

SEAFOOD PASTA

Difficulty: 2



Preparation: 40 minutes

Cooking: 8 minutes

4 SERVINGS

- | | |
|---|---|
| 10 2/3 oz. (300 g) bavette or other thin ribbon-shaped pasta | 5 oz. (150g) cherry tomatoes , cut into quarters |
| 14 oz. (400 g) mussels , scrubbed and debearded | 1 cup (150 ml) white wine |
| 14 oz. (400 g) clams , scrubbed and rinsed | 1 clove garlic |
| 4 small red mullet , gutted, filleted, and washed | 1 tbsp. fresh parsley , chopped |
| 4 shrimp , peeled (leave tail segment intact) and deveined | 1 bunch fresh basil |
| | 1 sprig fresh oregano |
| | 1/3 cup (80 ml) extra-virgin olive oil |
| | salt and pepper |

Bring a pot of well-salted water to a boil. Cook the bavette until al dente, and drain. While the pasta cooks, roughly chop the oregano leaves and tear the basil by hand. Heat the oil in a skillet with the garlic and parsley, and add the oregano and basil. Add the mussels, clams, and white wine. Cover with a lid and cook, removing the shellfish as they open and discarding any that don't open. Remove them from the saucepan, shell three-quarters of them, and transfer them to a bowl. To the same skillet, add the red mullet, all of the shrimp, and the tomatoes. Cook, stirring, for a few minutes; the sauce should still be fairly liquid. Add the mussels and the clams. Season with salt and pepper to taste. Transfer the cooked pasta to the skillet with the sauce, cook briefly to meld the flavors, and serve.

FUSILLI PASTA SALAD WITH VEGETABLES AND SQUID

Difficulty: 1



Preparation: 15 minutes

Cooking: 10 minutes

4 SERVINGS

- 14 oz. (400 g) **fusilli**
- 3 1/2 oz. (100 g) **carrots** or about 2 small, peeled
- 12 1/2 oz. (360 g) **zucchini**, or about 3 small
- 10 1/2 oz. (300 g) **artichokes**
- 10 1/2 oz. (300 g) **squid**
- Leafy herbs**, as needed
- 1/4 cup (60 ml) **extra-virgin olive oil**
- juice of 1 **lemon**
- salt and white pepper**
- 3 1/2 oz. (100 g) **Swiss chard**, sliced

Remove the tough outer leaves from the artichokes. Cut each artichokes in half lengthwise and scoop out the fuzzy choke with a melon ball cutter. In a bowl, combine water and some of the lemon juice. Cut the artichokes into narrow strips and let soak in the lemon juice mixture to prevent them from browning.

Cut the carrots and zucchini into thin, narrow strips.

Clean the squid by removing the skin from the body and cutting the tentacles from the body. Flip back the tentacles and squeeze out and discard the beak located in the center of the tentacles. Remove the eyes, the entrails, and the transparent inner cartilage. Then cut the body into very thin strips.

Bring a pot of well-salted water to a boil. Add the pasta, and 5 minutes before it is cooked, add the vegetables to the water. Stir and cook for 3 minutes, then add the squid for the last 2 minutes. Drain, add a little oil, and transfer everything to a tray and to cool. When cool, dress with the rest of the oil and lemon juice, and season with salt and white pepper. Serve on a bed of fresh aromatic herbs and Swiss chard.

SICILIAN EGGPLANT RIGATONI

Difficulty: 1



Preparation: 1 hour

Cooking: 10 minutes

4 SERVINGS

12 oz. (350 g) **rigatoni**
9 oz. (250 g) **eggplant**
2 tbsp. (30 ml) **extra-virgin olive oil**
2 oz. (50 g) **yellow onion**, roughly chopped
1 clove **garlic**
2 lbs. (1 kg) **ripe tomatoes**, diced
6 leaves fresh **basil**
2 oz. (50 g) **grated ricotta salata**, or about 1/2 cup
salt and pepper
flour as needed
extra-virgin olive oil, as needed for frying

Dice or cut the eggplant into sticks, then put it in a colander, salt it lightly and allow it to drain for about 30 minutes.

In a skillet, heat the oil over medium-high heat until hot. Toss the eggplant with flour and fry until golden. Transfer to a paper towel-lined plate.

Add the onion to the skillet along with garlic clove. Add tomatoes, season with salt and pepper, and cook for about 10 minutes; then pass the mixture through a food mill. Add the eggplant to the tomato sauce.

Bring a pot of well-salted water to a boil. Cook the rigatoni until al dente, drain, and pour it into a large bowl. Add the sauce, stir, and then add the basil. Transfer to bowls, sprinkle with the ricotta salata, and serve.

SPAGHETTI WITH CLAMS

Difficulty: 1



Preparation: 20 minutes

Cooking: 8 minutes

4 SERVINGS

12 oz. (350 g) **spaghetti**
2 1/4 lbs. (1 kg) **clams**, scrubbed
6 3/4 tbsp. (100 ml) **extra-virgin olive oil**
1 tbsp. chopped fresh **parsley**
1 clove **garlic**, chopped
salt and pepper

Bring a pot of well-salted water to a boil.

Heat 1 tbsp. of the oil in a large skillet. Add the clams, cover, and cook until they open, 2-3 minutes. Remove the skillet from the heat. Remove some of the clams from their shells, strain the cooking liquid, and then pour it back into the skillet with the clams. Set aside.

In another skillet, heat the remaining oil until hot. Add the garlic and cook until browned. Add the clams and their liquid and bring to a boil.

Meanwhile, cook the spaghetti in the boiling water until al dente. Drain, reserving some of the pasta water. Add the pasta to the clam mixture, adding a little pasta water if you want a wetter dish. Transfer to pasta bowls and serve, sprinkled generously with the pepper and the parsley.

TAGLIATELLE BOLOGNESE

Difficulty: 2



Preparation: 1 hour
30 minutes

Cooking: 3-4 minutes

4 SERVINGS

FOR THE TAGLIATELLE

2 cups plus 3 tbsp. (300 g) **pastry flour**
3 large **eggs**

FOR THE SAUCE

2/3 cup (160 ml) **water**
5 1/3 oz. (150 g) **ground pork**
5 1/3 oz. (150 g) **ground beef**
5 oz. (150 g) **lard**
1 1/2 oz. (40 g) **carrots**, chopped

1 1/2 oz. (40 g) **celery**, chopped
1 1/2 oz. (40 g) **yellow onions**, chopped
3 oz. (90 g) **tomato paste**
1/2 cup (100 ml) **red wine**
1/4 cup plus 2 3/4 tbsp. (100 ml) **extra-virgin olive oil**
2 **bay leaves**
1 1/2 oz. (40 g) grated **Parmigiano-Reggiano cheese**, or about 1/2 cup
salt and pepper

To make the pasta, combine the flour with the eggs and knead until you have a smooth, homogeneous dough. Wrap the dough in plastic wrap and refrigerate for about 30 minutes.

