes after getting them out of the oven.

Tip: if you don't have a pasta machine a rolling pin can be used as well, on the other hand it will take considerably more time and effort.

Tip: this recipe can also be made with premade pasta sheets, but it's better to make 4 instead of 6 layers, because they tend to be thicker.

Tip: the mortar is better because the blender's metal blades will make the pesto oxidise faster and turn it black.

Tip: premade pesto can be used as well, just try to choose good basil pesto.

Tip: the dough is the same as tagliatelle, so it might be worth to do some more and dry them.

4.5 Torta di spinaci

Spinach quiche

Ingredients for 3 hungry people:

- 250g flaky pastry
- 400g spinach
- 100g 6-12 month aged cheese, not too spiced
- 50g Parmigiano Reggiano
- 1 clove garlic
- 1 egg (90g)
- 8g extra virgin olive oil
- 5g salt
- 1g nutmeg
- pepper
- parchment paper

Procedure

1. Heat up the olive oil in a pan with the pressed garlic;
2. Add the spinach and let it dry with no lid for 6 minutes;
3. Preheat the oven at 180°, ventilated;
4. Grate the parmesan and cut the cheese in strips;
5. Mix the spinach with the egg, cheese, pepper, salt, pepper, nutmeg, and parmesan;
6. Lay the pastry in a baking dish with the edges (figure 4.1), on top of parchment paper;
7. Puncture the pastry with a fork;
8. Fill the pastry and fold the edges (figure 4.1);
9. Bake for 30 minutes, serve warm or cold, but wait 5 minutes minimum.

Tip: The right cheese for this recipe is Fontina, you should use a similar cheese.

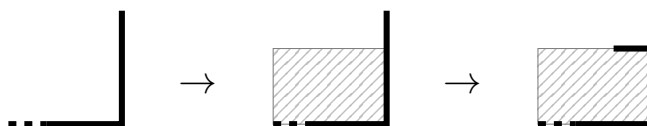


Figure 4.1: Section of the edges of flaky pastry, filling procedure. First lay down the dough to cover the bottom, with a 1.5 to 2cm long edge (1), then add the filling (2), finally fold the edge inwards (3).

4.6 Torta Gorgonzola e pere

Gorgonzola and pears quiche

Ingredients for 3 hungry people:

- 250g flaky pastry
- 300g pears
- 200g gorgonzola
- 70g walnut kernels
- 50g milk
- 30g Parmigiano Reggiano
- 10g lemon juice
- 1g nutmeg
- pepper
- parchment paper
- mortar

Procedure

1. Preheat the oven at 180°, ventilated;
2. Peel and slice the pears, cover with lemon juice to prevent oxydation.
3. Smash the kernels in a mortar, then mix with gorgonzola, grated parmesan, milk, pepper, and nutmeg;
4. Lay the pastry on the parchment paper, fill with gorgonzola and close the edges (figure 4.1);
5. Add the pears in a nice pattern;
6. Bake for 25 minutes, serve warm after 5 minutes.

4.7 Tortine mirtilli e tomino

Blueberry and cheese quiche

Ingredients for 2 hungry people:

- 250g flaky pastry
- 180g tomino cheese
- 50g low sugar blueberry jam

Procedure

1. Preheat the oven at 180°, ventilated;
2. Cut the pastry in a rectangular shape;
3. Puncture the pastry with a fork;
4. Fill the pastry and fold the edges (figure 4.2);
5. Bake for 20 minutes, serve warm after 3 minutes.

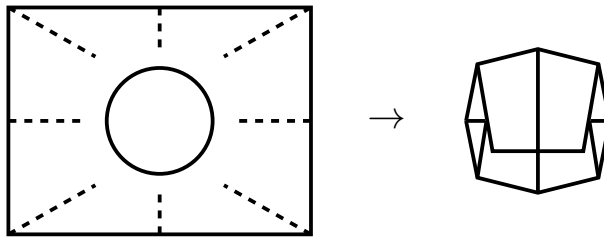


Figure 4.2: Tomino quiche seen from the top, closing procedure. First lay the cheese at the center of the dough, then cut the edges in a radial shape (1), finally fold the edges overlapping, leaving some space for the cheese to melt and expand, and for the flaky pastry to grow (2).

Chapter 5

Altri primi

Other first courses

5.1 Agnolotti

Be careful: this is a labour intensive recipe: it will take many hours (up to 8-10 of work if alone) and much practice to perfection. Don't set the bar too high and try to develop a feeling for doughs before attempting it!

Ingredients for 8 hungry people:

- 700g of flour
- 2 + 7 eggs (810g)
- 100+ 500g of one-day-old roast-beef, with its sauce
- 300 g of cabbage, spinach, or beet tops
- 100g rice flour
- 100g grated parmigiano reggiano
- 5g extra virgin olive oil
- 5g salt
- 10g kosher salt
- 0.5 m² of kitchen cloths
- pasta rolling machine or large rolling pin
- ravioli mold or ravioli cutting wheel
- blender
- some friends to help (optional)

Procedure

1. Mix the flour with 4 eggs and 3 yolks and add some water if necessary (see tip below);
2. Let the pasta dough rest for half an hour, in the meanwhile stir fry the vegetables for 5-10 min with the oil so that they dry up a bit;
3. Blend 500g of roast with the vegetables and salt, then add 2 eggs and the parmesan cheese;
4. With a rolling pin or the pasta machine make a sheet of pasta like the tagliatelle (see 1.5);
5. make tiny little mountains of filling in a grid approximately 2cm center from center (figure 5.1) in the mold or on a board, then lay another sheet and carefully close and cut them.
6. Distribute evenly on the kitchen cloth and let them dry, then add the rice flour;
7. Blend the rest of the roast and make a gravy with the sauce;
8. Cook in salt water for 4-6 minutes then serve warm with gravy (and some parmesan) on top.

Be careful: the dough must be less than 1mm thick and homogeneous, a challenge with the rolling pin. If it gets too dry while rolling it spread some water on top with your fingers to ensure a proper closing.

Be careful: if the dough gets too dry when layering, and it becomes harder to make the two layers stick together, moisten the inner part (where you add the filling) right before the filling procedure, this will ensure a perfect hold.

Tip: different flours can be mixed, if you use only soft wheat the eggs should be enough, if you add durum wheat you'll need some water as well (up to 70g). Add it slowly while mixing, if it gets too wet you'll have to add more flour and get in a water-flour vicious cycle. With the pasta machine i suggest a 50-50 soft and durum wheat mix, with a rolling pin go for 100% soft wheat.

Tip: vary the filling, try with some pumpkin, different mixes of roasts, different cabbages, and so on... You can also change the colour of the dough if you make more than one type, to tell them apart: add 30g of finely minced spinach to make it green, 8g of cocoa for brown, 3g of tumeric powder to make it intense yellow, beets to make it red!

Tip: rice flour can be replaced with the normal one, but all the professionals use it because it leaves almost no taste while being a really powerful drying agent, as well as dissolving while cooking it.

Tip: the traditional sauce is this gravy, but also some melted butter (30g), even if frowned upon by the agnolotti enthusiasts is really good, especially when no roast sauce is available.

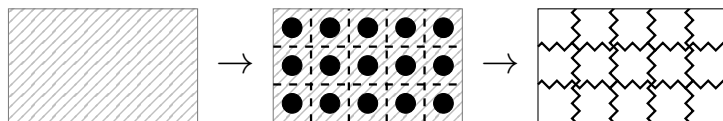


Figure 5.1: Layering (1, 2) and cutting (3) of Agnolotti. Lay a sheet of dough on a table covered in a thin layer of flour (1), add some filling in little bumps, distant circa 2cm center to center (2), finally lay a layer on top and cut with the ravioli wheel (3). If using a mold the procedure is identical, but use a rolling pin to cut them.

5.2 Gnocchi

This is a traditional recipe from my family, there is other versions with eggs and different flours, all really good but different in texture and taste: as usual feel free to experiment different versions and choose your favourite!

