

Agnello in Fricassea (serves 6)

Ingredients

1 ½ kg cubed lamb (soak for 12-18 hours in white wine, 1 sliced carrot, 1 celery chopped and 1 onion chopped)

1 onion finely chopped
celery stick finely chopped
1 carrot finely chopped
3 cloves of garlic crushed
Olive oil
1 ½ cups white wine
Salt
3 juniper berries
tbsp chopped rosemary
tbsp tomato paste
hot water
3 eggs
tbsp parmesan cheese

After the lamb has soaked discard the wine and vegetable mix. Finely chop the onion, celery, carrot and fry in olive oil with the crushed garlic for 5 mins. Add the lamb and fry until the colour changes. Then add a good pinch of salt, juniper berries, rosemary, white wine, tomato paste and cook on a medium heat for 1 ½ hours adding hot water when required.

Turn off the heat, mix the 3 eggs with the parmesan cheese and then mix into the lamb without using any heat. Serve immediately with rice.

Coniglio in porchetta (serves 6)

Ingredients

1 rabbit prepared at the butchers
liver from the rabbit
wild fennel
10 slices pancetta
salt & pepper
2 tbsp olive oil
cup of white wine
green head of garlic chopped
onion chopped

The rabbit should be laid out in a rectangle. Fry the livers for 5 mins until cooked through. Add a layer of chopped fennel to the rabbit, then the fried livers, then place the pancetta and finally a further sprinkle of fennel. Tightly roll the rabbit and tie it with string.

Place in a roasting tin with the olive oil (drizzled over the top), white wine, garlic head and onion and cook at 170° for 40 mins. Then turn, baste with the cooking liquid and cook for a further 40 mins. Slice, pour a little of the sauce over the slices and serve with pollenta, beans or boiled vegetables.

Ossobuco alla Milanese (serves 6)

Ingredients

6 veal steaks cut round the edges to stop curling whilst cooking
flour, salt and pepper to dip the veal in prior to frying
½ onion chopped
2 carrots finely chopped
2 celery sticks finely chopped
peanut oil
500 ml tomato passata
skin of a lemon (boiled for 1 minute then finely chopped)
tbsp fresh sage chopped
½ litre white wine
hot vegetable stock
tblsp marjoram

Coat the veal steaks in the flour, salt and pepper mix then fry them separately in peanut oil for 3 mins on each side. Then fry the chopped onion, celery and carrots for 5 mins. Add the white wine, tomato passata and the meat along with the cooking juices from the meat. Add half the lemon rind and cook on a low heat very slowly for 2 ½ hours adding hot vegetable stock to keep the mix nice and moist. After 1 ½ hours add the marjoram and the rest of the lemon rind.

Serve with rice, mashed potatoes or polenta.

Saltimbocca alla Romana (serves 4)

Ingredients

4 thin and tender veal steaks

Prosciutto crudo

Sage leaves

Flour for coating

Olive oil for frying

½ glass of white wine

½ cup of vegetable stock

Place a few leaves of sage and then prosciutto crudo over each veal steak and then gently coat with flour. Use a cocktail stick to fasten together. Using a little olive oil fry the steaks in a frying pan on a high heat on both sides until golden brown. Season with salt and add the wine and stock and cook until the liquid has reduced down. Serve with mashed potatoes or polenta.

Crêpes (serves 6)

Ingredients

3 eggs

6 tblsp plain flour

¼ litre milk

Oil

Mix together the eggs and flour and once the mixture has thickened, add the milk.

Using a small non stick frying pan, add a little oil and once hot add a small amount of the mixture, thin layer, and cook very quickly, turning to cook both sides. Crepes should be very thin. Fill the crepes with a filling of your choice and sprinkle with olive oil and parmesan cheese and bake in the oven on 180° for 15 mins.

Filling suggestions

Spinach and ricotta

Meat and vegetable

Gnocchi di patate (serves 6)

Ingredients

700g potatoes

1 egg

150g plain flour

Rosemary, spinach or carrot (add more flour with spinach as it's quite wet)

Boil the potatoes for 20 mins with their skins on. Peel off the skin and pulp them. Mix together the potato pulp, egg and flour into a smooth dough, but don't handle too much.

