



# Villa Maria



*Mediterranean Diet*

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and Pizza Courses*

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## *Villa Maria Organic Garden*

*Located in the upper southeast part of Ravello, it is adjacent to the ancient thirteenth-century Poor Clares Monastery, Its terraces, that slope right on to Santa Barbara precipice, they have been teared off, laboriously, from sedimentary rock, and now they form an orderly horizontal geometry. Here, flourish numerous variety of herbs and seasonal vegetables. On land patiently ordered, supported by chestnut poles, fruit trees, citrus and vines enjoy the warm Mediterranean sun. The olive trees, arbustus and carob trees, along a path of ancient local stone stairs, frame this garden of wonders, where everything grows thanks to the labour of man, sun, water and organic compound, without the use of chemical fertilizers. Particularly interesting, is a natural karstic cave, where, since medieval time, it is housed a rock chapel, dedicated to the Archangel Michael and has always been, for the farmers, a place of prayer and of thanksgiving for the harvest.*





*Nonna Orsola Cooking School, started in 1974, with initial intention to teach to the many guests who visited Ravello and Amalfi Coast, the true traditional Italian cuisine, being this, indeed, the best way to know a people and its traditions. With over fifteen hundred years of history, we have had favourable conditions to develop an excellent culinary culture. Everything is magically expressed in simple dishes, served on our tables, in the great Mediterranean heritage. This being the thought and philosophy of the Mediterranean Diet, today celebrated by U.N.E.S.C.O. United Nations Scientific Education and Cultural Organization.*

*It is a way of eating that dates to ancient times and which has fed for many centuries the populations of the whole Mediterranean Area. This diet is based on carbohydrates, vegetables, fruit, olive oil and it encourages consumption of fish, legumes and dairy products, in particular goat cheese, allows a daily glass of wine and includes a moderate consumption of red meat.*

*This are the recipes that you will prepare during our courses and throughout the year, with seasonal vegetables from the characteristic Organic Garden, in front of the kitchen*





## COOKING TERMS

### al dente

italian for "to the tooth" refers to pasta that is slightly undercooked, pasta cooked enough to be al dente and not soft.

### julienne

is a culinary knife cut in which the food item is cut into long thin strips, similar to matchstick.

### zest

is prepared by scraping or cutting the outer skin of citrus fruits, such as lemon and orange.

### reduction

is the process of thickening and intensifying the flavor of a liquid mixture such as a soup, sauce or juice, by simmering or boiling. Reduction is performed by simmering or boiling a liquid such as stock, fruit or vegetable juices, wine, vinegar, or a sauce, until the desired volume is reached by evaporation.

### emulsion

the emulsion, is intended in the kitchen, as the mixture of two liquids, such as lemon juice and E.V.O. oil, mixing them with an energetic whisking. Emulsion, then, is also the way to flavor a dish, gently adding the cooking sauce.

### E.V.O. oil

extra virgin olive oil is considered an unrefined oil, not treated with chemicals or altered by temperature. What distinguishes it is the low level of oleic acid and the absence of sensory defects. It has a green-gold color, with a distinct flavor and a spicy essence

### peanut oil

also known arachis oil has a high smoke point and neutral taste which makes it perfect for frying foods. It's also low in saturated fat and high in polyunsaturated and monounsaturated fats.

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# Appetizers

*Appetizers also known as, “starters”, are what comes before the proper meal. Consisting in small amounts of salty food, its meaning is to increase the appetite of diners, introducing all other courses. It’s usually wet by light, often sparkling wines or other slightly alcoholic beverages. Given its features, this kind of food can be often served both at the beginning of a meal or as a side dish.*



## Stuffed squids with cherry tomato sauce

### Ingredients for 4 people

4 fresh squids, large size;  
20 cherry tomatoes;  
finely chopped fresh parsley;  
fresh parsley stems;  
2 cloves of garlic, minced;  
250 gr. stale breadcrumb;  
2 potatoes, small size;  
100 cl. dry white wine;  
extra virgin olive oil;  
sea salt, to taste.



### Procedure

Wash the potatoes well, and boil them in a pot with 800 cl. of cold water. Meanwhile, clean the squids by removing the entrails, rinse them well under running water. Leave the body whole, and cut the tentacles, in very small pieces. Rinse the cherry tomatoes, and cut them in a plate, to save the juice. Soften the stale breadcrumb, in a little warm water, wring it out well, and place it, in a large bowl. Drain the potatoes, peel, press as a puree, and add them into the bowl with the softened breadcrumb. Add a bit of E.V.O. oil, a large pinch of minced garlic, a large pinch of sea salt and a generous pinch of finely chopped fresh parsley, and amalgamate very well. In a very hot non-stick pan, put a little E.V.O. oil, a pinch of finely chopped fresh garlic, a large pinch of finely chopped fresh parsley, and sauté well. Add the pieces of tentacles squids, the dry white wine, and stew gently, covering the pan, until the liquid, will not be completely absorbed. Turn off the heat, take the tentacles and mix them into the bowl with the mixture, leaving the remaining cooking liquid into the pan. Fill, carefully, the squids with the mixture, and close the top with some toothpicks. In the pan with remaining liquid, over medium heat, place the stuffed squid, and cook for 4 minutes, turning them, occasionally, avoiding burning them. Add the cherry tomatoes and their juice, and cook for 4 more minutes, over low heat, with the lid on. Serve, immediately, in 4 serving dishes, with the stuffed squids first, and the cherry tomato and sauce, on top. Sprinkle a little of finely chopped fresh parsley.

## Shrimps and zucchini's julienne in lemon and fresh mint sauce

### Ingredients for 4 people

400 gr. fresh shrimps;  
4 zucchini, medium size;  
the juice of 1 lemon;  
lemon peel and lemon zest;  
fresh mint leaves ;  
1 clove of garlic, minced;  
reduction of shrimps' broth;  
extra virgin olive oil;  
sea salt, to taste.



### Procedure

Peel, delicately, and clean the shrimps by removing the head and the vein. Put the 16 shrimps' heads in a pot with 600 cl. of water, add, a large pinch of sea salt, a handful of fresh mint leaves, a few lemon peels, be careful to cut the yellow part only, and bring to a boil, preparing a shrimps' broth. The reduction, at the end of boiling, will be 3/4 tablespoons. Rinse, drain and cut the zucchini in half, removing all the white part inside and cut them finely into julienne strips. In a very hot no-stick pan, add a bit of E.V.O. oil, a large pinch of minced garlic and a generous pinch of finely chopped fresh mint leaves. Add the zucchini and 2 tablespoons of shrimps' broth reduction. Cover the pan and cook 5 minutes, over low heat. Add another tablespoon of shrimps' broth, and mix well. Make a circle in the middle of the pan, putting the zucchini around the edge, and place the shrimps in the center. Add the rest of shrimps' broth, the lemon juice and a handful of very finely chopped fresh mint. Scrape a little lemon zest, on the shrimps only, cover the pan and cook for 1 minute over medium heat. Serve, immediately, in 4 serving dishes, with the zucchini, like a nest, and the shrimps in the center. Spread the sauce, and garnish with a slice of lemon, on top.

## **Sautè of shellfish mussels with cherry tomatoes**

### **Ingredients for 4 people**

800 gr. fresh mussels;  
1 clove of garlic, minced;  
finely chopped fresh parsley;  
16 cherry tomatoes;  
extra virgin olive oil.



### **Procedure**

Clean the mussels, removing the byssus and rinse them well, under running water. Cut the tomatoes, in quarters, in a plate, to save the juice. In a very hot no-stick pan, add a bit of E.V.O. oil, a large pinch of minced garlic and a generous pinch of finely chopped fresh parsley. Sauté for few second, over low heat, add the cherry tomatoes, and let cook for 2 minutes. Add the mussels without any salt and water. Cover the pan, increase over high heat and cook for 3 minutes. Turn off the heat and wait a few seconds, not removing the lid . Uncover the pan, mix well in the sauce and in the broth, expelled from the mussels, and serve, immediately, in 4 deep dishes with a sprinkle of finely chopped fresh parsley and a mince of white pepper, if it's appreciated. Garnish with toasted bread.

## Sautè of shellfish clams with lemon juice

### Ingredients for 4 people

800 gr. fresh clams;  
1 clove of garlic, minced;  
finely chopped fresh parsley;  
1 lemon;  
extra virgin olive oil.



### Procedure

Clean the clams, rinsing them well, under running water. In a very hot no-stick pan, add a bit of E.V.O. oil, a large pinch of minced garlic and a generous pinch of finely chopped fresh parsley. Add the clams without any salt and water. Cover the pan, increase over high heat and cook for 3 minutes. Turn off the heat and wait a few seconds, not removing the lid off. Uncover the pan, squeeze the lemon juice, and mix well it in the broth, expelled from the clams. Serve immediately in 4 deep dishes, with a sprinkle of finely chopped fresh parsley. Garnish with toasted bread slices, rubbed with fresh garlic, and sprinkle with a touch of black pepper.

## Salad of cuttelfish and fennel's julienne

### Ingredients for 4 people

2 fresh cuttlefish, about 600 grams;  
2 large fennel;  
10 walnuts kernel;  
the juice of 1 lemon;  
lemon zest;  
1 clove of garlic, minced;  
fresh parsley stolks;  
finely chopped fresh parsley;  
extra virgin olive oil;  
sea salt, to taste.



### Procedure

In a pot with 600 cl. of water, add a large pinch of sea salt, a handfull of fresh parsley stolks, a few lemon peels, being careful to cut the yellow part only, and bring to a boil, preparing a parsley broth. The reduction, at the end of boiling, will be a large cup. In the meantime, clean the cuttlefish, removing the entrails, rinse well and cut into thin strips. Cut the tentacles in pieces. Clean the fennel, rinse, drain and cut them into julienne. Add the cuttlefish In a very hot no-stick pan, with a bit of extra virgin olive oil, a pinch of finely chopped garlic, a generous pinch of finely chopped fresh parsley,, and let cook, for 3 minutes adding the parsley broth, little by little. At the same time add the fennels' julienne in another very hot no-stick pan, with a bit of extra virgin olive oil, a pinch of finely chopped garlic, a generous pinch of finely chopped fresh parsley. Sprinkle a large pinch of sea salt, add the walnuts kernels, chopped into quarters, and sauté for few seconds. Add the lemon juice, cover the pan and cook for 2 minutes, until they reach a not too crispy consistency. In 4 serving dishes, arrange the fennel's julienne and walnuts kernels first, like a bed, and put the cuttlefish on top. Spread the sauce and scrape a little of lemon zest. Garnish with a sprig of fresh parsley

## Salad of mussels and clams with cabbage

### Ingredients for 4 people

500 gr. fresh mussels;  
200 gr. fresh clams;  
1 large cabbage or savoy cabbage;  
1 small glass of dry white wine;  
1 clove of garlic, minced;  
finely chopped fresh parsley;  
extra virgin olive oil;  
sea salt, to taste.



