

Mangia Bene! Eat Well



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Hosted by:
Mari Donnelly
Denise Bridgeman
Mary Danna
Sandy Gruwell

Food Regions of Italy

Sbagliato

Ingredients

4 ounces dry Prosecco or other sparkling white wine

1 ounce sweet vermouth

1/2 ounce Campari

Club soda

Lime wheel

Pour 4 ounces dry Prosecco or other sparkling white wine into an ice-filled large wine or rocks glass. Add 1 ounce sweet vermouth and 1/2 ounce Campari and top off with club soda. Gently stir together; garnish with a lime wheel.

Makes 1 cocktail

Prosciutto and Cheese Roll-ups

Ingredients

3 TBSP Dijon mustard
12 oz bag shredded cheese, Quattro Formaggio or Mozzarella
6 oz prosciutto, thinly sliced
2 frozen puff pastry sheets, thawed

Glaze: 1 egg beaten with 2 tsp water, set aside

Instructions

Unfold one pastry sheet on a lightly floured surface
Roll with rolling pin to a large rectangle
Spread entire sheet lightly with mustard
Top with one layer of prosciutto
Sprinkle cheese on top evenly
Starting at one long end, roll up pastry sheet into a log
Cover with plastic wrap and let rest in fridge for 30 minutes
Can be prepared at this point ahead of time. Keep covered and refrigerated
Preheat oven to 400 degrees
Line baking sheet pan with parchment paper
Slice the cold pastry with sharp knife into ½ inch thick slices and arrange cut side down, about 1 inch apart. This should yield about 16 pieces.
Brush with glaze
Bake 20-25 minutes until golden brown and serve warm

Antipasto Skewers

Ingredients

For the skewers

9 ounces refrigerated cheese tortelloni pasta*
16 small fresh mozzarella balls, drained
16 cherry tomatoes
16 fresh basil leaves
16 jarred marinated artichoke hearts
8 to 16 cubes hard cheese, like provolone, Asiago Pressato, pepper jack, gouda, fontina, or other cheese (optional)
16 Castelvetrano olives (or other mild green or black olives)
8 whole small jarred peppers or 16 slices of roasted red pepper

For the seasoning

1 1/2 tablespoons olive oil
1 tablespoon white wine vinegar
1/2 tablespoon Italian seasoning
1/4 teaspoon garlic powder
1/2 teaspoon kosher salt

Instructions

Start a large pot of well-salted water to boil. Boil the pasta until al dente according to the package instructions (usually around 2 minutes). Drain the pasta and run cool water over it until it's warm.

Place the pasta in a bowl with the mozzarella balls (drained). Stir in the olive oil, Italian seasoning, garlic powder, and kosher salt.

On each skewer, thread one of each: the seasoned tortelloni pasta, mozzarella, cherry tomato, basil leaf, artichoke heart, hard cheese, olives, and pepper. Serve immediately. Lasts at room temperature for up to 2 hours, then refrigerate leftovers. If making ahead, make up to 3 hours in advance (or 1 day ahead without fresh basil).

Notes: Tortelloni is large tortellini you can find in the refrigerated section: it's a pasta shape that is larger than tortellini with a filled center. It's best for skewers because standard tortellini is too small and has a hole in the center.

Yield 16 Skewers

Kale & Brussels Sprout Salad

Ingredients

¼ cup fresh lemon juice
2 TBSP Dijon mustard
1 TBSP minced shallot
1 small garlic clove, finely grated
¼ tsp kosher salt plus more for seasoning
Freshly ground black pepper
2 large bunches of Tuscan kale (about 1 ½ pounds total), center stem discarded, leaves thinly sliced
12 ounces brussels sprouts, trimmed, finely grated or shredded with a knife
½ cup extra-virgin olive oil, divided
1/3 cup finely grated Pecorino cheese

Preparation

Combine lemon juice, Dijon mustard, shallot, garlic, ¼ teaspoon salt, and a pinch of pepper in a small bowl. Stir to blend; set aside to let flavors meld. Mix thinly sliced kale and shredded brussels sprouts in a large bowl.

Measure ½ cup oil into a cup. Spoon 1 tablespoon oil from cup into a small skillet; heat oil over medium-high heat. Add almonds to skillet and stir frequently until golden brown in spots, about 2 minutes. Transfer nuts to a paper towel-lined plate. Sprinkle almonds lightly with salt.

Slowly whisk remaining olive oil in cup into lemon juice mixture. Season dressing to taste with salt and pepper. *DO AHEAD: Dressing, kale mixture, and toasted almonds can be prepared 8 hours ahead. Cover dressing and kale mixture separately and chill. Cover almonds and let stand at room temperature.*

Add dressing and cheese to kale mixture. Massage dressing into kale so it is completely coated. Season lightly with salt and pepper. Garnish with almonds.