Remove the dough from the refrigerator and, using a rolling pin or machine, roll it out into sheets about 1/25 inch (1mm) thick. Cut the sheets into strips about 1/4 inch (6-7mm) wide. Spread the tagliatelle out on a lightly floured work surface.

To make the sauce, break up the bay leaves very finely. In a pot or Dutch oven, sauté the lard, the chopped vegetables, and the bay leaves with the olive oil. When the vegetables are golden brown, add the meat and sauté on high heat. Add the red wine and cook until the liquid evaporates completely. Then lower the heat and stir in the tomato paste. Season with salt and freshly ground black pepper continue to cook on low heat for about an hour, adding a few spoonfuls of water, if necessary.

Meanwhile, bring a pot of well-salted water to a boil. Cook the tagliatelle in the boiling water until al dente. Drain and pour the pasta a large bowl. Add the meat sauce, sprinkle with the Parmigiano-Reggiano, stir well, and serve.

TROFIE AL PESTO

Difficulty: 2



Preparation: 30 minutes

Resting: 30 minutes

Cooking: 5 minutes

4 SERVINGS

FOR THE PASTA

2 1/2 cups (300 g) **“o” type flour**

2/3 cup (150 ml) **water**

or: 14 oz. (400 g) **ready-made pasta**

FOR THE SAUCE

1 oz. (30 g) **fresh basil**

1/2 oz. (15 g) **pine nuts**, or about 2 tbsp.

2 oz. (60 g) **Parmigiano-Reggiano**

1 oz. (40 g) **grated Pecorino**, or about

1/2 cup

1 clove **garlic**

3 1/2 oz. (100 g) **green beans**, cut into thirds

7 oz. (200 g) **potatoes**, diced

3/4 cup plus 1 1/2 tbsp. (200 ml) **extra-virgin olive oil** (preferably from Liguria); more as needed
salt

To make the pasta, mound the flour on a work surface. Make a well in the center and knead with sufficient water to make firm elastic dough. Cover the dough with plastic wrap and let rest for 30 minutes before using.

When the dough is ready, break off small pieces the size of chickpeas, and roll them in your hands (or roll them on the work surface, pressing down lightly at the same time) to make the trofie. Or, cook the pasta.

To make the sauce, wash and dry the basil. Using a mortar and pestle, crush the basil, pine nuts and garlic with 1/2 cup plus 2 tbsp. (150 ml) of the olive oil, a pinch of salt, and the cheese. (Alternatively, pulse the ingredients in a food processor.) When the ingredients are well mixed, transfer the mixture to a bowl and cover with the remaining olive oil.

Boil the potatoes and the green beans separately. When the vegetables are almost cooked, add the trofie to the same pan. Remove from the heat and drain, reserving some of the cooking water. Add the pesto and stir well, diluting with a little cooking water and a little extra-virgin olive oil.

TOMATO RISOTTO

Difficulty: 1



Preparation: 30 minutes

Cooking: 16-18 minutes

4 SERVINGS

1 lb. (500 g) **ripe tomatoes**
1 tbsp. (15 ml) **extra-virgin olive oil**
10 oz. (300 g) **Vialone nano rice**, or about 1 1/2 cups
2 1/2 oz. (75 g) **small yellow onion**, chopped
scant 1/2 cup (100 ml) **dry white wine**
6 1/3 cups (1.5 liters) **vegetable hot stock**
1/4 cup (60 g) **butter**
3/4 cup (80 g) grated **Parmigiano-Reggiano cheese**
salt

Peel the and seed the tomatoes. Dice half of them and reserve.

In a small skillet, heat 1 tsp. of the oil. Add a third of the onion and cook until golden. Add the remaining tomatoes, season with salt, and cook over high heat for 10 minutes. Transfer to a blender, purée, and keep warm.

Meanwhile melt 4 tsp. of the butter in another pan. Add the remaining onion and cook until softened. Stir in the rice. Pour in the wine and simmer gently, stirring constantly, until the wine has evaporated completely. Continue to cook, adding half of the puréed tomato mixture and pouring in the stock a little at a time, stirring constantly. After about 10 minutes, add the reserved diced tomatoes.

When the rice-tomato mixture is cooked, season to taste. Remove from the heat and stir in the rest of the butter and the Parmigiano-Reggiano cheese.

Garnish with the remaining of the sauce.

RISOTTO WITH PORCINI MUSHROOMS

Difficulty: 1



Preparation: 20 minutes

Cooking: 18 minutes

4 SERVINGS

- 1 1/2 cups (300 g) **Carnaroli rice**
- 2 1/2 oz. (75 g) **small onion**, chopped
- 6 1/3 cups (1.5 l) **hot veal or beef stock**
- 1/2 stick (57 g) **unsalted butter**
- 3/4 cup plus 1 tbsp. (80 g) **Parmigiano-Reggiano cheese**
- 4 tsp. (20 ml) **extra-virgin olive oil**
- 11 oz. (300 g) **porcini mushrooms**
- 1 clove **garlic**
- 1 tbsp. chopped **fresh parsley**
- salt** to taste

Clean the mushrooms thoroughly, removing the soil and wiping them with a damp cloth. Slice them thinly (reserve a few slices for garnish, if you like). In a skillet, heat the oil until hot. Add the garlic clove, cook until browned, and remove from the skillet. Add the mushrooms and cook, stirring, until tender but still firm. Lightly season with salt and stir in a little of the parsley. Melt 4 tbsp. of the butter in a saucepan. Add the onion and cook, stirring. Add the rice and toast it, stirring well to make sure it is coated with the butter. Continue to cook, adding the broth gradually and stirring often. About halfway through cooking, add the mushrooms. When the risotto is cooked, remove it from the heat and stir in the remaining butter and grated Parmigiano-Reggiano cheese. Garnish with the raw mushrooms, if using, and serve.

RISOTTO WITH SHRIMPS AND ZUCCHINI FLOWERS

Difficulty: 1



Preparation: 20 minutes

Cooking: 20 minutes

4 SERVINGS

10 1/2 oz. (300 g) **Arborio rice**
16 **zucchini flowers**
14 oz. (400 g) **shrimp**
6 1/3 cups (1.5 l) **hot fish stock**
1/2 **yellow onion**, finely chopped
extra-virgin olive oil, as needed
1 oz. (20 g) **unsalted butter**
salt
3 1/2 tbsp. (50 ml) **white wine**

Heat a little of the oil in a large saucepan over medium heat. Add the finely chopped onion and cook, stirring, over low heat for a couple of minutes; do not let the onion brown. Stir in the rice and thoroughly toast for a couple of minutes, stirring continuously. Add the wine and cook until evaporated. Raise the heat to high, adding a ladle of the hot stock at a time and stirring occasionally so that the rice does not stick to the bottom of the pot. Then add the zucchini flowers, and lastly the shrimp. When the rice is almost cooked, season with salt and stir in the butter. Continue to cook, adding the remaining stock a little at a time. Serve.