Roll out into long sausages and cut into pieces. Add the gnocchi to boiling water and as soon as they rise remove them from the water. Either eat immediately or they will keep refrigerated for 2 days. Add a little olive oil to stop them from sticking together.

Sauce for Gnocchi - Salsa alle melanzane alla Siciliana

½ onion

1 clove of garlic finely chopped

olive oil

½ aubergine finely chopped

1 carrot

1 bottle tomato passata

basil/thyme

salt & pepper

Fry the onion, garlic, aubergine and carrot for 5 mins until softened. Add the tomato passata, herbs and salt and pepper and cook for a further few minutes. Add the sauce to the gnocchi and sprinkle with some parmesan cheese.

Ravioli (serves 6)

Ingredients

500g flour

5 eggs

1 desert spoon of olive oil

Make a nest with the flour and add the beaten eggs into the centre. Work all of the flour gradually into the eggs until you achieve a smooth dough.

Cover with cling film and rest for 1 hour at room temperature. Cut pieces and roll out ready to place through a pasta machine to achieve a thickness of number 6 on the machine. Cut square pieces using a serrated edger. Add filling of choice and seal. As with the gnocchi, add to boiling water and cook for just a few minutes.

Fillings for Ravioli - Ricotta

500/600g ricotta

2 eggs

marjoram or spinach

2 tabbsp parmesan or pecorino cheese

salt and white pepper

pinch of nutmeg and lemon rind (optional)

Simply mix all of the ingredients together and add to the ravioli.

Vegetable filling

3 potatoes boiled with skins on and then pulped

2 carrots cut thinly

1 courgette finely chopped

1 aubergine finely chopped

1 egg

olive oil for frying

grated parmesan

thyme

marjoram

basil

bread crumbs

Fry together the carrots, courgette and aubergine in olive oil for 5 mins. Take off the heat and add the pulped potato, egg, grated parmesan herbs and a few breadcrumbs.

Tortellini

As per dough for Ravioli but cut into squares then add a little filling then twist to shape required.

Meat filling

300g veal cut into small pieces
200g pork cut into small pieces
100g prosciutto crudo cut into little pieces
1 onion finely chopped
2 carrots finely chopped
2 celery stick finely chopped
3 eggs
grated parmesan
½ glass white wine
salt & pepper

Fry the veal and pork along with the onion, carrots, celery, wine and salt & pepper until cooked thoroughly. When cooked, mince everything together adding the eggs, prosciutto crudo and parmesan cheese. Add to the pasta and cook as per the Ravioli.

Pasta a Bigné

Ingredients

½ litre water

200g butter

400g plain flour

10 eggs

Boil the water and the butter together. Turn down the heat and add the flour, mixing together very fast. When fully mixed turn up the heat and cook for about 5 mins stopping when the mixture starts to stick. Turn off the heat and leave for 5 mins. Then add the eggs one at a time, mixing together.

Place in a piping bag and pipe onto a tray. Cook for 20 mins (DO NOT OPEN THE DOOR WHILST COOKING) at 180°. If you have piped larger cakes then you may need to cook for slightly longer.

After cooking you can fill with cream, cheese, chocolate, savoury etc etc.

Pasta di Spagna

Ingredients

6 eggs

300g sugar

300g plain flour

Mix the eggs with the sugar in a food mixer until they have plenty of volume - approx 10/12 mins. Turn off the machine and add the flour slowly mixing from the top.

Spread out the mixture on a tray and cook in the oven for 20/30 mins at 160°.

If you like you can add grated carrot or chocolate bits to the mixture before cooking.

Crostata (criss-cross)

Ingredients

500g plain flour

200g sugar

150g butter

Small teaspoon of yeast

Mix the butter and sugar together. Separately make a nest with the flour and add the eggs to the centre and the yeast and mix together very quickly. Then mix everything together. Leave to rest for 10 mins.

Roll out to about 1cm thickness and cover with jam and then decorate with criss-cross strips of the pastry.

Cook in the oven for 20 mins at 180°.