Be careful: this is a labour intensive recipe: it will take many hours and much practice to perfection. Don't set the bar too high and try to develop a feeling for pasta rolling before attempting it!

Ingredients for 6 hungry people:

- up to 300g of “00” flour
- 1kg of “old harvest” potatoes
- 10g extra virgin olive oil
- 10g kosher salt
- 100g rice flour
- 0.5 m² of kitchen cloths
- 100g grated parmigiano reggiano
- a gnocchi machine (figure 5.2) (optional)
- some friends to help (optional)
- skimmer
- 200g fontina cheese
- 500g canned tomato

Procedure

1. Steam-cook the potatoes until soft;
2. Let them cool down for 5 minutes, until they are manageable but not cold, then peel and mash them;
3. Mix like a dough, while slowly adding the flour;
4. Stop adding the flour when it stops “absorbing” easily, i.e. when feels consistent like a dough and not anymore like mashed potatoes;

5. Add the olive oil and mix until completely distributed;
6. Cut approximately 100 - 200g of dough and make a "snake" of a cilindric shape of diameter 1.5cm with your hands;
7. Cut it in segments approximately 2cm long;
8. (Optional) take the gnocchi machine or a fork and shape them as shown in figure 5.2, this will allow the sauce to adhere better and be more tasty (see tip below);
9. Distribute evenly on the kitchen cloth and let them dry, then add the rice flour;
10. Put on 4L of water in a pot, warm up the tomato sauce in a pan, and cut the cheese in 0.5 cm³ slim strips;
11. When boiling add salt to the water and carefully drop the gnocchi in;
12. When they float they are ready (or almost) to be drained: try one to see if they still need a minute (the texture should be really soft but not come apart), carefully lift them with a skimmer, and layer them with the cheese and tomato sauce;
13. Let it rest for a minute so that the cheese melts, then serve warm with parmesan on top.

Be careful: potatoes must be the big old ones, the small, freshly harvested, won't work.

Tip: depending on the type of potatoes the amount of flour will vary, the best amount is about 200-250g per Kg of raw potatoes. The more "floury" the potatoes the less the flour needed.

Tip: rice flour can be replaced with the normal one, but all the professionals use it because it leaves almost no taste while being a really powerful drying agent, as well as dissolving while cooking it.

Tip: gnocchi are better when striped, rather than cylindric chunks: the sauce will adhere better, filling all the cavities, the softness will be more even and the shape will allow the taste to be felt better. The procedure is a huge hassle, especially when making many, and is not mandatory.

Tip: the traditional sauce is presented, but they are really good with strong cheeses, like gorgonzola, meats or plain tomato sauce if you feel like keeping it vegan. I've tried them with (rapa rossa) and Gorgonzola, arugula and Gorgonzola, pesto, ragù, roast gravy (as described in the Agnolotti, see 5.1), along many other sauces.

Tip: gnocchi can be conserved for 4 days in the fridge or frozen up to a year, but make them dry overnight on the kitchen cloth and use up to 200g rice flour per Kg of potatoes to ensure they won't stick together.

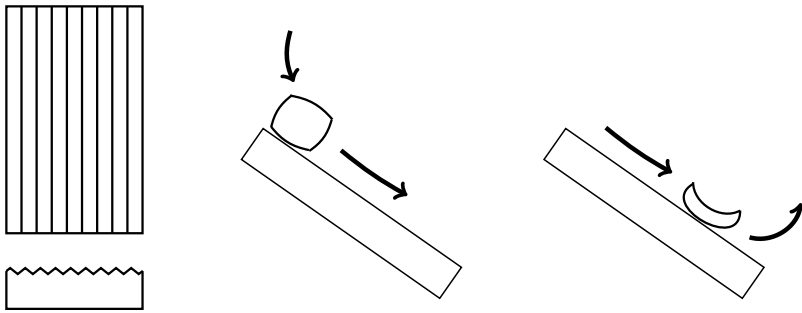


Figure 5.2: Gnocchi machine (1) and its use (2, 3). It looks like a wooden board, with chiseled many long strips, in a zig-zag pattern. Press from the top with the thumb (2), without smashing it on the board, then slide it on it (3) with the purpose of creating a striped outer shell with a cavity. If done with a fork the procedure is identical, just use the tines of the fork to stripe the gnocchi.

5.3 Pizzoccheri alla valtellinese

The recipe here offered is a lighter version than the traditional one, which would require as much butter and cheese as pizzoccheri.

Ingredients for 3 hungry people:

- 200g pizzoccheri
- 250g potatoes
- 200g spinach
- 100g 6-12 month aged cheese, not too spiced
- 50g butter
- 5g garlic
- 8g kosher salt
- pepper

Procedure

1. Put 4L water on the stove;
2. Cut the potatoes in little dices, circa 0.8cm^3 ;
3. Once the water is boiling add the kosher salt, washed spinach and potatoes;
4. After $(18 - n)$ minutes add the pizzoccheri, where n is the cooking time of pizzoccheri (usually 12 minutes);
5. Cut the cheese finely and the butter in chunks;
6. Drain the pizzoccheri;
7. Add in a serving bowl the cheese, pepper, garlic, and butter to pizzoccheri, stirring and letting the cheese melt;
8. Serve warm. It can be kept in the fridge and warmed up the next day in a pan.

Tip: the right cheese for this recipe is Valtellina Casera DOP, you should use a similar cheese.

Tip: other vegetables, like cabbage or savoy cabbage can be used as well. Frozen vegetables should be put in the boiling water 1-2 minutes before to let them unfreeze.

5.4 Polenta

There are many different types of polenta, the three main ones are:

- *Yellow*, by far the most common one, made with corn semolina, is the most flexible to match;
- *White*, typically from Veneto and Friuli, to eat with seafood, cod, or stockfish, really delicate taste, can also be matched with avocado-based food;
- *Taragna*, mixture of corn and buckwheat, typical of northern Lombardy, is by far the most savoury, it is usually matched to strong cheeses, goulasches, or spiced meats.

In Italy there is a special cauldron to make this dish, made of copper that is used only for this purpose, even though any large enough pot can suffice.

Be careful: this recipe requires pretty much an hour of stirring. Engines to automate this procedure are available, but uncommon outside Italy. Quick polenta is available as well, but usually is not as good, and requires less water.

Ingredients for 4 hungry people:

- 360g polenta
- 2L water
- 8g kosher salt
- whisk

Procedure

1. Put the water on the stove;
2. Once the water is boiling add the kosher salt;
3. Slowly pour in the polenta, continuously mixing with a whisk, when getting to the end it will get denser, similar to a non-newtonian fluid;
4. Stir it with a wooden spoon, or polenta stirring machine, for one to two hours.
5. Serve warm, best practice would require on a wooden cutting board.

Tip: especially in the *polenta taragna* it is good practice to add 100g of butter and 150g of striped 6-12 month aged cheese, turning it into *polenta concia*.

Tip: the longer it is cooked, the softer and creamier. Don't forget to add more water for longer cooking times.

Tip: do not throw away leftover polenta! If you store it in a tupperware while it is still warm it will cool down into a brick-shaped shape and it will be perfect for *polenta frita* (see 9.6).

5.5 Fondue

Be careful: this recipe requires specific tools, some can be improvised, some are better original. Look up the web for kits and/or substitutes.

Ingredients for 4 hungry people:

- 400g Vacherin Friburgeois (see tip below)
- 400g Gruyère
- 250g + 50g white wine
- 20g Kirsch (Cherry liquor)
- 20g corn starch
- 5g sodium bicarbonate
- 5g garlic
- pepper
- Caquelon (Special glazed cast iron pot)
- Fondue forks (With a long handle)
- Fondue burner
- Bread, potatoes and pickled vegetables

Procedure

1. Boil the potatoes, dice the bread (circa 4cm³) and pickled vegetables (see tip below)
2. Grate the cheese in little strips;
3. Mix 50g of white wine with the corn starch;
4. Peel and cut the garlic in two parts, then spread it on the walls of the pot, leaving the garlic in the pot;
5. Add the grated cheese, 250g of wine and turn on the heat on low;

6. Turn the cheese, so it doesn't stick to the bottom;
7. When it starts to be liquid stir it in an 8-pattern, keeping speed (0.3 Hz) and movement regular (see warning below);
8. As it begins to boil add the wine mixture to the cheese, paying attention to spread it sort of evenly;
9. Shout to your guests to turn on the burner, then make sure someone is actually doing it;
10. When it boils again add the Kirsch, then shortly after the sodium bicarbonate, also evenly spread;
11. Bring it to the table, on top of the burner, that should be on by now.