ITALIAN VEGETABLE SOUP

Difficulty: 1



Preparation: 1 hour

Soaking: 12 hour

Cooking: 1 hour

4 SERVINGS

3 oz. (90 g) **leeks**, trimmed and diced
2 1/2 oz. (70 g) **celery**, diced
7 oz. (200 g) **potatoes**, peeled and
diced
5 oz. (150 g) **zucchini**, diced
3 oz. (80 g) **carrots**, peeled and diced
3 1/2 oz. (100 g) **pumpkin**, trimmed,
seeded, and diced
3 1/2 oz. (100 g) **dried borlotti beans**

3 1/2 oz. (100 g) **dried cannellini beans**
3 1/2 oz. (100 g) **savoy cabbage**, sliced
3 1/2 oz. (100 g) **green beans**, diced
1 bunch **fresh parsley**
1/3 cup (80 ml) **extra-virgin olive oil**
4 1/4 pints (2 l) **water**
salt
Parmigiano-Reggiano rind, as needed

Soak the borlotti and cannellini beans separately in cold water overnight. The next day, drain the beans. Put them in a saucepan and cook the beans in cold, unsalted water until tender. Heat 4 pints (2 liters) of water in a saucepan. In another saucepan, heat half of the oil, add the vegetables, and cook, stirring, 4-5 minutes. Then pour in the boiling water, bring to a boil, lower the heat and simmer for at least an hour, adding the drained beans toward the end of the cooking. Season with salt, if necessary, and sprinkle with parsley. Ladle the soup into bowls, and drizzle with the remaining olive oil, a piece of Parmigiano-Reggiano rind to taste, and serve hot.

LOBSTER TAIL WITH TOMATO CONFIT AND BASIL OIL

Difficulty: 2



Preparation: 1 hour
30 minutes

Cooking: 6 minutes

4 SERVINGS

24 small **lobster tails**
1 oz. (30 g) **fresh basil**, or about 1 1/4 cups whole leaves
3.5 oz. (100 g) **mixed greens**, for serving
3 tbsp. (40 ml) **extra-virgin olive oil**

FOR THE TOMATO CONFIT

2 1/2 lbs. (1.2 kg) **ripe tomatoes**, or about 6 1/2 large
1 clove **garlic**, thinly sliced
1/2 oz. (10 g) **fresh thyme**, or about 1/4 cup
2 tsp. (10 ml) **extra-virgin olive oil**
sugar
salt and pepper

Shell the lobster tails, using scissors to cut down the back. Season with salt, pepper and some of the oil and let them marinate.

Heat the oven to 175°F (80°C) and line a baking sheet with parchment.

Have ready a bowl of ice water. Bring a saucepan of water to a boil. Peel the tomatoes, drop them in the boiling water, and blanch them for 30 seconds. Transfer them immediately to the ice water. Cut them into quarters, remove the seeds, and lay the tomatoes on the baking sheet. Season on both sides with the thyme, garlic, and a pinch each of salt, pepper and sugar. Bake for 1 hour.

Line another pan with parchment and set four individual square cooking molds on it. Fill them with alternating layers of the tomatoes and lobster tails, finishing with a layer of tomatoes. Raise the oven temperature to 300°F (150°C), transfer to the oven, and bake for 6 minutes.

Have ready a bowl of ice water. Bring a small saucepan of water to a boil and blanch the basil leaves, 2 minutes. Strain and put them directly in the ice water. Return the basil leaves to the pan and use an immersion blender to blend them with the remaining oil.

Remove the molds from the oven and serve the lobster tails and tomatoes with the basil oil, along with the mixed greens.

GROUPER MATALOTTA-STYLE

Difficulty: 1



Preparation: 25 minutes

Cooking: 15 minutes

4 SERVINGS

1 3/4 lb. (800 g) **grouper fillets**
1/2 cup (60 g) **all-purpose flour**
7 oz. (200 g) **tomatoes**, quartered
3 1/2 oz. (100 g) **yellow onion**, julienned
1/2 oz. (5 g) **garlic** or about 1 clove,
thinly sliced
1 **bay leaf**
1/2 oz. (8 g) **fresh parsley**, chopped
1/2 cup (100 ml) **white wine**
3 1/2 tbsp. (50 ml) **extra-virgin olive oil**
salt and pepper

1/2 cup (100 ml) **fish stock**
3 1/2 oz. (100 g) **button mushrooms**,
sliced

FOR THE GARNISH

3 1/2 oz. (100 g) **zucchini**, sliced
4 tbsp. (60 ml) **extra-virgin olive oil**
3 oz. (80 g) **bell peppers**, cut into 2/3
in. (2 cm) pieces
1/4 cup (30 g) **sliced almonds**

Put some of the flour in a shallow tray. Dredge the grouper fillets in the flour. Heat the oil in a skillet until hot. Sauté the onion and the garlic for 1 minute. Add the fish fillets and fry gently. Add the white wine and simmer until it evaporates. Add the tomatoes, season with salt and pepper, and add the fish broth, bay leaf, mushrooms, and parsley and cook over low heat for 5 minutes. In a separate skillet, sauté the sliced zucchini. Add the peppers, season with salt, and sauté over high heat. Add the almonds. Remove the bay leaf. Arrange the fillets on a serving dish, then garnish with the vegetables.

SWORDFISH STEAK WITH LEMON AND CAPERS

Difficulty: 1



Preparation: 20 minutes

Cooking: 10 minutes

4 SERVINGS

14 oz. (400 g) **swordfish steaks**
1 oz. (25 g) **capers packed in salt**, or about 3 tbsp., rinsed well
5 1/2 oz. (150 g) **mache**
2 **lemons**
7 tbsp. (103.5 ml) **extra-virgin olive oil**
salt and pepper

Heat the oven to 350°F (180°C) and grease a baking dish with extra-virgin olive oil. Slice the swordfish into 4 pieces. Season with salt and pepper on both sides and arrange the fish in the baking dish.

Remove the peel and pith from one of the lemons. Working over a bowl to catch the juices, use a paring knife to slice between the sections and membranes of each fruit; remove the segments whole, reserving the fruit and juice. Dice the lemon segments. Cover the swordfish with the diced lemon and capers. Pour the lemon juice on top and drizzle with 4 tbsp. (60 ml) extra-virgin olive oil. Transfer to the oven and bake, covering with foil if it gets too dry.

Juice the second lemon, and in a bowl, combine the juice with the 3 tbs. (43.5 ml) oil; season with salt and pepper to taste.

Combine the mache with the lemon dressing and serve with the swordfish.

