

La Tavola Italiana



ITALIAN FOOD RECIPES
& CULTURE

10 CLASSIC ITALIAN DISHES

*anyone can
master*



By La Tavola Italiana

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INTRO DUCTION



**ITALIAN COOKING SHINES WHEN
SIMPLE INGREDIENTS MEET SMART
TECHNIQUE. THIS GUIDE GIVES YOU
10 RECIPES THAT ARE EASY TO
LEARN YET IMPRESSIVE, MAKING
THEM PERFECT FOR HOME COOKS
WHO WANT TO ELEVATE THEIR
SKILLS.**

**YOU'LL LEARN TIMELESS DISHES,
ESSENTIAL METHODS, AND
TRADITIONAL FLAVORS — ALL
WITHOUT COMPLICATED
EQUIPMENT.**



HOW TO USE THIS GUIDE

- Read each recipe fully before starting
- Prep ingredients first (Italian kitchen loves order)
- Taste and adjust
- Cook with patience and enjoyment — it always shows in the final dish

ITALIAN ESSENT IALS

Must-Have Ingredients:

- Extra-virgin olive oil
- Sea salt
- Fresh basil
- Garlic
- Parmesan or Pecorino
- Crushed tomatoes
- Dried Italian pasta
- Arborio rice
- Butter
- Capers
- Lemons
- Italian herbs (oregano, thyme

PASTA AL LIMONE (CREAMY LEMON PASTA)

(SERVES 2)

NUTRITION PER SERVING

Calories: 540 |

Protein: 17 g | Carbs:

62 g | Fat: 24 g

INGREDIENTS

- 200 g spaghetti
- 1 large lemon (zest + 3 tbsp juice)
- 3 tbsp butter
- ½ cup heavy cream
- ½ cup freshly grated Parmesan
- ¼ tsp black pepper
- Salt to taste



INSTRUCTIONS

1. Cook spaghetti in salted water.
2. In a pan, melt butter with lemon zest for 1 minute.
3. Add lemon juice + cream. Simmer on low for 2–3 minutes.
4. Add drained pasta and Parmesan. Toss until glossy.
5. Add pepper and serve immediately.

PENNE ALL'ARRAB BIATA

(SERVES 2)

NUTRITION PER SERVING

Calories: 460 |

Protein: 12 g | Carbs:

66 g | Fat: 14 g

INGREDIENTS

- 200 g penne
- 3 tbsp olive oil
- 3 garlic cloves,
thinly sliced
- ½–1 tsp chili flakes
- 1 cup tomato
purée
- ¼ cup chopped
parsley
- Salt to taste



INSTRUCTIONS

1. Warm oil and sauté garlic + chili until fragrant.
2. Add tomato purée and simmer 12–15 minutes.
3. Cook and drain penne.
4. Combine pasta with sauce and parsley.
5. Adjust heat with extra chili if desired.

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PANZANELLA TOSCANA- (TUSCAN BREAD SALAD)

(SERVES 2)

NUTRITION PER SERVING

Calories: 390 |

Protein: 9 g | Carbs:

48 g | Fat: 17 g

INGREDIENTS

- 3 cups day-old bread, cubed
- 2 handfuls ripe cherry tomatoes, sliced
- ¼ red onion, thinly sliced
- 1 handful fresh basil leaves
- 3 tbsp olive oil
- 1½ tbsp red wine vinegar
- ½ tsp salt



INSTRUCTIONS

1. Lightly soak bread in water, squeeze out excess.
2. Mix bread with tomatoes, onion, and basil.
3. Drizzle with olive oil + vinegar + salt.
4. Rest 10 minutes to absorb flavors.

CACIO E PEPE

(SERVES 2)

NUTRITION PER SERVING

Calories: 510 |

Protein: 21 g | Carbs:

61 g | Fat: 18 g



INGREDIENTS

- 200 g spaghetti
- 1 cup finely grated Pecorino Romano
- 1½ tsp freshly ground black pepper
- 1 cup starchy pasta water (reserved)

INSTRUCTIONS

1. Toast pepper in a dry pan for 30 seconds.
2. Add ½ cup pasta water.
3. Add cooked pasta.
4. Remove from heat, add cheese, stir vigorously.
5. Add extra water as needed for a silky sauce.

CHICKEN PICCATA

(SERVES 2)

NUTRITION PER SERVING

Calories: 430 | Protein:
38 g | Carbs: 18 g | Fat:
22 g



INGREDIENTS

- 2 chicken cutlets (300–350 g total)
- ¼ cup flour
- 2 tbsp olive oil
- 2 tbsp butter
- 3 tbsp lemon juice
- 1 tbsp capers
- ¼ cup white wine OR chicken broth
- Salt & pepper

INSTRUCTIONS

1. Lightly flour chicken.
2. Pan-fry in oil until golden; remove.
3. Add butter, lemon juice, wine/broth, and capers.
4. Reduce 3–4 minutes until slightly thick.
5. Return chicken to coat.