Be careful: when stirring the fondue keep a steady pace, following a regular 8-pattern, with approximately one iteration every 3 seconds. This is important, as the cheese will not melt regularly if not done properly. And keep on going until the end, no complaining.

Tip: the ingredients list the proper cheeses to make a *fondue moitié-moitié*, french for half-half, as it is made with half of Vacherin Friburgeois and half Gruyère, cheeses from the French-speaking Fribourg canton in Switzerland. Since abroad they can be really expensive, consider substituting them with 6-16 months aged mountain cheeses, preferably with a decisive taste, but not too intense or spicy.

Tip: Fondue should be eaten with diced bread and potatoes, circa 500g and 600g for 4 people. On top of this pickled vegetables can be dipped as well, e.g. pickles, tiny corn cobs, onions, ...

5.6 Riso con le verdure

Rice and vegetables

Ingredients for 4 hungry people:

- 400g basmati or long rice
- 200g zucchini
- 100g carrot
- 100g peas
- 6g tumeric powder
- 8g extra virgin olive oil
- 4g salt

Procedure

1. Cut the vegetables finely¹;
2. Heat up the oil and stir-fry the vegetables;
3. Add the tumeric powder;
4. Add the rice and 1000g of water;
5. Cover with a lid and let cook for 13-16 minutes;
6. If necessary drain it and add salt.

5.7 Riso alla curcuma

Tumeric powder rice

Ingredients for 4 hungry people:

- 400g basmati or long rice
- 6g tumeric powder
- 8g extra virgin olive oil
- 4g salt

Procedure

1. Add the rice, 1000g of water, and the tumeric powder;
2. Cover with a lid and let cook for 13-16 minutes;
3. If necessary drain it and add salt.

¹Fine, no need to cut the peas

5.8 Vellutata di zucca

Pumpkin pureed soup

Ingredients for 4 hungry people:

- 500g pumpkin, with skin
- 500g red-skinned potatoes
- 1L vegetable broth
- 15g extra virgin olive oil
- 5g curry
- 8g salt
- 5g garlic
- 5g rosemary
- 5g chili (optional)
- 20g butter (optional)
- 20ml brandy (optional)
- 40g croutons (optional)
- blender

Procedure

1. Peel and cut the vegetables in 5cm³ dices;
2. Warm up the oil with the rosemary, garlic, and (optional) chili;
3. Roast the vegetables on a high flame for 5 minutes, adding the salt;
4. Add the curry and (optional) simmer with brandy;
5. Add the broth and let it boil for half an hour;
6. Blend the vegetables with the broth to make a pureed soup;
7. Let it cook 5 minutes more, (optional) adding the butter;
8. Serve warm with some croutons, or amaretti (see tip below).

Tip: this soup fits perfectly with some amaretti. If you manage to get some crumble and add them at the end instead of croutons.

Tip: you can decorate the soup with some Parmigiano scales or with strong sheep cheese.

5.9 Zuppa di lenticchie e patate

Potato and lentil soup

Ingredients for 2 hungry people:

- 500g potatoes
- 140g dried lentils
- 800ml vegetable broth
- 10g extra virgin olive oil
- 40g onion
- 5g salt
- 5g rosemary
- pepper
- 20ml marsala wine (optional)
- thyme (optional)
- paprika powder (optional)
- cinnamon (optional)
- cumin (optional)
- chili oil or flakes (optional)

Procedure

1. Peel and cut the potatoes in 1cm³ dices;
2. Warm up the oil and brown the onion (optional) with the chili;
3. Add the lentils and (optional) simmer with marsala
4. Add the potatoes, the spices, and the salt, then roast on a high flame for 2 minutes;
5. Add the broth and let it boil for 40 minutes, then serve warm.

5.10 Eierknödel

Bread dumplings with eggs

Ingredients for 3 hungry people:

- 2 Knödel (see section 9.10)
- 2 eggs (180g)
- 30g butter

Procedure

1. Cut the Knödel in slices 1.5 cm thick;
2. Whip the egg, then dip each slice into it;

3. Warm the butter up in a pan;
4. Fry the Knödel in the pan until brown, serve warm.

Chapter 6

Secondi di carne

Meat second courses

6.1 Curry chicken

Ingredients for 3 hungry people:

- 300g chicken filet
- 400ml coconut milk (better denser)
- 150g apples
- 40g onion
- 30g flour
- 10g curry powder
- 10g tumeric powder
- 5g chili flakes
- 10g olive oil
- 4g salt

Procedure

1. Cut the onion finely;
2. Clean and cut the chicken in dices;
3. Cover the chicken with flour;
4. Warm up the oil in a wok, add chili flakes and onion;
5. Brown the chicken, add the curry and tumeric powder;
6. Add the coconut milk;
7. Dice and add the apple;
8. Cook for 2 minutes and serve warm with salt.

Tip: this recipe is a great match with naan bread (see 9.12). In this case, plan your timing accordingly, as they taste better if prepared simultaneously.

Tip: curry chicken is also really good matched with basmati rice plain or sautéed with some carrots, zucchini and other mixed vegetables (see 5.6).

Tip: to evenly cover the chicken with flour, you can just add the flour in a bag with the chicken, then shake until it's evenly distributed.

6.2 Straccetti al vino rosso

Red wine beef strips

Ingredients for 2 hungry people:

- 250g roast beef cutlet, raw
- 80ml red wine
- 10g soy sauce
- 5g corn starch
- 10g extra virgin olive oil
- 3g dried rosemary in pieces
- 3g dried sage in pieces
- pepper

Procedure

1. Cut the cutlets in strips and marinate with oil, rosemary, sage in a bowl;
2. In a casserole boil red wine, soy sauce, pepper and corn starch;
3. Warm up a wok;
4. Brown lightly the marinated strips;
5. Serve warm with the sauce on top.

6.3 Melanzane con carne

Aubergine with meat

Ingredients for 2 hungry people:

- 600g long aubergines
- 150g pork minced meat
- 20g doubanjiang (optional)
- 20g soy sauce
- 10g corn starch
- 20g seed oil
- 10g olive oil
- 50g brandy
- 5g + 5g ginger
- 20g spring onion
- 5g salt
- pepper

Procedure

1. Cut the aubergine in strips, circa 3cm³, trying to leave some rind on every piece and let it rest in salt water for half an hour;

2. Marinate the meat with brandy, pepper, and half of the ginger, pressed or finely cutted;
3. Warm up the seed oil in a wok;
4. Brown the aubergine;
5. Cut the spring onion and separate white and green part;
6. Take the aubergine out, leaving the oil on the bottom;
7. Brown the minced meat;
8. Remove the meat leaving the sauce;
9. Mix soy sauce and corn starch in a glass;
10. Add oil, white part of spring onion, doubanjiang, and the rest of the ginger;
11. Add the aubergines, the meat and the soy sauce and let it get dense for a minute on high flame;
12. Serve warm, with the green part of the spring onion on top.

Tip: if you don't have doubanjiang you can use some chili oil.

Tip: aubergine can be joined or substituted with fresh tofu.

6.4 Filetto al pepe e panna

Pepper and cream filet

Ingredients for 2 hungry people:

- 350g filet, sirloin or similar
- 30ml brandy
- 150g cream
- 20g mustard
- 30g butter
- 3g extra virgin olive oil
- 3g salt
- pepper
- aluminium foil

Procedure

1. Put the steaks in foil with olive oil and pepper;
2. Warm up the pan with the butter;
3. Brown lightly the steaks in the butter;
4. Remove the steaks and keep them aside;
5. Simmer immediately with brandy;
6. Add the cream, the mustard and salt;
7. Reduce on a high flame for 1-2 minutes;
8. Serve warm with the sauce on top.