MONKFISH IN LEEK SAUCE WITH ITALIAN OLIVES

Difficulty: 1



Preparation: 40 minutes

Cooking: 25 minutes

4 SERVINGS

3 1/3 lb. (1.5 kg) **monkfish**
5 tbsp. (70 ml) **extra-virgin olive oil**
7 oz. (200 g) **ripe tomatoes**, halved
1 lb. 2 oz. (500 g) **leeks**
2 cloves **garlic**, sliced
1 bunch **fresh parsley**, chopped
1 lb. 2 oz. (500 g) **olives**
3 cups (700 ml) **water**
4 tsp. (20 ml) **white vinegar**
crushed red pepper flakes
salt and freshly ground pepper

Remove the head, skin and tail from the monkfish and wash it carefully. Using a sharp knife, fillet the fish and remove the central bone to obtain two fillets. Trim the leeks, remove and discard the dark green parts, and slice the white and light green parts into rounds. Rinse well under running water. Bring a saucepan of well-salted water to a boil. Blanch the leeks in water and vinegar for a few seconds, drain and dry. Bring another pot of well-salted water to a boil. Cut the monkfish fillets into uniform pieces, blanch for a few minutes, drain, and set aside. Heat the oil in a skillet over medium heat. Add the leeks and garlic and cook until softened. Add a pinch of chile flakes, the tomatoes, and the parsley, and bring to a boil. Add the monkfish and the olives. Lower the heat to low and cook for 15 minutes. Season with salt and freshly ground pepper and serve.

ALMOND AND PISTACHIO-CRUSTED AMBER-JACK STEAK WITH ARTICHOKE SALAD

Difficulty: 1



Preparation: 40 minutes

Cooking: 5-10 minutes

4 SERVINGS

- 1 lb. (500 g) **amberjack steaks** or mahi mahi
- 1 1/2 oz. (40 g) **capers**, or about 4 1/2 tbsp.
- 3 1/2 oz. (100 g) **blanched almonds**, or about 1 cup chopped
- 3 1/2 oz. (100 g) **pistachios**, or about 3/4 cup whole
- 1 lb. 5 oz. (600 g) **artichokes**
- 1 bunch **fresh mint**, finely chopped
- 2 **lemons**
- 1/3 cup plus 1 1/2 tbsp. (100 ml) **extra-virgin olive oil**
- salt and pepper**

Heat the oven to 350°F (180°C).

Juice the lemons, and add half of the juice to a bowl of water. Remove the tough outer leaves from the artichokes. Cut them in half and remove and discard the chokes. Slice the artichokes very thinly and put them in the lemon water to prevent discoloration.

Crush the pistachios and almonds and spread them in a shallow dish. Cut the fish crosswise into thick slices and coat them in the crushed nuts.

In a blender, blend the capers with 3 1/2 tbsp. (50 ml) of the extra-virgin olive oil and reserve.

In a heatproof skillet, heat a quarter of the remaining oil over medium heat. Sear the fish over medium heat, season with salt and transfer to the oven. Bake for 5-10 minutes, depending on the size of the slices.

Drain the artichokes and toss them with the remaining lemon juice, the remaining oil, and the mint, and season to taste with salt and pepper.

Serve the fish with the artichoke salad and caper oil.

DUCK BREASTS WITH HONEY

Difficulty: 2



Preparation: 20 minutes

Cooking: 15 minutes

4 SERVINGS

2 **boneless duck breasts**

2 oz. (50 g) **yellow onion**, chopped

1 clove **garlic**

3 tbsp. (approx. 60 g) **honey**

Fresh **rosemary, sage and bay leaf**, as needed
salt and pepper

Heat the oven to 350°F (180°C).

Score the skin and fat on each duck breast without cutting into the meat, and season with salt and pepper. Heat a skillet until hot and cook the duck, skin side down first, until crisp. Transfer the duck breasts to a baking pan, and add the garlic clove, the onion and the herbs. Roast for about 10 minutes; the duck breasts should still be soft and pink inside.

Let them rest for a few minutes, covered in tin foil, before slicing.

Spoon the fat from the baking pan and then add the honey. When you have obtained the desired thickness, strain the sauce through a sieve.

Serve the duck breasts, covered with the honey sauce.

CHICKEN STUFFED WITH CHESTNUTS

Difficulty: 3



Preparation: 1 hour

Cooking: 1 hour

4 SERVINGS

1 approximately 2 lb. 3 oz. (1 kg) **chicken**
14 oz. (400 g) **sausage**
3 1/2 oz. (100 g) **chestnuts**, cooked and peeled
1 large **egg**
7 oz. (200 g) **yellow onion**, diced
5 oz. (150 g) **carrots**, diced
3 oz. (80 g) **celery**, diced
2 cloves **garlic**
Fresh **rosemary, thyme, bay leaf, and sage**, to taste
nutmeg, to taste
salt and pepper

Remove the chicken's breastbone and season the inside of the chicken with salt and pepper.

To prepare the stuffing, remove the casing from the sausage put the sausage meat in a bowl. Add the egg and a pinch of nutmeg and knead the mixture together. Season with salt and pepper.

Bring a saucepan of water to a boil. Boil the chestnuts, drain, and let cool before peeling, taking care not to break them. Add them to the stuffing.

Heat the oven to 350°F (180°C).

Stuff the chicken with the stuffing and close the breast opening using a kitchen needle and twine.

Sauté the the chicken in a heavy-duty baking pan, then add the onion, carrots, celery, herbs, and garlic cloves. Transfer to the oven and roast the bird for 50 minutes to an hour. If necessary, add a little water.

As soon as the chicken is cooked, tent with foil and set aside.

Deglaze and strain the pan juices. Carve the chicken and serve with the pan juices.

BEEF BRAISED IN BAROLO WINE

Difficulty: 3



Preparation: 30 minutes

Marinating: 12 hours

Cooking: 3 hours

4 SERVINGS

3 1/3 lbs. (1.5 kg) **beef chuck**
1 bottle **Barolo wine**
3 1/2 tbsp. (50 ml) **extra-virgin olive oil**
2 cloves **garlic**, chopped
2 1/2 oz. (75 g) **yellow onion**, diced
2 oz. (60 g) **carrot**, diced
2 **stalks celery**, diced

1 sprig **fresh rosemary**
1 bunch **fresh sage**
1 **bay leaf**
1 **clove**
1 **cinnamon stick**
3-4 **peppercorns**
salt

Tie the beef with kitchen twine and put it in a bowl with the spices, herbs and vegetables.

Add the Barolo and marinate the refrigerator for 12 hours. Remove the meat and dry it. Strain out the vegetables, reserving the vegetables and the marinade.

Heat the oil in a Dutch oven and sear the meat. Add the reserved vegetables and continue to cook; then add the reserved marinade, season with salt, cover, and cook on low heat.

When the meat is cooked, remove it from the Dutch oven and let cool so that it is easier to slice. Meanwhile, put the sauce through a vegetable mill (or blend in a food processor), strain it in a sieve, and if necessary, reduce.

Slice the beef into thick slices and immerse them in the sauce. Leave them there for a while to acquire flavor before serving.

