

Boston University
Presents



Italy

With Daniele Baliani

Tuscan Panzanella on Bruschetta

Country Bread Salad on garlicky toasts
(serves 6-8 people)

Ingredients:(for the panzanella)

1 loaf of day-old country bread
4 tomatoes, seeded & chopped
2 cucumbers, peeled & chopped
3 stalks of trimmed & chopped celery
1 med. red onion, peeled & thinly sliced
2 tablespoons of rinsed & chopped basil leaves
1 tsp finely minced garlic
½ cup extra virgin olive oil
salt & pepper to taste
red wine vinegar to taste

Ingredients: (for the bruschetta)

1 fresh loaf of italian bread, sliced 1/2inch thick
extra vergin olive oil
1 peeled clove of garlic cut in half

Procedure:

Tear the day-old bread in large pieces and soak it in cold water for 5-10 minutes. Squeeze the water out firmly with your hands and crumble the bread into a salad bowl. Add all the vegetables, basil and garlic together and mix well. In a separate bowl, whisk the olive oil, vinegar, salt and pepper. Add the dressing to the bread salad and mix well. Chill for at least one hour. While the panzanella sets, prepare bruschetta by pre-heating your oven to 375 degrees. Brush the slices of fresh italian bread with extra vergin olive oil and toast in the oven. When golden brown (about 15 minutes) remove and while the slice are still warm, take the half clove of garlic and rub gently (or vigorously) into the bread. Hint: the more garlic flavor you like, the harder you rub ! To serve, remove the panzanella salad from the refridgerator and toss again to mix all the flavors. Spoon a nice mound onto each slice of bruschetta and serve with a glass of chilled vermentino. Ahhh....a little slice of heaven !!

Spaghetti Alla Carbonara

(serves 6-8)

Ingredients:

1 1/2 lb De Cecco Spaghetti
2 Tbl extra virgin olive oil
2 Tbl butter
1 medium spanish onion, finely diced
5-6 thin slices of pancetta, chopped
3 egg yolks
1/4 cup chicken stock
grated Parmigiano Reggiano

Procedure:

This recipe is very easy except for one thing: do not scramble the eggs!! (here is how it works)

Cook the spaghetti in plenty of boiling, salted water. While the spaghetti cooks, place the butter & olive oil in a large sautee pan and gently "sweat" the onion and pancetta. Separately, whisk the egg yolks together with the chicken stock and set aside.

When the spaghetti is al dente, (about 8-10 minutes) drain directly into the pan with the onion and pancetta. Off the heat, add chicken stock with the egg yolks and toss quickly with the spaghetti to keep the eggs from scrambling. (Note: the heat from the pasta should be enough to gently "coagulate" (thicken) the eggs and (with a little bit of the stock) provide a rich golden "sauce" for the pasta). Finish with freshly grated Parmigiano Reggiano and some cracked black pepper in true Roman fashion!

Chicken Cutlet alla Milanese

(with mix green salad)
(serves 8)

Ingredients:

2 lbs of boneless skinless chicken breasts
1 cup of all-purpose flour
2 eggs
2 tbs. water or milk
2 cups of unseasoned bread crumbs
2 cups of vegetable or peanut oil
3 tbs. unsalted butter
lemon wedges
Your favorite salad, dressed, as an accompaniment

Procedure:

One at a time, place the chicken breasts between two sheets of plastic wrap and pound thin with a meat pounder. Then, place the breasts on a platter and season both sides with salt. Next, take three shallow bowls that are wide enough to hold a piece of chicken. Place flour in one bowl, the two eggs beaten with a little milk in the second, and the breadcrumbs in the third. Add a tiny pinch of salt to each bowl to flavor all the ingredients. Note: since you will want to fry one piece of chicken at a time, it is best to warm the oven to 200 degrees and place a cookie sheet lined with parchment paper to keep the cutlets warm until you are ready to serve.

Line the bowls next to your burner along with a platter covered with paper towel to drain the chicken breasts as they come out of the pan. Now, heat the vegetable oil in a 12-inch skillet and add a tbl. of butter and you are ready to fry the cutlets.

Begin by dredging each piece of chicken in the flour, turn it over, dredge the other side, then shake off any excess. Then dip into the egg mixture, turning to coat. Lastly, place it in the breadcrumbs, coating well and shake off any excess.

Put the chicken breast in the skillet and fry about 30 seconds. When the breading looks bubbly and begins to brown, turn and cook another 30 seconds then transfer to the platter lined with paper towels. Repeat the process with remaining cutlets, adjusting the heat so crumb coating cooks evenly without burning.

Place the cooked, drained cutlets on a baking sheet and put in the warm oven until ready to serve (no more than 15 minutes). Arrange cutlets on a serving platter or on individual plates, garnish a wedge of lemon and your favorite salad. BUON APPETITO !!!

Venetian Carneval Fritters

(makes 2 dozen fritters)

Ingredients:

2 cups all purpose flour
½ cup sugar
1 tsp. Salt
1 tsp baking powder
4 TBL. unsalted butter, softened
3 large eggs
1 quart peanut oil, or vegetable oil for frying
confectioners' sugar for dusting

Procedure:

Place the flour in a medium-size mixing bowl. Make a well in the center and place the sugar, salt, baking powder, butter and eggs in the well. Gradually draw in the flour to make a soft dough. Knead the dough briefly then flour the dough lightly and wrap in plastic. Let the dough rest at room temperature for about 30 minutes.

Divide the dough into 4 pieces and roll out as thin as possible. Cut the dough into strips with a pasta cutter and fry in peanut (vegetable) oil that has been heated to 350 degrees. (Test by dropping in a piece of dough. It should turn golden brown in about 30 seconds.) Drain on paper towels and dust with confectioners' sugar. Can either be served alone as an afternoon snack or as a "crisp" to a wonderful fruit salad. YUMMY !!