Tip: there is a lighter variation of this recipe, replacing the cream with milk and corn starch. Be careful to mix them cold before adding them to the hot pan.

6.5 Arrosto al cacao

Cocoa roast

Ingredients for 2 hungry people:

- 400g roast meat
- 20g mustard
- 200g red wine
- 8g extra virgin olive oil
- 80g dried apricots or prunes
- 2g spicy oil
- 100g onions
- 10g cocoa
- 5g juniper
- 300g warm broth
- 5g salvia
- 3g dried rosemary in pieces
- 5g corn starch
- pepper

Procedure

1. Cut finely onions, mash the salvia with the juniper;
2. Warm up the olive oil with the spicy oil, stir fry onions and spices together;
3. Cover the meat in mustard, and brown it;

4. Cut the prunes or apricots in strips and add them;
5. Sprinkle the meat with cocoa on both sides;
6. Simmer with wine, be careful not to pour it directly on the meat;
7. Add the warm broth;
8. Let it cook on low heat while turning every 10-15 minutes for a couple of hours, depending on the size and cut of the meat from 2h to 3h, in general until it feels soft with a spoon;
9. Cut the meat in 5-10 mm slices;
10. Serve warm with sauce on top, or keep in the fridge, then warm up in a pan with a little bit of oil and the sauce.

Be careful: the meat should be preferably wild, like boar or venison, but can be done with beef or pork as well.

Tip: when slicing some pieces will obviously fall apart if the meat is cooked enough, do not throw them away! Amazing tagliatelle all'arrostato can be made on the following day (see 1.7).

6.6 Goulasch

Ingredients for 3 hungry people:

- 400g roast meat
- 200g red wine
- 20g sweet paprika
- 10g spicy paprika
- 200g onions
- 5g juniper
- 5g salvia
- 20g flour
- 8g extra virgin olive oil
- 300g warm broth
- 3g dried rosemary in pieces
- pepper

Procedure

1. Cut finely onions, mash the salvia with the juniper;

2. Warm up the olive oil with the spicy oil, stir fry onions, juniper, salvia, and rosemary;
3. Cut the meat in dices, circa 3cm³
4. Cover the meat in flour, and brown it;
5. Add the paprikas;
6. Simmer with wine and add the warm broth;
7. Let it cook on low heat while turning every 10-15 minutes for a couple of hours, depending on the cut of meat from 2h to 3h, in general until it feels soft with a spoon;
8. Serve warm with sauce on top, or keep in the fridge, then warm up in a pan with a little bit of oil and the sauce.

Tip: *Nur Gulasch schmeckt aufgewärmt*, German for *only goulasch is tasty when reheated*. This relationship tip applies to goulasch as well. Keep some for the next day, if not all of it! Tagliatelle can also be made on the following day (see 1.7).

Tip: try this recipe with wild meat, like boar or venison, and 20g of dark chocolate and dried cranberries.

6.7 Controfiletto al vino rosso

Red wine sirloin

Ingredients for 2 hungry people:

- 350g sirloin
- 30ml brandy
- 80ml red wine
- 10g soy sauce
- 5g corn starch
- 30g butter
- 3g olive oil
- 3g dried rosemary in pieces
- pepper
- aluminium foil

Procedure

1. Put the steaks in foil with olive oil, rosemary, and pepper;
2. Warm up the pan with the butter;
3. Mix wine, soy sauce, and corn starch;
4. Brown lightly the steaks in the butter;
5. Remove the steaks and keep them aside;
6. Simmer immediately with brandy;
7. Add the wine mix;
8. Reduce on a high flame for 1-2 minutes;
9. Serve warm with the sauce on top.

6.8 Khoresht-e bademjan

Aubergine and Lamb Stew

This recipe was taught me from an Iranian friend in Geneva. Over the years I've changed it a bit, probably in some unorthodox way.

Be careful: for this recipe around 3 hours planning ahead are needed.

Ingredients for 2 hungry people:

- 300g lamb or beef stewing meat
- 500g aubergines
- 80g onions
- 100g celery
- 250g red wine
- 1 clove of garlic
- 20g olive oil
- 60g tomato concentrate
- 500g water
- 5g curry
- 5g paprika
- 2g tsp cinnamon
- 10g turmeric powder
- 1g ginger powder
- 5g salt
- black pepper
- (optional) 10g lemon juice

Procedure

1. Finely cut the onion, garlic and celery;
2. Cut the meat in 4×1×1 cm strips;
3. Add 5g of olive oil in the pot, when hot stir fry the chopped vegetables;
4. Add the meat and let it roast;
5. Add the spices, tomato concentrate, and water, then let it boil on low heat for approx 2 hours;
6. Chop the aubergines in 5cm² pieces;
7. Stir fry the aubergine in oil;
8. Add the aubergines to the stew and let it boil for 30 minutes, letting the water evaporate and the soup concentrate;
9. Serve warm optionally with some lemon juice, it can be kept in the fridge up to a week.

Tip: Aubergines can be substituted by white beans

6.9 Salsiccia al limone

Sausage with lemon juice

Ingredients for 2 hungry people:

- 400g sausage
- 10g lemon juice
- 10g brandy
- 8g olive oil
- pepper

Procedure

1. Warm up the oil in a pan;
2. Brown the sausage carefully, covering it with a lid to cook it on the inside as well;
3. Once cooked remove it and simmer the residuals with brandy and lemon juice;
4. Serve warm with the sauce and pepper on top.

6.10 Pulled beef

Be careful: for this recipe around 8 hours planning ahead are needed.

Ingredients for 6 hungry people:

- 1Kg beef shoulder cut
- 40g mustard
- 150g cherry tomatoes
- 40g dried tomatoes
- 10g extra virgin olive oil
- 50ml white wine
- 10g smoked paprika powder
- 5g thyme
- aluminum foil

Procedure

1. Cut the cherry tomatoes in quarters and the dried tomatoes in tiny strips, circa 3mm wide;
2. Mix the cut tomatoes, the wine, smoked paprika, olive oil, and thyme in a bowl;
3. Spread the mustard all over the meat, on every side;
4. Wrap the meat in aluminum foil with the prepared mix, careful that it doesn't spill or leak the liquid;
5. Cook for 6 hours at 135 °C without ventilation.
6. After taking it out of the oven, when pulling it apart, remove the fatty jelly. You can use that to prepare a broth for a risotto, see 3.

Be careful: place the aluminum wrap in a baking tray, sometimes after a few hours it may rupture. This will not ruin the food, but might be very annoyin to clean.

6.11 Hirschragout

Venison Ragout

Be careful: this recipe is still in an experimental state, the looks of the result still hasn't convinced me yet.

Ingredients for 6 hungry people:

- 1kg venison haunch
- 250g red wine
- 150g onions
- 350g carrots
- 250g celery
- 30g mustard
- 400g tomato sauce
- 80g cranberry jam
- 10g fresh laurel leaves
- 10g spicy paprika
- 5g juniper berries
- 20g extra virgin olive oil

Procedure

1. Cut the meat in dices, circa 4cm³
2. Cut finely (or quickly blend) onions, carrots, and celery;
3. Smash the juniper berries;
4. Warm up 10g of olive oil in a large pan, when warm stir fry the meat;
5. Once browned on all sides, remove the meat and add another 10g of olive oil;
6. Stir fry the mix of cut onions, carrots, celery, and juniper;
7. After 5' simmer with wine, then add mustard, laurel, spicy paprika, tomato sauce, and cranberry jam;
8. Let it cook on low heat while turning every 10-15 minutes for 2h;
9. Serve warm with sauce on top, or keep in the fridge, then warm up in a pan with a little bit of oil and the sauce.

