

DAY TWO PRODUCTION ASSIGNMENTS: THE ITALIAN TABLE

TEAM ONE

Risotto with Porcini Mushrooms and Peas
Prosciutto with Roasted Peppers and Anchovies
Garganelli with Ragù Bolognese
Polenta Cake

TEAM TWO

Gnocchetti with Peas and Pancetta
Roast Stuffed Pork Loin Genoa-Style with Garlic Jus
Stuffed Zucchini
Ricotta Fritters
**Soak Navy Beans for Potage au Pistou*

TEAM THREE

Fresh Mozzarella Salad
Sea Bass with Vegetables
Baked Rolled Pasta
Zabaglione

TEAM FOUR

Caponata with Toast
Spinach and Ricotta Ravioli
Onions in Sweet and Sour Sauce
Tiramisu

RISOTTO WITH PORCINI MUSHROOMS AND PEAS

Yield: 6 Portions

Ingredients	Amounts
Dried porcini mushrooms	1 ½ cups
Chicken stock	3 ¼ cups
Salt	to taste
Ground black pepper	to taste
Butter	½ cup
Peas, fresh or frozen, blanched or thawed	¾ cup
Onions, minced	½ cup
Garlic cloves, minced	2 ea.
Arborio rice	8 ½ wt. oz. (1 ¼ cups)
Dry white wine	¼ cup
Parmesan cheese, grated	1 cup

Method

1. Place the dried mushrooms in a bowl and add enough boiling water to cover (about 2 cups). Allow to soak until softened, about 15 to 30 minutes. Place a strainer lined with cheesecloth over a bowl and drain the mushrooms. Reserve the mushrooms.
2. In a small sauce pot, heat the stock over low heat and season with salt and pepper.
3. In a small sauté pan, over medium heat add 2 Tbsp. of butter, and sauté the mushrooms until tender. Add the peas and continue to cook until the peas are heated through. Remove from the heat and reserve.
4. Melt the butter in a sautoir (a straight sided sauté pan), over medium heat. Add the onions and sauté until translucent but without color. Add the garlic and sauté until aromatic, but without color, about 1 minute.
5. Add the rice and cook, stirring constantly, until the rice grains are coated with butter and have changed from completely white to somewhat translucent, but without browning. (The center will still be white.)
6. Add the wine and simmer, over medium-low heat, stirring until the wine is almost completely absorbed. Add the stock in three additions, stirring and allowing the stock to be absorbed between additions. The rice should still be just tender, and the grains separate, but creamy. When most of the liquid is absorbed, add the remaining ¼ cup of butter, mushroom and pea mixture, and cheese.
7. Adjust consistency if necessary by adding additional chicken stock. The risotto should be "*all'onda*" (wave-like), meaning it should be creamy like porridge, rather than firm and stiff. Season with salt and pepper to taste. Serve in a heated bowl.

PROSCIUTTO WITH ROASTED PEPPERS AND ANCHOVIES

Yield: 6 Portions

Ingredients	Amounts
Red bell peppers	3 ea.
Yellow bell peppers	3 ea.
 <i>Marinade</i>	
Extra virgin olive oil	½ cup
Lemon juice	¼ cup
Anchovy fillets, minced	2 ea.
Garlic clove, minced	1 ea.
Salt	to taste
Ground black pepper	to taste
Lettuce leaves	6 ea.
Prosciutto slices, very thin	6 ea.
Anchovy fillets	6 ea.

Method

1. Hold the peppers over the flame of a gas burner with tongs or a kitchen fork, or place the peppers on a grill. Turn the peppers and roast them until the surface is evenly charred.
2. Place in a plastic or paper bag or under an inverted bowl to steam the skin loose. When the peppers are cool enough to handle, remove the charred skin, using a paring knife if necessary. Remove seeds and cut the peppers into strips. Place into a stainless-steel bowl.
3. Add the marinade ingredients to the peppers, mix to combine, and allow to marinate for 1 hour.
4. Arrange lettuce leaves onto a chilled platter and top with pepper slices, prosciutto, and anchovies. Serve at room temperature.