### Procedure

Clean the clams and the mussels, removing the byssus, and rinse them well, under running water.

Remove first the outer leaves of the cabbage, and cut it into thin strips, as julienne. In a very hot no-stick pan, add a bit of E.V.O. oil, a pinch of minced garlic and a generous pinch of fresh parsley finely chopped.

Sauté for few second and add the cabbage. Add a pinch of sea salt, and stew for just 2 minutes, over low heat without the lid on, turn off the heat.

Meanwhile, in a very hot no-stick pan, add a bit of E.V.O. oil, a large pinch of minced garlic and a generous pinch of finely chopped fresh parsley. Sauté for few second, over low heat, and add the mussels and clams without any salt and water. Cover the pan, increase over high heat and cook for 3 minutes. Turn off the heat and wait a few seconds, leaving the lid on.

Uncover the pan, and take the shells off, leaving the seafood broth in the pan, and putting the mussels and clams in a bowl. Leave some mussel and clams with the shell for decoration. Take the cabbage and lay it in the seafood broth. Add the glass of wine and cook for 3 minutes over medium heat, not letting the sauce dry completely.

Serve in the center of 4 deep dishes, with the cabbage like a nest, and the shellfish in the center.

Sprinkle with finely chopped fresh parsley, and garnish with fresh parsley leaves and mussels and clams with shells, on top. Mince a little black pepper, if it's appreciated.

### Smoked mozzarella cheese in lemon leaves, with caponata

#### Ingredients for 4 people

1 smoked mozzarella cheese, about 400 grams;  
16 large lemon leaves and lemon zest;  
traditional bread fresella type;  
12 cherry tomatoes;  
4 large green olives;  
4 large black olives;  
a handful of fresh basil leaves;  
1 clove of garlic, minced;  
1 large pinch of dry oregano;  
extra virgin olive oil and sea salt, to taste.



Cut the smoked mozzarella cheese into 8 slices, 1 cm. wide. In a large bowl put the cherry tomatoes, chopped in quarters, the olives, previously destoned, the finely chop garlic, the dry oregano, the fresh basil leaves, cut in strips, a pinch of sea salt, a little of E.V.O. oil, and let to marinate for 10 minutes. In a very large and hot no-stick pan, add a touch of E.V.O. oil, just to moisten the pan, and the lemon zest, (about 2 full teaspoons). Sautè gently, over low heat. Add the lemon leaves, mixing them, into the oil and lemon zest flavour, letting first absorb, and then release, the lemon scent. Cover the pan for a few seconds, and turn off the heat. Add the 8 slices of smoked mozzarella cheese in 8 lemon leaves, and cover them with the other 8 leaves. Let the mozzarella slices slowly melt and absorb the lemon fragrance, only with the steam created by the pan with lid on. In a bowl, with little water, wet the traditional biscuit bread, for 10 seconds. Drain very well and arrange them in 4 side dishes, putting on them, the cherry tomatoes salad and juice, and serve with smoked mozzarella cheese in lemon leaves, in the center of 4 serving plates.

## Procedure

Cut into thin slices, the large Sorrento type tomatoes, removing the top and a small part of the bottom, and place them in a large bowl. Flavor well first, adding the sea salt, a bit of E.V.O. oil, the oregano, the garlic, finely chopped, and the basil leaves, cut into strips. Flavor well, taking care not to break the tomato slices. Cut into thin slices, same size, the fresh mozzarella cheese. In 4 serving dishes, put in the center, 1 slice of tomato at the beginning, alternating it, with a slice of mozzarella cheese. Dress, at the end, with all the juice and the rest of the ingredients, left in the bowl. Put on the top, few fresh basil leaves, as decoration. Serve with toasted slices bread.



## Mozzarella Caprese salad

### Ingredients for 4 people

1 large cow milk mozzarella cheese, about 400 grams;  
4 tomatoes, Sorrento type;  
a handful of fresh basil leaves;  
1 clove of garlic, minced;  
1 large pinch of dry oregano;  
extra virgin olive oil;  
sea salt, to taste



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## **Turkey breast with peppers in sweet and sour sauce**

### **Ingredients for 4 people**

400 gr. turkey breast;  
3 peppers small size, 1 green,  
1 yellow, 1 red, small size;  
12 fresh bay leaves;  
a quarter of dry white wine;  
5 tablespoons of white vinegar;  
1 tablespoon of sugar;  
finely chopped fresh parsley;  
1 small onion, minced;  
extra virgin olive oil;  
sea salt, to taste.



### **Procedure**

Put the dry white wine in a large bowl and flavor it with the bay leaves and a little freshly ground black pepper. Cut the turkey breast into small pieces but not thin, and immerse them into the bowl with wine marinade. Leave to marinate, the time necessary to cut the peppers into julienne, anyway 10 minutes. Rinse, drain and cut the peppers first in half, removing all the white filaments and seeds, and cut them into julienne strips. In a very hot no-stick pan, put a bit of E.V.O. oil, the minced onion and sauté few seconds over low heat. Add the dry white wine marinade, a large pinch of finely chopped fresh parsley, and cook well the onion, without the lid on, being careful to leave the onion a golden color. Add the peppers julienne and stew for 2 minutes, cooking over medium heat, covering the pan. Add a large pinch of sea salt, the sugar and the white vinegar. Reduce over very low heat, mix well and add the turkey breast pieces. Allow, delicately, to flavor all together, in the sweet and sour sauce for 2 more minute, with the lid on. Serve, immediately, in 4 serving dishes, adding all the cooking sauce, left into the pan. Garnish with a sprig of fresh parsley on top.

## Fagottino with eggs and vegetables

### Ingredients for 4 people

6 fresh eggs;  
100 gr. aged goat cheese, fresh grated;  
2 peppers small size, 1 red, 1 yellow;  
1 eggplant, small size;  
1 zucchini, small size;  
a handful of fresh basil leaves;  
some chives' wires;  
1 small spring onion;  
extra virgin olive oil;  
sea salt, to taste.



### Procedure

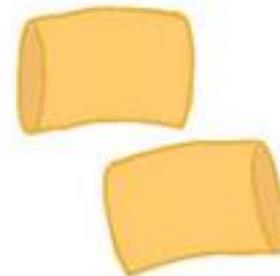
Rinse, drain and cut the peppers first in half, removing all the seeds and white filaments, and cut them into julienne strips. Rinse, drain and cut the eggplant first in half, removing all the white part in the middle, and cut it into julienne strips. Rinse, drain and cut the zucchini first in half, removing all the white part in the middle, and cut them into julienne strips. In a very hot no-stick pan, add one tablespoon of E.V.O. oil, the minced spring onion, a generous pinch of fresh basil finely chopped and sauté for few seconds. Add first the peppers and let cook for 2 minutes, covering the pan, over low heat. Add the zucchini and the eggplant, 2 pinches of sea salt and cook for 5 more minutes. In a bowl, meanwhile, beat vigorously the eggs, adding a pinch of sea salt, a handful of fresh grated aged goat cheese, basil very minced and a pinch of freshly ground white pepper, to taste. In a very hot no-stick pan, just moistened with E.V.O. oil, fry the eggs just like preparing crepes. Fry to a delicate gilding. Place them in 4 serving dishes. Add the vegetables in the middle, sprinkle the top with aged goat cheese, and close them, like a small bag, closing each one, with a chives' wires, as a string. Garnish, with few basil leaves cut into small strips.

# First Courses

*This course also called “entrée” marks the beginning of a meal. In the Mediterranean Diet, this course is traditionally the undisputed realm of pasta, served in various formats and with an endless choice of sauces.*



# THE VARIOUS TYPES OF PASTA USED



## Linguine with shellfish clams

### Ingredients for 4 people

360 gr. Linguine;  
600 gr. fresh clams;  
1 big clove of garlic, minced;  
fresh parsley stems;  
finely chopped fresh parsley;  
extra virgin olive oil;  
sea salt, to taste.



### Procedure

In a large pot, boil water, putting in it a large handful of fresh parsley stems, to flavor it. Meantime, clean the clams and rinse them well, under running water. In a very hot no-stick pan, add a bit of E.V.O. oil, a pinch of minced garlic and a generous pinch of fresh parsley, finely chopped. Sauté for few seconds over low heat. Add the clams without any salt and water. Cover the pan, increase over high heat and cook for 3 minutes. Turn off the heat, and wait few seconds, keeping the lid on. With a skimmer, remove the parsley stems from the boiling water and throw the Linguine with a pinch of sea salt. Uncover the pan, and take the shells off. Remove the shells, putting the clams in a bowl, and leaving their sauce, into the pan. Leave, aside, in a bowl, some clams in their shells, for the final decoration. Drain the Linguine, “*al dente*”, and mix well into the pan with clams' sauce. Let cook over medium heat, adding 3 ladleful of pasta water and a very generous pinch of finely chopped fresh parsley. Add the clams, mix well, continue the cooking, reducing the liquid, resulting in a creamy sauce. Serve immediately in 4 serving dishes, with some clams with shells, and garnish with a sprig of fresh parsley, on top.



## Spaghetti with shellfish clams and cherry tomatoes

### Ingredients for 4 people

360 gr. Spaghetti;  
600 gr. fresh clams;  
1 big clove of garlic, minced;  
fresh parsley stems;  
finely chopped fresh parsley;  
extra virgin olive oil;  
sea salt, to taste.



### Procedure

In a large pot, boil water, putting in it, a large handful of fresh parsley stems, to flavor it. Make a small cross-like cut on the bottom of the cherry tomatoes. Put them in the boiling water, leaving them for 10 seconds. Drain well, peel and cut them in quarters into a plate, to save the juice,. Meantime, clean the clams and rinse them well, under running water. In a very hot no-stick pan, add a bit of E.V.O. oil, a pinch of minced garlic and a generous pinch of fresh parsley, finely chopped. Sauté for few seconds over low heat. Add the cherry tomatoes and stew for 1 minute. With a skimmer, remove the parsley stems from the boiling water and throw in the Spaghetti with a pinch of sea salt. Add the shellfish, in the pan with cherry tomatoes, without any salt and water. Cover the pan, increase over high heat and cook for 3 minutes. Turn off the heat, and wait few seconds, keeping the lid on. Uncover the pan, and take the shells off. Remove the shells, putting the clams into the pan again. Leave, aside, in a bowl, some clams in their shells, for the final decoration. Drain the Spaghetti *“al dente”* and mix well into the pan with clams and cherry tomato sauce. Let cook over medium heat, adding 3 ladleful of pasta water and a very generous pinch of finely chopped fresh parsley. Continue the cooking, reducing the liquid, resulting in a creamy sauce. Serve immediately in 4 serving dishes, with some clams with shells, and garnish with a sprig of fresh parsley, on top.

