

Italian Cuisine

CAPRESE SALAD with Balsamic Reduction

Ingredients (~ 4 servings)

- 1 cup balsamic vinegar
- 1/4 cup honey
- 3 large tomatoes, cut into 1/2-inch slices
- 1 (16 ounce) package fresh mozzarella cheese, cut into 1/4-inch slices
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 cup fresh basil leaves
- 1/4 cup extra-virgin olive oil



Directions

1. Stir balsamic vinegar and honey together in a small saucepan and place over high heat. Bring to a boil, reduce heat to low, and simmer until the vinegar mixture has reduced to 1/3 cup, about 10 minutes. Set the balsamic reduction aside to cool.
2. Arrange alternate slices of tomato and mozzarella cheese decoratively on a serving platter. Sprinkle with salt and black pepper; spread fresh basil leaves over the salad, and drizzle with olive oil and the balsamic reduction.

ALL RIGHTS RESERVED © 2018 Allrecipes.com

MEDITERANEAN RICE SALAD with Citrus and Vinaigrette

Ingredients (~ 8 servings)

- 1.5 cups of brown rice (uncooked)
- 1/4 red onion, finely diced
- 1 large cucumber (or 2 smaller ones)
- 1 can of chickpeas
- 1/2 cup sun-dried tomatoes
- 1/2 green olives
- 2 diced tomatoes
- Diced fontina cheese
- 1/4 cup finely-chopped fresh parsley
- Pinch of salt, black pepper
- Dried oregano

Vinaigrette Ingredients

- 4 Tablespoons of EVO
- 1 Tablespoon of lemon juice
- 1.5 Tablespoons of balsamic vinegar
- Pinch of salt



Directions

1. Cook brown rice according to package instructions until al dente. Let the cooked rice aside to cool.
2. Transfer rice to a large mixing bowl, and add in all the remaining ingredients, including the vinaigrette. Serve immediately or refrigerate for up to 2 days.

BARCLETTE DI ZUCCHINE E MELANZANE (Stuffed Zucchini and Eggplant)

Ingredients (~ 10 servings)

- 5 medium zucchini
- 5 medium eggplants (round)
- 4 eggs
- 7oz. (or 200g) of Italian pork sausage
- 10oz. of ground pork
- 6 table spoons of Parmesan cheese
- 2 table spoon of parsley
- 4 table spoons of bread crumbs
- Salt and pepper
- 4 table spoons of EVO



Directions

1. Wash and cut zucchini and eggplant in half (horizontally). Then, take out the zucchini and eggplant pulp (using a knife or a spoon) making sure not to cut the outside. Save the zucchini and eggplant pulp and grind it (separately).
2. Preheat oven at 320F (or 160C)
3. Wash and cut parsley in very small pieces.
4. Lightly beat the 2 eggs. Then, in a large bowl mix pork sausage, ground pork, grinded zucchini (or eggplant) pulp, eggs, parsley, bread crumbs, 1 table spoon of olive oil, and a little salt and pepper. Mix until smooth.
5. Using a spoon, fill the emptied part of the zucchini (or eggplants) with the filling just prepared.
7. Put some olive oil on the bottom part of a baking dish/pan. Move the filled zucchini and eggplants to the backing dish/pan and cook in the oven for 50-60 minutes.
9. The Barchette di Zucchini e Melanzane are ready when the filling looks golden/crispy.