GARGANELLI WITH RAGÙ BOLOGNESE

GARGANELLI CON RAGÙ BOLOGNESE

Yield: 8 Portions (1 ½ Quarts of Ragu)

Ingredients	Amounts
<i>Ragù Bolognese</i>	
Pancetta, finely diced	2 ½ wt. oz.
Extra-virgin olive oil	1 ¼ Tbsp.
Butter	¾ wt. oz. (1 Tbsp. + 1 tsp.)
Onion, fine dice	6 ¼ wt. oz.
Carrot, fine dice	2 ½ wt. oz.
Celery, fine dice	2 wt. oz.
Ground beef, lean	10 wt. oz.
Ground pork, lean	10 wt. oz.
Tomato paste	2 wt. oz.
White wine	10 fl. oz.
Salt	as needed
Ground black pepper	as needed
Freshly grated nutmeg	as needed
Chicken stock	20 fl. oz.
Heavy cream, heated	10 fl. oz.
Fresh Egg Pasta (recipe follows)	1x recipe
Parmesan cheese freshly grated	4 wt. oz.

Method

1. Combine the pancetta with the oil and butter in a medium nonreactive stockpot. Cook over medium-low heat, stirring frequently, until the pancetta is golden brown and the fat is rendered, about 15 minutes.
2. Increase the heat to medium-high. Add the onions, carrots, and celery and cook, stirring frequently, until the vegetables are softened and the onions are translucent, 5 to 7 minutes.
3. Add the beef, pork and veal. Cook, stirring continuously, until the meat is browned, 3 to 4 minutes. Drain the fat if necessary.
4. Stir in the tomato paste and cook until lightly caramelized, 2 to 3 minutes. Stir in the wine and reduce the mixture until nearly dry.
5. Season with salt, pepper, and nutmeg. Add the stock, bring the sauce to a boil, reduce the heat to low, and simmer uncovered until the mixture has reduced and the flavors have concentrated. Add additional stock if necessary to avoid scorching.
6. Stir in the cream just prior to service and return the sauce to a simmer. Do not allow the sauce to boil. Adjust seasoning with salt and pepper. Set aside and keep warm.
7. Bring a large pot of salted water to a boil. Add the pasta and cook, stirring until the pasta is *al dente* (cooked through but still firm). Drain, reserving some of the pasta water.
8. Toss the pasta with the sauce. Adjust the consistency with pasta water as needed.

9. Serve in a heated bowl, garnished with Parmesan cheese.

Source: ProChef 9th Edition

FRESH EGG PASTA

Yield: 1 ½ lb.

Ingredients	Amounts
Durum flour	1 lb. (3 ¼ cups)
Salt	1 pinch
Eggs	4 ea.
Olive oil (optional)	2 Tbsp.

Method

1. Combine the flour and salt in a food processor. Add the eggs and oil, if using. Process mixture until it resembles coarse meal. (When pressed, dough will form a cohesive mass.)
2. Turn the dough out onto a work surface and knead until the dough is very firm, yet pliable. Cover and let the dough relax at room temperature for at least 1 hour.
3. Roll the dough by machine or by hand. To form garganelli shape, cut pasta into small squares and pinch the corners together (refer to chef for demonstration).
4. The pasta is ready to cook now, or it can be covered and refrigerated for up to 2 days.

Variations: For each variation, the amount of flour may also need to be adjusted accordingly.

Spinach Pasta: Purée 6 ounces spinach leaves, squeeze dry in cheesecloth, and add to the eggs.

Red Pepper Pasta: Sauté 6 ounces puréed roasted red pepper until reduced and dry. Cool and add to the eggs.

Tomato Pasta: Sauté 6 tablespoons tomato purée until reduced and dry. Cool and add to the eggs.

Pumpkin, Carrot, or Beet Pasta: Sauté 6 ounces puréed cooked pumpkin, carrots, or beets until reduced and dry. Cool and add to the eggs.

Citrus Pasta: Add 4 teaspoons finely grated lemon or orange zest to the eggs. Substitute 2 tablespoons citrus for the water.

Herbed Pasta: Add 2 to 3 ounces chopped fresh herbs to the eggs.

Black Pepper Pasta: Add 2 teaspoons cracked black peppercorns to the flour.

Saffron Pasta: Steep 2 to 4 teaspoons pulverized saffron threads in 2 tablespoons hot water and add to the eggs.