## Procedure



### Mezzi Paccheri with shell fish mussels and zucchini

#### Ingredients x 4

320 gr. Mezzi Paccheri, special  
shape of dry pasta, as big tubes;  
600 gr. fresh mussels;  
2 zucchini medium size;  
1 big clove of garlic, minced;  
fresh parsley stems;  
finely chopped fresh parsley;  
50 cl. of dry white wine;  
extra virgin olive oil;  
sea salt, to taste.



In a large pot, boil 400 cl of water, putting in it, a large handful of fresh parsley stems, to flavor it. Clean the mussels, removing the byssus, and rinse them well, under running water. Rinse, drain and cut the zucchini in half, removing all the white part inside, and cut them in small pieces. In a very hot no-stick pan, add a bit of E.V.O. oil, a pinch of minced garlic and generous pinch of fresh parsley, finely chopped. Sauté few seconds over low heat. Add the zucchini, the dry white wine and cook for 3 minutes, covering the pan. With a skimmer, remove the parsley stems from the boiling water and throw in the Mezzi Paccheri with a pinch of sea salt. Add the mussels, in the pan with zucchini, without any salt and water. Cover the pan, increase over high heat and cook for 3 minutes. Turn off the heat and wait a few seconds, leaving the lid on. Take the shells off, removing the shells, leaving the mussels into the pan again. Leave, aside, in a bowl, some mussels in their shells, for the final decoration. Drain the Mezzi Paccheri “*al dente*” and mix well in the pan with zucchini and mussels' sauce. Let cook over medium heat. Add 2 ladleful of pasta water and a generous pinch of finely chopped fresh parsley. Add the mussels, mix well, continue the cooking, reducing the liquid, resulting in a creamy sauce. Serve immediately in 4 serving plates, with a spread of finely chopped fresh parsley, and a touch of fresh ground black pepper.

## Linguine with shrimps and cherry tomatoes

### Ingredients for 4 people

360 gr. Linguine;  
400 gr. fresh shrimps;  
20 cherry tomatoes;  
shrimps' broth;  
1 big clove of garlic, minced;  
fresh parsley stems;  
finely chopped fresh parsley;  
extra virgin olive oil;  
sea salt, to taste.



### Procedure

Remove the head from 16 shrimps, and put them in a pot with 300 cl. of cool water, a large pinch of sea salt, a handful of fresh parsley stems, and bring to a boil, preparing a shrimps' broth. The reduction, at the end, will be 3 tablespoons. Meanwhile, clean and peel, delicately, the shrimps by removing the head and the vein. Rinse, and cut the cherry tomatoes in half. In a pot with boiling water, add the Linguine and a pinch of sea salt. In a very hot non-stick pan, add a bit of E.V.O. oil, a pinch of minced garlic and a generous pinch of fresh parsley finely chopped. Sauté few seconds and add the tomatoes and 2 tablespoons of shrimps' broth reduction. Cover the pan and cook for 2 minutes. Drain the Linguine "*al dente*" and mix well into the pan with cherry tomato sauce. Let cook over medium heat. Add 3 ladlespoons of pasta water and a generous pinch of finely chopped fresh parsley. Add the shrimps, mix well, continue the cooking, for 1 more minute, reducing the liquid, resulting in a creamy sauce. Serve, immediately, in 4 serving dishes, with a little of finely chopped fresh parsley, and a touch of fresh ground black pepper.

## Fusilli with artichokes and lemon juice

### Ingredients for 4 people

360 gr. Fusilli;  
600 gr. artichokes;  
60 gr. of pine nuts;  
1 big clove of garlic, minced;  
1 lemon, medium size;  
lemon peel;  
fresh mint stems;  
finely chopped fresh mint leaves;  
extra virgin olive oil;  
sea salt, to taste.



### Procedure

Clean the artichokes well, removing the hardest outer leaves and peeling the hard filaments from the stems. Cut them in quarters and their stems in pieces. Let marinate for 15 minutes, putting them in a large bowl, with cold water, a pinch of sea salt, and the peel and the juice of 1 lemon. Meanwhile, in a large pot with 600 cl. of water and a pinch of sea salt, put a handful of fresh mint stems, and simmer for 10 minutes, obtaining a mint broth. In a very hot no-stick pan, add a bit of E.V.O. oil, a pinch of minced garlic and a generous pinch of fresh mint finely chopped. Sauté few seconds, drain, with skimmer, the artichokes, add them in the pan, and cook for 5 minutes adding the mint broth little by little,. In a large pot with boiling water and a pinch of sea salt, put the Fusilli. Drain them “*al dente*” and mix well into the pan with artichokes’ sauce. Add 3 pasta water ladleful and a generous pinch of finely chopped fresh mint. Continue the cooking, for 1 more minute, reducing the liquid, resulting in a creamy sauce. Squeeze the juice of the other lemon, sprinkle a little of fresh ground black pepper, and amalgamate very well. Serve, immediately, in 4 serving dishes, with a little of finely chopped fresh mint.

### Linguine with zucchini cream, and pecorino cheese

#### Ingredients for 4 people

360 Linguine;  
3 zucchini, medium size;  
80 gr. of peeled almonds;  
1 big clove of garlic, minced;  
fresh basil stems;  
finely chopped fresh basil;  
100 gr. of fresh grated pecorino cheese;  
extra virgin olive oil;  
sea salt, to taste.



In a large pot, boil 400 cl. of water, putting in it, a large pinch of sea salt and a handful of fresh basil stems, to flavor it. Rinse, drain and cut the zucchini in half, removing some of the white part inside, and cut them in small pieces. In a very hot no-stick pan, put the peeled almonds, and toast them, over low heat. In a very hot no-stick pan, add a little of E.V.O. oil, the minced garlic and sauté a few seconds, over low heat. Put the zucchini, add all the broth of basil and simmer gently, until the broth is completely absorbed, with the lid on. Meanwhile, in a large pot with boiling water, put the Linguine and a pinch of sea salt. Chop, finely, the toasted almonds, with a sharp knife. At the end of cooking, the zucchini must be soft. Simply press them with a fork, to obtain a creamy zucchini sauce, avoiding the use of a mixer, that would alter their scent. Put the sauce obtained in a large bowl. Add the finely chopped almonds, a little bit of E.V.O. oil, a handful of fresh grated pecorino cheese and mix delicately. Add a little of pasta water and a large pinch of finely chopped fresh basil, into the zucchini creamy sauce. Drain the Linguine “*al dente*”, place them into the sauce, and amalgamate well everything. Serve, immediately, in 4 serving dishes, with a little of fresh grated pecorino cheese and a touch of fresh ground black pepper. Garnish with few basil leaves on top.

## Mezzi Paccheri with shell fish mussels and potatoes

### Ingredients for 4 people

320 gr. Mezzi Paccheri;  
500 gr. fresh mussels;  
2 potatoes medium size, 150 gr. in all;  
1 big clove of garlic, minced;  
fresh parsley stems;  
finely chopped fresh parsley;  
extra virgin olive oil;  
sea salt, to taste.



### Procedure

Wash well the potatoes and put them in a large pot, with 2 liters of cold water, a pinch of sea salt and a large handful of fresh parsley stems, to flavor it. Bring to a boil, and when the water starts to boil, remove the potatoes and let them cool. Clean the mussels, removing the byssus, and rinse them well, under running water. In a very hot no-stick pan, add a bit of E.V.O. oil, a large pinch of minced garlic and a generous pinch of fresh parsley, finely chopped. Sauté few seconds over low heat. Add the mussels without any salt and water. Cover the pan, increase over high heat and cook for 3 minutes. Turn off the heat and wait a few seconds, leaving the lid on. Take the shells off, putting the mussels in a bowl with some mussels with shell, for decoration. and leaving the mussels' broth into the pan. With a skimmer, remove the parsley stems from the boiling water and throw in the Mezzi Paccheri. Cut the potatoes in small cubes, and add them into the pan with the mussels' broth. Let cook for 2 minutes, covering the pan, over medium heat. Drain the Mezzi Paccheri "*al dente*" and mix well in the pan with mussels' sauce and the potatoes. Add 3 ladlespoons of pasta water, a very generous pinch of finely chopped fresh parsley, and continue the cooking, for 1 more minute, without the lid on. Add the mussels, mix well, continue the cooking, reducing the liquid, until it becomes a creamy sauce. Serve, immediately, in 4 serving dishes, with a little of finely chopped fresh parsley, and a touch of fresh ground black pepper.



## Linguine with shrimps, orange juice and white wine

### Ingredients for 4 people

360 gr. Linguine;  
400 gr. fresh shrimps;  
1 orange, large size;  
shrimps' broth;  
100 cl. of dry white wine;  
1 big clove of garlic, minced;  
fresh fennel stems;  
finely chopped fresh fennel;  
extra virgin olive oil;  
sea salt, to taste.



### Procedure

Remove the head from 20 shrimps, and put them in a pot with 400 cl. of cool water, a large pinch of sea salt, a handful of fresh fennel stems, the peel of the orange, being careful to cut the yellow part only, and bring to a boil, preparing the shrimps' broth. The reduction, at the end, will be 3/4 tablespoons. In a pot with boiling water, add the Linguine and a pinch of sea salt. Meanwhile, clean and peel, delicately, the shrimps by removing the vein. In a very hot no-stick pan, add a bit of E.V.O. oil, a large pinch of minced garlic and a generous pinch of finely chopped fresh fennel. Sauté few seconds and add 2 tablespoons of shrimps' broth reduction. Cover the pan and simmer for 1 minute. Add the dry white wine, drain the Linguine "*al dente*" and mix well in the pan with sauce. Let cook, over medium heat, with 2 ladlespoons of pasta water and a generous pinch of finely chopped fresh fennel. Add the shrimps, the rest of shrimps' broth, and mix very well. Squeeze the orange to add its juice, continuing the cooking, for 1 more minute, reducing well the sauce, until it becomes creamy. Serve immediately in 4 serving dishes, with a little of finely chopped fresh fennel, and a touch of freshly ground black pepper. Garnish, with a sprig of fresh fennel on top.

## Tagliatelle with zucchini, shrimps and lemon juice

### Ingredients for 4 people

320 gr. Tagliatelle;  
400 gr. fresh shrimps;  
2 zucchini, medium size;  
the juice of 1 lemon;  
lemon peel and lemon zest;  
fresh mint leaves;  
1 clove of garlic, minced;  
reduction of shrimps' broth;  
1 large clove of garlic, finely chopped;  
extra virgin olive oil;  
sea salt, to taste.