Salsa per Vincigrassi (serves 10)

Ingredients

300gr of minced beef

100gr of diced pork

100gr chicken livers

½ onion finely chopped

2 carrots finely chopped

2 celery sticks finely chopped

1 glass red wine

500gr of tomato passata

salt & pepper

2 cloves

200gr béchamel (white) sauce made with: 2 glasses of milk, 50gr butter, 2
tblsp flour

Lasagne pasta sheets or fresh sheets of pasta

Sauté the carrots, celery and onion with a little olive oil. Add all the meat, salt & pepper and cook briefly with a glass of red wine. When the wine has evaporated add the tomato passata and 2 cloves. Cook for 1 hour.

Make the béchamel sauce by melting the butter in a pan then mixing together the flour with the milk.

In a large dish, make layers, starting with the meat and then a layer of pasta sheets and keep going until all the meat salsa has been used. Finish the top layer with pasta and add the béchamel sauce to the top. Cook in the oven for 40 mins at 170°. Rest for 15 mins, then serve.

Pesto alla Genovese (serves 4)

Ingredients

20 fresh basil leaves

tblsp chopped fresh parsley

40g pine nuts

1 garlic clove

50g grated parmesan cheese

100 ml extra virgin olive oil

In a food processor, blend all the ingredients together. If you like you can also add one potato mashed

Ragu Sauce (6 people)

Ingredients

300gr minced beef
100gr minced pork
1 carrot finely chopped
1 celery stick finely chopped
1 onion finely chopped
White wine
Salt & pepper
600gr tomato passato

Fry the meat and chopped vegetables in olive oil until the meat has sealed. Then add salt and pepper and a little white wine and cook for a few minutes for the wine to evaporate. Then add the tomato passato. Cook on a low heat for 1 hour.

White Sauce (Besciamella)

Ingredients

1 litre of milk
60gr butter or olive oil
50gr flour
Salt & pepper
Grated nutmeg

Heat the milk in a pan and separately mix together the flour and butter. Once the milk is hot but not boiling, add the flour/butter mixture stirring continuously until the sauce thickens. Add the salt, pepper and nutmeg.

Fillings for crêpes

Porcini mushrooms

Ingredients

Handful of porcini mushrooms, roughly chopped

½ chopped onion

1 chopped carrot

chopped parsley

Grated skin of lemon

Parmesan cheese grated

Besciamella sauce

Fry the mushrooms, onion and carrot in olive oil until softened. Then add the grated lemon skin, parsley, a little besciamella sauce and grated parmesan cheese.

Place the mushroom mix on the crepes and fold into parcels. Arrange the parcels in a baking dish and cover with a little besciamella sauce and grated parmesan cheese. Place in the oven for 20 mins at 180° .

Ricotta and Spinach filling

Ingredients

400g ricotta cheese

Handful of cooked spinach leaves chopped

1 egg

Grated parmesan cheese

Salt & pepper

Grated nutmeg

Mix all of the ingredients together and place the mixture in the crepes and fold into parcels. Place in a baking dish.

Halve and fry some cherry tomatoes for 2 mins in olive oil. Place on the top of the crepes and cover with a little besciamella sauce. Place in the oven for 20 mins at 180° .

Pasta Brisè for quiche

Ingredients

500gr flour

250gr butter (or a little less butter and a bit of milk for a lighter mix)

2 eggs

½ glass of water

Salt & pepper

Make a nest of flour and then place the chopped butter, eggs and salt & pepper in the middle and mix together quickly adding the water as necessary. Leave to rest for 30 mins.

For your filling use whatever you like, but best to use stronger tastes such as porcini mushrooms, bacon, ricotta cheese, spinach, artichokes, onions, garlic, red pepper, parmesan cheese, chillis.

Once you have made your filling, place your quiche in the oven for 20-30 mins at 180°.

Sformato di Patate (serves 6)

Ingredients

2 large potatoes

2 tblsp parmesan cheese

4 eggs

100gr courgettes (lightly boiled)

Chopped bacon - fry for a few minutes

Nutmeg

Salt

Place the potatoes, eggs and a pinch of salt into a food mixer. Remove and then add the parmesan, courgettes and bacon and mix together. Butter some small dishes/ramekins then place the mixture into each dish. Place the dishes into a large baking tray half filled with water and cook for 20 mins at 150°.

Serve with sauté vegetables and a fresh tomato sauce (remove the skins and seeds of the tomatoes or use some chopped canned tomatoes, and fry with some olive oil and chopped thyme).