



*Recipes of my  
Italian family*

by Ada Grüebler Tribò

# *Introduction to the recipe collection*



## *recipes of my Italian family*

The result is in front of you: the reference work of family recipes intended for my children, grandchildren, and other family members, and all who still remember my mother's cooking. This medley of recipes took generations of tireless grandmothers to assemble. They came from many different parts of Italy and upon immigrating to Switzerland they brought with them their own history of food and cooking. These recipes of the bourgeois kind are still cooked all over Italy today. Many descendants still prepare these recipes by word of mouth today as they have never been written down.

These are also childhood memories which are linked to the culinary experiences. It's a reminder of my roots and a world that today doesn't exist anymore as most of the people are gone for a long time. They are stories of the Fifties when grandparents lived together with unmarried aunts and uncles and the relatives gathered in droves for many different occasions, Easter, Christmas, birthdays and not to forget the visits of Italian relatives. They are memories of intense dinner conversations about ingredients and cooking methods and discussions about what was cooked where and how in the different regions of Italy. The person quoting the "Artusi" always had the final say. Many secret tips were exchanged as to how best to preserve tomatoes, beans and peas as there were no freezers then.

Memories of travelling on motorways, unforgettably long train journeys in sleep compartments to the South of post war Italy. Where vendors on railway platforms offered panini and frutta fresca in the stations of Milano, Bologna and Rome and you had to hang out of the train windows swaying your ragged notes of Italian Lira. Where "facchini" (luggage porters) would appear suddenly and haggle over suitcases as soon as the train pulled in. There were car journeys on bumpy roads to Ticino and Tuscany. During holidays the cuisine changed together with the climate. The memory of this cuisine is still very alive and I remember how it smelt in Nonna Maria's hallway or in the kitchen of the Fattoressa (our farm in Italy).

The smell of *Arista*, the rosemary roast, *sugo* or tomato sauce, or the minestrone for example. Later when I cooked for my children I knew how dishes had to smell and taste. Dipping into these memories I cooked for my children and later for my grandchildren. Even today the classic Italian cuisine is dominant in my family and I wrote down these recipes because we speak often about food and cooking even on long distance phone calls or corresponding by email.

At the beginning were my Italian grandparents from my mother's and my father's side who settled in Switzerland at the end of the 19<sup>th</sup> century. The grandparents were almost all Italians by birth. They came from Veneto, the Marche and Latium with the exception of my grandmother Maria Fabbris Beffa, who was from Airolo in the upper Leventina Valley, and therefore Swiss.

The main reason of my great-grandparents' and grandparents' exodus from Italy was mainly that families at the time were large and many had to look for other opportunities. Elsewhere there was demand for good workers. My Swiss grandmother Maria of Brugnasco's family had ten siblings and many brothers emigrated to North America to find work. At the end of the 19<sup>th</sup> century her father had also spent a few years in the Mississippi region. At the end of the 19<sup>th</sup> century the first Italians came increasingly to the northern parts of Switzerland when the Gotthard tunnel opened up for the trains.

Each of my grandmothers' cooking created its own unique taste and often I was taking a peek at their kitchen tables watching them prepare the Antipasti (starters), Primi Piatti (first course), Secondi Piatti (second course) and dolci (desserts). Today we have only two courses left. The Primi and Secondi. As desserts we ate fruit and dolci were only served at festive occasions.

My mother was a good cook and she cooked the traditional recipes of both families. She expanded the cooking of the Ticino with the Mediterranean, Adriatic and Tuscan cuisine. You could say she joined the North Italian cuisine with the South Italian one. Additionally, we spent all our holidays during 20 years on the farm of my grandparents in Montespertoli, Florence, and we became real lovers of Tuscan food.

I have separated the regional cooking in the following chapters to create order in this "Insalata Mista".

# *"le marche and Lazio"*

## *- the grandparents of Zurich*

*The nonni di Zurigo are the parents of my father.*

1880-1900. When my great-grandparents Sances and my grandfather Sante Tribo settled in Zurich they followed the demand for Mediterranean food from their home country and my great-grandfather opened the Ristorante Roma with his family and the brothers Alessandro and Sante Tribo opened a thriving fruit and vegetable trading company. The two unmarried brothers Tribo of San Benedetto del Tronto came from the region of Le Marche and felt very comfortable in the Ristorante Roma which was most probably also a client of their trading company. They might even have had obvious intentions concerning the two Sances daughters Amelia and Attilia, as they frequented their place very often. In any case, Alessandro and Amelia were soon married. But after only a few years Alessandro died in a fatal accident and left a widow and child. The family Tribo in San Benedetto must have had archaic rules as the bachelor Sante had to marry the widowed Amelia and replace the provider of this family. Everyone bowed to this decision and seemingly accepted it without dissent. So it seems that not only were the traditions of family cooking preserved and the family ate and cooked as they used to when at home with Mamma in Le Marche and Lazio, but also the unwritten laws continued to exist which had been in force since ancient times.

I have known my grandfather as an important and strong personality. Padre e Padrone. He managed the trading company of fruit and vegetables very successfully and it became a flourishing business. He was respected by all.

As children we feared his loud manner but also knew his convivial, fun and cheeky side from family festivities. He was always impeccably dressed and had a classic watch chain hanging over his big belly. When making long distance phone calls in his office he used to shout in the telephone thinking they could hear him better in Palermo.

My father and his brother Mario continued managing the trading company after my grandfather's death. Both brothers specialised in different areas: Mario was trading fruit and my father traded in wine. My grandparents on my father's side lived in an art deco villa in the Enge area in Zurich. My grandmother managed a big household. She had acquired her know-how from the time when she worked and cooked in her family's Ristorante Roma. As a child I was impressed by the big dining table in my grandparents house where you could seat twelve people. My unmarried great aunt Attilia and the still unmarried uncle Mario and aunt Maiti also lived in the house of my grandparents. At times the seamstress Sabatina of Montecatini also lived with them. The trading profession brought many visiting business people from Italy. The house physician Dr. Realini came for a visit at least once a week. Even when their daughter Maiti and son Mario got married no change was felt at the big lunch table because they moved only in the close proximity and continued to come to the parental lunch with their spouses. On Sunday evenings my brother Marco and I would go to dinner at my grandfather's house. My father had to take part in the weekly business discussions between the company management, all family members, and the vendors. The merchant prices were set for the following Monday morning. The weather conditions were important. The selling prices for *cicorino* salad, melons and strawberries were better in good than in bad weather.