Curried Pasta: Add 2 to 4 teaspoons curry powder to the flour.

POLENTA CAKE

Yield: two 8-inch Cakes

Ingredients	Amounts
Butter, soft	1 ½ cups
Sugar	1 ½ cups
Vanilla extract	4 tsp.
Lemon zest	4 tsp.
Salt	½ tsp.
Egg yolks	12 ea.
All-purpose flour	2 cups
Yellow cornmeal	1 cup
Baking powder	2 Tbsp.
Egg whites	12 ea.
Sugar	½ cup
Cream of tartar	2 tsp.
<i>Garnish</i>	
Confectioners' sugar	as needed

Method

1. Preheat the oven to 350°F. Butter two 8-inch cake pans.
2. Combine the butter, sugar, vanilla, zest, and salt in the bowl of an electric mixer. Beat on medium speed, using the paddle attachment, until the mixture is very light in color.
3. Gradually add the egg yolks, mixing thoroughly and scraping the sides of the bowl after each addition.
4. Sift together the flour, cornmeal, and baking powder. Add the flour mixture to the egg mixture and mix just until blended. Transfer to a large mixing bowl and set aside.
5. Clean the bowl of the electric mixer, and add the egg whites. Beat, using the whip attachment until frothy. Add the sugar and cream of tartar and continue to beat until the mixture forms medium peaks.
6. Add half of the egg white mixture into the batter, mixing until well combined. Fold in the remaining egg white mixture, being careful to retain as much air as possible.
7. Divide the batter evenly between two buttered 8-inch cake pans. Bake at 350°F until a toothpick comes out with only a few crumbs, about 40 minutes. Remove from the oven and cool in the pans on a wire rack.
8. To serve, invert onto serving platters, dust with confectioners' sugar, and cut into pieces.

GNOCCHETTI WITH PEAS AND PANCETTA

Yield: 6 Portions

Ingredients	Amounts
Chef's potatoes, peeled, cut in quarters	1 ½ lb.
Butter	2 Tbsp.
Egg, beaten	1 ea.
Egg yolk, beaten	1 ea.
Bread flour	1 cup
Salt	to taste
Ground white pepper	to taste
Pancetta, small dice	½ lb.
Chicken stock	1 cup
Butter, cubed	1 cup
Peas, frozen, thawed	1 ½ cups
Salt	to taste
Ground black pepper	to taste

*Bake the potatoes
no peel
no dry*

test a few first. Adjust.

Method

1. Cook potatoes in salted, simmering water until tender. Drain, dry, and pass through a food mill into a large stainless steel bowl. Cool completely.
2. Add the butter, egg, and egg yolk to the potatoes and mix well.
3. Add just enough of the flour to bind the mixture into a "dough" (the more flour added the heavier the end result). Season with salt and pepper to taste.
4. Roll dough into long cylinders about ¼-inch in diameter. Cut into segments about ¼-inch long. Shape the gnocchetti by pressing and rolling each segment off of the back of a fork (refer to chef for demonstration). Reserve until ready to cook.
5. In a small sauté pan over medium heat, cook the pancetta until most of the fat has melted (rendered), and the pancetta has browned. Reserve.
6. Bring a large pot of salted water to a boil. Cook the gnocchetti until done, about 5 to 6 minutes. Drain and reserve.
7. In a large, straight-sided sauté pan, over medium heat, bring the stock to a simmer. Reduce the heat to low and add the butter a few pieces at a time, whisking until each addition is incorporated. Repeat until all the butter has been added. Do NOT allow to boil as the sauce could separate. Add the gnocchetti and toss to coat and reheat.
8. Add peas and pancetta, toss to combine and heat through. Season to taste with salt and pepper. Serve on a heated platter.