### Procedure

Peel, delicately, and clean the shrimps by removing the head and the vein. In a pot with 600 cl. of water, add 20 shrimps' heads, a large pinch of sea salt, a handful of fresh mint leaves, a few lemon peels, being careful to cut the yellow part only, and bring to a boil, preparing a shrimps' broth. The reduction, at the end of boiling, will be 3/4 tablespoons. Bring to a boil, the water in another large pot, with a handful of fresh mint leaves. Meanwhile, rinse, drain and cut the zucchini in half, removing all the white part inside, and cut them finely into julienne strips. In a very hot no-stick pan, add a bit of E.V.O. oil, large pinch of minced garlic and a generous pinch of finely chopped fresh mint leaves. Add the zucchini and 2 tablespoons of shrimps' broth reduction. Cover the pan and simmer for 5 minutes, over low heat. With a skimmer, remove the mint leaves from the boiling water, and throw in the Tagliatelle with a pinch of sea salt. Add another tablespoon of shrimps' broth into the pan with zucchini, and mix well. Drain the Tagliatelle "*al dente*" and mix well, in the pan with zucchini sauce. Let cook over medium heat, with 3 ladlespoons of pasta water and a handful of finely chopped fresh mint, leaving the pasta with the zucchini well flavored. Add the shrimps, squeeze the lemon, uncover the pan and cook for 1 minute, over medium heat, until the sauce, becomes creamy. Serve in 4 serving dishes, with a touch of lemon zest, and garnish with a slice of lemon, on top.



## **Spaghetti with cherry tomatoes and pecorino cheese**

### **Ingredients for 4 people**

360 gr. Spaghetti,  
30 cherry tomatoes, 800 gr.in all;  
1 small onion, minced;  
fresh basil stems;  
finely chopped fresh basil leaves;  
fresh grated pecorino cheese;  
extra virgin olive oil;  
sea salt, to taste.



### **Procedure**

In a pot with 1 and half liter of cold water, add a handful of fresh basil leaves and stems, and bring to a boil, for the preparation of basil broth, making the water aromatic since it will be the water to cook the Spaghetti. Rinse and make a small cross-like cut on the bottom of the cherry tomatoes. Put them in the boiling water, and boil for 10 seconds. Drain them well. Peel and cut them in pieces, in a plate to save the juice. In a very hot no-stick pan, add a bit of E.V.O. oil, the minced onion and a handful of chopped fresh basil leaves. Sautè, slowly, adding little by little the basil broth. With a skimmer, remove the basil leaves and stems from the boiling water, and throw in the Spaghetti with a pinch of sea salt. Add the cherry tomatoes, their juice, 2 ladlespoons of pasta water and cook for 4 minutes, covering the pan, over low heat. Drain the Spaghetti “*al dente*” and mix well in the pan with cherry tomato sauce. Let cook over medium heat. Add 2 ladlespoons more of pasta water and a handful of chopped fresh basil. Turn off the heat and add the fresh grated pecorino cheese. Mix well and serve, immediately, in 4 serving dishes. Garnish with few fresh basil leaves on top.



## Tagliatelle with porcini mushrooms

### Ingredients for 4 people

320 gr. Tagliatelle;  
240 gr. porcini mushrooms;  
1 small onion, minced;  
fresh parsley leaves and stems;  
80 gr. fresh grated aged goat cheese;  
extra virgin olive oil;  
sea salt, to taste.



### Procedure

In a pot with 1 and half liter of cold water, add a handful of parsley stems and a large pinch of sea salt and bring to a boil. It's for the preparation of parsley broth. Clean, carefully, the porcini mushrooms, and cut them in small pieces. In a very hot no-stick pan, add a bit of E.V.O. oil, minced onion and a generous pinch of finely chopped fresh parsley. Sautè for few seconds, adding 1 ladlespoons of parsley broth, cooking the onion well and reducing the sauce. With a skimmer, remove the parsley stems from the boiling water, and throw in the Tagliatelle. Add the porcini mushrooms into the pan, and cook over low heat for 3 minutes, covering the pan. Drain the Tagliatelle "*al dente*" and mix well into the pan with porcini mushrooms sauce. Let cook over medium heat, with 2 ladlespoons more of pasta water and a handful of finely chopped fresh parsley. Reduce the sauce, until it becomes creamy. Turn off the heat and add the fresh grated aged goat cheese. Mix well and serve, immediately, in 4 serving dishes. Garnish with a sprig of fresh parsley on top.

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## Spaghetti Buonadonna

### Ingredients for 4 people

320 gr. Spaghetti;  
24 fresh cherry tomatoes;  
1 clove of garlic, minced;  
fresh parsley leaves and  
parsley stems;  
5 black olives;  
5 green olives;  
1 tablespoon of capers;  
extra virgin olive oil;  
sea salt, to taste.



### Procedure

In a pot with 1 and half liter of cold water, add a handful of fresh parsley stems and a large pinch of sea salt, and bring to a boil, making the water aromatic since it will be the water to boil the Spaghetti. Rinse and cut the cherry tomatoes in quarters. Cut the desalted capers in very small pieces. Destone the olives and cut them in half. In a very hot no-stick pan, add a little of E.V.O. oil, a large pinch of minced garlic, a generous pinch of finely chopped fresh parsley and the capers. Sauté few seconds, over low heat. With a skimmer, remove the parsley stems from the boiling water, and throw in the Spaghetti. Add the cherry tomatoes, the olives and 2 ladlespoons of pasta water into the pan, and cook over low heat for 3 minutes, covering the pan. Drain the Spaghetti “*al dente*” and mix well with the sauce in the pan. Let cook over medium heat, with 2 ladlespoons of pasta water and a handful of finely chopped fresh parsley. Reduce the sauce, until it becomes creamy. Mix well and serve, immediately, in 4 serving dishes. Sprinkle a little of finely chopped fresh parsley and garnish with a sprig of fresh parsley on top.



## **Ditaloni with vegetables, pine nuts and pecorino cheese**

### **Ingredients for 4 people**

320 gr. Ditaloni  
2 small size peppers 1 red 1 yellow;  
1 medium size eggplant;  
50 gr. pine nuts;  
1 clove of garlic, minced;  
fresh celery stalk;  
finely chopped fresh celery leaves;  
80 gr. pecorino cheese;  
dry oregano ;  
extra virgin olive oil and sea salt, to taste.



### **Procedure**

In a pot with 1 and half liter of cold water, add a handful of fresh celery leaves and stems, a large pinch of sea salt, and bring to a boil, making the water aromatic since it will be the water to boil the Ditaloni. Rinse, drain and cut the peppers first in half, removing all the white filaments and seeds, and cut them again in small pieces. Rinse, drain and cut the eggplant first in half, removing a little of white part inside, and cut it again in small pieces. In a very hot no-stick pan, add a bit of E.V.O. oil, a pinch of minced garlic and a handful of fresh chopped celery leaves. Sauté few seconds, add the pine nuts and the vegetables, and stew for 3 minutes, over low heat , covering the pan. With a skimmer, remove the celery stalk and leaves, from the boiling water, and throw in the Ditaloni. Add 2 ladlespoons of pasta water into the pan and cook for 2 more minutes, without the lid on. Drain the Ditaloni “*al dente*” and mix well into the pan with vegetables sauce. Let cook over medium heat, with a little of pasta water and a handful of finely chopped fresh celery. Reduce the sauce, until it becomes creamy. Add the pecorino cheese, mix well and serve, immediately, in 4 serving dishes. Sprinkle a little of pecorino cheese and fresh ground black pepper. Garnish with a sprig of fresh celery leaves on top.

## Linguine with small green peppers and cherry tomatoes

### Ingredients for 4 people

320 gr. Linguine;  
!50 gr. small green peppers;  
15 cherry tomatoes;  
1 big clove of garlic, minced;  
fresh basil leaves and stems;  
80 gr. fresh grated aged goat cheese;  
extra virgin olive oil;  
sea salt, to taste.



### Procedure

In a pot with 1 and half liter of cold water, add a handful of fresh basil leaves and stems, a large pinch of sea salt and bring to a boil, for the preparation of basil broth, making the water aromatic since it will be the water to boil the Linguine. Rinse and make a small cross-like cut on the bottom of the cherry tomatoes. Throw them in the boiling water, and boil for 10 seconds. Drain well them. Peel and cut them, in a plate to save the juice, in quarters. Rinse, drain and cut the small green peppers first in half, removing all the white filaments and seeds inside, and cut them into julienne. In a very hot no-stick pan, add a bit of E.V.O. oil, generous pinch of minced garlic and a handful of chopped fresh basil leaves. Sautè, slowly, adding little by little of basil broth, add the peppers' julienne, and cook over low heat, covering the pan, for 3 minutes. With a skimmer, remove the basil leaves and stems from the boiling water, and throw in the Linguine. Add the cherry tomatoes, their juice, and cook 2 more minutes. Drain the Linguine “*al dente*”, and mix well into the pan with small green peppers and cherry tomato sauce. Let cook over medium heat. Add 2 ladlespoons of pasta water and a generous pinch of chopped fresh basil. Turn off the heat and add the fresh grated aged goat cheese. Mix well and serve, immediately, in 4 serving dishes. Garnish with few fresh basil leaves on top.



## **Rigatoni with fresh fava beans and pecorino cheese**

### **Ingredients for 4 people**

360 gr. Rigatoni;  
200 gr. shelled fresh fava beans ;  
15 cherry tomatoes;  
2 small spring onion, minced;  
fresh basil leaves;  
basil stems;  
100 gr. fresh grated pecorino cheese;  
extra virgin olive oil;  
sea salt, to taste.



### **Procedure**

In a pot with 1 and half liter of cold water, add a handful of fresh basil leaves and stems, and bring to a boil, for the preparation of basil broth, making the water aromatic since it will be the water to boil the Rigatoni. Rinse and make a small cross-like cut on the bottom of the cherry tomatoes. Put them in the boiling water, and boil for 10 seconds. Drain them well. Peel and cut them, in quarters, in a plate to save the juice. Take the fava beans skin off. In a very hot no-stick pan, add a bit of E.V.O. oil, the minced onion and a handful of chopped fresh basil leaves. Sautè, slowly, adding little by little the basil broth. Add the fava beans, cooking over low heat, covering the pan for 2 minutes. With a skimmer, remove the basil leaves and stems from the boiling water, and throw in the Rigatoni with a pinch of sea salt. Wait two minutes, add the cherry tomatoes and their juice, 2 ladlespoon of pasta water into the pan with the fava beans, and mix well. Cover the pan and let cook for 1 more minutes. Drain the Rigatoni "*al dente*" and mix well into the pan with fava beans and cherry tomato sauce. Let cook over medium heat. Add half ladlespoons of pasta water and a generous pinch of chopped fresh basil. Turn off the heat and add the fresh grated pecorino cheese. Mix well and serve, immediately, in 4 serving dishes, with a touch of fresh ground black pepper. Garnish with few fresh basil leaves on top.

## Penne with fresh peas and raw ham

### Ingredients for 4 people

320 gr. Penne;  
200 gr. shelled fresh peas  
100 gr. San Daniele raw ham;  
1 small onion, minced;  
fresh basil stems;  
fresh basil leaves;  
80 gr. aged goat cheese;  
extra virgin olive oil;  
sea salt, to taste.