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PAPPA AL POMODORO (TOMATO- BREAD SOUP)

(SERVES 2)

NUTRITION PER SERVING

Calories: 310 | Protein:
8 g | Carbs: 36 g | Fat:
14 g

INGREDIENTS

- 2 cups stale bread, torn
- 1½ cups tomato purée
- 2 cups vegetable broth
- 2 garlic cloves, smashed
- 6–8 basil leaves
- 3 tbsp olive oil
- Salt to taste



INSTRUCTIONS

1. Simmer tomatoes + garlic for 5 minutes.
2. Add broth + bread.
3. Stir over low heat until creamy (8–10 minutes).
4. Add basil + olive oil.
Serve warm.

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POLENTA CREMOSA (CREAMY POLENTA)

(SERVES 2)

NUTRITION PER SERVING

Calories: 280 | Protein:
8 g | Carbs: 32 g | Fat:
12 g

INGREDIENTS

- ½ cup polenta
- 2 cups water or broth
- 2 tbsp butter
- ¼ cup Parmesan
- ½ tsp salt



INSTRUCTIONS

1. Bring liquid + salt to a simmer.
2. Whisk in polenta slowly.
3. Stir frequently for 20 minutes until thick.
4. Add butter + Parmesan.

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ITALIAN LEMON RICOTTA CAKE

(SERVES 2)

NUTRITION PER SERVING

Calories: 210 | Protein: 5
g | Carbs: 25 g | Fat: 9 g

INGREDIENTS

- 1 cup ricotta
- $\frac{3}{4}$ cup sugar
- 3 eggs
- Zest of 1 lemon
- 1 cup flour
- 1 tsp baking powder
- $\frac{1}{4}$ cup melted butter (optional)



INSTRUCTIONS

1. Mix ricotta + sugar until smooth.
2. Add eggs + lemon zest.
3. Fold in flour + baking powder.
4. Add melted butter if using.
5. Bake at 170°C / 340°F for 35–40 minutes.

AFFOGATO AL CAFFÈ

(SERVES 2)

NUTRITION PER SERVING

Calories: 170 | Protein: 4
g | Carbs: 20 g | Fat: 7 g

INGREDIENTS

- 2 scoops vanilla gelato
- 2 fresh hot espresso shots
- Optional: dark chocolate shavings



INSTRUCTIONS

1. Scoop gelato into glasses.
2. Pour espresso over.
3. Add chocolate shavings.

INGREDIENTS

- $\frac{3}{4}$ cup Arborio rice
- $1\frac{1}{2}$ cups sliced mushrooms (cremini, porcini, or mixed)
- 3 tbsp butter (divided)
- 2 tbsp olive oil
- 1 small onion, finely diced
- 2 garlic cloves, minced
- $\frac{1}{2}$ cup dry white wine (optional but traditional)
- $2\frac{1}{2}$ –3 cups hot vegetable or chicken broth
- $\frac{1}{2}$ cup freshly grated Parmesan
- Salt & black pepper to taste
- Optional: parsley for garnish



RISOTTO AI FUNGHI (CREAMY MUSHROOM RISOTTO)

(SERVES 2)

NUTRITION PER SERVING

Calories: 520 | Protein: 14 g | Carbs: 70 g | Fat: 20 g

RISOTTO AI FUNGHI (CREAMY MUSHROOM RISOTTO)

INSTRUCTIONS



- Heat 1 tbsp butter + olive oil in a pan. Sauté mushrooms until golden; remove and set aside.
- Add remaining butter to the pan. Cook onion until soft. Add garlic for 30 seconds.
- Add rice and toast for 1 minute.
- Pour in wine and stir until absorbed (skip wine if preferred).
- Add $\frac{1}{2}$ cup hot broth at a time, stirring often. Add more as it absorbs.
- After 15 minutes, add mushrooms back in. Continue adding broth until rice is creamy and al dente (18–20 minutes total).
- Stir in Parmesan, salt, and pepper. Rest 1 minute before serving.

GRAZIE FOR COOKING WITH LA TAVOLA ITALIANA!

I hope these recipes bring a touch of Italy into your home — simple ingredients, comforting flavors, and meals that feel special any day of the week.

**IF YOU ENJOYED THIS GUIDE,
YOU'LL FIND MUCH MORE WAITING
FOR YOU:**

- Step-by-step tutorials
- New recipe releases
- Helpful kitchen tips
- Italian food stories and culture

**YOU'RE ALWAYS WELCOME AT
OUR TABLE.
VISIT LA TAVOLA ITALIANA
ANYTIME FOR FRESH
INSPIRATION.**

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ITALIANA

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