CRUSTED VEAL TENDERLOIN

Difficulty: 1



Preparation: 20 minutes

Cooking: 5-7 minutes

4 SERVINGS

1 lb. (400 g) yukon gold potatoes
1 lb. 5 oz. (600 g) veal tenderloin
2 1/2 tbsp. (35 ml) extra-virgin olive oil
fresh thyme
salt and pepper

Heat the oven to 400°F (200°C) and line a baking sheet with parchment. Peel the potatoes and slice them on a mandolin with a waffle-cut blade, rotating them 90° between one cut and the next to produce potato “grilles.” Soak in running cold water.

Trim the veal fillet of its fat and cut it into four medallions.

Heat three-quarters of the extra-virgin olive oil in a skillet with the thyme. Remove the thyme, then sear the medallions, quickly browning them on both sides. Season with salt and pepper.

Arrange some of the potato “grilles” on the baking sheet. Overlap the fillets, covering with the remaining potatoes.

Season lightly with salt, drizzle with the remaining extra-virgin olive oil, and roast for 5 to 7 minutes.

ROAST WHOLE VEAL SHANK

Difficulty: 1



Preparation: 20 minutes

Cooking: 1 hour

4 SERVINGS

2 2/3 lbs. (1.2 kg) **veal shank**
2 oz. (50 g) **lard** or bacon fat
1/2 oz. (10 g) **fresh rosemary**
extra-virgin olive oil, as needed
3 oz. (80 g) **yellow onion**, diced
2 oz. (60 g) **carrot**, diced
1 1/2 oz. (40 g) **celery**, diced
1 cup (200 ml) **white wine**
1/2 cup (100 g) **crushed tomatoes**
veal stock, as needed
garlic to taste
salt and pepper

Trim the excess fat from the veal shank, make deep slits all over the meat and season with salt and pepper.

Make a mixture of crushed garlic, rosemary, and lard and insert it into the slits in the meat.

Heat the oil in a Dutch oven and brown the meat over medium heat, then add the diced onion, carrot and celery.

Sauté, then splash with the white wine and cook until it evaporates. Add the tomato pulp.

Roast in the oven at a 350°F (180°C); add stock if necessary during cooking.

When the meat is cooked, let the sauce simmer and, if necessary, thicken with a little cornstarch dissolved in a spoonful of water.

TUSCAN STYLE ROAST LOIN OF PORK

Difficulty: 1



Preparation: 30 minutes

Cooking: 1 hour

4 SERVINGS

1 **pork loin**, about 2 1/4 lbs. (1 kg), on the bone
2 cloves **garlic**, chopped
2 sprigs **rosemary**, leaves chopped
7 tbsp. (100 ml) **extra-virgin olive oil**
salt and pepper

Heat the oven to 350°F (180°C).

Partially separate the bones from the joint of meat without removing the bone. Make a mixture of the garlic, rosemary, a generous pinch of salt, and a pinch of pepper. Distribute half of the mixture between the bone and the meat. Then tie the two parts together with kitchen twine. Spread the rest of the garlic and rosemary mixture all over the outside of the meat, massaging well.

Put the meat in a baking pan. Drizzle with the oil, transfer to the oven and roast for about an hour.

When the meat is cooked, remove the twine and the bone and slice the meat. Serve with the pan juices.

WILD BOAR WITH POLENTA

Difficulty: 3



Preparation: 30 minutes

Marinating: 12 hours

Cooking: 3 hours

4 SERVINGS

FOR THE WILD BOAR

2 lbs. 10 oz. (1.2 kg) **wild boar**, lean cut
1 bottle red wine
3 1/2 tbsp. (50 ml) **extra-virgin olive oil**
2 cloves **garlic**
2 1/2 oz. (75 g) **yellow onions**, about 1/2 medium, diced
2 oz. (60 g) **carrot**, diced
2 **stalks celery**, diced
1 sprig **fresh rosemary**
1 **bunch sage**
1 **bay leaf**
1 **clove**

1 **cinnamon stick**
3-4 **peppercorns**
3-4 **juniper berries**
1 **liqueur glass grappa**
1 tbsp. **tomato paste**
salt to taste

FOR THE POLENTA

2 cups (500 ml) **water**
3 1/2 oz. (100 g) **corn meal flour**
4 tbsp. (20 g) **unsalted butter**
salt

Dice the wild boar into 1 in. (3-4 cm) cubes and put them in a bowl with the spices, herbs, a whole clove of garlic and the washed, dried, diced vegetables. Add the red wine and marinate in the refrigerator for 12 hours. Drain the meat and dry it, reserving the vegetables and marinade.

Heat the oil in a saucepan and cook the meat, along with the other whole clove of garlic. Add the vegetables and continue to cook. Pour in the Grappa and then the marinade. Season with salt, add the tomato paste, cover, and cook on low heat.

When the meat is cooked, remove it from the saucepan. Pass the sauce through a food mill (or blend in a food processor), strain it in a sieve and, if necessary, reduce. Return the meat back to the sauce and leave it there to acquire flavor.

Meanwhile, prepare the polenta: bring a pan (preferable copper) of well-salted water to a boil. Pour the cornmeal flour in a steady stream into the boiling water, along with together with 1 tbsp. of the butter. Cook the polenta for about half an hour, stirring frequently with a wooden spoon. Stir in the remaining butter.

Serve the wild boar with freshly cooked soft polenta or, if you prefer, polenta in slices known as "crostoni." (To make crostoni, pour the cooked polenta into an oiled baking pan, spread it to a thickness of 1/2 to 3/4 in. (1-2 cm) and let cool completely. Cut it into the shapes of your choice and brown in the oven or on a griddle.)

JEWISH STYLE ARTICHOKEs

Difficulty: 1



Preparation: 20 minutes

Cooking: 25 minutes

4 SERVINGS

1 1/2 lbs. (600 g) **globe artichokes**
3 1/2 oz. (100 g) **lemon**, juiced
extra-virgin olive oil, as needed
salt and pepper

Remove the hard outer leaves of the artichokes, and trim the stem, leaving about 1 inch (3 cm).

With a very sharp knife, trim all around the head of each artichoke to remove the hard part of the leaves. In a bowl, combine the lemon juice with water and put the cut artichokes in the water so they don't turn brown.

Clip a deep fat/candy thermometer to the side of a large skillet. Add enough of the oil so the artichokes will be immersed when added to the pan. Heat the oil to about 270°F (130°C).

Drain and dry the artichokes. Knock them against each other and then flatten them lightly on a chopping board by pressing on the base so the leaves spread out. Sprinkle a pinch of salt and pepper inside the leaves that are no longer tightly closed.

Fry the artichokes in the oil until you can easily insert a knife in the flesh, about 20 minutes. Transfer to paper towels to drain. Just before serving, heat the oil to 340°-350°F (170-180°C) and fry the artichokes again until crunchy, 3-5 minutes. Drain on paper towels and serve hot.