I remember the festivities at Easter well. As the beautifully set table was extended and decorated with fruit pyramids and up to twenty people could be seated at the final dinner table. The table cloths were so long that they had to be unfolded by four people. There were at least four courses on festive occasions: *Antipasto*, *Primo*, *Secondo*, *Dolce* and *Frutta*. Nonno sat at the top of the table and was particularly outgoing at these parties. Nonna sat at the bottom, quiet and contained. She had planned everything very well and had everything under control.

My grandparents were a good team, both hard working and efficient. Nonno liked to bring entertainment to the parties; everyone knew his gypsum egg, a harmless game which we children took a long time to find out. He cracked all eggs. And once live chicks jumped out of the Panettone box. The feathered invasion then walked over the Easter table, jumped in the coffee cups and provided great entertainment to us grandchildren. Maybe less so for my grandmother who was worried about the state of her table cloth! Then Nonno initiated another big prank though I was too young to realise the serious implications. One day a Sicilian friend of my grandfather's came to visit. He was bald headed, proud and very vain and always wore a hat even indoors and at table. We had a dinner in his honour. After dinner when the guests were particularly jolly, my grandfather asked for a raw egg to be brought from the kitchen.

"My God, what are you doing with a raw egg?" Amelia and Attilia asked indignantly almost at the same time. "We are hiding the egg and Arnaldo has to find it. Arnaldo, leave the room and come back when I call for you", said my grandfather with full authority.

As my great uncle vanished outside the room the guests started suggesting especially good hiding places. Was it to go in the flower vase or in the fruit bowl, under the napkin or in the wine glass?

"No, no" my grandfather didn't agree, "I know a full-proof hiding place". No one dared to disagree and least of all his guest as he proceeded to lay the egg under the hat of the Sicilian. Everyone was of the opinion that the raw egg was very well hidden. Great uncle Arnaldo was called back in and to everyone's amusement he was asked to look for the egg. My grandfather was the one who enjoyed it the most. Arnaldo kept looking and looking, the suspense grew until he slammed his fist on the head of the Sicilian guest, all with previously agreed timing. The end of the joke was nigh when all guests - the ones in the know and the ones who had been unawares - screamed out in shock as the enraged guest took hold of a knife. He ran after great uncle Arnaldo who was circling the table and saved himself at last minute by escaping out of the room.

Maria, the well versed cook from Emilia Romagna, was in the kitchen day in day out up to her retirement age and well beyond that.

Maria was always busy. Under her stark white apron she wore a pink checkered dress and had a white hood pinned to her hair which enhanced her rosy cheeks even more. She laughed often and was happy handling the big pots and containers. There was a big wide window in Maria's kitchen and big metal bowls full of water stood on the window sill. Depending on the season, quarters of artichokes and lemon slices bathed in there, peeled potatoes or fennel bulbs bobbed in the water or salad leaves were refreshed. Three different kinds of vegetables were served every day and they had to be preserved or kept fresh. On the marble table whole hams and salamis were carefully cut, chicken was gutted and fish filleted. They already had a fridge, next to the *dispensa* which was always cool and smelt of vinegar as the vinegar tub stood there with its vinegar mother. Deep freezers and tinned tomatoes didn't exist yet and tomatoes, beans and peas were sterilised and preserved in great quantities. The preserved jars shone in bright colours, red or green and waited to be put on the shelves in the cellar.

Maria came to the sewing room of my grandmother every morning at nine o'clock and discussed the menu of the day. She leaned in the doorframe and recounted what food was found in the pantry and what was needed especially when they expected guests. Depending on the season a menu could consist of the following dishes: *fettucine al pomodoro*, *arrosto misto*, *carciofi alla romana*, *insalata di fagiolini*, *frutta fresca*. They rarely had desserts but at Christmas they baked many biscuits and many exotic sweets, such as dates filled with marzipan. I remember a summer cake especially well: a strawberry cake made of *Pan di Spagna* with a lot of whipped cream. It was served with tea or coffee in the garden, in fair weather or in the veranda in bad weather.

# *"Ticino and veneto" the grandparents of Faido"*

*The nonni of Faido are the parents of my mother.*

My maternal grandparents were married in Airolo. Nonna Maria Beffa was a citizen of Airolo. The old chalet of her family, who had been farmers for many generations, still stands in Brugnasco at 1,200 metres over sea level. The mother of my grandmother was a teacher and during the winter months she taught the children of the hamlet Brugnasco in the same chalet of her family as they were snowed in every winter and cut off from the valley. My grandmother's father had been a wood cutter in the Mississippi area for several years. In the 19<sup>th</sup> century there were famines not only in the Ticino and my great grandfather recruited several strong men of the vicinity of Airolo and travelled with them overseas to New Orleans. There they worked with wood choppers and wood shippers. He came back in good health and at the beginning of the 20<sup>th</sup> century he was able to build himself another house in Brugnasco. This time it was a stone house. On a photograph of 1918 my great-grandfather is to be seen against a backdrop of melting snow, he looks tall and slim with black hair and a moustache. He is holding hands with my mother, a small girl in a white frilly dress. She was his first grandchild, over three years old at the time, with long curly hair tied back by a big bow above her ear.

Nonno Antonio had emigrated with his family from Vicenza to the Leventina Valley where they built the first dams and power stations and his father found work there. My grandfather Antonio also worked in a Swiss power station. It was called Aare-Ticino. After he retired he settled in Faido with Nonna Maria. So I called them the "Nonni di Faido". They lived on the third floor of a previously built luxury hotel which had been converted to flats.

The *Hotel La Suisse* from the end of 1900 was a typical monument of luxury. It was built for summer guests who came from the rich Lombardy area and stood opposite the train station of Faido in the main square which is still overshadowed today from century old plane trees. There is still a small park behind the hotel with benches under scented pine trees - only the guests are missing. After the 2<sup>nd</sup> world war tourism became totally flat. When the hotel was partitioned into six apartments, they just built in doors in front of the right and left hallway of each floor and they became the access doors to the apartments. The floor plan of the apartments was therefore an endlessly long hallway with doors on either side. For us children this was an ideal play area in bad weather. And of course there were still forbidden areas inside the old hotel which I can reveal today: a huge loft area with big overseas trunks full of clothes and uniforms and diverse accessories. There was the abandoned hotel kitchen in the cellar with all its equipment and the empty dining hall of the hotel which was often shut. But the previous veranda of the hotel with wicker chairs, where they used to serve tea, was now a small shirt makers' studio and a dozen young seamstresses worked on their whizzing sewing machines while singing beautifully. They entertained us with songs of the Ticino and gave us sweets through the windows.

During the war we lived in Faido, not in Zurich. One reason was that my patriotic father had joined the war of his free will and my mother could still see him and even meet him at the beginning of the war and the other reason was that there was good milk, butter, potatoes, bread, vegetables and fruit in Faido. In 1945 when my father was released after the war we moved back to Zurich.