Makes 8 to 10 servings

Spaghetti Meat Sauce

Ingredients

- 1 24 oz + 1 14 oz jar of Ragu Tomato Sauce flavored with Meat
- 3/4 lb of 85/15 ground beef
- 1 TBSP of diced dried onion or a 1/4 cup diced fresh white onion
- Palm-full of dried porcini mushrooms (six or seven mushrooms)
- 1 TBSP of Italian seasonings (or to taste)
- 2 medium cloves of fresh garlic
- Large pinch of dried sweet basil
- 1 heaping TBSP of “Better Than Bouillon” .
- Extra virgin olive oil
- Salt

Directions

- Rehydrate the diced dried onion bits in 1/3 cup of warm water. Keep the onions in the water until ready to use. Both will go into the sauce.
- Rehydrate the dried porcini mushrooms in 6 ounces of hot water for 30 minutes. Remove the mushrooms and finely dice them. Reserve the porcini flavored water and strain it, if necessary, to remove any dirt. Put the diced mushrooms back into the flavored water until ready to use.
- Stir/dissolve the Bouillon in 4-6 oz of hot water
- Peel and finely mince the garlic cloves
- Warm 2 TBSP of olive oil in a large skillet on medium heat. Add the minced garlic and sauté until lightly browned
- Add the meat to the skillet and brown.
- Using a wooden spatula, stir the meat frequently and keep breaking it up into smaller and smaller bits. (do not drain it - the fat is key to the flavor)
- While browning the meat, evenly fold in the Italian seasonings and sweet basil, then add salt and additional seasoning to taste. Do not overcook the meat. When meat is about 75% done, stir in the onions, bouillon, and porcini bits and waters. Bring skillet contents up to a steady simmer for about 20 minutes. The meat should absorb about half the fluids and all the flavors.
- While the flavored meat is slowly simmering, warm the Ragu sauce to a medium simmer in a large saucepan. When meat is done, then add it to the sauce, and stir well. After a minute or two, taste and adjust the seasoning if needed. Reduce to low simmer and cover. Stir occasionally while it simmers for 20-30 minutes.

Lasagna

Homemade Pasta in the Food Processor or Kitchen Aid Mixer

Ingredients

About 2 cups all-purpose flour
3/4 teaspoons salt
About 1/4 cup water

2 large eggs
1 tablespoons vegetable oil

Instructions

Fit the steel knife blade into the work bowl. Whisk eggs. Combine 2 cups flour, eggs, salt, and oil in the work bowl. Turn on machine and pour 1/4 cup water through the feed tube in a constant stream. Process until completely mixed, about 30-45 seconds. Dough should be the same workable consistency as pie dough. If it is too dry, add more water 1 tablespoon at a time. If it is too moist, add more flour 1 tablespoon at a time. Remove dough and manually knead on a well-floured board. Separate the dough into two balls. Cover with wax paper and refrigerate for 15 minutes. If using a pasta machine, see manufacturer's directions for making noodles. If using the Kitchen Aid attachment start at setting 1 and run it through until you get to setting #5. Use extra flour on the dough when running through the machine. You don't want it to be sticky or wet.

Cook lasagna noodles in boiling, salted water until "al dente" still firm to the bite about 10 seconds. Drain and keep them in cold water until ready to use and then drain again and dry with paper towels.

Bechamel

1/2 cup butter
4 tablespoons flour
1 cup milk
1 cup chicken broth
1/8 teaspoon salt

Cheeses

1 1/2 cups grated Parmesan cheese
4 ounces mozzarella cheese
4 ounces jack cheese
Butter

Melt butter, add flour, and cook, stirring with a whisk, for one minute. Slowly add milk and chicken broth and bring to a boil, still using whisk. Simmer 5 minutes. Add salt.

In the following order, layer in a lightly greased 13x9-inch baking dish: a little meat sauce, 1/3 of the noodles, 1/3 of the remaining meat sauce, 1/3 cup Bechamel, 1/3 cup Parmesan cheese, 1/3 of the mozzarella and jack cheeses. Repeat the layers two more times. Dot with butter. At this point, the dish may be covered and refrigerated.

From room temperature, bake at 400 degrees, uncovered, for 30 minutes or more, until bubbly. Check at 30 minutes with fresh pasta. This dish freezes very well.

Tiramisu

1 ½ cups heavy whipping cream

8 oz. container mascarpone cheese, room temperature

1/3 cup granulated sugar

1 teaspoon vanilla extract

1 ½ cups cold espresso

3 Tablespoons coffee flavored liqueur (Kahlua or DaVinci brands)

1 package Lady Fingers (Savoriardi brand)

Cocoa powder for dusting the top

Instructions:

1. Add whipping cream to a mixing bowl and beat on medium speed with electric mixer. Slowly add sugar and vanilla and continue to beat until stiff peaks forms. Add mascarpone cheese and fold in until combined. Set aside.
2. Add coffee and liqueur to a shallow bowl. Dip the lady fingers in the coffee (DON'T soak them- just quickly dip them on both sides to get them wet) and lay them in a single layer on the bottom of an 8X8 pan.
3. Smooth ½ of the mascarpone cream over the top. Add another layer of dipped lady fingers. Smooth remaining mascarpone cream over the top.
4. Dust cocoa powder generously over the top (use a mesh strainer). Refrigerate for at least 3-4 hours or up to overnight before serving.

Make Ahead Instructions: Tiramisu is even better when made in advance, allowing the flavors to blend! It keeps in the refrigerator for 4 to 5 days.

Freezing Instructions: Make completely, but don't dust with cocoa powder. Cover tightly with plastic wrap and then tinfoil and freeze up to 3 months. Thaw in the refrigerator overnight and dust with cocoa powder a few hours before serving.