6.12 Pollo con le verdure

Chicken with vegetables

Ingredients for 3 hungry people:

- 300g chicken filet
- 300ml coconut milk (better denser)
- 200g carrot
- 200g zucchini
- 300g cherry tomatoes
- 40g onion
- 20g + 10g corn starch
- 3g curry powder (optional)
- 5g chili flakes
- 8g + 8g olive oil
- 4g salt
- pepper

Procedure

1. Cut the onion finely and divide it in two equal parts;
2. Clean and cut the chicken in dices;
3. Cover the chicken with 20g corn starch;
4. Warm up half of the oil in a wok, add chili flakes and part of the onion;
5. Brown the chicken, add the curry;
6. Take the chicken out of the pan;
7. Add the rest of the oil and the onion;
8. Add the carrot and after one minute the zucchini, let cook for 4 minutes;
9. Add the chicken and a 130ml of water mixed with corn starch, let cook for 2 minutes;
10. Add the tomatoes and let cook for 2 minutes;
11. Serve warm with salt and pepper on top.

Chapter 7

Secondi di pesce

Fish second courses

7.1 Trota al cartoccio

Baked trout

Ingredients for 2 hungry people:

- 500g trout, cleaned
- 150g fresh little tomatoes
- 40g carrot
- 10g spring onion
- 50g potato
- 1 clove garlic
- 15g dried tomatoes
- 10g extra virgin olive oil
- 3g ginger
- salt
- pepper
- kitchen paper
- aluminium foil

Procedure

1. Cut the tomatoes in half;
2. Cut the rest of the vegetables in little sticks;
3. Mix the vegetables, without the tomatoes, with salt, oil and pepper in a bowl, and let it rest for a few minutes;
4. Preheat the oven at 180°C, ventilated;
5. Wash the trout, dry it with kitchen paper, and lay it on to the foil;
6. Stuff the trout with $\frac{1}{3}$ of the vegetable mix and put the rest around it;
7. Add the tomatoes on top of the trout;
8. Close carefully the tin foil, if it does not close properly don't be afraid of using a second layer;
9. Cook in the oven for 30 minutes;
10. Serve warm and skinned.

Tip: garlic and ginger can also be pressed with a garlic press when added to the vegetable mix.

7.2 Filetto di pesce spada

Sword fish filet

Ingredients for 2 hungry people:

- 400g sword fish filet
- 50g white wine
- 8g olive oil
- 1 lemon
- salt
- pepper

Procedure

1. Heat up the oil in a non-stick pan;
2. Lay the filet, and turn when browned;
3. Remove the filet and immediately add the wine;
4. Add lemon, salt, and pepper while reducing the leftover sauce;
5. Serve warm with sauce on top;

Tip: this dish can be matched with tomatoes and mushrooms, see 9.4

7.3 Filetto di merluzzo con i pomodorini

Cod filet with cherry tomatoes

Ingredients for 2 hungry people:

- 400g cod filet
- 500g cherry tomatoes
- 20g flour
- 40g olives
- 8g ginger
- 20g spring onion
- 8g + 8g olive oil
- 4g salt
- pepper

Procedure

1. Chop finely the spring onion, divide green and white part;
2. Cut the cherry tomatoes in half;

3. Wash the fish, dry with kitchen paper and cover it with flour;
4. Warm up half of the oil in a pan;
5. Brown the filets in the pan, then set them aside;
6. Add the rest of the oil, the white part of the spring onion, the olives, and press the ginger;
7. After a minute add the tomatoes;
8. Let it cook for a bit, when the tomatoes are soft lay carefully the filets and cover them with sauce;
9. Sprinkle with salt and the green part of the spring onion, grind some pepper serve warm.

Tip: really good with polenta, especially the white one.

Tip: you can add a mince of carrot (40g), celery (40g), and dried tomatoes (40g) to the spring onion and olives, to make it way more tasty.

7.4 Trota salmonata all'arancia

Salmon trout with orange

Ingredients for 2 hungry people:

- 350g salmon trout filet
- 250g oranges
- 40g orange marmelade (optional)
- 30g flour
- 10g ginger
- 20g brandy
- 10g extra virgin olive oil
- kitchen paper

Procedure

1. Wash the trout, dry with kitchen paper and cover with flour;
2. Squeeze the orange juice out of the orange, add the marmelade;
3. Heat up the oil in a large pan, press the ginger with a garlic press;
4. Cook the fish until brown, leaving the skin side last;

5. Once done get the fish out, simmer with brandy and add the orange juice mix and cook for a minute until it is a thick sauce;
6. Serve warm with sauce on top.

Tip: the skin is really good and crunchy, try it!

Tip: this matches really well with some rice, either plain white or with tumeric powder (see 5.7)

7.5 Gamberoni alla paprika

Paprika shrimps

Ingredients for 2 hungry people:

- 500g large shrimps (see tip below)
- 50g white wine
- 6g + 1g paprika
- 8g olive oil
- 1 lemon

Procedure

1. Wash carefully the shrimps
2. Heat up the oil in a non-stick pan;
3. Add the shimps and let them brown for a minute;
4. Sparkle most of the paprika, leaving some for later;
5. Add the wine and cover with a lid for 3 to 4 minutes, depending on the size of the shrimps;
6. Serve warm with sauce and the leftover paprika on top, as well as a slice of lemon on the side;

Tip: if you really feel fancy get some frozen lobster or (astice) tails, let them defrost in the fridge overnight and enjoy a special dish at home.

Tip: this fits perfectly with some avocado mash, with slightly more lemon than usual.

7.6 Filetto di sogliola in padella

Grilled sole filet

Ingredients for 2 hungry people:

- 300g sole filet
- 300g cherry tomatoes
- 20g flour
- 8g ginger
- 4g sage
- 1 lemon
- 10g butter
- 10g olive oil
- 4g salt
- pepper
- grater

Procedure

1. Cut the tomatoes in quarters;
2. Wash and dry with kitchen paper the fish, then cover it in flour;
3. In a frying pan add the oil, butter, sage, and grated ginger;
4. Brown the filets in the pan, then add the tomatoes and quickly roast them on a high flame, so that they remain with a fresh taste but a slightly roasted skin;
5. Grate on top the lemon's skin;
6. Correct with salt and pepper and serve warm.

7.7 Involtni di zucchini

Zucchini rolls

Ingredients for 3 hungry people:

- 500g zucchini
- 160g tuna in olive oil (net weight)
- 1 egg (90g)
- 60g grated Parmigiano reggiano
- 30g almonds in scales
- 8g extra virgin olive oil
- 5g garlic
- 4g salt
- pepper
- blender
- potato peeler
- toothpicks

Procedure

1. Cut the zucchini in two halves, longitudinally¹;
2. With the potato peeler slice 60% of the zucchini in long and wide strips;
3. Cut the rest of the zucchini in small pieces;
4. Warm up the olive oil with the oil from the tuna;
5. Brown the garlic clove, then the finely cut zucchini;
6. Mix the cooked zucchini, tuna, egg, almonds, parmesan, salt, and pepper in a bowl and blend;
7. Warm up the oven at 190°C, ventilated;
8. Use the zucchini sheets to roll up the mousse, then keep the rolls closed by stabbing with a toothpick;
9. Bake for 30 minutes, serve warm or keep in the fridge for up to a week and serve cold.

¹The idea is to use the central part (wider) of the zucchini to make some sheets, that can be used to roll the filling in later. The outer part, that makes really narrow sheets is used in the filling instead. Imagine to make maki, where the zucchini is like the outer algae and the filling is the rice.

7.8 Frittata di pasqua

Easter omelette

As required by tradition, on Easter, wheter you'll be abandoned alone at home or you'll be alone in company, a quick, terse, dish is needed to make the atmosphere as sad as needed.

Ingredients for 4 hungry people:

- 8 eggs
- 160g tuna in olive oil (net weight)
- 150g tomato puree
- 4g salt
- pepper

Procedure

1. Open the eggs into a bowl, mix with a fork, and add pepper and salt;
2. Drain the tuna oil into a pan;
3. Warm at medium heat;
4. Once warm add the eggs, cover with a lid and put on low heat;
5. Mix tomato sauce and drained tuna in small pieces;
6. When the egg is dense turn the omlette over with the help of the lid;
7. Add the tuna mix to half of surface (since it's a circle you can define arbitrarily a diameter and cover one semicircumference only) and then with the help of two spatulas fold the omelette alongside the chosen diameter;
8. Serve warm, and eat with sadness.

