



Scotto Family Tuscan Dishes

Learn how to make the Scotto family's special Sunday Sauce with meatballs, sausages, and pork chops, an Autumn Salad, and Bomboloni di Nutella.



Autumn Salad with Apples, Gorgonzola Cheese and Toasted Walnuts, Walnut Oil Vinaigrette

6 servings

Autumn Salad

- ½ cup walnut halves
- 3 heads Belgian endive or frisée, trimmed and separated into leaves
- 1 head radicchio or Trevisano, cut into 1-inch pieces or separated into leaves
- 2 heads watercress or arugula, tough stems removed, rinsed thoroughly
- 6-8 ounces imported blue cheese (either Gorgonzola Dolce, Stilton or Roquefort) crumbled or cut into ½-inch croutons
- 2-3 ripe apples (preferably Gala, Spy or excellent quality eating apple) skin on, halved, cored, cut into lengthwise 1/8-inch slices
- 1 cup walnut oil vinaigrette

Method

1. Preheat oven to 350 degrees. Place walnuts on cookie sheet. Bake until lightly toasted, crisp and smell rich, about 10 to 14 minutes.
2. Place walnuts and crumbled cheese in a large bowl.
3. Add endive, radicchio and watercress.
4. Lightly dress with vinaigrette so that everything is slightly coated.
5. Lightly toss, season salad with salt and pepper, garnish with sliced apples.
6. Variation: Pears may be substituted for apples, such as D'Anjou or Bartlett.

Walnut Oil Vinaigrette

- 3 tablespoons red wine or sherry vinegar
- 2 teaspoons Dijon mustard
- ¾ cup imported walnut oil
- Salt and pepper

Method

1. In a bowl, whisk vinegar and mustard together. Slowly add oil whisking continuously until dressing becomes creamy. Season with salt and pepper. Set aside until ready to use.



Sunday Sauce with Meatballs, Sausages, and Pork Chops

8 to 10 servings

Ingredients

½ cup extra-virgin olive oil
 1 pound mild sausage
 ½ pound hot Italian sausage
 6 thinly sliced pork chops (about 3 pounds)
 2 cups dry red wine
 2 tablespoons chopped garlic
 2 onions, diced
 1 cup diced pancetta
 1 tablespoon crushed red pepper
 3 cans canned Italian plum tomatoes, undrained
 ½ cup chopped fresh basil
 2 pounds cooked meatballs (see recipe)
 2 pounds uncooked rigatoni pasta

Directions

1. In a large pot over medium heat, heat the oil and sauté the sausages and pork chops until brown, about 10 minutes. Don't worry if the meat is not cooked through because it will finish in the sauce. Remove the meat from the pan and set aside. Keep pan over medium heat. Deglaze the pan by adding 1 cup of the wine and scraping up the bits.
2. In the same pot, add the garlic, onions, pancetta, and crushed pepper and cook until the onions and garlic are lightly browned, about 2 minutes. Add the remaining 1 cup of red wine and cook until the mixture is reduced by half. Add the tomatoes and simmer for 1 hour over low heat.
3. Add the basil, sausages, pork chops, and meatballs to the tomato sauce, and simmer for 1 more hour over low heat.
4. In a large pot of boiling, salted water, cook the pasta for 10 to 12 minutes or until al dente. Drain the pasta, toss it with the Sunday Sauce, and serve immediately.

Total cooking time: 2 hours and 15 minutes

For the Meatballs

2 slices white bread
 ½ cup milk
 2 pounds ground beef
 1 cup finely chopped onions
 3 tablespoons chopped fresh parsley
 2 eggs
 4 tablespoons grated Parmesan cheese
 1½ tablespoons chopped garlic
 Salt and freshly ground black pepper
 ½ cup olive oil

To Make the Meatballs

1. In a bowl, soak the bread in the milk. In a medium bowl, mix the ground beef, bread and milk, onions, parsley, eggs, cheese, and garlic. Add salt and pepper to taste. If the mixture is dry, add ½ cup of cold water and mix well. Form the mixture into about 12 meatballs.
2. Place the meatballs and the olive oil in a sauté pan and fry over medium to high heat until brown, 10 to 15 minutes, turning them regularly. Dry the meatballs on paper towels.
3. In a stockpot, bring the tomato sauce to a simmer over low heat. Add the meatballs to the sauce and cover. Simmer for 30 minutes, or until the meatballs are cooked through.

**Bomboloni di Nutella**

6 servings

For the Donuts

2 jars Nutella (13 ounces each)
1 pound ricotta cheese
1 teaspoon salt
1 teaspoon vanilla
4 teaspoons baking powder
2 cups all purpose flour
4 eggs
2 quarts Canola oil
granulated sugar

1. To make donuts: In a large mixing bowl, combine 1 jar Nutella, ricotta, salt, vanilla, baking powder, flour and eggs. Mix until smooth to form dough.
2. Drop heaping spoonfuls of dough into hot oil at 375° and cook for 3 to 4 minutes.
3. Remove donuts from hot oil, drain on paper towels for a moment, roll in granulated sugar, and fill with Nutella. Serve immediately.



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