VEGETARIAN STACKS

Difficulty: 1



Preparation: 30 minutes

Cooking: 15 minutes

4 SERVINGS

10 oz. (300 g) **ripe tomatoes**
7 oz. (200 g) **yellow bell peppers**
5 oz. (150 g) **grated celeriac**
7 oz. (200 g) **summer squash**
5 oz. (150 g) **radicchio**
7 oz. (200 g) **fennel**
9 oz. (250 g) **zucchini**
6 small **eggplants**

7 oz. (200 g) **red onions**
7 oz. (200 g) **leeks**, white parts only
generous 1/3 cup (100 ml) **milk**
3 tbsp. (50 ml) **extra-virgin olive oil**
All-purpose flour
Vegetable oil for frying
salt and pepper

Cut the white parts of the leeks into thin strips. Soak for 10 minutes in the milk, then drain. Coat in flour. Bring a skillet of oil to a boil and deep-fry the leeks. Drain on a paper towel, season with salt, and set aside. Roast or grill the peppers, peppers in the oven or grill them, then peel them and slice them into rounds. Slice the eggplant, onion, and zucchini into rounds of about 1/8-inch (3 mm) thick. Slice the celeriac and squash, then, using a pastry cutter, slice them into discs the same size as the other vegetables. Slice the tomatoes, fennel, and radicchio.

Put a few drops of water into a pot of salted boiling water, and cook the celeriac for 5 minutes. In another pan of boiling water, parboil the pumpkin for one minute. Heat the oven to 475°F (245°C). Drizzle the eggplant, onion, zucchini, celeriac, squash, fennel, and radicchio with olive oil and roast in a roasting pan for about 35 minutes. (Grilling the vegetables is an option). Place all the cooked vegetables in a bowl, season with salt and pepper and a drizzle of oil and let marinate for at least 15 minutes. Layer vegetables to create stacks. Garnish with the deep-fried leeks and serve.

LADY'S KISSES

Difficulty: 2



Preparation: 40 minutes

Resting: 30 minutes

Cooking: 15 minutes

4 SERVINGS

1 cup (125 g) **all-purpose flour**
1/2 cup plus 2 tbsp. (125 g) **sugar**
3/4 cup (100 g) **roasted hazelnuts**
scant 1/4 cup (25 g) **blanched almonds**
generous 1/2 cup (125 g) **unsalted butter**, softened
1/4 cup plus 2 tbsp. (30 g) **cocoa powder**
3 1/2 oz. (100 g) **dark chocolate**, roughly chopped

In a blender, pulse the hazelnuts and almonds with the sugar until finely ground. Transfer the mixture to a bowl and mix with the butter.

Sift the flour and cocoa powder together, then incorporate into the nut mixture, stirring as little as possible. Wrap the mixture in plastic wrap and refrigerate for at least 30 minutes.

Heat the oven to 325°F (160°C).

Using a rolling pin, roll out the mixture on a lightly floured pastry board to a thickness of about 3/8 inch (1 cm). Cut out discs with pastry rings 5/8 to 3/4 inch (1.5 to 2 cm) in diameter and shape into balls with your hands.

Butter and flour a baking sheet or line it with parchment paper. Arrange the balls on the baking sheet and bake for about 15 minutes. Let cool completely, then remove the balls from the pan and turn them upside-down.

Meanwhile, melt the chocolate in a heatproof bowl that fits snugly over a pot of barely simmering water (or in the microwave). Let the chocolate cool and when it starts to thicken, pour a little on each of half of baci di dama. Gently press the remaining baci di dama on top of the chocolate and let set.

CREAM PUFFS

Difficulty: 2



Preparation: 25 minutes

Cooking: 20 minutes

4 SERVINGS

FOR THE PUFFS

generous 1/4 cup plus 2 tbsp. (100 ml)

water

3 1/2 tbsp. (50 g) **unsalted butter**, cut
into pieces

1/2 cup (60 g) **all-purpose flour**

2 large **eggs**

salt

FOR THE CREAM FILLING

4 cups (500 ml) **milk**

3/4 cup (150 g) **sugar**

4 large **egg yolks**

generous 1/8 cup (20 g) **all-purpose
flour**, sifted

2 1/2 tbsp. (20 g) **cornstarch**, sifted

1/2 **vanilla bean**, split

Bring the water to a boil in a pan with the butter and a pinch of salt. Sift the flour, and when the water is boiling, add it all at once, then stir with a whisk. When the mixture begins to thicken, switch to a wooden spoon and continue to cook over medium heat until the mixture no longer sticks to the sides of the pan, 2 to 3 minutes. Remove from the heat, let cool slightly, then stir in the eggs one at a time, only adding the second egg when the first one has been completely incorporated. Heat the oven to 375°F (190°C) and butter a baking sheet. Fill a pastry bag fitted with a 1/4 in (6-7 mm) smooth tip. Pipe the cream puff mixture onto the baking sheet and bake for about 20 minutes.

Meanwhile, prepare the filling. Bring the milk to the boil in a pan with the vanilla bean. In a bowl, beat the egg yolks with the sugar with a whisk.

Incorporate the cornstarch and flour. Pour about a quarter of the boiling milk mixture into the egg yolk mixture and stir until the mixture is perfectly combined. Then pour this mixture into the rest of the milk and return to the heat. Return to a boil and continue to cook, whisking constantly. Pour the cooked cream filling into a bowl and let it cool it quickly.

To assemble the cream puffs, put the filling in a pastry bag fitted with a tip. Cut the top off each cream puff and fill with the cream. Serve.

SICILIAN CANNOLI

Difficulty: 2



Preparation: 28 minutes

Resting: 30 minutes

Cooking: 2 minutes

4 SERVINGS

FOR THE DOUGH

3/4 cup plus 1 tbsp. (100 g) **pastry flour**

2 tbsp. (10 g) **unsweetened cocoa**

3 1/2 tsp. (15 g) **sugar**

1 large **egg**

1 tbsp. **marsala wine** or rum

1 tbsp. (10 g) **unsalted butter**

1 pinch **salt**

FOR THE FILLING

9 oz. (250 g) **fresh ricotta** (preferably made from sheep's milk)

1/2 cup (100 g) **sugar**

1 oz. (25 g) candied fruit, **roughly** chopped

1 oz. (25 g) **dark chocolate**, roughly chopped

1 oz. (25 g) **pistachio nuts**, roughly chopped

olive oil for frying, as needed
confectioners' sugar, for decorating

Combine the flour, cocoa, butter, egg, sugar, and a pinch of salt on a work surface; then add the marsala and continue to knead. When the dough is homogeneous, let it rest for about 30 minutes.

Meanwhile, prepare the filling: Pass the ricotta through a sieve into a bowl, stir in the other filling ingredients, and refrigerate.

Roll out the dough and cut it into 4-inch (10 cm) squares. Wrap the squares diagonally around metal cannoli tubes.