ROAST STUFFED PORK LOIN GENOA-STYLE WITH GARLIC JUS

Yield: 6 Portions

Ingredients	Amounts
<i>Dry Pesto</i>	
Garlic clove, minced	4 ea.
Flat-leaf parsley, chopped	3 ½ Tbsp.
Basil, chopped	2 ½ Tbsp.
Pine nuts, toasted, crushed	½ cup
Pecorino Romano, grated	¼ cup
<i>Stuffing</i>	
Ground pork	¼ lb.
Italian sausage, casing removed	¼ lb.
Breadcrumbs	½ cup
Heavy cream	3 Tbsp.
Egg, beaten	1 ea.
Pork loin, boneless, well trimmed	2 lb.
Salt	as needed
Ground black pepper	as needed
<i>Garlic Jus</i>	
Onions, diced	½ cup
Carrots, diced	¼ cup
Celery, diced	¼ cup
Tomato paste	4 Tbsp.
Garlic clove, minced	1 ea.
Bay leaf	1 ea.
Brown veal stock	2 ¼ cups
Salt	to taste
Ground black pepper	to taste

*2 hrs
1.5 hrs to
cook*

Method

1. Preheat the oven to 350°F.
2. To prepare the dry pesto, combine the garlic, parsley, basil, nuts, and pecorino in a mixing bowl and mix well. Set aside.
3. To prepare the stuffing, combine the ground pork, sausage, breadcrumbs, heavy cream, and egg in a mixing bowl and mix well. Set aside.
4. Butterfly the pork loin (refer to chef for demonstration), then pound lightly with a meat mallet. Season with salt and pepper.
5. Spread the pesto mixture over the pork, then spread the stuffing over the pesto, leaving a ½-border on all sides.

6. Roll up the pork loin, jelly roll fashion, and secure with butcher's twine (refer to chef for demonstration).
7. Place a rack in a roasting pan, and put the pork on the rack. Roast the pork in a 350°F oven until the internal temperature reaches 150°F. Remove from oven and place the pork on a cutting board, tent with foil, and allow meat to rest.
8. To prepare the jus, drain the fat from the roasting pan, leaving 1 Tbsp. Add the onions, carrots, celery, and tomato paste to the roasting pan. Place the pan over medium-high heat on the stovetop, and caramelize the vegetables lightly.
9. Add the garlic and sauté until aromatic, about 1 minute. Add the bay leaf and stock. Simmer to reduce the jus to approximately 1 ½ cups. Strain the jus through a fine mesh sieve and season with salt and pepper to taste. Reserve hot.
10. Remove the string from the pork loin, and slice into ¼- to ½- inch thick slices. Serve on a warm platter with the jus.

STUFFED ZUCCHINI

Yield: 6 Portions

Ingredients	Amount
Zucchini, cut in half lengthwise, seeds removed	3 ea.
Olive oil	2 Tbsp.
Mushrooms, diced	1 cup
Egg, beaten	1 ea.
Fresh breadcrumbs	½ cup
Parmesan cheese, grated	¼ cup
Milk	2 Tbsp.
Oregano	¼ tsp.
Salt	to taste
Ground black pepper	to taste
<i>Topping</i>	
Butter	2 Tbsp.
Breadcrumbs	½ cup
Parmesan cheese, grated	¼ cup

double
the recipe

Method

1. Preheat the oven to 375°F.
2. Bring a pot of salted water to a boil. Par cook (blanch) the zucchini, 1 to 2 minutes. Remove from the boiling water and shock in ice water to set the color and stop the cooking; drain well. Place into a hotel pan or casserole dish and set aside.
3. Heat the oil in a medium sauté pan over medium-high heat. Add the mushrooms and sauté until all the juices the mushrooms released have evaporated and the mushrooms have browned. Set aside to cool.
4. In a mixing bowl, add the egg with the breadcrumbs, cheese, and milk and mix to combine. Gently stir in the sautéed mushrooms and oregano. Season to taste with salt and pepper.
5. Divide the filling evenly between the zucchini halves.
6. In a small mixing bowl, mix together the topping ingredients and divide evenly over the zucchini.
7. Bake zucchini in a 375°F oven until topping is golden brown and stuffing is heated through.
8. Serve hot on a heated platter.