My Nonna Maria had her long white hair in plats and tied up in a bun. Her round face looked friendly and peaceful. She stood by the hob even in old age, just as she had always done when looking after her four children. She had quick hands and once she was finished with cooking and washing up she sat down by the window and knitted or did crochet. I loved to sit with her and to listen to the stories of her family and of the time when she was in Paris as a chaperone to a young lady, an art student, whom she accompanied to the Louvre or on her promenades.

My Nonna di Faido spoke fluent French and knew her way around Paris. Angelina, the sister of my grandmother, had also been sent to Paris. Angelina married a Parisian and stayed there for the rest of her life and died childless. I remember her as a real Parisian. Once she came to visit in Ticino. Elegantly dressed, with a styled and lilac coloured chignon and small, round painted apple cheeks. She spoke hardly any Italian any more and my grandmother had to converse with her in French and therefore I didn't understand anything.

At Nonna's the smell of Ticinese cooking hung around but it also smelt of wood and soap. My favourite place was sitting at the big wooden table in the kitchen while watching her stirring incessantly when she cooked polenta or risotto. I liked the smooth, scrubbed surface of the old table very much. The story went that the table came from the mountain farmhouse of my great grandparents Beffa and already then it was over 100 years old. When the surface was freshly washed with soap and water it served as the worktop for the Gnocchi dough. A heap of flour and pressed steaming potatoes towered in the midst of the table and the eggs were added into the mould of the mountain. The dough was kneaded lightly and rolled into a sausage shape. Then it was cut and rolled into small rolls with a fork. Or a basket full of freshly picked vegetables from the garden was placed on the same table at seven o'clock in the morning. Nonna would carry it to the sink and wash and cut the vegetables for a hefty minestrone. She threaded the beans. Beans still had long fibres then. She cupped their ends and soaked them in water. On that table, we also sorted berries from the woods which we children had gone to collect with Nonno in the surrounding woods. We collected blackberries and blueberries to make wonderful jam out of it. Nonna added red wine to the quince jelly which gave it a light pink touch. Her jams were the perfect addition for the best bread and butter sandwiches in the world. There was no fridge back then and no freezers and so everything was either bought on the day, freshly prepared or preserved.

We sat at the same table later with Nonno then with a fresh checkered tablecloth where we listened to his adventurous stories and experiences while hunting in the mountains or we played Briscola, a simple card game where we had lots of fun.

The vegetable patch of Nonno was a miracle work of precision. It lay behind the park of the old hotel on a meadow not far from the house, the previous Hotel La Suisse, where my grandparents had their flat on the third floor.

All vegetable patches were in a straight line: leek, carrots, savoy cabbage, beans on high poles, celery, radishes, tomatoes, salads such as the bitter chicory, red Cikorino, or lettuce all aligned. Herbs like sage, parsley, basil grew at the border of the patches. The potted rosemary bush had to be brought indoors in winter as Faido was over 800 metres above sea level. Every season had distinct vegetables which played an important part in the menu. When we visited Nonno in his garden he gave us carrots which he had just pulled from the soil and washed under the garden tap. We weren't allowed to enter the rows of carrot soldiers but we didn't mind as these were the crunchiest carrots we had ever tasted.

## *Tuscany*

### *or the aromatic cuisine of Maria Doni*

Today I still travel often to Tuscany and I find part of my childhood in several places there. As 60 years ago the landscape still exudes its soft and misty colours created by Tuscany's unique light. Everything is as it was in Piero della Francesca's paintings, his homely landscapes, castles and cities which can be seen in the background of his works. There are no more bleating sheep though and today the ploughs are pulled by tractors and not by white oxen. The ancestors of the previous smallholders have listed most of the properties with the estate agents and are living in cities in huge industrial zones. But in the villages people sell the same fresh produce and there are wonderful markets where you can find all the necessary ingredients to cook the old recipes. Tuscany's people still eat this way.

Even the air is aromatic in Tuscany. In winter the villages smell of wood fires and in autumn they smell of fermenting grapes when its harvest season. The countryside smells of thyme, oregano, rosemary and fennel in summer. But also in the cities you can guess the dishes by their aromatic smell. People in the countryside used to live off the fruits of the land, a plucked tomato, one's own olive oil from the cellar with a bit of hearty sheep's cheese or prosciutto with the white, unsalted bread. And this is how the typical recipes for Panzanella (bread salad) or Pappa al Pomodoro (tomato soup) came into being.

In the Fattoria "Tre Santi" they produced oil and wine; bread, sausages and prosciutto were home made; they slaughtered their own pigs, chicken and rabbits in the Porcile. They found mushrooms in the wood and hunted pheasants and wild boars in the hunting season. The shepherd Caino was responsible for making Ricotta and cheese. Seeing the old farm houses and castles behind the cypresses gives an impression of how it was many hundred years ago. The Tre Santi farm lies on one of the many soft hills between Florence and San Gimignano. There is no romantic touch here as it is a functional building from the Thirties.

The farm is partitioned in two: One part on the ground floor houses the olive press and the other part contains the wine silos of concrete for the fermentation and underneath each part are the clay vessels for the oil and the cellar with the oak barrels for the fermentation of the wine. On the first floor there are two flats and a huge terrace with a view to San Gimignano. The *fattore*, farm manager, lived in one flat and also had the administration office and the other flat was for us. In the kitchen the *Fattoressa* Maria Doni, cooked the Tuscan recipes for all of us. Just next to the kitchen was a big pantry. From the ceiling hung salamis, prosciutti toscani, and on the shelves lay fresh or stored cheese; *carciofini* preserved in oil, and threaded tomatoes, onion and garlic hung from hooks. Almost unnecessary to mention that nothing apart from mineral water or the famous *Bistecca fiorentina* was bought. As we were soon to find out, fresh butter, cream or yoghurt were not necessarily part of the menu.

As a snack, we would get a slice of bread (the unsalted Tuscan bread) with a bit of homemade ham or dribbled with a few drops of Chianti which we would sweeten with a lot of sugar. Working in the fields people ate modestly: bread, tomatoes, onions, with olive oil and a glass of Chianti.

My mother brought a few of Maria Doni's recipes to Switzerland. Such as *crostini* with chicken liver, *Arrista* (pork roast), the *Aromi toscani* (?), *Salsicce e Fagioli* (sausages with beans), *Pollo o Coniglio alla Cacciatora* (chicken and rabbit in red wine with dried mushrooms).