Pour enough oil into a Dutch oven or other heavy pot so that it will be deep enough to submerge the cannoli. Heat the oil, and when hot, fry the cannoli for 1-2 minutes. As soon as the dough becomes golden, remove from the oil, drain on paper towels, and let cool. Then remove them from the metal tubes.

Spoon the cannoli filling into a pastry bag and fill the cannoli. Dust with confectioners' sugar and serve immediately. (After some time, the humidity of the filling will make the dough lose its crispness.)

VANILLA AND CHOCOLATE ICE CREAM

Difficulty: 1



Preparation: 20 minutes

Maturation: 6 hours

INGREDIENTS FOR APPROXIMATELY 2 PINTS (900 ML) OF ICE CREAM

FOR THE CHOCOLATE

2 1/8 cups (500 ml) milk	1/2 oz. (15 g) dextrose , or about 6 tsp.
2/3 cup (130 g) sugar	1/8 oz. (3.5 g) stabilizer , or about 1 tsp.
2 oz. (50 g) unsweetened cocoa , or about 1/2 cup	1/3 oz. (10 g) dark chocolate , chopped

Prepare an ice bath by filling a large bowl with several inches of ice water. Set a smaller metal bowl in the ice water.

Heat the milk to 115°F (45°C); check with an instant read thermometer. In a bowl, combine the sugar, dextrose, and stabilizer, and pour the mixture into the milk in a steady stream. Heat the milk mixture to 150°F (65°C) and continue to cook until it reaches 185°F (85°C). Stir in the chocolate. Transfer the mixture to the bowl in the ice bath and cool rapidly. Refrigerate at 40°F (4°C) for six hours and then freeze the mixture in an ice cream maker according to the manufacturer's instructions.

FOR THE VANILLA

2 cups plus 2 tbsp. (500 ml) milk	2 cups plus 2 tsp. (15 g) powdered skim milk
3 large egg yolks	
3/4 cup (150 g) sugar	1/8 oz. (3.5 g) stabilizer , or about 1 tsp.
1/2 oz. (20 g) dextrose , or about 8 tsp.	5 tbsp. (50 g) heavy cream
	1 vanilla bean , split

Heat the milk with the cracked vanilla bean to 115° F (45°C); check with an instant read thermometer and then remove the vanilla bean. Mix the sugar, powdered milk, dextrose and stabilizer and pour the dry mixture in a steady stream into the milk. Heat to 150°F (65°C), add the cream, and continue to cook until it reaches 185°F (85°C). Cool rapidly by putting the mixture in a container and immersing it in an ice water bath. Refrigerate at 40°F (4°C) for six hours and then freeze the mixture in an ice cream maker according to the manufacturer's instructions.

MILK CHOCOLATE MOUSSE

Difficulty: 2



Preparation: 45 minutes

Cooling: 3 hours

Cooking: 50 minutes

6 SERVINGS

FOR THE MOUSSE

1 cup (250 ml) **milk**
2 large **egg yolks**
9 oz. (250 g) **milk chocolate**, chopped
7 oz. (200 g) **semi-whipped cream**
1/3 oz. (10 g) **gelatin sheets**

FOR THE BATTER

1/2 cup (100 g) **sugar**
3 large **eggs**

1 large **egg yolk**

2/3 cup (80 g) **all-purpose flour**
2 1/2 tbsp. (20 g) **potato starch** or
cornstarch
3 tbsp. (15 g) **unsweetened cocoa powder**

FOR THE SYRUP

2 tbsp. (30 ml) **water**
3/8 cup (80 g) **sugar**
2 1/2 tbsp. (35 ml) **rum** (or other liqueur)

Heat the oven to 450°F (230°C). Line a baking sheet with parchment.

To make the dough for the chocolate layer, sift together the flour, starch, and cocoa. Separate the eggs and whisk the egg whites in a bowl with the sugar. In another bowl, stir the egg yolks with a fork. Fold in the egg whites, then add the flour mixture. Transfer to the baking sheet and spread so that the mixture is about 3/8 inch (1 cm) thick. Bake for 5 to 7 minutes.

To make the syrup, bring the water and sugar to a boil in a saucepan. Boil until the sugar is dissolved and remove from the heat. When cooled, stir in the rum and set aside.

To make the mousse, put the chopped chocolate in a bowl. Soften the gelatin in a bowl of cold water. Add the egg yolks and the milk and cook over low heat to pasteurize the mixture, stirring constantly, until it reaches 185°F (85°C); check with an instant read thermometer. Remove from heat. Squeeze the gelatin, and add it to the mixture so that it melts. Immediately pour the mixture onto the chopped chocolate and stir thoroughly to obtain a smooth, even texture. Let cool to 86°F (30°C).

Whip the cream, which must stay fairly soft, then gently fold it into the chocolate mixture with a spatula.

To assemble, line the bottom and sides of a springform pan with the dough and drench it with syrup. Fill with mousse, smooth it with a spatula, and refrigerate for at least 3 hours. Remove from the mold and decorate as desired.

Cover the top with chocolate curls if desired.

CHOCOLATE BULL'S-EYES

Difficulty: 2



Preparation: 1 hour

Resting: 1 hour

Cooking: 13-15 minutes

INGREDIENTS FOR 12 COOKIES

FOR THE CHOCOLATE SHORTBREAD

1 1/4 cups (165 g) **all-purpose flour**
1/4 cup plus 2 tbsp. (95 g) **unsalted butter**, softened
generous 1/4 cup plus 2 tbsp. (85 g) **sugar**
2 large **egg yolks**
1/4 tsp. (1 g) **baking powder**
7 tsp. (9 g) **unsweetened cocoa powder**
Pinch **vanilla powder**
salt

FOR THE FILLING

2 tbsp. (30 g) **orange marmalade**

FOR THE GANACHE

2 oz. (60 g) **dark chocolate**, chopped
4 tbsp. (60 ml) **heavy cream**
1 tsp. (6 ml) **glucose syrup**

Sift the flour and baking powder onto a piece of parchment. In a bowl, mix the butter with the sugar, stirring in a pinch of salt and the egg yolks. Add flour sifted with baking powder, the vanilla powder, and cocoa powder, and then knead briefly until you have a smooth dough.

Wrap the dough in plastic wrap and refrigerate for at least 1 hour.

Heat the oven to 350°F (180°C) and grease and flour (or line with parchment) two baking sheets. On a lightly floured work surface, roll out the dough until just under 1/4 inch (4-5 mm) thick. Using a pastry ring with a 2-inch (5 cm) diameter, cut out discs (you'll need two discs for each finished bull's-eye).

Divide the dough discs equally between the baking sheets. Using a pastry ring with a 1 1/2 inch (4 cm) diameter, make a hole in the center of each disc on the first pan so that you have rings. Transfer the pans to the oven and bake for 12 to 13 minutes, removing pan with rings a couple of minutes earlier than the one with discs. Let cool completely.