### Procedure

In a pot with 1 and half liter of cold water, add a handful of fresh basil leaves and stems, and bring to boil, for the preparation of basil broth, making the water aromatic since it will be the water to boil the Penne. Cut the raw ham in 1 cm wide cubes. In a very hot no-stick pan, add a bit of E.V.O. oil, the minced onion and a handful of chopped fresh basil leaves. Sautè, slowly, adding little by little the basil broth, and add the peas, cooking for 5 minutes over low heat, covering the pan. With a skimmer, remove the basil leaves and stems from the boiling water, and throw in the Penne with a pinch of sea salt. Wait two minutes, add, in the pan with the peas, the raw ham cubes and 2 ladlespoon of pasta water. Cover the pan and let cook for 1 more minute. Drain the Penne, put them in the pan, add 2 ladlespoons of pasta water and a generous pinch of chopped fresh basil. Turn off the heat and add the fresh grated aged goat cheese. Mix well and serve, immediately, in 4 serving dishes. Garnish with few fresh basil leaves on top.

## Tagliatelle with peppers and sausage

### Ingredients for 4 people

320 gr. Tagliatelle;  
2 peppers medium size, 1 red, 1 yellow;  
160 gr. pork sausage;  
1 big clove of garlic, minced;  
a handful of fresh fennel sprig;  
1 tea spoon of dry fennel seeds;  
80 gr. fresh grated aged goat cheese;  
100 cl. dry white wine;  
extra virgin olive oil and sea salt, to taste.



### Procedure

Put 1 liter and a half of water in a large pot, with a pinch of sea salt, a handful of fresh fennel sprigs, and bring to a boil. Meanwhile, rinse, drain and cut the peppers first in half, removing all the white filaments and seeds, and cut them into small pieces. In a very hot no-stick pan, add a bit of E.V.O. oil, the minced garlic and the dry fennel seeds. Sauté for few seconds, add the peppers, and the dry white wine, little by little. Add the peppers and a pinch of chopped fresh fennel, cooking over low heat for 3 minutes, covering the pan. With a skimmer, remove the fresh fennel sprigs from the boiling water, and throw in the Tagliatelle. Wait two minutes, and add 2 ladlespoon of pasta water into the pan with the peppers. Cover the pan and let cook for 1 more minutes. Drain the Tagliatelle “*al dente*” and mix well into the pan with peppers sauce. Add the sausage, without the gut, breaking it with fingers into small pieces . Let cook over medium heat, adding 1 ladlespoons of pasta water. Stir, mixing the flavor very well. Turn off the heat and add the fresh grated aged goat cheese. Serve, immediately, in 4 serving dishes. Garnish with few fresh fennel sprigs on top.

## Mezzi Paccheri with cauliflower

### Ingredients for 4 people

320 gr. Mezzi Paccheri;  
250 gr. cauliflower;  
8 San Marzano type tomatoes;  
100 gr. San Daniele raw ham;  
1 medium onion, minced;  
fresh basil leaves;  
basil stems;  
100 gr. fresh grated pecorino cheese;  
extra virgin olive oil;  
sea salt, to taste.



### Procedure

In a pot with 1 and a half liter of cold water, add a handful of fresh basil leaves and stems, a large pinch of sea salt and bring to a boil, for the preparation of basil broth, making the water aromatic since it will be the water to boil the Mezzi Paccheri. Rinse and make a small cross-like cut on the bottom of the San Marzano tomatoes. Put them in boiling water, and boil for 10 seconds. Drain them well, peel and cut them in peaces in a plate to save their juice. Rinse the cauliflower, break it, gently, with fingers in small sprigs, and put them in the pot with the boiling water, flavored with basil. Boil for 4 minutes. with the lid on. In a very hot no-stick pan, add a bit of E.V.O. oil, the minced onion and a handful of chopped fresh basil leaves. Sautè, slowly, adding little by little the basil broth, and add the San Daniele raw ham chopped in small cubes. Drain the cauliflower sprigs and add them into the pan. Cook, over low heat, covering the pan, for 2 minutes. With a skimmer, remove the basil leaves and stems from the boiling water, and throw in the Mezzi Paccheri. Wait two minutes, add the tomatoes and their juice, 2 ladlespoon of pasta water into the pan with the cauliflower and mix well. Cover the pan and let cook for 1 more minute. Drain the Mezzi Paccheri “*al dente*” and mix well into the pan with the cauliflower and tomato sauce. Let cook over medium heat. Add half ladlespoons of pasta water and a generous pinch of chopped fresh basil. Turn off the heat and add the fresh grated pecorino cheese. Mix well and serve, immediately, in 4 serving dishes, with a touch of fresh ground black pepper. Garnish with few fresh basil leaves on top.

# Second Courses

*The second course or main course is commonly considered to be the true heart of a meal: its food is usually, but not necessarily, the most caloric.*

*Recipes of this kind typically use meat or fish as their main ingredient, though vegetables, cheese and many others are used as well.*

*An extremely wide range of choices for a course that, given its characteristics, can replace the whole meal, together with a side dish.*



## Sea bass fillet with clams and lemon juice

### Ingredients for 4 people

2 fresh sea bass, 700 gr. each;  
600 gr. fresh clams;  
1 clove of garlic, minced;  
finely chopped fresh parsley;  
the juice of 1 lemon;  
extra virgin olive oil.



### Procedure

Clean the sea bass, remove the entrails and cut them into fillets. Wash the shellfish and rinse them well under running water. In a very hot no-stick pan, add a bit of E.V.O. oil, a large pinch of minced garlic and a generous pinch of fresh parsley, finely chopped. Sauté for few seconds over low heat, add the clams without any salt and water. Cover the pan, increases over high heat with the lid on.

Take the shells off, putting the clams in a bowl, and leaving the sauce only, in the pan, where to place the sea bass fillets, skin side down. Add the lemon juice and let cook over medium heat for 3 minutes. Decrease over low heat, flip the fish's fillets and take the skin off. Using a spoon, emulsify the fish's fillets, with the cooking sauce obtained in the pan. Cover the pan, add the clams and cook for 30 more seconds, amalgamating the aromas well. Turn off the heat. Sprinkle a pinch of finely chopped fresh parsley, and serve, immediately, in 4 serving dishes with fish's fillets in the center, and the clams and lemon juice on top. Garnish with some lemon slices.

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## Tuna steaks with mussels and white wine

### Ingredients for 4 people

4 fresh tuna steaks, about 150 gr. each;  
400 gr. fresh mussels;  
1 big clove of garlic, minced;  
100 cl. dry white wine;  
a tablespoon of white pepers grains;  
fresh parsley sprigs;  
finely chopped fresh parsley;  
extra virgin olive oil;  
sea salt, to taste.



### Procedure

Put the fresh tuna steaks in a large bowl, add a few sprigs of fresh parsley, the dry white wine, a tablespoon of white peppers grains, a pinch of sea salt and leave to marinate for 15 minutes. Meanwhile, clean the mussels, removing the byssus, and rinse under running water them well. In a very hot no-stick pan, add a bit of E.V.O. oil, a large pinch of minced garlic and a generous pinch of fresh parsley, finely chopped. Sauté few seconds over low heat. Add the mussels without any salt and water. Cover the pan, increase over high heat, and cook for 3 minutes. Turn off the heat and wait a few seconds, leaving the lid on. Take the shells off, putting the mussels in a bowl with some mussels with shell, for decoration, and leaving the mussels' broth into the pan. Place in it, the fresh tuna steaks, the dry white wine marinade, and cook for 2 minutes for each side, over medium heat, covering the pan. Decrease over low heat, add the mussels, reducing the sauce until it becomes creamy. Serve in 4 serving dishes, with some mussels with shells, the sauce and a sprig of fresh parsley on top.

## Octopuses in tomato sauce

### Ingredients for 4 people

12 fresh octopuses, medium size;  
200 gr. of fresh mussels;  
12 San Marzano tomatoes;  
1 big clove of garlic, minced;  
12 black olives;  
fresh parsley stems;  
finely chopped fresh parsley;  
extra virgin olive oil;  
sea salt, to taste.



### Procedure

Clean the octopuses, by removing the entrails, and rinse them very well, under running water. Clean the mussels and rinse them well, under running water. Rinse and make a small cross-like cut on the bottom of the San Marzano tomatoes. In a pot with a half liter of boiling water, a pinch of sea salt and a handful of fresh parsley stems, throw in the cherry tomatoes and boil them for 10 seconds. Drain, peel and cut them in pieces, in a plate, to save the juice. In a very hot no-stick pan, add a bit of E.V.O. oil, a pinch of minced garlic and a generous pinch of fresh parsley, finely chopped. Sauté few seconds, and add the mussels, without any salt and water. Cover the pan, increase over high heat, and cook for 3 minutes. Turn off the heat and wait a few seconds, leaving the lid on. Take the shells off, putting the mussels in a bowl with some mussels with shell, for decoration, and leaving the mussels' broth into the pan. Put in it, the octopuses, the water for boiling the tomatoes, without the parsley stems, and cook for 6 minutes, covering the pan, over medium heat. Add the tomatoes and their juice, the olives, and let cook for 6 more minutes, covering the pan, over low heat. Add the mussels, and cook for 1 more minute, over medium heat, without the lid on, to make the sauce lightly dense. Turn off the heat, and mix well, amalgamating all the ingredients and flavours. Serve in 4 deep dishes, with the mussels in the shell on top, and some toasted bread slices. Sprinkle a large pinch of finely chopped fresh parsley.



## **Sea bass fillet with marinated peppers in orange juice**

### **Ingredients for 4 people**

2 fresh sea bass, 700 gr. each;  
2 small peppers, 1 red, 1 yellow;  
2 large oranges;  
thin strips of orange zest;  
8 black olives;  
1 clove of garlic, minced;  
finely chopped fresh parsley;  
extra virgin olive oil;  
sea salt, to taste.



### **Procedure**

Rinse, drain and cut the peppers first in half, removing all the white filaments and seeds, and cut them into julienne. Peel half orange, and cut it into very thin strips. Put the peppers in a large bowl, squeeze the oranges' juice, the thin strips orange peel, sprinkle a large pinch of sea salt and let to marinate for 15 minutes. Destone the black olives, and cut them in half. Meanwhile, clean the sea bass, remove the entrails and cut them into fillets. In a very hot no-stick pan, add a bit of E.V.O. oil, a large pinch of minced garlic and a generous pinch of fresh parsley, finely chopped. Sauté few seconds, over low heat, add the black olives, the peppers' julienne, the orange strips and the juice of their marinade. Stew, gently, over low heat, for 3 minutes. Add the sea bass' fillets skin side up, cooking for 3 minutes, over medium heat, and covering the pan. Decrease over low heat, take the fish skin off, and flip the fillets. Using a spoon, emulsify the fish's fillets, with the cooking sauce obtained into the pan. Turn off the heat. Sprinkle a little of finely chopped fresh parsley, and serve, immediately, in 4 serving dishes with the peppers first, like a bed, and fish's fillets, on top. Add the sauce, and garnish with a sprig of fresh parsley.

