

# Una Bella Serata

August 1, 2008

## Antipasti

Stuffed Mushrooms with Pancetta, Shallots & Sage  
Pesto - Feta Rounds  
Bermuda Triangles

## Il Primo

Calabrese Antipasto  
Marinated Zucchini  
Roasted Peppers

## Insalata

Caesar Salad

## Pasta

Lasagna Belmonte

## Dolce

Panna Cotta with Mixed-Berry Compote  
Lemoncello

## Bevande

Coffee  
Cappuccino  
Prosecco  
Pinot Grigio  
Chianti

## STUFFED MUSHROOMS WITH PANCETTA, SHALLOTS & SAGE

35-40 cremini mushrooms, about 1/2 lb.  
3 Tbs. unsalted butter, more for the baking dish  
1 1/2 to 3 oz. pancetta, finely diced (1/4 - 1/2 cup)  
5 medium shallots, finely diced  
2 tsp. chopped fresh sage  
Pinch dried red chili flakes  
Kosher salt & freshly ground black pepper  
2/3 cup coarse fresh breadcrumbs  
1/4 cup freshly grated Parmigiano Reggiano  
2-3 Tbs. extra-virgin olive oil for drizzling

Position a rack in the center of the oven & preheat to 425°F.

Trim & discard bottoms of mushroom stems. Remove the mushroom stems, and finely chop along with 5 of the largest mushroom caps.

Heat a medium sauté pan over medium heat for 1 minute and add 2 Tbs. of the butter. When it has melted, add the pancetta and cook until it starts to render some of its fat, 1 to 2 minutes. Add the shallots, sage, and chili flakes; cook gently until the shallots are tender, about 4 minutes (reduce the heat if the shallots begin to brown). Stir in the chopped mushroom stems and 1/2 tsp. salt. Cook, stirring frequently, until the mixture is tender, about 3 minutes. Add the remaining 1 Tbs. butter. When it has melted, transfer the mushroom mixture to a bowl and stir in the breadcrumbs and Parmigiano. Season to taste with salt and pepper and let cool slightly.

Butter a shallow baking dish large enough to hold the mushrooms in one layer. Arrange the mushrooms in the

dish and season the cavities with salt. Stuff each cavity with a rounded teaspoonful of the filling, or more as needed. The filling should form a tall mound. (You may have leftover filling; if you have extra mushrooms, keep stuffing until you run out of filling.) Drizzle the mushrooms with the olive oil and bake until the mushrooms are tender and the breadcrumbs are golden brown, 20 to 25 minutes. Transfer to a platter and serve warm.



## PESTO – FETA ROUNDS

French bread baguette  
Feta cheese, crumbled  
Pesto  
Sun-dried tomatoes, oil packed

Slice a French bread baguette into thin slices. Butter one side, and place buttered side down on a cookie sheet.

Spread pesto on each slice. Top with feta cheese and place a sun-dried tomato on top of the cheese.

Bake at 350 °F for 15 minutes.

## BERMUDA TRIANGLES

1 pkg (8oz) cream cheese, softened  
2 tsp milk  
1/2 tsp prepared horseradish  
1/4 tsp salt  
1/4 tsp pepper  
1/2 cup butter  
1 cup cooked, flaked crab  
1 cup cooked, small shrimp  
2 scallions, finely chopped  
4 Tbsp ground almonds  
1 pkg frozen phyllo pastry, thawed



Combine cream cheese, milk, horseradish, salt & pepper. Fold in crab, shrimp, scallions and almonds.

Keep phyllo sheets covered with damp towel as you work. Brush one sheet with melted butter. Top with another sheet. Brush with butter. Top with a third sheet. Divide into 6 strips & cut in half. Place 1 tsp filling at one end of each strip. Fold into triangles as for a flag.

Repeat with remaining sheets & filling. Place triangles on baking sheet. Butter the tops. Bake at 400 °F for 10-12 minutes until golden. May be frozen before baking. Store triangles in plastic bags until needed.

Makes 30 triangles.