7.9 Filetto di salmone con timo e miele

Salmon filet with thyme and honey

Ingredients for 2 hungry people:

- 300g salmon filet
- 50g rum
- 10g olive oil
- 15g honey
- 4g thyme

Procedure

1. Pour the oil in a non-stick pan;
2. Lay the filet on the cold oil, skin side down;
3. Cook on low heat, and turn when golden;
4. When turning the fish, add the thyme evenly on all sides;
5. Once it's golden on all sides, turn the filet back to skin side down, add the rum, and immediately cover with a lid;
6. Once all the liquid has evaporated, add the honey on top, then serve warm.

Be careful: The cooking time of this recipe is tricky: the fish always looks like it's done, but then it still needs a minute on the stove. If you're unsure you can cut the filet in half when the liquid is evaporated to check if it's ready, before adding the honey. It's important that the fish is not overcooked, else it will become dry. Avoid cooking the honey, and add it just at the end.

Chapter 8

Secondi vegetariani

Vegetarian second courses

8.1 Frittata con le zucchine

Zucchini omelette

Ingredients for 2 hungry people:

- 200g small zucchini with the flower
- 4 eggs (360g)
- 10g olive oil
- 3g salt
- 3g pepper

Procedure

1. Remove the pistils of the flowers, cut them in little strips;
2. Grate the zucchini;
3. Scramble the eggs in a bowl, adding salt and pepper;
4. Heat up the oil in a non-stick pan;
5. Stir-fry the zucchini and flowers on high heat;
6. After 2 minutes add the egg and let cook with a lid on low heat for 4 minutes;
7. Turn the omelette and serve warm.

Tip: grated parmesan can be added as well to the mix to make it even more tasty.

8.2 Berenjena con queso de oveja

Aubergine with sheep cheese

Ingredients for 3 hungry people:

- 2 medium aubergines (400g)
- 150g sheep cheese *caña de oveja*
- 50g frying oil
- 100g tomato sauce
- 25g raw sugar
- 5g salt

Procedure

1. Boil the tomato sauce and the sugar to make a simple compote;
2. Cut the cheese in discs of 8mm height;
3. Cut the aubergine in discs of 3cm height;
4. Warm up the oil in a pan;
5. Lay the aubergine in the frying pan on the larger face, sprinkle with salt, and cover with a lid¹;
6. Once browned turn the aubergines on the other face, then add with a spoon some tomato compote and a disc of cheese;
7. Cover again with a lid and let it cook until brown (approx. 2 minutes). The inside of the aubergine should be soft;
8. Serve warm before the cheese is completely melted.

8.3 Melanzane al cartoccio con hummus

Aubergine in foil with hummus

Ingredients for 2 hungry people:

- 500g aubergines
- 350g hummus (see 2.6)
- 20g extra virgin olive oil
- 1g thyme
- pepper
- 4g salt
- aluminum foil

Procedure

1. Preheat the oven at 190°C, ventilated;
2. Wash and cut the aubergine in half;
3. Put 5g of olive oil, 1g of salt, 1g of thyme, and pepper on the aluminum foil;
4. Lay the aubergine on the foil such that it can be sealed in it;
5. Carefully close the foil;
6. Cook the aubergine in the oven for 30 minutes;

¹For your own safety.

7. Spread the hummus on two plates;
8. Unwrap and serve the two warm aubergine halves on the hummus.

8.4 Black daal

Be careful: for this recipe at least 12 hours of planning ahead are needed.

Ingredients for 8 hungry people:

- 300g black daal (or lentils)
- 20g garlic (4 or 5 cloves)
- 20g ginger (peeled)
- 200g tomato sauce
- 5g deggi mirch chili powder
- 12g garam masala
- 90g butter
- 100g cream
- 5g + 8g salt

Procedure

1. Soak the daal in cold water overnight, with 5g of salt;
2. Cook the daal in 3l of cold water for 2 to 3 hours, until the grains are creamy soft, while skimming any scum coming to the surface;
3. Turn off the heat and let it sit for 15 minutes, then drain the lentils;
4. In a mortar smash the garlic, peeled ginger, the spices, and salt;
5. In the same pot, add the butter and lentils, briefly stir fry, then add the spice mix and the tomato sauce, then finally 1.4l of boiling water;
6. Cook for 2h until the daal is creamy;
7. Add the cream and serve warm.

Be careful: as the lead chef from Dishoom states: *“Creaminess must come from the grains disintegrating into the liquid and enriching it, not from the water being allowed to evaporate leaving only the grains behind”.*

Tip: this recipe is great to match with naan bread (see 9.12) or roti.

Chapter 9

Contorni

Sides

9.1 Erdäpfelsalat

Potato salad

Be careful: for this recipe around 5-12 hours planning ahead are needed

Ingredients for 6 hungry people:

- 1Kg potatoes
- 1 boullion cube (beef or vegetable)
- 300g water
- 30g vinegar
- 40g seed oil
- 50g onion
- 15g chives
- 15g mustard
- 10g kosher salt
- 5g salt
- pepper

Procedure

1. Boil the potatoes with the kosher salt, until you can stick a fork in it;
2. Boil the water with the bouillon cube;
3. Peel the potatoes when they are still warm;
4. Cut the potatoes in slices 3-5 mm thick and the onion finely;
5. Add vinegar, mustard, salt and pepper to the broth, when still warm;
6. Mix the potatoes, the oil, the chives and the onions, then add the broth mix;
7. Correct salt and pepper;
8. Refrigerate for 4-12 hours;
9. Take out of the fridge 30 minutes before serving;

9.2 Asparagi al cartoccio

Baked asparagi

Ingredients for 2 hungry people:

- 350g asparagi
- 10g butter
- 10g lemon juice
- 5g salt
- aluminium foil

Procedure

1. Preheat the oven at 180°C, ventilated;
2. Clean the asparagi, cut off the lower end and peel the lower part with a potato peeler;
3. Put a handful (10) asparagi on top of tin foil and season them with lemon, salt and butter flakes;
4. Wrap over them two layers of tin foil in an air-tight way;
5. Put the wraps into the oven for 25-35 minutes, depending on the thickness;
6. Serve warm, and possibly unwrapped.

9.3 Verdure saltate

Roasted vegetables

Ingredients for 4 hungry people:

- 400g aubergine
- 400g zucchini
- 200g potatoes
- 20g spring onion
- 10g extra virgin olive oil
- 50g white wine (optional)
- 5g + 5g salt
- 5g chili oil
- pepper

Procedure

1. Cut the aubergine in strips, circa 3cm³, trying to leave some rind on every piece and let it rest in water with half of the salt for half an hour;
2. Cut the zucchini in circa 2cm³ pieces;

3. Cut the potatoes in circa 1.5cm³ pieces;
4. Mince the spring onion;
5. Warm up the oil and the chili oil in a wok;
6. Add the potatoes, let it cook for 5 minutes;
7. Add the spring onion, the zucchini and aubergine;
8. Let it roast on high heat, then add the white wine;
9. Let it cook while turning for 10 minutes;
10. Sprinkle the rest of the salt on top of the vegetables, grind some pepper;
11. Cook for 4 more minutes, serve warm.

Tip: instead of white wine, red wine, whiskey or brandy can be used, exceptionally just 25 ml of water.

Tip: other vegetables can be added as well, like carrots, capsicum, tomatoes, broccoli, cauliflower, or champignons; just pay attention to timing, hydration, and size of the strips, i.e. the tomatoes must be added just a few minutes before, and the broccoli require some water.