RICOTTA FRITTERS

Yield: 6 Portions

Ingredients	Amounts
Ricotta cheese	1 cup
Eggs	4 ea.
Sugar	6 Tbsp.
Dark rum	1 Tbsp.
Orange, juiced	3 Tbsp.
Orange zest	1 Tbsp.
Baking powder	1 tsp.
Salt	1 pinch
All-purpose flour	1 ½ cup (or as needed)
Powdered sugar (for dusting)	as needed

Start at 11:30am

Method

1. Pre-heat a deep fryer to 325°F.
2. Combine the ricotta, eggs, sugar, rum, orange juice, and orange zest in a bowl and mix well.
3. Sift together the baking powder, salt and flour. Add the flour mixture to the ricotta mixture and stir just to combine.
4. The batter should be a "spoonable" consistency. Adjust the consistency with additional flour as necessary.
5. Working in batches drop the batter by spoonfuls into the hot oil. Allow to cook on one side until it is a rich brown. Flip the fritters over and continue cooking on the second side until brown and cooked through, about 5 minutes in total.
6. Remove the fritters from the oil and drain on paper towels.
7. When ready to serve, dust with powdered or granulated sugar.

FRESH MOZZARELLA SALAD

Yield: 6 Portions

Ingredients	Amounts
<i>Dressing</i>	
Extra virgin olive oil	6 Tbsp.
Balsamic vinegar	2 Tbsp.
Lemon juice	2 Tbsp.
Soave white wine	2 Tbsp.
Sun-dried tomatoes, jarred	1 Tbsp.
Flat-leaf parsley, chopped	1 Tbsp.
Basil, chopped	1 Tbsp.
Oregano, chopped	1 Tbsp.
Garlic, mashed	1 tsp.
Peperoncini, minced	½ tsp.
Mozzarella Cheese, homemade, finely sliced or shaped into bocconcini (recipe follows)	1 ½ lb.

Method

1. To prepare the dressing, whisk together the oil, vinegar, lemon juice, and wine. Add the sun-dried tomatoes, herbs, garlic, and peperoncini and mix well.
2. Gently toss the mozzarella in the dressing to coat.
3. Arrange on a decorative platter and serve.

MOZZARELLA CHEESE

Yield: 2 Pounds

Ingredients	Amounts
Salt	6 wt. oz.
Water	1 gal.
Cheese curd, cut into ½-inch cubes	2 lb.

Method

1. Add the salt to the water and bring to a boil in a large pot. Remove the pot from the heat.
2. Place cheese curd in a bowl and pour enough water around curd to cover.
3. Wearing 2 pairs of gloves, work the curd with wooden spoons, stretching it until it becomes a smooth, yet stringy mass. Maintain the water temperature at a constant 160°F throughout this process.
4. Remove the cheese from the water and continue stretching until the curd is smooth, being careful not to overwork it or the cheese will become tough.
5. Shape the cheese into appropriate forms (refer to chef for demonstration). Hold in water until ready for service.

SEA BASS WITH VEGETABLES

Yield: 6 Portions

Ingredients	Amounts
<i>Topping</i>	
Olive oil	2 Tbsp.
Onions, red, 2-inch julienne	1 cup
Garlic clove, mashed to a paste	1 ea.
Tomato, skinned, seeded, 2-inch julienne	1 cup
Zucchini, julienne	2 cups
Salt	to taste
Ground black pepper	to taste
Butter	2 Tbsp.
Sea bass fillets, 6 oz. each	6 ea.
Dry white wine	1 cup
Oregano, finely chopped	½ tsp.
Flat-leaf parsley, finely chopped	½ tsp.
Basil, finely chopped	½ tsp.

Method

1. Preheat the oven to 350°F.
2. To prepare the topping, heat the oil in a medium sauté pan over medium heat. Add the onions and sauté until translucent. Add the garlic and continue to sauté until aromatic. Add the tomatoes and zucchini and sauté just until tender. Season with salt and pepper to taste and set aside to cool.
3. Butter a straight-sided sauté pan. Add the fish. Top each portion with ¼ cup of the vegetable topping. Add the wine and bring to a simmer over medium heat. Cover with a paper cover and poach in a 350°F oven until done, about 5 to 8 minutes.
4. When the fish is done, transfer to a serving platter; cover and keep warm.
5. Continue to cook the poaching liquid until it is reduced to about ¾ cup. Adjust seasoning to taste.
6. Pour poaching liquid around fish. Garnish each portion with a sprinkling of herbs.