## Sea bream fillet in Acqua Pazza

*The term Acqua Pazza, literally Crazy Water, is used in Mediterranean Cuisine to refer to a recipe for poached white fish, or to simply refer to the lightly herbed broth used to poach it.*

### Ingredients for 4 people

2 fresh sea bream, 700 gr. each;  
16 cherry tomatoes;  
1 clove of garlic, minced;  
fresh parsley leaves and stems;  
finely chopped fresh parsley;  
extra virgin olive oil;  
sea salt, to taste.



### Procedure

In a pot, bring to a boil a half liter of water, putting in it, a pinch of sea salt, and a large handful of fresh parsley stems and leaves, to flavor it. Meanwhile, clean the sea bream, remove the entrails, and cut them into fillets. Cut, in a plate, the cherry tomatoes in quarters, to save the juice. In a very hot no-stick pan, add a bit of E.V.O. oil, the minced garlic and a generous pinch of fresh parsley finely chopped. Add the cherry tomatoes and their juice, sprinkle with sea salt and sauté for 1 minute over low heat. With a skimmer, remove the parsley leaves and stems from the boiling water and add it, into the pan with cherry tomatoes. Add the sea breams' fillets, skin side up, cover the pan, and poach, gently, for 3 minutes. Decrease over low heat, take the fish skin off, and flip the fillets. Using a spoon, emulsify the fish's fillets, with the cooking sauce obtained in the pan. Turn off the heat. Sprinkle a little of finely chopped fresh parsley, and serve, immediately, in 4 serving dishes with the fish's fillets first, and the cherry tomatoes and juice, on top and around. Garnish, with a sprig of fresh parsley.

## Sea bream fillet with capers, pine nuts and white wine

### Ingredients for 4 people

2 fresh sea bream, 700 gr. each;  
80 gr. pine nuts;  
8 green olives;  
20 gr. desalted capers;  
2 cloves of garlic, minced;  
a handful of fresh basil leaves;  
200 cl. of dry white wine;  
extra virgin olive oil;  
sea salt, to taste;



### Procedure

Destone the olives, and chop them in small pieces. Chop, very finely, mixing together, 1 and a half garlic clove, the capers and the pine nuts. Put everything in a bowl, and emulsify with E.V.O. oil and a little of dry white wine. Let marinate for 8 minutes. Meanwhile, clean the sea bream, remove the entrails and cut them into fillets. In a very hot no-stick pan, add a bit of E.V.O. oil, a pinch of minced garlic and a large pinch of finely chop fresh basil. Sauté for few second, over low heat. Add the marinated ingredients the juice, and simmer for 30 seconds, over very low heat, with the lid on. Add the sea bream fillets skin side up, wet with the rest of dry white wine, cover the pan and cook for 3 minutes, over medium heat. Decrease over low heat, take the fish skin off, and flip the fillets. Using a spoon, emulsify the fish's fillets, with the cooking sauce obtained into the pan. Turn off the heat. Serve, immediately, in 4 serving dishes with the fish's fillets in the center, and the juice, on top. Garnish, with a sprig of fresh basil, and with toasted bread slices.

## **Cod fish fillet with almonds, capers, lemon juice and mint**

### **Ingredients for 4 people**

2 fresh codfish, 800 gr. each;  
80 gr. toasted almonds;  
20 gr. desalted capers;  
2 cloves of garlic, minced;  
fresh mint leaves;  
handful of fresh mint stems with leaves;  
2 lemon, medium size;  
lemon zest  
extra virgin olive oil;  
sea salt, to taste;  
4 large aluminium sheets.



### **Procedure**

Chop, very finely, mixing together, 1 and a half garlic clove, the capers, the almonds, and the fresh mint leaves. Put everything in a bowl, and emulsify with E.V.O. oil and the juice of 1 lemon. Let marinate for 10 minutes. Meanwhile, clean the codfish, remove the entrails and cut them into fillets. Take the aluminium sheets, wet the center of each one with a little of E.V.O. oil, lay the codfish fillets, sprinkle a pinch of sea salt, and with a spoon, spread well the marinated ingredients and the rest of the liquid, remained into the bowl. Scratch a little of lemon zest, squeeze a few drops of lemon juice and E.V.O. oil. Close the aluminium sheets, with great care and attention, like a pocket, to avoid that some liquid can come out or enter. In a large pan, with cold water, just enough into the bottom, put the handful of fresh mint stems with leaves, and the pocket with codfish fillets. Cover the pan, and boil for 6 minutes, over medium heat. Serve, immediately, laying the pockets in the middle of 4 serving dishes, opening them, only when eating, so as not to disperse the fragrance of the ingredients. Garnish the dishes, with fresh mint sprigs, and some lemon slices.

## Sea bream fillets with clams and white wine

### Ingredients for 4 people

2 fresh sea bream, 700 gr. each;  
400 gr. fresh clams;  
1 clove of garlic, minced;  
finely chopped fresh parsley;  
150 cl. dry white wine;  
extra virgin olive oil;  
sea salt, to taste.



### Procedure

Clean the sea bream, remove the entrails, and cut them into fillets. Clean the clams, rinsing them well, under running water. In a very hot no-stick pan, add a bit of E.V.O. oil, a large pinch of minced garlic and a generous pinch of finely chopped fresh parsley. Add the clams without any salt and water. Cover the pan, increase over high heat and cook for 3 minutes. Turn off the heat and wait a few seconds, keeping the lid on. Uncover the pan, and take the shells off. Remove the shells, putting the clams in a bowl, leaving also, some clams in their shells, for the final decoration. Leave the clams broth in the pan, and add the sea bream fillets, skin side down. Add a very generous pinch of finely chopped fresh parsley and the dry white wine. Let cook, over medium heat, covering the pan, for 3 minutes. Decrease over low heat, flip the fish's fillets, take the fish skin off and add the clams. Using a spoon, emulsify the fish's fillets, with the cooking sauce, obtained into the pan. Turn off the heat, and serve, immediately, in 4 serving dishes with the fish's fillets in the center, and the clams and the sauce, on top. Sprinkle a little of finely chopped fresh parsley, and garnish with some clams with shell, and toasted bread slices, rubbed with garlic.

## Veal escalopes with lemon juice

### Ingredients for 4 people

8 veal slices, not too thin, 150 gr. each;  
1 lemon, medium size;  
lemon zest;  
1 clove of garlic, minced;  
a handful of fresh parsley leaves;  
extra virgin olive oil;  
sea salt, to taste;  
1 cup of vegetable stock;  
flour 00 type.



### Procedure

The preparation of the vegetable stock, is very simple and fast enough. Depending on the required amount of broth, it's sufficient to bring cold water to a boil, in a pot, with some carrots, onion, celery stalk and leaves, a few tomatoes and a pinch of sea salt. Allow to cool for a few minutes, filter and use during cooking of any ingredient.

In a large plate, put the flour, 00 type. Dip the slices of veal and flour them, well. In a very hot no-stick pan, put a bit of E.V.O. oil, a large pinch of finely chopped garlic and a generous pinch of finely chopped fresh parsley. Sauté, gently, few seconds, add a little of vegetable stock, and simmer a few seconds. Add the veal slices. Cook over medium heat, gently, on each side, taking care not to make the meat stick to the pan, remembering that it's floured. Add the rest of vegetable stock, squeeze the lemon juice and continue cooking for 3 minutes, until the sauce becomes creamy. Add a large pinch of fresh parsley finely chopped and turn off the heat. Serve, immediately, with the veal escalopes in the center of 4 serving dishes, and the sauce on top, with a little of grated lemon zest. Garnish with lemon slices.

## Turkey escalopes with white wine

### Ingredients for 4 people

8 turkey slices, not too thin, 150 gr. each;  
150 cl. dry white wine  
1 clove of garlic, minced;  
a handful of fresh mint leaves;  
extra virgin olive oil;  
sea salt, to taste;  
1 cup of vegetable stock;  
flour 00 type.



### Procedure

The preparation of the vegetable stock, is very simple and fast enough. Depending on the required amount of broth, it's sufficient to bring cold water to a boil, in a pot, with some carrots, onion, celery stalk and leaves, a few tomatoes and a pinch of sea salt. Allow to cool for a few minutes, filter and use during cooking, of any ingredient. In a large plate, put the flour, 00 type. Dip the slices of turkey and flour them well. In a very hot no-stick pan, put a bit of E.V.O. oil, a large pinch of finely chopped garlic and a generous pinch of finely chopped fresh mint. Sauté, lightly, few seconds, add a little of vegetable stock, and simmer a few seconds. Add the turkey slices. Cook over medium heat, slowly on each side, taking care not to stick the meat to the pan, remembering that it's floured. Add the rest of vegetable stock, the dry white Wine and continue cooking for 3 minutes, until the sauce Becomes creamy. Add a large pinch of finely chopped fresh mint, and turn off the heat. Serve, immediately, with the turkey escalopes in the center of 4 serving dishes, and the sauce on top. Garnish with few mint sprigs.

## Veal escalopes with porcini mushrooms

### Ingredients for 4 people

8 veal slices, not too thin, 150 gr. each;  
100 gr. porcini mushrooms;  
1 clove of garlic, minced;  
fresh parsley leaves;  
extra virgin olive oil;  
sea salt, to taste;  
1 cup of vegetable stock.



### Procedure

The preparation of the vegetable stock, is very simple And fast enough. Depending on the required amount of broth, it's sufficient to bring cold water to a boil, in a pot, with some carrots, onion, celery stalk and leaves, a few tomatoes and a pinch of sea salt. Allow to cool for a few minutes, filter and use during cooking, of any ingredient. Clean, carefully, the porcini mushrooms, and cut them in small pieces. In a very hot no-stick pan, put a bit of extra virgin olive oil, a large pinch of minced garlic, a generous pinch of finely chop fresh parsley, and sauté a few seconds. Add the porcini mushrooms, and cook, gently, over low heat, for 2 minutes. Add a bit of vegetable broth, little by little, and cook for 4 more minutes. Meanwhile, in a large plate, put the flour, 00 type, and lay the slices of veal. Dip and flour them, well. Add the veal slices, into the pan with The porcini, and cook over medium heat, gently, on each side, for 1 more minute. Add the rest of vegetable stock, and continue cooking, for 2 more minutes. At the end, the reduction becomes a creamy sauce. Serve, immediately, in 4 serving dishes with the veal escalopes in the center and the porcini mushrooms on top. Sprinkle a pinch of finely chopped fresh parsley.

## Veal chops with tomato sauce

### Ingredients for 4 people

8 veal slices, not too thin, 150 gr. each;  
60 gr. pine nuts;  
60 gr. raisins;  
1 clove of garlic, minced;  
80 gr. thin sliced pecorino cheese;  
2 handfuls fresh parsley;  
16 San Marzano tomatoes;  
1 small onion;  
few fresh basil leaves;  
extra virgin olive oil and sea salt, to taste;  
1 cup of vegetable stock;  
flour 00 type.