Turn the discs over and spread them with orange marmalade. Top with the rings (the marmalade will ensure that they adhere).

To make the ganache, put the chocolate in a bowl. In a small saucepan, bring the cream to a boil with the glucose syrup. Pour the hot mixture over the chocolate. Let cool slightly, put the ganache in a pastry bag fitted with a tip, and fill the cavity of the bull's-eyes.

CHOCOLATE-COVERED ALMONDS AND HAZELNUTS

Difficulty: 1



Preparation: 40 minutes

4 SERVINGS

1 1/2 tbsp. (20 g) **sugar**
2 tsp. (10 ml) **water**
1 cup (125 g) **almonds and hazelnuts**
1 tsp. (5 g) **unsalted butter**
6 oz. (180 g) **dark chocolate**, melted

Put the sugar and water in a saucepan and bring to a boil.

Add the almonds and hazelnuts, then cook until the sugar is amber in color. Stir in the butter, then pour the mixture onto a baking sheet to cool, separating the almonds and hazelnuts.

Once the nuts have cooled, put them in a large bowl and add about a quarter of the chocolate.

Stir so that the chocolate does not solidify, keeping the almonds and hazelnuts well separated.

Repeat until you have finished adding all of the chocolate. Transfer the chocolate-coated nuts to a large-mesh sieve set over a bowl, and let the excess chocolate drain off. Transfer the nuts to parchment and let them set. Store in a dry place at room temperature, preferably in sealed glass jars or in cans with a lid.

APPLE STRUDEL

Difficulty: 2



Preparation: 1 hour

Resting: 30 minutes

Cooking: 20 minutes

4 SERVINGS

FOR THE DOUGH

2 cups (250 g) **all-purpose flour**
2/3 cup (150 ml) **water**
4 tbsp. (20 ml) **extra-virgin olive oil**
Pinch **salt**

FOR THE FILLING

1 3/4 lbs. (800 g) **apples**
3 1/2 oz. (100 g) **raisins**
3 1/2 oz. (100 g) **pine nuts**, or about
2/3 cup

1/2 stick (57 g) **unsalted butter**

2-3 1/2 oz. (57-100 g) **breadcrumbs**, or

1/2-1 cup

cinnamon, as needed

FOR DECORATING

1 large **egg**

confectioners' sugar, as needed

Mix the flour with the water, oil and salt on a work surface and knead until the dough is smooth and homogeneous. Form it into a ball, cover with plastic wrap, and let rest for at least 30 minutes.

Meanwhile, prepare the filling for the strudel. Peel and slice the apples. Soak the raisins in a bowl of lukewarm water for 15 minutes; then drain the raisins and press to remove excess water.

Melt the butter in a large skillet. Add the apple slices, raisins, pine nuts, and a pinch cinnamon. Stir in enough breadcrumbs to reach your desired filling consistency.

Heat the oven to 350°F (180°C) and line a baking sheet with parchment. With the back of your hands, stretch the dough into a thin sheet on a lightly floured work surface. Spoon the filling along the long side of the pastry, leaving a 2 inches (few cm) border and roll it up, making sure it is well sealed by pressing down along the edges with your fingers and curling up the two ends.

In a small bowl, lightly beat the egg with a fork. Brush the strudel with the egg. Set it on the prepared baking sheet and bake for about 20 minutes. A few minutes before it is done, dust with powdered sugar and finish baking. Serve with whipped cream, if you like.

VIENNESE CAKE

Difficulty: 3



Preparation: 45 minutes

Cooking: 45 minutes

4-6 SERVINGS

FOR THE CAKE

3/4 cup (115 g) peeled, **sweet almonds**

1/10 oz (3 g) **bitter almonds** or apricot
kernels

generous 2/3 cup (137 g) **sugar**

1/4 cup plus 2 tbsp. (45 g) **all-purpose
flour**

1 1/2 tbsp. (12 g) **potato starch** or cornstarch

1/4 cup (25 g) **unsweetened cocoa powder**

vanilla powder

salt

3 oz. (82 g) **dark chocolate**

5 tsp. (25 g) **unsalted butter**

5 large **egg yolks**

4 large **egg whites**

FOR THE FILLING

4 oz. (120 g) **apricot jam**

4 tsp. (20 ml) **orange liqueur**

FOR THE GLAZE

2/3 cup (170 ml) **cream**

5 tsp. (25 ml) **glucose syrup**

6 oz. (170 g) **dark chocolate**

Heat the oven to 350°F (180°C) and grease and flour a 9x5 inch (23x13 cm) pan. In a food processor, finely grind the almonds with 2 tbsp (25 g) of sugar. Transfer to a bowl and then mix in the flour, starch, cocoa, vanilla, and a pinch of salt. Melt the chocolate and butter together in a heatproof bowl that fits snugly over a pot of barely simmering water (or in the microwave). Stir occasionally until the chocolate is melted and smooth; remove from the heat. In a bowl, beat the yolks with 4 tbsp. (50 g) of the sugar. In another bowl, beat the egg whites with 1/3 cup (62 g) of the sugar. Lighten the beaten yolks with one-third of the beaten egg whites, then add the melted chocolate and butter. Combine the mixture with the almonds, flour, starch, and cocoa. Fold in the remaining egg whites. Gently mix, using a soft spatula and stirring from the bottom up. Pour the mixture into a greased, floured pan. Bake for 40 to 45 minutes. Let cool completely. Remove the cake from the pan and cut the cake horizontally into three layers. Make the filling by stirring together the apricot jam and the orange liqueur in a bowl. Spread the filling between the cake layers, and spread more jam over the surface of the cake. To make the glaze, chop the chocolate and put in a heatproof bowl. In a small saucepan, boil the cream with the glucose syrup and then pour over on the chocolate. Stir with a wooden spoon until the mixture is smooth and velvety. Frost the cake with the glaze.

TIRAMISÙ

Difficulty: 2



Preparation: 30 minutes

Resting: 2 hours

4 SERVINGS

4 large **pasteurized egg yolks**
2 large **pasteurized egg whites**
10 tbsp. (125 g) **sugar**
1 cup (250 g) **mascarpone**
5 tsp. (25 ml) **brandy** (optional)
1 cup (200 ml) **sweetened coffee**
8 **savoardi** (lady fingers)
unsweetened cocoa powder, as needed

In a bowl, beat the eggs yolks with most of the sugar, heating the mixture slightly in a heatproof bowl that fits snugly over a pot of barely simmering water. In another bowl, whisk the egg whites with the remaining sugar.

Stir the mascarpone into the egg yolks, then add the stiff egg whites and carefully fold so the mixture remains light and frothy.

Dip the lady fingers in the sweetened coffee (if you wish you can add a little brandy) and place them in the bottom of a dish (or in four small dishes or glasses). Then pour in a layer of the cream mixture and continue alternating layers of biscuits and cream. Refrigerate the tiramisù for about two hours.

Garnish with a generous sprinkling of cocoa.