## CALABRESE ANTIPASTO

1 cauliflower, cut into bite-size florets  
4 carrots, peeled and cut on the diagonal into ½ inch thick slices  
4 inner celery ribs, cut on the diagonal into ½ inch thick slices  
½ cup white wine vinegar  
¼ pound small fresh button mushrooms  
1 jar (7½ oz) peperoncini (pickled green peppers)  
1 can (7 oz or 200 grams) imported olive-oil packed tuna, drained  
1 tin (2 oz) anchovies with capers, drained  
1 can (3 oz) pitted black olives, drained  
1 jar (5 oz) pimento-stuffed Spanish olives, drained  
1 jar (12 oz) baby kosher dill pickles, drained and sliced ½ inch thick  
1 jar (7½ oz) pickled onions, drained  
2 jars (6½ oz each) marinated artichoke hearts, drained

### Antipasto Sauce:

¼ cup extra-virgin olive oil  
1 clove garlic, minced  
¼ cup canned tomato sauce  
½ cup ketchup  
6 Tbsp fresh lemon juice  
¼ cup tarragon vinegar  
1½ tsp brown sugar  
1½ tsp Worcestershire sauce  
1½ tsp prepared horseradish  
Sea salt  
Cayenne pepper

Bring a large pot of water to a boil and salt it generously. Blanch the cauliflower for about 2 minutes; it should still be crisp. With a skimmer, transfer the florets to a tray to cool quickly. Repeat with the carrots and then with the celery, cooking them just long enough to remove their raw taste; they will be cooked more later.

Add the white wine vinegar to the water and blanch the mushrooms for 1 minute. (The vinegar will keep the mushrooms white.) Drain and spread the mushrooms on a tray to cool quickly.

Put the cauliflower, carrots, celery, and mushrooms in a large bowl. Add the peperoncini, tuna, anchovies, pickles, onions, and artichoke hearts. Toss well.

Make the sauce: Heat the olive oil in a large pot over moderate heat. Add the garlic and sauté until golden. Add the tomato sauce, ketchup, lemon juice, tarragon vinegar, brown sugar, Worcestershire sauce, and horseradish. Add salt and cayenne pepper to taste. Bring the sauce to a simmer. Add the contents of the bowl. Stir well, then cover and simmer gently until the carrots are tender, 12 to 15 minutes. Cool, then refrigerate.



## MARINATED ZUCCHINI

2 pounds young, firm, zucchini  
extra-virgin olive oil as needed  
5 large cloves garlic, sliced  
¼ cup chopped fresh basil, mint or Italian parsley  
¼ cup red wine vinegar  
salt and freshly milled black pepper

Preheat oven to 500 °F. Cut off the stems and navels from the zucchini and cut lengthwise into 1/8 inch thick slices. Brush 2 baking sheets with olive oil. Place the zucchini slices on the sheets and brush tops with olive oil. Bake on middle rack of oven until tender and beginning to brown, 15 to 20 minutes. Turn them once halfway through baking, and brush the second side with olive oil.

Select a serving dish in which you will be able to put at least 3 layers of the cooked zucchini slices. Arrange some of the zucchini slices in a single layer. Strew with some of the garlic slices, and some of the basil, mint or parsley. Sprinkle with some of the vinegar, salt and pepper. Continue layering the zucchini and seasonings in this manner. Cover and chill overnight. Bring to room temperature before serving.

## ROASTED PEPPERS

Preheat broiler. Place whole peppers under hot broiler about 10 minutes, turning occasionally, until skins are evenly blistered and blackened. Transfer to a plastic bag a few minutes, then peel away and discard skins. Cut peppers in half; remove and discard skins.

## CAESAR SALAD

1/2 to 3/4 cup croutons (see directions below)  
1 coddled egg (see directions below)\*  
1 to 2 teaspoons finely chopped garlic (1 to 2 medium cloves with inner green germ removed)  
1 anchovy fillet, mashed\*\*  
Pinch of coarse salt  
2 tablespoons (1/2 lemon) freshly squeezed lemon juice\*\*\*  
3 drops Worcestershire sauce  
6 tablespoons extra-virgin olive oil  
4 tablespoons (1/4 cup) freshly grated Parmesan cheese (Parmigiano Reggiano), divided  
1 head Romaine lettuce, hearts and tender leaves only  
Coarsely ground black pepper

\* Coddled egg may be substituted with 1/2 cup mayonnaise. If doing this substitution, reduce some of the olive oil.

\*\* Use only good-quality Spanish or Portuguese anchovies in your dressing. Anchovy paste may be substituted (approximately two inches squeezed from the tube will provide the equivalent taste of one anchovy fillet).

\*\*\* Fresh lemon juice is essential. Some chefs squeeze the lemon through a cheesecloth to ensure that only the juice ends up in the salad. If you are careful to keep the lemon seeds out of the salad, a simple squeeze will do.

**To make croutons:** Preheat oven to 375 degrees F. Trim the crust from day-old peasant-style bread (Italian or French bread) and dice into 3/4-inch cubes. Toss with enough olive oil to coat, but not drench. Sprinkle lightly with salt and spread out on a rimmed baking sheet. Bake approximately 10 to 15 minutes or until just golden brown. Halfway through the baking time, give the pan a shake to make sure the croutons toast evenly. Remove from oven and completely cool croutons. Store in an airtight container.