### Procedure

The preparation of the vegetable stock, is very simple and fast enough. Depending on the required amount of broth, it's sufficient to bring cold water to a boil, in a pot, with some carrots, onion, celery stalk and leaves, a few tomatoes and a pinch of sea salt. Allow to cool for a few minutes, filter and use during cooking, of any ingredient. Rinse and make a small cross-like cut on the bottom of the San Marzano tomatoes. In a pot with boiling water, just enough to dip them, boil for 10 seconds. Drain, peel and cut them, in a plate, to save the juice, in small pieces. In a pot, with a little of E.V.O.oil, the onion cut in quarters, a few of basil leaves, a large pinch of sea salt, add the San Marzano tomato pieces and simmer, covering the pan, for the time necessary to prepare the veal chops. In a plate, lay the veal slices, and put in the middle a bit of finely chopped garlic, a pinch of finely chopped fresh parsley, a pinch of pine nuts, a pinch of raisins and few slices of pecorino cheese, cut thin. Roll the veal slices and put them in a plate with flour, 00 type. Dip them well. In a very hot and large no-stick pan, with 1 tablespoon of extra virgin olive oil, put the floured veal chops and cook gently, over low heat, adding the vegetable stock, little by little. Leaving them, to flavour well in the sauce, cover the pan and cook for 2 minutes. Add the tomato sauce, increase over medium heat, and cook for 6 more minutes. Serve immediately in 4 serving dishes with a spoonful of tomato sauce like a bed, and the veal chop on it.



## Turkey chops with white wine

### Ingredients for 4 people

8 turkey slices, not too thin, 150 gr. each;  
2 fresh eggs;  
1 big clove of garlic, minced;  
2 handfuls of fresh parsley;  
80 gr. fresh grated aged goat cheese;  
250 gr. soft breadcrumbs;  
extra virgin olive oil and sea salt, to taste;  
100 cl. dry white wine;  
1 cup of vegetable stock;  
flour 00 type.



### Procedure

The preparation of the vegetable stock, is very simple and fast enough. Depending on the required amount of broth, it's sufficient to bring cold water to a boil, in a pot, with some carrots, onion, celery stalk and leaves, a few tomatoes and a pinch of sea salt. Allow to cool for a few minutes, filter and use during cooking, of any ingredient. In a large bowl, beat, vigorously, the eggs, adding a pinch of sea salt and a handful of fresh grated aged goat cheese. Add the breadcrumbs reduced into small pieces, a large handful of fresh parsley, a large pinch of minced garlic, a few drops of E.V.O. oil and mix well, amalgamating all the flavors. The consistency, must result, slightly moist. In a very hot no-stick pan, with 1 tablespoon of E.V.O. oil, put the mixture and cook, gently, over low heat, stirring and preparing it, like a scrambled egg. In a plate, put the turkey slices, and put in the center of each one, a little of mixture, and another pinch of fresh grated aged goat cheese. Roll the turkey slices and put them in a plate with flour, 00 type. Dip them well. In a very hot and large no-stick pan, with 1 tablespoon of extra virgin olive oil, put the floured turkey chops and cook gently, over low heat, adding the vegetable stock, little by little. Let them flavour well in the sauce, cover the pan and cook for 2 minutes. Add the dry white wine, increase over medium heat, and cook for 6 more minutes, with the lid on. Serve immediately in 4 serving dishes with the turkey chop and sauce on top.

# Side Dishes

*Its meaning is to side the second course. A variety of food is used for this purpose, different from one another, both in terms of preparation of ingredients.*

*They can range from simple salads to much more complex recipes, some of them so interesting to achieve a great deal of importance as part of the meal.*

*For its nature, quite frequently, this kind of food can be served also as a starter.*



## Tomatoes' salad

### Ingredients for 4 people

20 small tomatoes, any type;  
a handful of fresh basil leaves;  
1 small spring onion, thin sliced;  
1 large pinch of dry oregano;  
8 green olives;  
extra virgin olive oil;  
sea salt, to taste;



### Procedure

Rinse the tomatoes, and cut them in a plate, to save the juice. Put them, with their juice, in a bowl. Add the spring onions slices, a pinch of sea salt, the dry oregano, a handful of fresh basil leaves, cut the green olive in thin strips and a bit of E.V.O. oil.

Mix very well and marinate few minutes. Garnish with few basil leaves on top, and serve.



## Zucchini with lemon juice

### Ingredients for 4 people

4 fresh zucchini, medium size;  
6 fresh zucchini's flowers;  
1 big clove of garlic, minced;  
finely chopped fresh mint leaves;  
extra virgin olive oil;  
sea salt, to taste.



### Procedure

Rinse, drain and cut the zucchini in half, removing some of white part inside, and cut them in pieces. Rinse the zucchini's flowers and chop in thin strips. In a very hot no-stick pan, add a bit of E.V.O. oil, a pinch of minced garlic and 2 generous pinches of fresh mint, finely chopped. Sauté few seconds over low heat. Add the zucchini, the sea salt, and cook for 4 minutes, over low heat, with the lid on. Add the strips of zucchini's flowers, squeeze the lemon juice and cook for 2 more minutes. Sprinkle a little of finely chopped fresh mint leaves, and serve.



### Eggplants with cherry tomatoes

#### Ingredients for 4 people

2 eggplants, medium size;  
20 cherry tomatoes;  
1 big clove of garlic, minced;  
a handful of fresh basil leaves;  
60 gr. of fresh grated pecorino cheese;  
extra virgin olive oil;  
sea salt, to taste.



Rinse, drain and cut the eggplants in half, removing some of white part inside and cut them in pieces, like cubes. Rinse and make a small cross-like cut on the bottom of the cherry tomatoes. In a pot with half liter of boiling water, a pinch of sea salt and a handful of fresh basil leaves, add the cherry tomatoes and boil them for 10 seconds. With a skimmer, drain them well and peel. In a plate, cut them in quarters. In a very hot no-stick pan, add a bit of E.V.O. oil, a pinch of minced garlic and a generous pinch of fresh basil leaves, chopped in thin strips. Sauté few second and add the eggplants, cooking over low heat, 4 minutes, with the lid on. Add the cherry tomatoes, a little of boiled water and cook for 3 more minutes. Turn off the heat, add the pecorino cheese and mix well. Serve immediately, with a little of finely chopped fresh basil.



## Stew peppers with olives

### Ingredients for 4 people

3 peppers, medium size,  
1 red, 1 yellow, 1 green;  
16 destoned green olives;  
a handful of breadcrumbs;  
1 clove of garlic, minced;  
finely chopped fresh parsley;  
100 cl. of dry white wine;  
extra virgin olive oil;  
sea salt, to taste.



### Procedure

Rinse, drain and cut the peppers first in half, removing all the white filaments and seeds and cut them into thin strips. In a very hot no-stick pan, add a bit of E.V.O. oil, a pinch of minced garlic and a generous pinch of finely chopped fresh parsley. Sauté for few seconds, add the peppers and the dry white wine, little by little. Let cook, stewing, over low heat, for 6 minutes, with the lid on. Add the olives, decrease over low heat and cook for 2 more minutes. Turn off the heat, add the breadcrumbs, mix very well, and cover the pan, waiting for the steam of the pan, to soften the breadcrumbs. Mix well, and serve with a sprinkle of finely chopped fresh parsley, and a touch, if it's appreciated, of freshly ground white pepper.



## Stew escarole Napoletana style

### Ingredients for 4 people

800 gr. escarole;  
4 anchovy fillets in E.V.O. oil;  
40 gr. pine nuts;  
40 gr. raisins;  
12 desalted capers;  
16 destoned black olives;  
1 clove of garlic, minced;  
extra virgin olive oil;  
sea salt, to taste.



### Procedure

Wash well and drain the escaroles. In a pot with boiling water and a pinch of sea salt, boil the escaroles for 3 minutes with the lid on, to allow them, to maintain their natural green color. Meanwhile, chop in half the desalted capers and the destoned black olives. In a very hot no-stick pan, add a bit of E.V.O. oil, the minced garlic, the anchovy fillets, and sauté, lightly, over low heat. Add the pine nuts, the capers, the black olives, amalgamating everything well. With a skimmer, drain the escaroles, not too dry, add them into the pan and cook, for 5 minutes and covering the pan, over medium heat. Stir, and serve immediately.



## Green peppers sautéed with cherry tomatoes

### Ingredients for 4 people

400 gr. Friggiteli (green italian sweet peppers) or frying peppers;  
12 cherry tomatoes;  
1 clove of garlic, minced;  
a handful of fresh basil leaves;  
80 gr. of fresh grated pecorino cheese;  
sea salt to taste;  
extra virgin olive oil;  
sea salt, to taste.



### Procedure

Rinse, drain and cut the friggitielli in half, removing all the white filaments and seeds. Cut in a plate the cherry tomatoes, to save the juice, and place them and the juice in a bowl with a little of E.V.O. oil, a pinch of sea salt, a handful of chopped fresh basil leaves and let marinate for a few minutes. In a very hot no-stick pan, add a bit of E.V.O. oil, the minced garlic and a generous pinch of fresh basil leaves, finely chopped. Sauté for few seconds and add the friggiteli with another pinch of sea salt. Sauté with the lid on, over medium heat, for 8 minutes. Add the marinated cherry tomatoes, with all the ingredients and juice, and let cook, covering the pan, over medium heat, 3 more minutes. Mix well, sprinkle some fresh grated pecorino cheese, add thin strips of fresh basil leaves and serve.



## Green beans with lemon juice

### Ingredients for 4 people

600 gr. green beans;  
1 lemon, small size;  
1 clove of garlic, minced;  
a handful of fresh basil leaves;  
extra virgin olive oil;  
sea salt, to taste.



### Procedure

Rinse, drain the green beans, and remove the tips. Boil them in a pot with boiling water and a pinch of sea salt. Meanwhile, chop, finely, the garlic clove and place it in a bowl. Squeeze the lemon juice, add a pinch of sea salt and, carefully, emulsify, adding E.V.O. oil drizzle. Drain well the green beans, while they still have a soft and pleasant consistency, and place them into the bowl, with emulsion. Mix very well, amalgamating the green beans and the sauce. Serve, with a few fresh basil leaves thin strips, and a scratch of lemon zest.



## Green beans with cherry tomatoes

### Ingredients for 4 people

500 gr. green beans;  
12 cherry tomatoes;  
1 clove of garlic, minced;  
a handful of fresh basil leaves;  
80 gr. of fresh grated aged goat cheese;  
extra virgin olive oil;  
sea salt, to taste.