When we were on Tre Santi we rarely moved far off the grounds. Our playmates were the children of the village. Most of the time we wandered through the woods with Otello and looked for mushrooms or went on our excursions. Otello was a marvellous, slightly eccentric friend. He imitated the Communist propaganda speeches by standing on tree trunks and gesticulating wildly. He hunted chicken

and played many pranks. We were never told off even if my mother was often anxious as there were vipers when the hunters were out and shooting everything that moved. There was a lot to discover for us city children but we were not happy at all about the animal treatment. We felt with the rabbits in the small cages. In the corn chamber where the grapes for the Vin Santo were drying, blind singing birds were kept in cages, waiting to be hung in the trees by the hunters in order to attract other birds for them to shoot. We unleashed the hunting dogs, took them with us and stroked them. We visited the rabbits daily and fed them. The domestic pigs were tied to poles outdoors and we fed them figs. Turkeys made alert mothers and many chicken eggs were smuggled under them for hatching and once hatched they paraded them around proudly. Woe to those who crossed these twenty fold mothers. They ruffled up their feathers and ran toward the trouble shooter.



# *Gli Antipasti*

Appetisers and Salad

**Serves 4 to 6**

4 ripe Tomatoes, chopped  
2 cloves of garlic, crushed  
1 hand full of basil leaves, finely cut  
8 tablespoons Olive oil  
Salt

*Optional: peperoncino (red pepper) fresh or dried, minced*

# *Bruschetta alla Maria, Giglio-Castello*

*Toast with Tomato, Basil and Garlic*



This can be prepared in advance, but add the basil just before serving. Serve in a bowl as appetizer to go with toasted white Italian bread. Peperoncini for those who like it hot. This is a typical summer dish, only delicious in the right season for tomatoes and basil.

1. Wash tomatoes cut them into halves and remove seeds. Cut tomatoes into little cubes or roughly chop them.
2. In a bowl mix chopped raw tomatoes with the crushed garlic, the finely cut basil leaves and the olive oil. Add salt to taste.

**Serves 4 -6**

*8 slices of Tuscan white bread*  
*8 chicken livers*  
*1 onion*  
*2 anchovies*  
*2-tablespoon butter*  
*Sage leaves*  
*½ tablespoon tomato, concentrated*  
*2-tablespoon capers*  
*½ glass of white wine/or vin santo*  
*Salt and pepper*

# *Crostini di Fegatini*

## *Chicken liver on Toast*



This is a typical Tuscan antipasto. Prepare it 1- 2 hours in advance. To keep the crostini warm cover them with foil and add 3 to 5 tablespoon of stock broth to the bottom of the plate. Keep them in the oven on low heat. Crostini should be soft.

1. Chop onion and anchovies (previously washed with cold water) and simmer in frying pan in butter till onions are golden
2. Add the chicken livers and sage leaves and cook for 2 to 4 minutes. Remove livers from the pan and chop very finely. Set aside.
3. Now add to the butter in the pan: tomato paste (concentrated) chopped capers, wine and cook softly for 2 min, mix in the chopped livers and add salt and pepper to taste.
4. Roast the bread slices previously sprinkled with olive oil in the oven or toaster, when golden remove and spread generously the liver pâté on top of each slice. Cut into two if slices turn out to be too large. Arrange on a serving plate and serve still warm.

**Serves 6**

*300 g rice (Arborio, Vialone), cooked*

*1 leek*

*100 g mortadella (Bologna)*

*3 eggs*

*80 g Parmesan cheese, grated*

*Breadcrumbs*

*Salt, pepper*

*Oil for deep-frying*

*Butter*

## *Crocchette di riso*

Rice balls fritters



1. Cut leek in thin stripes, blanch it in salted boiling water for 2 min. Drain from water and let it simmer in butter for another 5 min. Set aside to cool.
2. Cut mortadella into small stripes.
3. Lightly beat 2 eggs with some salt
4. Mix very well all ingredients together: rice, eggs, leek, mortadella, and Parmesan cheese. Add to taste salt and pepper. If the mixture is too dry, add another egg.
5. Shape small balls the size of a large walnut pressing them with damp hands. Roll them in beaten eggs and afterwards in breadcrumbs.
6. Heat lots of oil in a deep saucepan and when the oil is very hot slide the rice balls in. Turn them over and when they are deep gold all over, remove them with a slotted spoon and put them on paper towels to drain. The crust must be crunchy and the inside soft and moist.

**Serves 4**

*3 cups flour, unbleached*

*1 ounce fresh cake yeast*

*or one package dry yeast dissolved in ½ cup lukewarm water*

*7 tablespoons olive oil, coarse salt*

# *Focaccia col Sale*

## *Flat Bread with Salt*



1. Knead 1 ½ cup flour and all the dissolved yeast for 8-10 minutes. Shape the kneaded dough into a ball.
2. Lightly dust the inside of a bowl with flour, and put the dough into the bowl. Wring out a wet kitchen towel until it is just damp, fold it in two, and cover the bowl with it. Place the dough in a moderately warm corner of the kitchen, and let rise for about 3 hours, until it has doubled in bulk.
3. Place the ball of dough on a work surface and knead it with the remaining 1 ½ cups flour, plus ¼ cup olive oil, ¼ cup water, and 2 teaspoons table salt. Knead the dough for at least 8 minutes, until the newly added flour has been completely incorporated, and the ball of dough is smooth and elastic.
4. Place again in a lightly floured bowl, cover with a dampened towel, and let rise in the same warm place as before for another 3 hours, until it has doubled in bulk.
5. Place the baking tiles in the oven on the uppermost rack and at least 30 minutes before you are ready to bake the focaccia turn on the oven to a 220°C setting.
6. Place the dough on a floured surface and roll it out to a thickness of 1 cm (½ inch), a circular sheet. Dimple the surface here and there with your fingertips, sprinkle the tablespoon of coarse salt over it, then the remaining tablespoon of olive oil.
7. Slide the focaccia onto the preheated tile and bake for 25 minutes, until it becomes colored a rich gold. Transfer to a cooling rack, and serve lukewarm or at room temperature

### Serves 6

250 g mozzarella cheese  
80 g Parmesan cheese, grated  
2 eggs  
3-tablespoon flour  
1 garlic clove, peeled and crushed  
Salt, pepper  
Handful of basil, chopped  
Oil for deep-frying

# *Frittelle di Mozzarella*

## *Mozzarella Fritters*



1. The mozzarella must be left out of its pack for 24 hours to allow it to dry out. (In the fridge).
2. Shred the mozzarella through the largest holes of a cheese grater and put it in a bowl.
3. Beat the eggs lightly and add to the bowl the Parmesan and flour. Mix in the basil, garlic, pepper and salt to taste. Mix thoroughly.
4. With damp hands, shape the mixture into small balls, the size of a walnut. If the mixture is too sloppy, add a little more flour. Put the balls on a wooden board and chill at least 30 minutes.
5. Heat lots of oil in a deep saucepan. When the oil is very hot, slide in the cheese balls. Do not crowd the pan or they will not fry properly. Turn them over and when they are deep gold all over, remove with a slotted spoon and put them on paper towels to drain. The crust must be crunchy and the inside soft and moist. Serve hot

**Serves 6 - 8**

4 tomatoes ripe but still firm

4 buffalo mozzarella

Olive oil

Salt

Black pepper

Fresh basil leaves

# *Insalata Caprese*

*Tomato Salad with Buffalo Mozzarella*



This simple recipe is only tasty when all ingredients are at their best wait for ripe tomatoes and fresh basil!