9.4 Pomodori e funghi

Mushrooms and tomatoes

Ingredients for 3 hungry people:

- 400g clustered cherry tomatoes
- 10g olive oil
- 200g champignon mushrooms
- 5g salt

Procedure

1. Wash the tomatoes, paying attention not to deattach them;
2. Deattach the stem of the champignons;
3. Heat up the oil in a non-stick pan;
4. Lay the tomatoes and mushrooms in the pan;

5. Sprinkle the salt on top of the vegetables;
6. Cover with a lid, and cook on low heat;
7. After 4 minutes turn the mushrooms;
8. Cook for 4 more minutes, serve warm.

9.5 Mele al miele

Apples with honey

Ingredients for 2 hungry people:

- 200g apple
- 30g butter
- 15g honey
- 30g brandy
- 5g lemon juice
- 2g nutmeg

Procedure

1. Peel and dice the apples, add some lemon juice to prevent oxydation (turning brown);
2. Heat up butter in a casserole or pan;
3. Lightly brown the apple, then add the brandy;
4. Add honey and nutmeg, serve warm.

Tip: even though this is a sweet side it can be matched with many meats, especially wild ones. Goes along marmelades and compotes.

9.6 Polenta fritta

Fried polenta

Ingredients for 2 hungry people:

- 400g leftover polenta (see 5.4)
- 20g olive or seed oil

Procedure

1. Warm up the oil in a large flat non-sticky pan;
2. Cut the polenta brick in 1cm thick slices;
3. Lay the slices in the pan, cook on medium heat;
4. After 8 minutes, once crispy turn them and let them cook on the other side, serve warm.

Be careful: the pan should really be non-sticky, and don't forget to move it a bit every minute for it not to attach to the bottom. Once attached do not try to save it it will make the situation worse, just wash the pan and start again. If needed add more oil or even deep-fry it.

9.7 Broccoli alle mandorle

Broccoli with almonds

Ingredients for 2 hungry people:

- 500g broccoli
- 40g almonds
- 20g soy sauce
- 10g extra virgin olive oil
- 5g chili oil
- 3g sichuan pepper
- mortar

Procedure

1. Smash the almonds in the mortar and set aside;
2. Smash the sichuan pepper in the mortar and set aside;
3. Cut the tips of the broccoli;
4. Warm up the oil, the chili oil, and the sichuan pepper in a wok;

5. Add the broccoli;
6. Let it brown on high heat, then add 50g of water;
7. Let it cook with a lid for 10 minutes, turning every once in a while;
8. Add the almonds and soy sauce;
9. Cook for one more minute, serve warm.

9.8 Patate al forno

Oven potatoes

Ingredients for 4 hungry people:

- 800g potatoes
- 10g extra virgin olive oil
- 5g rosemary
- 6g salt
- pepper

Procedure

1. Heat up the oven, 180 °C, ventilated;
2. (Optional) Peel the potatoes;
3. Cut the potatoes in dices, between 2 and 4 cm³;
4. Put the oil, potatoes, salt, and rosemary in a baking tray and mix with your hands;
5. Cook for 45 to 60 minutes, until crunchy but not burnt, serve warm.

Be careful: the potatoes should be cut all of the same size, whether bigger or smaller.

Tip: if you peel the potatoes the skins can be added as well to a separate tray, they get crunchy and yummy.

Tip: try to add peeled raw beetrots cut in dices a little bit smaller than the potatoes, and mix with the raw potatoes.

9.9 Castagne al brandy

Brandy chestnut

Be careful: depending on the chestnuts you have, this recipe could take up to 12 hours. If using dried ones, you need to let them rest overnight to soak up the juice; if instead you got already moist or hydrated ones, as well as fresh ones this step is unnecessary.

Ingredients for 4 hungry people:

- 200g dry chestnut
- 40g brandy
- 10g extra virgin olive oil
- 10g butter
- 2g salt

Procedure

1. In a pan melt the oil and the butter;
2. Stir-fry the chestnuts for 3 minutes, then add the brandy;
3. Cover with a lid, let it boil for a few minutes;
4. Add 200g of warm water and the salt;
5. (If using dried chestnuts) Let it boil for 45 minutes, then rest for 8-10 hours, finally warm up before serving;
6. (If using fresh chestnuts) Let it boil for 45 minutes, serve warm;
7. (If using hydrated chestnuts) Let it boil for 25 minutes, serve warm.

Tip: If you really feel like peeling chestnuts you can also use fresh ones. Get 180g and peel the first, harder skin with the help of a knife. Pre-boil for 5 minutes and peel off the second skin.

9.10 Serviettenknödel

Bread dumplings

This recipe is traditionally matched to goulasch, see section 6.6. Back in the day, this would have been cooked in so called “Serviette”, that is a kitchen towel, but the modern homemaker has replaced this with LDPE foil.

Ingredients for 6 hungry people:

- 500g dry bread
- 500g milk
- 5 eggs (450g)
- 100g onion
- 50g butter
- 10g parsley
- 5g salt
- pepper
- nutmeg
- plastic foil (LDPE)

Procedure

1. Cut the bread in 1cm³ pieces;
2. Mix milk, egg, salt, pepper, and nutmeg in a bowl;
3. Mix the bread with the liquid and let it rest;
4. Cut the onions finely and brown them in butter;
5. Cut the parsley finely;
6. Add the browned onions, parsley to the mixture;
7. Boil 2L of water in a pot;
8. Form the knödel by pressing strongly the dough in cylinders, 25cm long and 8cm diameter;
9. Wrap the cylinders in plastic foil, possibly twice if it does not seem to hold together;
10. Boil the knödel for 30 minutes, unwrap, and serve warm.

Tip: the knödel are very tasty the next day either slightly browned in a pan, or with an egg, see section 5.10

9.11 Zucca al forno

Baked pumpkin

Ingredients for 6 hungry people:

- 2.5Kg Hokkaido pumpkin
- 20ml olive oil
- 5g salvia
- 5g thyme
- 5g salt

Tip: This recipe can be made with various varieties of pumpkins, but some of them must be peeled first. Hokkaido is my personal favourite, and comes with a very tasty skin that gives the dish a unique taste.

Procedure

1. Preheat the oven at 200°C, ventilated;
2. Wash the pumpkin carefully and remove only the damaged parts of the skin;
3. Cut the pumpkin in half, remove the stem and the seeds;
4. Slice it into 2cm thick wedges, then lay the slices on a baking tray so that they don't overlap;
5. Mix the oil, spices, and salt, then cover the pumpkin with a thin layer of the mix;
6. Bake for 25 minutes until the upper layer begins to brown;
7. Serve warm or reuse to make a sauce (see 2.8).

9.12 Naan bread

Ingredients for 3 hungry people:

- 250g flour
- 120g milk
- 25g seed oil
- 5g + 5g salt
- 5g baking powder

Procedure

1. Mix the milk and seed oil;
2. In another bowl mix flour, baking powder, sugar and salt, then add the milk mixture, and mix for 5-10 minutes;
3. Let the mixture rest for an hour;
4. Form 5 balls, then flatten them in a circular shape using a rolling pin;
5. Heat up a pan with 5g seed oil, and lay the first one until is brown on both sides;
6. Refill the oil and repeat until done, serve warm.

Chapter 10

Dolci

Desserts

10.1 Crostata pere e cioccolato

Chocolate and pears tart

Ingredients for 6 hungry people:

- 690g canned pears (net weight)
- 600g fresh pears (see tip below)
- 500g flour
- 350g dark chocolate
- 300g butter
- 200g sugar
- 50g milk
- 4 eggs
- 6g lemon juice
- 1g salt
- plastic foil
- (optional) blender
- baking dish(es)

Procedure

1. Mix flour, butter in small chunks, sugar, 2 eggs, and 2 yolks to create a smooth dough;
2. Wrap the dough in plastic foil then let it rest for 30 minutes in the fridge;
3. Cut the fresh pears in slices;
4. Drain and mince the canned pears, if using a blender don't make a mousse, keep them in pieces;
5. Add the lemon juice to the pears to prevent oxydation (turning brown);
6. Preheat the oven at 180°C, ventilated;
7. With your fingers spread quickly the dough on the baking dish, to make a 5mm thick layer (see figure 10.1)
8. Arrange the pears in a nice pattern, then fill the rest with the finely cut ones;
9. Bake for 35 to 40 minutes, when the crust looks brown, but not burnt;
10. Melt the chocolate with the milk, then spread it on top of the cake;
11. Let it cool down for an hour, then enjoy with some whipped cream.

