

Italian Cooking Class

CAPRESE SKEWERS with Balsamic Reduction

Ingredients

- 1 cup balsamic vinegar
- 1/4 cup honey
- Cherry tomatoes (one per skewer)
- Mini mozzarella balls (one per skewer)
- 1/2 cup fresh basil leaves
- Salt and pepper
- 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. Assemble tomatoes, basil (roll from one end to the other), and mozzarella balls on a medium-sized toothpick. Drizzle with olive oil and balsamic reduction. Sprinkle with salt and pepper.

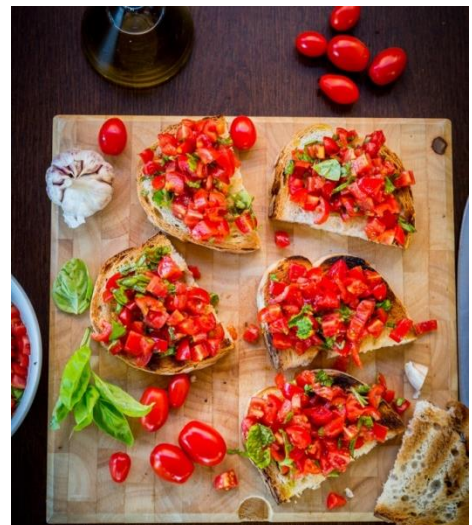
BRUSCHETTE with Tomatoes/Italian Salame

Ingredients – Tomatoes version (~4 servings)

- 4 slices of bread (preferably *pane casareccio*)
- 2 cups of cherry or grape tomatoes, minced
- Bunch of basil, minced
- 1 clove garlic (optional), halved
- Salt and Extra virgin olive oil

Ingredients – Salame version (~4 servings)

- 4 slices of bread (preferably *pane casareccio*)
- Sliced Salame (Napoli/Genova/Milano kind)
- 1 clove garlic (optional), halved
- Extra virgin olive oil



Directions

1. In a bowl, mix the tomatoes, basil, salt, extra virgin oil. Slice the Salame (thin slices).
2. Grill both sides of the bread on the barbecue grill (the best), in the oven, on a griddle or even in a bread toaster. We will grill them in the oven at 350F for about 10min.
3. Rub one side with the halved garlic, drizzle with extra virgin olive oil.
4. For the Bruschette with tomatoes, spoon the tomato mixture on it. For the Salame version, just add a couple of slices on top of the bread.

MOZZARELLINE FRITTE (Fried Mozzarella Balls)

Ingredients (~ 10 servings)

- 3-4 cups peanut oil
- 1 teaspoon salt, plus more to taste
- 2 tablespoons grated Parmesan
- 2 lb. mozzarella balls (about 50 pieces)
- 4 eggs
- 1/2 cup milk
- 2 cups all-purpose flour (GF)
- 4 cups bread crumbs (GF)

Directions

1. Drain the cheese from its liquid. Place the cheese on a paper towel-lined baking sheet and pat dry.
2. If your cheese balls seem pretty big, halve or quarter them into bite-size pieces. Once they get the panko breading on them, they will be a lot bigger.
3. In a bowl, whisk together the eggs and milk.
4. Put the egg mixture and bread crumbs in separate wide, shallow bowls. Combine the bread crumbs with the teaspoon of salt and Parmesan in another wide, shallow bowl.
5. Roll the cheese in the flour, dip into the egg mixture and coat with the bread crumbs, shaking off the excess after each step.
6. Repeat the breading process one more time for each cheese piece (no flour the second time)
7. In a large, deep sauté pan over medium-high heat, pour the oil to a depth of 2 inches and let it warm up.
8. Working in batches, fry the cheese until golden, about 1 minute.
9. Transfer the fried cheese to a paper towel-lined plate and season with salt and black pepper.



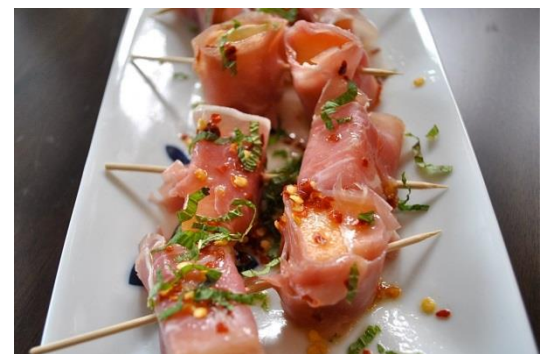
PROSCIUTTO E MELONE (Cantaloupe) SKEWERS with Chili Olive Oil

Ingredients (~8 skewers)

- 16 cantaloupe cubes
- Sliced prosciutto (~4oz)
- Extra virgin olive oil
- 1 tablespoon finely chopped mint
- Chili flakes
- Salt
- Bamboo skewers

Directions

1. Combine olive oil, salt, and chili flakes, whisk well. Set aside.
2. Cut cantaloupe into cubes.
3. Cut prosciutto slice in half (lengthwise). You will get 2 slices out of 1.
4. Wrap one cube of cantaloupe with the pre-sliced prosciutto and secure it on a skewer, one at the time. 2 cubes per skewer.
5. Arrange them on a serving plate and drizzle with olive oil mixture.
6. Sprinkle finely chopped mint when serving. (Optional)



SAUSAGE AND VEGGIES MINI KABOBS

Ingredients (~15 skewers)

- 1 pound Italian Sausage links
- 1 large green/red pepper
- 1 red onion
- 2 tablespoons olive oil
- salt and pepper
- Bamboo skewers

Directions

1. Soak wooden skewers in water for at least 30 min (otherwise they might get burned in the oven).
2. Preheat oven to 375F.
3. Cut the Italian Sausage into 1-2 inch pieces. Cut the green pepper and onion into 1 inch pieces.
4. Add the sausage pieces, peppers, onions to the skewers. Use a brush to rub olive oil, salt, and pepper mixture on them.
5. Bake the kabobs for 30-32 minutes, or until the sausage is slightly browned.

