



Italian Recipes

Penne Carbonara

1 pound pancetta, diced into 1-inch cubes

Sea salt and freshly ground black pepper

6 eggs, at room temperature

1/2 cup heavy cream, at room temperature

1 1/4 cup freshly grated Parmesan

1 pound dried penne

4 tablespoons chopped fresh parsley leaves

Heat a large sauté pan, until hot. Add pancetta and sauté until golden brown and crispy, about 5 minutes. Season with black pepper and remove pan from heat.

In a medium bowl, beat the eggs and cream. Season with salt and pepper. Stir in Parmesan, reserving 2 tablespoons for garnish.

In a large pot, boil 6 quarts of salted boiling water. Add pasta and cook until al dente, about 8 to 10 minutes. Drain pasta in a colander. Do not rinse with water; you want to retain the pasta's natural starches so that the sauce will stick. While the pasta is still hot, return it back to the pot. Add the browned pancetta and mix well. Add the cream mixture and coat the pasta completely. It's important to work quickly while the pasta is still warm so that the cream mixture will cook, but not curdle. Add remaining Parmesan and chopped parsley.



Italian Recipes

Italian Chicken with Tomato Sauce

Tomato Sauce

1/2 cup extra-virgin olive oil

1 small onion, chopped

2 cloves garlic, chopped

1 stalk celery, chopped

1 carrot, chopped

Sea salt and freshly ground black pepper

2 (32-ounce) cans crushed tomatoes

4 to 6 basil leaves

2 dried bay leaves

4 tablespoons unsalted butter, optional

In a large casserole pot, heat oil over medium high heat. Add onion and garlic and sauté until soft and translucent, about 2 minutes. Add celery and carrots and season with salt and pepper. Sauté until all the vegetables are soft, about 5 minutes. Add tomatoes, basil, and bay leaves and simmer

Sear chicken with garlic and herbs and tomato sauce. Cook in oven for 60 minutes



Italian Recipes

Roasted Vegetable Salad

1 heaping teaspoon Dijon mustard
1/4 cup Sherry wine vinegar
3/4 cup olive oil
1/2 cup each chunked roasted beets, roasted pearl onions, chunked roasted zucchini,
cubed roasted eggplant

Make vinaigrette: in a 2 cup measure, add a few pinches kosher salt and a heaping teaspoon mustard. Pour in vinegar and whisk in olive oil. Set aside. In a bowl, combine all roasted vegetables. Pour 1/2 cup vinaigrette over vegetables and add 2 tablespoons chopped dill.



Italian Recipes

Mushroom Risotto

5 to 6 cups chicken stock, recipe follows, or canned low-sodium chicken broth
1 tablespoon olive oil
2 tablespoons unsalted butter
1/2 cup finely chopped shallots
1 teaspoon minced garlic
12 ounces assorted mushrooms, wiped clean and thinly sliced, stems removed and reserved for making stock, if desired
2 cups Arborio rice
1 teaspoon chopped fresh thyme
1 cup dry white wine
1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper
1/2 cup heavy cream
1 cup finely grated Parmesan
2 teaspoons chopped fresh parsley leaves
1 to 2 teaspoons truffle oil, optional
4 ounces Prosciutto or Serrano ham, thinly sliced and cut into chiffonade (long, thin strips).

In a medium saucepan, bring the stock to a simmer over medium heat. Reduce the heat to very low to keep hot.

In a large heavy saucepan, heat the oil and melt the butter over medium-high heat. Add the shallots and garlic, and cook, stirring until fragrant and soft, about 3 minutes. Add the mushrooms and cook, stirring, until wilted and their liquid is evaporated, 4 to 5 minutes. Add the rice and cook, stirring constantly, until the grains are opaque, about 1 minute. Stir in the thyme. Add the wine and cook, stirring, until nearly all evaporated. Add 3/4 cup of the stock, the salt, and pepper. Cook, stirring constantly, until the stock is nearly all evaporated. Continue adding more stock 1/2 cup at a time as the previous addition is nearly absorbed, until the rice is tender and the risotto is creamy, 18 to 20 minutes. Stir in cream, 1/2 cup of the cheese, and the parsley and mix well.

** Arborio rice is an [Italian](#) medium-grain [rice](#). It is named after the town of [Arborio, Italy](#) (in the [Po Valley](#)) where it is grown. Cooked, the rounded pearly grains are firm and creamy due to the high starch content of this rice variety.*





Italian Recipes

Tiramisu

1/4 cup espresso or very strong coffee
3 tablespoons Kahlua or Tia Maria
3 large eggs, at room temperature, separated*
1 teaspoon vanilla
8 ounces Mascarpone
1 (17.5 ounce) package lady fingers

In a small bowl mix the coffee and Kahlua and set aside.

Beat the egg whites until stiff and set aside.

In another bowl beat the egg yolks and vanilla until pale and lemon-colored. Add the mascarpone until smooth. Fold the egg whites into the cheese mixture gently.

In 4 small glass dessert bowls, place 3 ladyfingers in bottom and generously sprinkle the Kahlua coffee mixture.

Drop 1/4-cup dollops of cheese mixture on top of ladyfingers, repeat with the lady fingers again followed with the Kahlua-coffee mixture. Top with cheese mixture.

Refrigerate for at least 3 hours or overnight. Before serving top with fresh whipped cream and dust with cocoa, or sprinkle chocolate shavings on top.