BAKED ROLLED PASTA

Yield: 6 - 8 Portions

Ingredients	Amount
Fresh Egg Pasta (recipe follows)	1 lb.
Ricotta cheese	1 lb.
Parmesan cheese, grated	3 wt. oz.
Prosciutto, sliced thinly	¼ lb.
Fontina cheese, shredded	2 ¼ cups
Butter	as needed
Tomato Sauce, divided use (recipe follows)	5 cups
<i>Creamy Tomato Sauce</i>	
Olive oil	2 Tbsp.
Onions, small, diced	1 cup
Brandy	½ cup
Brown veal stock	2 cups
Heavy cream	2 cups
Salt	to taste
Ground black pepper	to taste

30-40 min
BAKE home
w/501 on top

Method

1. Preheat oven to 475°F.
2. Roll pasta dough into paper-thin sheets.
3. Spread the rolled dough with a thin layer of ricotta. Then sprinkle with grated parmesan cheese, and cover with the prosciutto slices. Mound the Fontina cheese in the center, then roll into a tight cylinder. Cut the rolls into one-inch pieces.
4. Pour some of the tomato sauce (reserve 2 cups of Tomato Sauce for later use) into the bottom of a casserole dish. Arrange the pasta roll slices over the sauce and slightly flatten each piece. Top each roll with a small sliver of butter and 1 tablespoon of tomato sauce.
5. Place in the oven and bake until the butter melts and cheese in the center softens.
6. To prepare the creamy tomato sauce, heat the oil in a medium sauté pan over medium heat and sauté the onions until translucent. Remove the sauté pan from the flame and carefully add the brandy. Return the pan to the heat and allow the brandy to flame. When the flame goes out, stir in the 2 cups of the reserved tomato sauce, stock, and heavy cream and season with salt and pepper to taste. Continue cooking until the sauce is heated through and obtains the desired consistency.
7. Ladle the creamy tomato sauce onto a heated serving platter and arrange the baked pasta slices on top.

FRESH EGG PASTA

Yield: 1 ½ lb.

Ingredients	Amounts
Durum flour	1 lb. (3 ¼ cups)
Salt	1 pinch
Eggs	4 ea.
Oil (optional)	2 Tbsp.

Method

1. Combine the flour and salt in a food processor. Add the eggs and oil, if using. Process the mixture until it resembles coarse meal. When pressed, the dough will form a cohesive mass.
2. Turn the dough out onto a work surface and knead until the dough is very firm, yet pliable. Cover and let the dough relax at room temperature for at least 1 hour.
3. Roll the pasta dough into thin sheets and cut into desired shape by hand or using a pasta machine. The pasta is ready to cook now, or it may be refrigerated for up to 2 days.

Variations: *For each variation, the amount of flour may also need to be adjusted accordingly.*

Spinach Pasta: Purée 6 ounces spinach leaves, squeeze dry in cheesecloth, and add to the eggs.

Red Pepper Pasta: Sauté 6 ounces puréed roasted red pepper until reduced and dry. Cool and add to the eggs.

Tomato Pasta: Sauté 6 tablespoons tomato purée until reduced and dry. Cool and add to the eggs.

Pumpkin, Carrot, or Beet Pasta: Sauté 6 ounces puréed cooked pumpkin, carrots, or beets until reduced and dry. Cool and add to the eggs.

Citrus Pasta: Add 4 teaspoons finely grated lemon or orange zest to the eggs. Substitute 2 tablespoons citrus for the water.

Herbed Pasta: Add 2 to 3 ounces chopped fresh herbs to the eggs.

Black Pepper Pasta: Add 2 teaspoons cracked black peppercorns to the flour.

Saffron Pasta: Steep 2 to 4 teaspoons pulverized saffron threads in 2 tablespoons hot water and add to the eggs.

Curried Pasta: Add 2 to 4 teaspoons curry powder to the flour.