1. Cut tomato into slices 5 mm thick.
2. Cut mozzarella same thickness and arrange on a flat dish alternating one slice tomato and one mozzarella overlapping.
3. Season with salt and pepper. Drizzle generously with oil and distribute over the tomato mozzarella plate the basil leaves, which you broke with your fingers.

**Serves 6 to 8**

*225 g squid or cuttlefish, 450 g Octopus arms, 350 g unpeeled shrimps or prawns*

*115 g coquilles Saint Jacques, 2 mussels, 12 clams*

*2 carrots, 2 onions, 2 stalks of celery*

*1 red pepper, 1 garlic clove*

*6 black olives, 6 green olives without stones, cut into quarters*

*4 tablespoons of lemon juice*

*olive oil*

*black pepper freshly ground*

*fresh marjoram*

## *Insalata di Mare*

### *Seafood Salad*



### ***(PART 1)***

1. Buy clean squid, ask the fish retailer to do it. Cut it into rings. Cut the arm parts in two. Remove hard parts.
2. Water the octopus arms, and remove skin. Cut into slices 1 cm thick.
3. Peel the carrots and wash them, peel onions and wash celery stalks.
4. Wash shrimps or prawns in cold water without peeling them.

# *Insalata di Mare*

## *Seafood Salad*

### *(PART 2)*

5. In two different pans put 1 l of water, 2 tablespoons of vinegar, 1 teaspoon of salt, 1 carrot, 1 onion, and 1 celery stalk. Cover with lid and bring to boil, put in one pan the octopus slices and in the other pan the squid rings. The squid is cooked in a few minutes, when they turn white. The octopus needs a bit longer, check it by cutting it and see if it is soft enough. Drain them.
6. Cook the Shrimps for 2 minutes in 2 l of boiling water with 2-tablespoon vinegar and 1-tablespoon salt. Drain and let them cool. Then remove shell and the black intestines. Cut in slices 1 cm thick, do not cut small ones.
7. Wash coquilles Saint Jacques in cold water and cook for 2 minutes in ½ l water as described in No. 6. Do not undercook it; drain and cut into cubes 1 cm thick.
8. Wash and brush the mussels and clams. Put them into a large pan and cook on high temperature, stir until all pop open. Chuck the ones that do not open.
9. Remove the flesh from the shell and put it into a salad bowl. Filter the juice and pour it over the mussels.
10. In the mean time peel garlic. Peel the red pepper, remove seeds and white parts and cut it into thin slices (1cm large and 2 ½ cm long)
11. With a slotted spoon remove mussels and clams from its juice, add to the salad bowl with octopus, squid, coquilles, shrimps, cut pepper, olives cut in quarters, lemon juice, enough olive oil and mix well all ingredients. Toss with salt pepper and lemon juice to taste. Add garlic and marjoram and let macerate for 30 minutes. Before serving remove garlic and mix again.

**Serves 4**

*170 g Cannellini beans, dried (500 g tinned Cannellini beans, without juice)*

*½ onion, mild cut into fine slices*

*200 g tuna in olive oil*

*red wine vinegar*

*olive oil*

*salt and pepper*

# *Insalata di Tonno e Fagioli*

## *Cannellini Beans and Tuna Salad*



1. Soak the cannellini beans in plenty of water for at least 8-10 hours.
2. Drain and rinse the beans and put them in a large pot with enough water (no salt!) and bring to boil. Let cook for 30-40 minutes, until cooked but still firm.
3. Put the onion slices and the beans into a large serving bowl and season with salt.
4. Drain the tuna from its oil and add to the beans and onions cutting it into bits with a fork.
5. Add enough olive oil, then vinegar and generously pepper from the mill. Mix the salad avoiding to mash it and serve immediately.

N.B. If the onion is pungent: soak the slices in a mixture of ½ vinegar and ½ water for 10 minutes before using it raw in salads.

**Serves 4**

675 g potatoes

4 Plum tomatoes

1 spring onion sliced

3 tablespoons capers

olive oil

good red wine vinegar

salt

# *Insalata di patate all'italiana*

## *Italian Potato Salad*



1. Wash the unpeeled potatoes. Bring enough water to boil and add the potatoes. Cook for 35 minutes on low heat e.g. smaller potatoes take less long. Remove from the pan. Do not pinch to often with fork.
2. Peel the potatoes while they are still hot and cut into thin slices.
3. Put the potatoes in a large serving dish and sprinkle them with 3 tablespoons of vinegar.
4. Before serving add capers, tomatoes cut in wedges, spring onion, olive oil and salt. Mix carefully in order not to mash the potato slices.
5. Serve luke-warm or room temperature

N.B. There are many possible variations. E.g. replacing capers with olives or skipping the onion and/or tomatoes.



*Primi*  
first courses

### Serves 6

300 g dried white cannellini beans  
2 red onions, thinly sliced  
2 carrots, thinly sliced  
2 celery stalks, thinly sliced  
2 leeks, thinly sliced  
1 bunch of chard, crushed  
1 small cabbage, thinly sliced  
a few leaves of black cabbage  
4 potatoes, thinly sliced  
a few springs of thyme stripped  
6 tbsp olive oil 3 garlic cloves, peeled  
6 slices of toasted white bread (Tuscan unsalted)  
salt and pepper

## *Ribollita*

### Tuscan „Ribollita“ Soup



1. Soak overnight the white beans in plenty of water.
2. Drain and rinse and put the beans in a large pot with enough water and bring to boil. Let cook for 30-40 minutes.
3. In another large pot, put the olive oil, on medium heat and add the onions and salt, cook them slowly. When they are golden put in the celery, proceed with the method of insaporire, add first carrots, then leek, potatoes, chard and cabbage and the thyme. Stirring frequently. Now put in all the beans and the bean stock salt and pepper and let it cook for 1 hour.
4. Rub the toasted bread with the garlic and put one slice of toast on top of every dish when you serve the soup.
5. Don't forget a drizzling of olive oil and if you want a sprinkling of grated parmesan on top.