**To coddle egg:** Coddling causes the yolk to become slightly thickened and warm. Bring a very fresh egg to room temperature by immersing it in warm water (otherwise it might crack when coddled). Place the egg in a small bowl or mug and pour boiling water around the egg until it is covered. Let stand for exactly 1 minute. Immediately run cold water into the bowl until the egg can be easily handled; set aside.

To make dressing: In a bowl, whisk together the garlic, anchovy, and salt until blended. Whisk in the lemon juice and Worcestershire sauce. Whisk in the coddled egg until the mixture is thick, approximately 1 minute (this enable the lemon juice to "cook" the eggs). Slowly drizzle in the olive oil with one hand while vigorously whisking the mixture with the other.

When the dressing is well combined, whisk in 2 tablespoons of the Parmesan cheese.



**To assemble salad:** Separate the Romaine leaves and discard the coarse outer leaves. Wash, drain, and pat with paper towels or spin dry the remaining leaves. Note: Lettuce should be prepared ahead of time and refrigerated until ready to use. Tear into bite-size pieces and set aside. In a large wooden salad bowl, add 1/3 of the dressing and toss with the croutons until well coated. Add the Romaine lettuce pieces and the remaining dressing; toss until coated.

**To serve:** Divide the salad between two chilled plates and sprinkle each salad with the remaining 2 tablespoons Parmesan cheese and coarsely ground pepper. Serve immediately with chilled forks.

Makes 2 to 4 servings (depending on serving sizes)



## LASAGNA BELMONTE

*1 medium-size onion, chopped*  
*3 Tbsp olive oil or salad oil*  
*1½ pounds lean ground beef or 1 pound lean ground beef and ½ pound Italian sausage*  
*1 clove garlic, minced or pressed*  
*2 cans (8 oz each) tomato sauce*  
*1 can (6 oz) tomato paste*  
*½ cup each dry red wine and water*  
*1 tsp each salt and oregano leaves*  
*½ tsp each pepper and sugar*  
*12-16 fresh or packaged lasagna noodles*  
*2 cups (1 lb) ricotta cheese or small curd cottage cheese*  
*8 oz mozzarella cheese, thinly sliced*  
*½ cup grated Parmesan cheese*

In a wide frying pan over medium-high heat, cook onion in olive oil until onion is limp; add beef and garlic and cook, stirring until meat is brown and crumbly. (If using sausage, remove casings, chop sausage, and brown with beef.) Spoon off and discard excess fat. Stir in tomato sauce, tomato paste, wine, water, salt, oregano, pepper, and sugar. Cover pan and simmer for about 1½ hours.

While sauce cooks, cook lasagna noodles in a large kettle of boiling salted water until al dente (3 to 4 minutes for fresh noodles, or follow package directions). Drain, rinse with cold water, and drain again.

Butter a 9 by 13-inch baking dish. Spread ⅓ of the sauce over noodles, dot with ⅓ of the ricotta, then cover with ⅓ of the mozzarella. Repeat this layer two more times.

Sprinkle Parmesan cheese over top. If made ahead, cover and refrigerate.

Bake, uncovered, in a 350° oven until hot and bubbly (40 to 50 minutes). Cut into squares to serve. Makes 8 servings.



## **PANNA COTTA WITH MIXED-BERRY COMPOTE**

---

*¼ cup cold water*  
*2½ teaspoons unflavored gelatin (from 2 packages)*  
*3 cups whipping cream*  
*1 cup sugar*  
*1 ½ teaspoons vanilla extract*  
*4 half pint baskets assorted fresh berries (such as raspberries, blueberries, blackberries, and strawberries)*  
*½ cup sweet white wine (such as Moscato)*

Pour ¼ cup cold water into small custard cup. Sprinkle gelatin over. Let stand until gelatin softens, about 15 minutes. Bring 1 inch of water in small skillet to boil. Place cup with gelatin in water, Stir until gelatin dissolves. about 2 minutes. Remove from heat.

Combine cream and ⅔ cup sugar in heavy medium saucepan. Stir over medium heat just until sugar dissolves, Remove from heat. Mix in vanilla and gelatin. Divide pudding mixture among 8 wineglasses. Cover and chill until set, at least 6 hours and up to 1 day.

Combine berries and remaining ½ cup sugar in medium bowl. Crush berries slightly with back of spoon. Mix in wine. Let compote stand until berry juices and sugar form syrup, stirring often, at least 1 hour and up to 2 hours.

Spoon compote over puddings.

Makes 8 servings.

Presented by the

*Bellarmino*  
*AMEN Gourmet Group*