TOMATO SAUCE

Yield: 1 ½ Quarts

Ingredients	Amounts
Extra virgin olive oil	¼ cup
Onions, diced	⅔ cup
Garlic cloves, minced or sliced thin	2 ½ Tbsp.
Canned whole plum tomatoes, crushed by hand	3 ½ lb.
Basil leaves, torn or chopped	¾ cup
Salt	to taste
Ground black pepper	to taste

Method

1. Heat the olive oil in a saucepot over medium heat. Add the onions and cook, stirring occasionally, until they take on a light golden color, about 12 to 15 minutes.
2. Add the garlic and continue to sauté, stirring frequently, until aromatic, about 1 minute.
3. Add the tomatoes and stir to combine. Bring the sauce to a simmer and cook over low heat, stirring occasionally, for about 45 minutes (exact cooking time depends on the quality of the tomatoes and their natural moisture content) until a good sauce-like consistency develops.
4. Add the basil and simmer for 2 to 3 minutes more, to infuse the sauce with the aroma of basil. Season with salt and pepper to taste.
5. The sauce is ready to finish now. It may be puréed through a food mill fitted with a coarse disk, or broken up with a whisk to make a rough purée, or left chunky.

ZABAGLIONE

Yield: 6 Portions

Ingredients	Amounts
Egg yolks	6 ea.
Sugar	$\frac{1}{3}$ cup
Marsala	$\frac{3}{4}$ cup
Seasonal fresh berries	1 $\frac{1}{2}$ cups

Method

1. In a bowl set over barely simmering water, whisk together the egg yolks, sugar, and Marsala.
2. Whisk constantly until thickened and glossy, 5 to 7 minutes. Make sure you don't overcook it or it will scramble.
3. Serve at once as a warm custard garnished with the fresh berries.

CAPONATA WITH TOAST

Yield: 6 Portions

Ingredients	Amounts
Eggplant, peeled, 1-inch dice	1 ½ lb.
Salt	as needed
 <i>Tomato Sauce</i>	
Extra virgin olive oil	¼ cup
Onion, coarsely chopped	½ cup
Celery, small dice	¼ bu.
Tomato purée	½ cup
Green olives, pitted, cut into pieces	⅓ cup
Capers, rinsed and drained	2 Tbsp.
Sugar	2 Tbsp.
Red wine vinegar	2 ½ Tbsp.
Salt	to taste
Ground black pepper	to taste
Olive oil	as needed
Bread, sliced and toasted	as needed

Method

1. Salt the cubed eggplant, place in a colander and top with a weight. Let rest while preparing the sauce.
2. To prepare the sauce, heat the olive oil in a large straight-sided sauté pan over medium heat. Add the onions and celery and sauté until tender.
3. Add the tomato purée and simmer until the sauce thickens slightly. Add the olives, capers, sugar, and vinegar. Season with salt and pepper to taste. Keep warm.
4. Squeeze the eggplant cubes to remove the excess water; rinse and pat dry with paper towels.
5. In a large straight-sided sauté pan heat ¼-inch of olive oil over high heat. Add half of the eggplant and sauté until soft and golden brown. Remove and drain on paper towels. Repeat with remaining eggplant.
6. Combine the cooked eggplant with the tomato sauce. Adjust seasonings, if necessary.
7. Serve at room temperature with thick slices of toasted bread.

Source: Red, White & Greens, Willinger

SPINACH AND RICOTTA RAVIOLI

Yield: 6 - 8 Portions

Ingredients	Amounts
Dough	
All-purpose flour	1 ½ lb. (5 cups)
Salt	¼ tsp.
Eggs	6 ea.
Stuffing	
Spinach	¾ lb.
Ricotta cheese	1 - 1 ¼ cups
Parmesan cheese, grated	1 ¼ cups
Eggs	3 ea.
Nutmeg, freshly grated	1 pinch
Salt	to taste
Ground black pepper	to taste
Sage Sauce*	
Butter	½ cup
Sage leaves	8 ea.