### Serves 4

1 small onion, chopped  
8 fistful of risotto rice and one for the pot (Arborio)  
50 g Parmesan cheese grated  
2 tbl spoon of olive oil  
20 g butter  
1 glass of dry white wine  
¾ l stock broth, which you keep boiling on the side  
Optional: 1 or 2 marrow of veal  
saffron powder  
2 spoonful of cream

# Risotto Milanese

## Risotto Milanese



1. In oil and butter fry the onion with the marrow which you scratched out from the inside of the bone, for two minutes.
2. add rice tossing well and roast for some seconds on medium heat. Pour in white wine and let evaporate always stirring, dissolve saffron in a cup of broth, add it and go on gradually adding stock broth while you go on stirring until rice is tender but still hard to the bite.
3. Blend with Parmesan, add cream to taste. Add salt if necessary.

*Note:* Risotto has to be rather juicy and liquid in the end of cooking (as it will stock after a few minutes). Serve it *all'onda*, e.g. on the wave.

**Serves 6**

*1kg fresh ripe tomatoes and peeled (or tin canned)  
1 onion chopped  
2 tablespoon of olive oil  
20 g butter  
150 g pancetta (bacon) chopped  
pinch of dried (peperoncino)  
2 tablespoons parmesan grated  
2 tablespoons romano grated*

*450 g Bucatini pasta or other shapes like: Penne Fusilli etc.  
cooked al dente*

## *Bucatini all'Amatriciana*

*Bucatini (pasta) with Amatriciana Sauce*



Peeling tomatoes: In a large saucepan bring water to boiling point, cut the tomatoes crosswise at the top (where you previously removed the stem) and dip them into the boiling water for 30 seconds. Remove and wait until you are able to peel them with your fingers.

1. Put oil butter and finely chopped onion to fry on medium heat in saucepan. Add chopped pancetta and fry until onion golden.
2. Add the peeled tomatoes chopped into large bits. Add salt to taste and some pinches of peperoncini. Let simmer for 25 Minutes.
3. In a large pan bring 5 l water with salt to boil, add pasta mixing well with big fork and let cook until "al dente". Drain into a sieve.
4. In a tureen mix half of the sauce with the pasta, if too dry add 1-2 tablespoons of the pasta water. Serve immediately on previously preheated plates topping the pasta with the remaining sauce and the grated cheese

**Serves 6**

*Meat sauce*

*Béchamel sauce*

*500 g green Lasagne fresh (or dried ready to use in a gratin)*

*30 g butter , 100 g Parmesan*

# *Lasagne al forno con ragù alla bolognese*

*Lasagne with Meat sauce Bolognese*



1. Keep the previously prepared ragout (meat sauce) warm.
2. Keep the previously prepared béchamel sauce warm. It should be rather liquid if used with dried lasagne, which do not need cooking in water before using.
3. Take a baking form of 22 x 30 cm wide and 6 cm high. Cover the bottom with butter and also the sides. Put 1 tablespoon of béchamel on the bottom and lay out the lasagne not overlapping.
4. Again put some tablespoons of béchamel on the lasagne and top it with ragout and Parmesan.
5. Go on altering the layers: lasagne, béchamel, ragout, Parmesan until you got 6 layers of lasagne in the form. Keep some sauce for the topping and add Parmesan on the top. Top with chips of butter the last layer.
6. Let it bake in the preheated oven on 200° for 20 minutes (or as indicated on the package of the lasagne). Bake until the top is crusty.
7. When you remove the lasagne from the oven, let it set for about 10 minutes. Serve in the form.

The lasagne can be prepared 2 days in advance. Cover well with foil and keep in the fridge. Take out from the fridge at least one hour before baking. Then bake it as described under No. 6 & 7.

**Serves 6**

*500 g Spinaci, washed*

*200 g ricotta*

*2 eggs*

*120 g Parmesan grated*

*a pinch of nutmeg*

*flour for coating*

*salt and pepper*

*80 g butter*

*a few sprigs of fresh sage*

# *Malfatti di ricotta*

## *Ricotta Dumplings*



1. Wash spinach and cook in 1 glass of salted water for 5 minutes. Drain and squeeze out the liquid.
1. Mash the ricotta in a bowl with a fork add half of the parmesan, eggs, nutmeg, salt and pepper and mix well with the spinach. Mix together until well combined. Add some flour if necessary to form a thick dough.
2. Sprinkle the working surface with flour, then use your hands to shape the dough into balls like the size of a walnut and roll in the flour.
3. Fill a large pan with water and bring to boil add a tablespoon of salt, and carefully drop in the dumplings. If the pan is not large enough put only half of the dumplings in and repeat the procedure. Keep the water simmering until they rise to the surface. Using a slotted spoon, very carefully lift out the dumplings and place onto warmed plates.
4. Melt fry the butter with the leaves of sage until they turn crisp and pour over the dumplings. Sprinkle with the remaining parmesan and serve hot.



*Secondi*  
second courses

**Serves 4 -6**

1 kg rabbit

*soffritto: 1 celery stalk*

1 carrot, 1 onion, 1 garlic

Butter and olive oil

2 -3 dl red wine

1 cube of stock broth

Salt, pepper

Rosemary

# *Coniglio al vino Rosso*

## *Rabbit with Red Wine*



1. Cut the rabbit into 12 pieces and season with salt, pepper and rosemary.
2. Wash vegetables, peel them and chop finely
3. Fry the rabbit pieces in oil and butter; to give them a brown color turn them over to brown all sides. Remove from the pan and set apart for later use.
4. In a pan with heavy bottom fry the soffritto (vegetables finely chopped) until golden on medium to high flame.
5. Add the rabbit pieces and the wine, the cube of stock broth stir and mix well until the cube has melted. Cover with lid and cook on low flame for 1 1/2 hours turning the meat from time to time. Add more wine if its getting dry.
6. Remove the meat and keep warm in the oven on a serving dish.
7. Meanwhile pass the sauce trough a sieve and heat it up again on a high flame to reduce if necessary. Pour the sauce over the rabbit pieces and serve hot with polenta or mashed potato (purée).

**Serves 4**

900 g cleaned and cut cuttlefish  
1 ½ tablespoon onion, chopped  
1 ½ teaspoon garlic, chopped  
1 tablespoon parsley, chopped  
3 tablespoon olive oil  
200 g tomatoes peeled, tinned or fresh  
salt and pepper  
900 g peas fresh or frozen

# *Calamaretti alla Toscana*

*Small cuttlefish with Tomato and Peas*



1. Wash and dry cuttlefish with a kitchen tissue. Cut it into small stripes of about 1 cm. Cut off the part with the tentacles..
2. In a large skillet sizzle onion and garlic in olive oil on medium heat. When golden add the parsley, and stir and, add the tomatoes. Let cook on low flame for 10 minutes.
3. Slip in the cuttlefish and cover with lid. Let it cook on low flame for 35-40 minutes. Toss with some salt and pepper.
4. If you use fresh peas: peel them and slip them into the pan. Cook with cuttlefish for another 20 minutes. After that time try one piece of cuttlefish to taste if soft and cooked.
5. If you have frozen peas: add them only when the cuttlefish is soft and cooked and cook them with it for 3 - 4 minutes.
6. Add salt and pepper to taste and serve immediately in a large serving bowl.