Tip: the amount of pears should be relative to the size of the baking dish. If you are making many small ones, like small pastry, use up to 30% less, if making a

huge one up to 20% more.

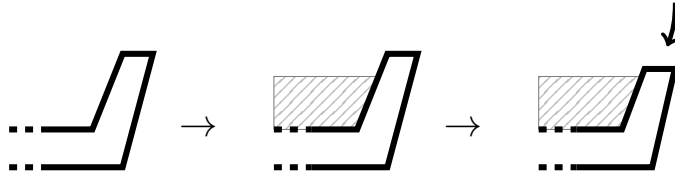


Figure 10.1: Section of the edges of a tarte, filling procedure. First press down the dough to be 5mm thick (1), then add the filling (2), finally press down the edge a few millimeters higher than the filling (3).

10.2 Tiramisù

Be careful: for this recipe around 12 hours planning ahead are needed.

Ingredients for 6 hungry people:

- 200g savoiardi cookies
- 200g mascarpone cheese
- 300ml brewed coffee
- 5 fresh eggs
- 150g sugar
- 50g water
- 10g cocoa
- 20ml marsala wine
- mixer

Procedure

1. Separate the egg whites from the yolks, then beat the whites until stiff (see tip below) and set them aside;
2. Boil the water with the sugar, until obtaining a dense sirup;
3. While mixing the yolks add the sirup slowly, and mix until the colour turns brighter and the texture like a foamy cream;
4. Lay the cookies in a baking dish, preferably one layer 2 cm thick, i.e. stack them on the longer side of the two short ones;
5. Mix coffee and marsala, then pour the mixture evenly on the biscuits;

6. Add the mascarpone to the cream, then gently the eggwhites, paying attention not to pour the liquid on the very bottom;
7. Pour the mixture on top of the cookies and let it rest overnight in the fridge;
8. When serving add cocoa on top with a small colander.

Be careful: it is important that egg whites are really stiff and yolks creamy, thus requiring a mixer. You have to mix them even up to 8 minutes, to make the cream as dense and fluffy as possible.

10.3 Tiramisù ai frutti di bosco

Wild berries tiramisù

This recipe is also known as children-tiramisù, because it replaces coffee and alcohol.

Be careful: for this recipe around 12 hours planning ahead are needed.

Ingredients for 6 hungry people:

- 200g savoiardi cookies
- 200g mascarpone cheese
- 350g wild berries
- 10g lemon juice
- 5 fresh eggs
- 120g sugar
- 40g water
- 10g cocoa
- 20ml liquor like maraschino or rum (optional)
- mixer

Procedure

1. Prepare the cream and stack the biscuits like in the tiramisù recipe (see 10.2) just with less sugar, since there is no dark coffee in it.;
2. Smash the wild berries in a coarse way, i.e. without blending them, add the lemon juice and optionally the liquor;
3. Pour the fruits on the biscuits and in case they are too dry add a little bit of water (see tip below);
4. Add the cocoa on top of the berries with a small sieve.

5. Pour the mixture on top of the cookies and let it rest overnight in the fridge;
6. Before serving let it rest at room temperature for a few minutes.

Tip: The right wetness of Savoiardi is difficult to find. They should not be soaked, but have still a bit of a dry core. Given a biscuits of section 1×2 cm there should be a core of diameter 0.5 cm still dry, that will soak overnight. A measurement of this can be made with a fork, by trying to break a one: the fork should not easily go through, but the biscuit should break without effort.

10.4 Coulant au deux chocolats

Double chocolate coulant

Ingredients for 8 hungry people:

- 100g dark chocolate
- 100g unrefined sugar
- 95g butter
- 3 fresh eggs
- 50g flour
- 25g cocoa
- 1 vanilla bean
- 8 cupcake holders or aluminium cups, approximately 5 to 6 cm in diameter, 3 to 4 cm high
- mixer (optional)

Procedure

1. Turn on the oven, 200 °C, ventilated.
2. Mix the eggs with the sugar until it looks like a cream with no sugar texture;
3. Add flour and cocoa to the cream;
4. Melt butter and chocolate together;
5. Add slowly the melted mixture to the cream, while mixing;
6. Extract the vanilla seeds from the bean and add them to the mixture;
7. Place the cupcake holders onto the oven tray, if you use paper ones you might want to use two each for better stability;
8. Fill the cupcake holders with the dough;
9. Bake until right before they start cracking on the top, approximately 5 to 6 minutes, depending on the size of the mold, see warning below.

Be careful: The cooking time is critical for this recipe: ideally they should be pulled out of the oven right when they have a slightly rounded top, but right before breaking. When baking several at the same time you can wait until the first one breaks, to then remove them from the oven.

10.5 Torta al cioccolato della nonna

Grandma's chocolate cake

This is the chocolate cake grandma used to make, my favourite as a child. I slightly tweaked the recipe, adding a bit of cocoa and decreasing sugar, as it really was too sweet, but beware that I'm a *very* dark chocolate kind of person.

I highly recommend cutting a slice of cake in vertical slabs, approx with a 1cm² square section and dipping them in milk, especially if the cake is a few days old.

This cake exists also in the version without chocolate and with apples or raisins, but I feel like it's a bit plain. I especially like to add to the chocolate version some pears, apples, or other fruit. Nuts also fit well, but remember to briefly boil them beforehand to avoid them from turning bitter like recommended for the nut sauce, see 2.3.

Ingredients for 8 hungry people:

- 100g dark chocolate
- 200g unrefined sugar
- 125g butter
- 5 fresh eggs
- 125g flour
- 30g cocoa
- hot water
- 500g pears, apples or other fruit (optional)
- 10g baking powder
- 1 loaf pan
- baking paper
- mixer (optional)

Procedure

1. Turn on the oven, 180 °C, ventilated;
2. Separate the egg whites from the yolks, then beat the whites until stiff and set them aside;
3. Melt butter and chocolate together;
4. Mix the yolks with the sugar until it looks like a cream with no sugar texture;
5. Add to the mix the melted chocolate and butter, flour, baking powder, and cocoa;

6. Add some hot water until the mix becomes creamy
7. Add slowly while hand mixing the egg white to the mixture;
8. Fill the baking the baking tray with the mixture in the baking paper;
9. Bake for 45 minutes, checking if it's cooked with a toothpick. If when sticking the toothpick it comes out wet, it still needs time in the oven, see warning below.

Be careful: It is important not to open the oven for the first 20 minutes. If not, the cake will “sit”, i.e. collapse and become too dense.

Acknowledgments

First of all I'd like to thank Babsi, my flatmate in Vienna, that gave me the idea to start this book, back in March 2018; my parents, Marzia e Andrea, for giving me all the necessary equipment and for teaching me many of the recipes and techniques; my grandmas, Lilli e Sandra, for sharing recipes, tips and tricks.

Many thanks go as well to all who've helped me cooking, a special one to Pietro and his mother, Manuel, and Iside. Gratitude is due to my heartwarming guests, giving me positive feedback and helping me develop this passion. Fubini⊗Tonelli also deserves some acknowledgment, to allow me publishing this little manual, alongside many other projects we had the opportunity to share.

Most of the recipes are sourced from the web, some cookbooks, friends and family, some are my personal creation. In any case all of them are mixed up, mostly because I did not like the way they were done. Sometimes it was a success, sometimes a failure, I kept only the best ones. Many thanks go to all the people that had to see me really sad when the dishes didn't come out as expected¹.

Last but not least, to you, reading this. This project was not started with the idea of being public, but here we are. My wish is to keep this book freely available, taking the idea of open-source to the kitchen, sharing my little knowledge.

¹Guess why there are no calamari recipes here? Fucking calamari. I still hate them.