Method

1. To prepare the pasta dough, combine the flour and salt in a food processor. Add the eggs and process the mixture until it resembles coarse meal. When pressed, the dough will form a cohesive mass. Turn the dough out onto a work surface and knead until it is very firm, yet pliable. Wrap in plastic wrap and allow the dough to relax at room temperature for at least 30 minutes.
2. Remove and discard any tough stems from the spinach. Rinse well.
3. Cook the spinach in a large sauté pan over medium heat until it is wilted. Set aside until cool enough to handle, then squeeze out any excess water. Finely chop, then transfer to a large mixing bowl.
4. Add the ricotta, parmesan cheese, and eggs. Season with nutmeg, salt, and pepper to taste. Stir to combine well.
5. Divide the dough into quarters. Using a pasta machine or rolling pin on a flour-dusted surface, roll the pasta out into very thin (less than ⅛-inch) rectangles. Place 1 ½ to 2 teaspoon scoops of filling in rows, about 2 ½ inches apart, on two of the pasta sheets. Cover with the remaining pasta sheets, draping to evenly cover and fall between mounds of filling. Using a 3- to 4-inch pastry cutter, cut rounds of ravioli. Use a fork to press and seal the edges.
6. Bring a large pot of salted water to a boil. Cook the ravioli until *al dente*.
7. To prepare the sage sauce, heat the butter and sage in a medium-sized sauté pan over medium heat. Cook until the sage begins to crisp.
8. Serve the ravioli on a heated platter topped with the sage sauce.

Note: 1 quart of fresh tomato sauce can also be substituted for the sage sauce, if desired.

ONIONS IN SWEET AND SOUR SAUCE

Yield: 6 - 8 Portions

Ingredients	Amounts
Cipollini, or other small onion	1 ½ lb.
Olive oil	½ - ½ cup
Celery stalks, small dice	3 ea.
Garlic cloves, minced	3 ea.
Red onion, small, sliced	1 ea.
Tomato paste	1 ½ Tbsp.
Chicken stock	¾ cup
Red wine vinegar	½ cup
Sugar	3 - 4 Tbsp.
Salt	to taste
Ground black pepper	to taste
Basil, chiffonade	1 ½ Tbsp.
Flat-leaf parsley, chopped	1 ½ Tbsp.
Capers	1 ½ Tbsp.

Method

1. Bring a pot of salted water to boil. Par cook* (blanch) the cipollini until just tender. Drain and put in an ice bath (shock) to stop the cooking process. Drain and set aside.
2. Heat the olive oil in a saucepot set over medium heat. Add the celery, garlic, and red onion and sauté over medium heat until the onions have softened. Add the tomato paste and cook until lightly browned.
3. Deglaze the pan with chicken stock and red wine vinegar. Season with sugar, salt, and pepper.
4. Add the blanched cipollini and continue to cook until the cipollini are cooked through and the sauce has reduced to the desired consistency.
5. Finish by stirring in the basil, parsley, and capers.
6. Serve hot in a heated bowl.

Source: Arthur Schwartz

Note: If preferred, the onions can also be baked in the oven until tender instead of boiling.

TIRAMISU

Yield: 6 Portions

Ingredients	Amounts
Egg	1 ea.
Egg yolks	3 ea.
Sugar	½ cup
Vanilla extract	1 ½ tsp.
Mascarpone cheese	1 ¾ cups
Egg whites	2 ea.
Sugar	¼ cup
Espresso	2 cups
Kahlua	1 cups
Ladyfingers	24 ea.
Cocoa powder	2 Tbsp.
Powdered sugar	1 Tbsp.

Method

1. Whip the egg, egg yolks, and ½ cup of the sugar together in a large stainless steel bowl over simmering water for about 8 to 10 minutes, or until the volume nearly doubles and the mixture becomes a light lemon yellow.
2. Transfer the egg and sugar mixture to the bowl of an electric mixer and beat on high speed until the mixture has cooled to room temperature, about 8 to 10 minutes. Add the vanilla and mascarpone and blend on low speed until very smooth, about 2 to 3 minutes. Scrape the sides and bottom of the bowl to blend evenly.
3. Beat the egg whites in a clean bowl to medium-stiff peaks. As the mixture begins to thicken, slowly sprinkle in the ¼ cup sugar. This should take approximately 5 to 6 minutes. Fold the beaten egg whites into the mascarpone mixture in two additions. Refrigerate until needed.
4. Combine the espresso and Kahlua to make a syrup. Individually moisten each ladyfinger with the syrup. Then place the ladyfingers into a single layer in a 2 ½ - quart bowl, and dust evenly with cocoa powder. Top with a 1-inch thick layer of the mascarpone filling. Repeat layering in this sequence until the bowl is full, ending with a layer of filling.
5. Dust the entire surface of the tiramisu with cocoa powder and powdered sugar. Chill thoroughly before serving.