N.B. As a Sauce to spaghetti: Cuttlefish with tomatoes make a delicious sauce for pasta. Leave the peas out and chop coarsely the cooked tomato-cuttlefish in the food processor. Reheat it slowly and mix it with the spaghetti.

**Serves 4**

500 g new potatoes

1 kg fish fillet from a firm-fleshed fish (bass, red snapper, grouper)

4 tbsp olive oil

5 sprigs rosemary

4 whole garlic cloves, peeled

fine sea salt

Black pepper

# *Pesce Arrosto al Forno con Patate*

*Baked Fish and Potatoes with Rosemary and Garlic*



1. Turn on the oven to 200 ° C
2. Peel the potatoes. Wash and cut it into wedges.
3. Place the potatoes wedges in the baking dish, that can accommodate both the fish and the potatoes in one layer. Pour 2 tbsp olive oil over them, add 2 springs of rosemary, all the garlic cloves, and salt and pepper. Toss thoroughly. Put the dish in the preheated oven.
4. After 15 minutes, remove the dish to turn the potatoes over, then put it back in the oven. Cook for another 10 minutes or so.
5. Remove the dish from the oven. Push potatoes to the sides, making room in the center for the fish fillet to lie flat.
6. Wash the fish fillet, pat it dry and lay it flat in the dish skin down. Strip the leaves from the remaining rosemary sprigs, scatter them over the fish, add salt and pepper and olive oil over the fillet.
7. return the dish to the oven and bake for 15 minutes. Let the dish settle before bringing it to table.

**Serves 6**

6 cuts of veal shanks (3 cm high)

flour

400 g Tomatoes with juice (tin canned)

Soffritto: 6 tbl spn chopped onion, garlic, carrot and celery stalk

olive oil

2 dl white wine

4 dl stock broth

thyme, laurel, salt & pepper

parsley chopped

## *Ossi buchi alla senese*

### *Marrow-Bone Siena Style*



1. Take the veal shanks, cut away the outer skin and pound them well. Sprinkle with flour.
2. In a frying pan (not too small) sauté in the oil the soffritto for some minutes. This procedure is called insaporire and is important in the Italian cuisine as it makes tasty; it develops the flavor of a single or several ingredients.
3. In a another larger frying pan brown the ossi buchi in olive oil on each side on a high flame and add the wine. When the wine has absorbed, add the soffritto, the peeled tomatoes with their juice and add as well thyme, laurel, salt and pepper. Stir and if necessary add some more broth. The meat should be covered by 2/3 with liquid.
4. Cover with lid and cook for about 2 hours in the oven on low heat. Every 20 minutes pour some sauce over the meat to keep it moist. Add salt and pepper to taste, sprinkle with chopped parsley before serving. Serve polenta with it or risotto Milanese.

### Serves 4

600 g veal cut into 8 thin slices  
8 slices of Parma ham  
8 leaves of sage (fresh)  
1 tablespoon flour  
½ glass of white wine  
½ glass of stock broth  
olive oil, butter  
salt and pepper  
tooth picks

# *Saltimbocca*

## *Veal Scaloppine with Ham*



1. Put on top of each scaloppini a slice of Parma ham the same size as the meat and top with a sage leave. Secure with a tooth pick and roll in flour. Tip excess flour off.
2. In a large frying pan heat 4 tablespoons of oil and butter add the scallops and brown the meat for 2 Minutes on both sides each.
3. Season scaloppini with salt and pepper. Be careful with salt, because the ham is already salty.
4. Then transfer to a plate, cover the plate with foil.
5. Add to the pan the wine and a little stock broth and cook on high flame to reduce until ½ cup remains. Season with salt and pepper. Return veal to pan and cook 2 minutes to warm trough.



# *Contorni e Verdure*

side dishes and vegetables

**Serves 4**  
¼ l water  
75 g flour  
16 courgette blossoms  
sunflower-oil for deep frying  
salt

# *Fiori di Zucca in Pastella*

*Courgette Blossoms Fried in Batter*



1. Wash the blossoms quickly in cold water without soaking them and dry delicately. Cut the stems at 2 1/2 cm and detach the green leaves. Cut the blossom at the bottom to open flat as a butterfly.
2. To make the batter put ¼ l lukewarm water into a bowl and gradually shift the flour into the bowl with one hand, while with the other you beat and whisk until you get a even batter like sour-cream. Add flour if to thin or water if to thick.
3. Pour 2 cm of oil in a large frying pan and heat it on high flame. When the oil is very hot (try it with one drop of batter first), take the flowers by the stamens one by one dip it into the batter and deep-fry in the hot oil on both sides. Do not fry to many blossoms at one time and turn them with a wooden spatula. Put them on a cooling rack and salt them while still hot. Serve immediately hot and crisp.

N.B. The batter can be used for other fried vegetables like: sage leafs, onion rings, courgette and eggplant slices, etc.

**Serves 4**

*3 medium size courgettes in slices*

*2 onions in thin slices*

*5 eggs*

*4 tablespoons olive oil*

*25 g butter*

*4 tablespoons parmesan*

*6 to 8 leaves of basil or some minced parsley*

*salt , pepper*

# *Frittata di Zucchini e Basilico*

## *Courgettes Omelette with Basil*



1. Put the onions and the olive oil in a large skillet or sauté pan. Turn on the heat to low. Cook the onion very slowly until gradually it wilts and attains a rich golden-brown color.
2. In the meantime wash courgettes cut the ends off and cut into slices (6 mm).
3. As soon as the onions are done add courgettes slices and season with salt. Again fry the courgettes until golden and soft. Take the skillet from the heat and let the oil drain holding the pan tilted to one side. Put the onion-courgettes in a bowl to cool.
4. In another bowl whisk the eggs add the courgettes-onion mixture parmesan and some salt and pepper. Mix well then add the basil leaves finely cut or the minced parsley.
5. In the skillet let the butter melt on low heat until it foams and pour the egg mixture in by stirring it with a fork. Cook as follows:
6. Turn the heat down to very low. After about 15 minutes of very slow cooking, when the eggs have set and thickened, and only the surface is runny, run the skillet under the broiler. Remove after a minute or less, when the "face" of the *frittata* has set, but not browned.
7. Loosen the *frittata* with a spatula, and slide it into a platter. Cut like a pie, into serving wedges.