### Procedure

Cut the cherry tomatoes into a plate, to save the juice, and place them and juice, in a bowl with a little of E.V.O. oil, a pinch of sea salt, a handful of chopped fresh basil leaves, and let marinate for a few minutes. Meanwhile, rinse, and drain the green beans and remove, the small tips. Boil them in a pot with boiling water, and a pinch of sea salt. In a very hot no-stick pan, add a bit of E.V.O. oil, the minced garlic and a generous pinch of fresh basil leaves, finely chopped. Sauté few seconds, add the marinated cherry tomatoes, with all the ingredients and juice, and let stew, over medium heat, for 2 minutes. Drain the green beans not too cooked, with a crispy consistency, and place them into the pan, with a little of their boiled water. Cook, covering the pan, 3 more minutes. Turn off the heat, sprinkle the fresh aged goat cheese, add thin strips of fresh basil leaves, and serve.

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## Stew potatoes with fresh rosemary

### Ingredients for 4 people

5 potatoes, medium size, 400 gr. in all;  
1 whole garlic clove;  
1 large onion;  
4 large sprigs of fresh rosemary;  
80 gr. fresh grated aged goat cheese  
cheese;  
extra virgin olive oil;  
sea salt, to taste.



### Procedure

For the preparation of rosemary reduction, in a pot with 1 liter of cold water, a pinch of sea salt, 2 large sprigs of fresh rosemary and boil, over medium heat, for 15 minutes, with the lid on. Meanwhile, rinse the potatoes, and boil them in another pot, for 8 minutes. Drain and let them cool. Cut finely the spring onion into thin slices, and add it, in a very hot no-stick pan with a bit of E.V.O. oil. Stew, gently, with, a little by little of rosemary reduction, for 2 minutes, until it becomes tender but not too soft. Place, the stew onion in a plate. Meanwhile, peel the potatoes and cut them into slices, not too thin. In the same no-stick pan, where the onion was stewed, with a little more of E.V.O. oil, add the whole garlic clove and the other 2 large sprigs of fresh rosemary. Sautè, flavoring well. Remove, with a spoon, everything, and add the potatoes first, the onion's slices after, and a handful of fresh grated aged goat cheese, making up a first layer of these. Prepare a second layer with the potatoes before, then the onion and the cheese. Wet with a little of rosemary reduction, and let stew for 15 minutes, over medium heat, covering the pan. Serve hot.

## Peas with raw ham

### Ingredients for 4 people

500 gr. fresh peas, already peeled;  
2 small spring onion;  
60 gr. raw ham;  
8 fresh bay leaves;  
extra virgin olive oil;  
sea salt, to taste;  
vegetable stock.



### Procedure

The preparation of the vegetable stock, is very simple and fast enough. Depending on the required amount of broth, it's sufficient to bring cold water to a boil, in a pot, with some carrots, onion, celery stalk and leaves, a few tomatoes and a pinch of sea salt. Allow to cool for a few minutes, filter and use during cooking of any ingredient. Chop, finely, the spring onion, and cut the raw ham in cubes. In a very hot no-stick pan with a little of E.V.O. oil, sauté the minced onion, emulsifying, little by little, with vegetable broth, until it becomes soft. Add the raw ham cubes, the fresh leaves of bay leaves and stew slowly everything together. Add the peas, cover the pan, and add the vegetable broth, just enough to cover the peas. Let cook, for about 8 minutes, over medium heat, considering that it depends on how sweet the peas are. Remove the bay leaves, and serve.

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### Pumpkin with pecorino cheese

#### Ingredients for 4 people

400 gr. pumpkin, already peeled ;  
1 small spring onion, minced;  
a handful of finely chopped fresh  
parsley leaves;  
a handful of parsley sprigs;  
80 gr. fresh grated pecorino cheese;  
extra virgin olive;  
freshly ground black pepper;  
sea salt, to taste.

In a pot with a half liter of cold water, add the fresh parsley sprigs, and bring to a boil for 10 minutes. It's parsley broth reduction. Meanwhile, peel and cut the pumpkin in small cubes. In a very hot no-stick pan, add a bit of E.V.O. oil, the minced spring onion and a generous pinch of finely chopped fresh parsley. Sauté few seconds over low heat, add the pumpkin and cook for 7 minutes, over low heat, with the lid on. Considering that the pumpkin is composed of 90% of water, if it should be a little too liquid, cook a few more minutes, without the lid on. In any case, the consistency of the pumpkin cubes, must be not too hard and not excessively soft. Turn off the heat, add a little of pecorino cheese and mix well. Serve, immediately, with a sprig of fresh parsley on top.



## Stir fried turnip greens

### Ingredients for 4 people

900 gr. fresh turnip greens;  
1 clove of garlic, minced;  
a little of chili pepper, if it's appreciated;  
extra virgin olive oil;  
sea salt to taste



### Procedure

Turnip greens or turnip tops, are the dark-green leafy tops of turnip plant.

Wash and drain the turnip greens.

In a pot with boiling water and a large pinch of sea salt, boil the turnip greens for 5 minutes with the lid on, to allow them, to maintain their natural green color. Meanwhile, in a very hot no-stick pan, add a bit of E.V.O. oil, the minced garlic and a little chili peppers, if you like. Sautè, for few seconds, drain the turnip greens, not too dry, and stew for 5 minutes. Stir, and serve immediately.



## Porcini mushrooms with lemon juice

### Ingredients for 4 people

500 gr. porcini mushrooms;  
1 clove of garlic, minced;  
a handful of finely chopped fresh parsley;  
1 lemon, medium size;  
lemon peel;  
lemon zest;  
extra virgin olive oil;  
sea salt to taste;



### Procedure

Clean, carefully, the porcini mushrooms, cut in small pieces, and place them in a bowl. Peel the lemon, the yellow part only, and cut it into very thin strips. Squeeze the juice of the lemon over the porcini mushrooms, and sprinkle a large pinch of sea salt. Let to marinate for 10 minutes. In a very hot no-stick pan, add a bit of E.V.O. oil, the minced garlic and a generous pinch of finely chopped fresh parsley. Sauté over low heat for a few seconds, gradually adding all the lemon juice of porcini mushrooms' marinade, and the strips of lemon peel. Amalgamate well all the flavours, and add the porcini mushrooms. Let them cook for 3 minutes over low heat, with the lid on. Turn off the heat, scrape a little of lemon zest, sprinkle a pinch of finely chopped fresh parsley, and serve.



## Artichokes with lemon juice

### Ingredients for 4 people

8 artichokes, medium size;  
1 big clove of garlic, minced;  
a handful of finely chopped fresh parsley;  
2 egg yolks;  
100 cl. lemon juice;  
50 cl. dry white wine  
a handful of sea salt;  
extra virgin olive oil;  
sea salt, to taste.



### Procedure

Rinse the artichokes, by removing the tough harder outer leaves. Cut them in quarters. Let to marinate in a bowl, with a half of lemon juice the dry white wine and a large pinch of sea salt, for 15 minutes. In a very hot no-stick pan, add a little of E.V.O. oil, a pinch of minced garlic and a generous pinch of finely chopped fresh parsley. Drain the artichokes and add them into the pan. Add the lemon juice and dry white wine marinating from the bowl, and let to stew, for 4 minutes, covering the pan, over medium heat. Decrease over low heat and cook 2 more minutes with the rest of lemon juice. Beat the egg yolks with a pinch of sea salt and add them into the pan with artichokes. Stir well and cook 2 more minutes until the sauce becomes creamy. Serve, with a sprinkle of finely chopped fresh parsley. and freshly ground white pepper, if it's appreciated.

## Fresh seasonal beans in soup

### Ingredients for 4 people

150 gr. seasonal beans, already peeled;  
3 tomatoes, San Marzano type;  
a handful of fresh celery stalk;  
finely chopped fresh celery leaves;  
50 gr. aged goat cheese, grated in flakes;  
extra virgin olive oil;  
sea salt, to taste;  
vegetable stock.



### Procedure

The preparation of the vegetable stock, is very simple and fast enough. Depending on the required amount of broth, it's sufficient to bring cold water to a boil, in a pot with some carrots, onion, celery stalk and leaves, a few tomatoes and a pinch of sea salt. Allow to cool for a few minutes, filter and use during cooking, of any ingredient. In this recipe, it is necessary to obtain 1 liter of filtered broth. Shell off the beans, rinse them under running water and let them drain. Make a small cross-like on the bottom of San Marzano tomatoes, and dip them in a pot with boiling water. Boil for 10 seconds. Drain, peel and cut them in pieces in a plate, to save the juice.

Cut the celery stalk in small pieces. In a very hot no-stick pan, add a bit of E.V.O. oil, and the chopped celery stalk. Sauté for few seconds and add the tomatoes and their juice. Cook for 1 minute, stirring occasionally, and add the celery leaves finely chopped. Cook, over low heat, for 1 more minute. Add the fresh beans, a pinch of sea salt, the vegetable stock and let cook until the broth is reduced, over medium heat, with the lid on.

Remember, this type of fresh beans are much more tender than dry ones. Remove the pot from the heat, and let it rest aside, for a few minutes. Serve, with a generous pinch of aged goat cheese's flakes on top, and toasted bread slices.

## The Cianfotta

*The Cianfotta, or Ciambotta, can be considered the most consumed summer dish, among the classic recipes of Mediterranean Cuisine, and it is essentially prepared with fresh mixed vegetables.*

### Ingredients for 4 people

2 small peppers, 1 red, 1 yellow;  
1 large eggplant;  
1 small zucchini;  
1 potatoes, medium size;  
10 cherry tomatoes;  
1 onion, medium size;  
2 handful of fresh basil leaves;  
a handful of flakes aged goat cheese;  
extra virgin olive oil and sea salt, to taste;  
vegetable stock.



### Procedure

Rinse, drain and cut the peppers in half, removing all the seeds and white filaments, and cut them in cubes.

Rinse, drain and cut the eggplant first in half, removing all the white part in the middle, and cut it into cubes. Rinse, drain, peel and cut the potatoes in cubes. Make a small cross-like cut, on the bottom of the cherry tomatoes and add them in a pot with boiling water. Boil them for 10 seconds.

Drain well, peel and cut them, in a plate, to save the juice, in small pieces. Chop, finely in slices, the onion. In a very hot no-stick pan, add a bit of E.V.O. oil, the minced onion and a generous pinch of fresh basil leaves, chopped. Sauté for few seconds and add the potatoes first. Add a large pinch of sea salt, and let cook, for 3 minutes, adding, little by little, the vegetable stock.

Add the peppers, and stir sometime, to prevent sticking. Add the eggplants and the zucchini, and stew, over low heat for 5 minutes, keeping the lid on. Add the cherry tomatoes, mix very well and cook for 2 more minute, over medium heat, reducing the sauce.

Add a handful of chopped fresh basil, and turn off the heat. Let stand a few minutes, and serve in 4 deep dishes, with a handful of aged goat cheese, grated in flakes, finely chopped fresh basil and toasted bread slices.

*Mediterranean Diet*

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