*For a light lunch, the frittata alone is sufficient, followed by a salad. It is also delicious at room temperature. Could also be served in thin slices as appetizer.*

**Serves 8**

3 Eggplants, medium sized  
3 garlic thinly chopped  
1 kg fresh tomatoes peeled and chopped or  
7 dl. Bottle tomato puree  
2 onions thinly sliced  
200 g mozzarella thinly sliced  
200 g grated parmesan  
4 tbsp olive oil, oregano ,salt and pepper

# *Parmigiana di Melanzane*

## *Eggplants with Parmesan Cheese*



1. Cut the eggplants in ½ cm slices, put on a plate, sprinkle with salt and let them release some water by pressing them down with some weight (for at least 10 minutes). Dry them with kitchen tissues.
2. Prepare tomato sauce, in a pan heat olive oil, add onions and garlic cook for a while, add the tomatoes and season with salt and oregano. Cook slowly for about one hour.
3. Meanwhile fry the eggplants on both sides in olive oil in a large frying pan until they are golden and crispy. Remove from the pan and drain the slices with absorbent kitchen tissues.
4. Now complete the recipe, put all the ingredients on the table and take an ovenproof serving dish. Begin to fill the dish with a layer of eggplants, spread over a little tomato sauce, parmesan and sprinkle with some mozzarella. Make 2 - 3 layers like this and finish with the tomato sauce and parmesan on top.
5. Bake 15 - 20 minutes in the oven until browned on top.

N.B. this dish is also delicious with courgettes, Take 6 medium courgettes and proceed the same way.

**Serves 4**

*4 peppers, red and yellow (greens are less sweet)*

*250 g peeled tomato - chunks (fresh or tinned)*

*2 garlic cloves*

*1 onion in thin slices*

*olive oil*

*salt pepper*

*balsamic vinegar (aceto di Modena)*

# *Peperonata*

*Peppers in Tomato sauce*



1. Wash the peppers, cut in half and remove seeds, white parts and the stem and crown. Cut it in slices about 4 cm large.
2. In a sauce pan heat 4 tablespoons of oil with the crushed garlic cloves. Turn on medium flame. As soon as the garlic is golden, remove it. Add onions to the hot oil and fry until golden. Add peppers and fry for about 5 minutes turning them frequently.
3. Add the tomato - chunks with their juice. Mix well and add salt and pepper to taste. Cook on low flame for about 25 minutes turning them from time to time and adding water if it gets dry. Cook until peppers are soft.
4. If the sauce is too liquid and the peppers are already cooked, heat sauce alone in a small sauce pan and reduce on high flame.
5. Before serving add a few drops of balsamico.

Peperonata is delicious with boiled meat or fish. Also serve it with barbeque, or cold as antipasto.



*Dolci*  
Desserts

**Serves 4 - 6**

*500 g Strawberries*

*1 lemon juice*

*sugar, in case the berries are not sweet enough*

*black pepper from the mill*

## *Fragole al Limone*

*Strawberries with Lemon Juice and pepper*



1. Wash strawberries to remove all the sand. Remove the stem and leaf, and cut in half or into 4 parts if the strawberries are big. Put them into a salad bowl.
2. Toss them with 1 or 2 tablespoons of sugar if necessary and the lemon juice. Add two turns of pepper with the pepper mill, and let macerate for at least 30 minutes.

**Serves 6**

6 apples (sourish qualities)  
4 tblspn sugar  
2 dl white wine diluted with 2 dl water  
18 amaretti, little hard ones  
50 g butter smooth

# *Mele al forno con Amaretti*

*Apples baked with Amaretti*



1. Wash the apples in cold water. Remove the hard part inside with sharp knife or apposite tool. Do not cut trough. Leave the bottom intact. See to it that the hole is 1 cm large. Now using the sharp knife make an incision on the skin all around the apple about 2 1/2 cm wide.
2. Crash 12 amaretti with a heavy tool using a large baking foil to wrap them in. Mix the crumbs with the very soft butter and press the mixture into the apples.
3. Set the apples upright in a buttered baking form, sprinkle 1 tablespoon sugar over each one. Fill the form with the wine and water and bake for 45 minutes on the top rail of the preheated oven: 200° C.
4. Carefully slide apples on plates or serving plate.
5. Dip the 6 remaining amaretti into the juice until soft but still in shape and place one on top of each apple.
6. Reduce remaining juice in the backing form or saucepan to a syrupy sauce, by cooking it on high flame. Drip the sauce over the apples.
7. Serve at room temperature

**NB:** This desert can be prepared 2 or 3 days in advance and kept in the fridge. But serve them at room temperature.

**Serves 6**

*1 kg of ripe peaches, or nectarines*

*3 dl white or red wine*

*1 lemon juice*

*2 tablespoons of sugar*

*some springs of fresh mint*

## *Pesche al Vino*

### *Peaches in Wine*

1. Wash and rub the peaches dry but do not peel them unless the skin is very hard and hairy.



2. Cut the peaches into half and then into thin slices.
3. Put them in a large bowl, and sprinkle with the juice on one lemon. Add the wine and the sugar. Stir well all ingredients and let for at least one-hour macerate at room temperature.
4. Decorate with the leaves of mint and serve in glasses, preferably high Burgundy chalice.

NB. The white peaches are the most delicate in flavor, they would match to the white wine better than to the red wine. Try also nectarines, which absolutely do not need peeling.

**Serves 4-6**

5 gelatine sheets

½ l cream

¼ l milk 70 g sugar

1 vanilla stalk

For the sauce:

400 g fruits like strawberries, (all sorts berries), apricots, etc.

50 g icing sugar

# *Panna Cotta*

## *Cream Pudding*



1. Soak gelatine in cold water.
2. Heat cream, milk and sugar and cook for 15 minutes in a small pot. Add the vanilla when the cooking time is over, by cutting the stalk of vanilla lengthwise and scratching out the black seeds.
3. Let cool the cream in the pan for some minutes and add then the squeezed gelatine stirring well. Do not boil again.
4. Take the pot from the fire and distribute the cream in 4 - 6 small cups. Refrigerate for at least 5 hours.
5. For the sauce: wash and cut fruits into small pieces mix well with icing sugar and let macerate. After 1 hour or more press them through a sieve or mash them in a food processor to a fine purée. (so called: coulis)
6. To serve: dip the cups quickly in hot water and put them upside down on a small plate in order to have the puddings slipping onto the plate. Pour some fruits-coulis around and over each portion and serve.