

The Colors of Italy



Fresh Pasta: (Serves 3)

- ½ cup semolina flour
- ½ cup all-purpose flour
- 1 teaspoon salt
- 2 eggs
- 1 tablespoon olive oil
- Semolina and all-purpose flour for dusting

In a large bowl scramble the eggs with salt and oil. Add ½ cup of each flour into the bowl and combine the mixture until it comes together. Sprinkle your work surface with a mixture of the two flours and knead your dough until it is smooth and firm. Add extra flour if the dough is too soft, or a little bit of water if the dough is too hard. Once the perfect texture and consistency has been reached, knead the dough for 10-15 min to develop the gluten. Cover the dough with plastic wrap and let it rest for 45-60 min before rolling out very thinly (about 2 mm thickness) with either a rolling pin or pasta machine. Cut into desired shapes and boil until pasta is al dente. Then heat a desired amount of sauce in a skillet, add cooked pasta and let it simmer for 1 min. Enjoy!

Pick your favorite pasta sauce from below, and choose which one you want for dinner...

Pesto Sauce:

- 2 cups fresh basil leaves, packed
- 1/2 cup freshly grated Parmesan-Reggiano cheese
- 1/2 cup extra virgin olive oil
- 1/3 cup pine nuts
- 3 garlic cloves, minced (about 3 teaspoons)
- Salt and freshly ground black pepper to taste

Add all ingredients to a food processor or blender and mix until it is a smooth puree.

Marinara Sauce:

- 2 cans (28-oz) whole peeled tomatoes
- 2 or 3 tablespoons olive oil
- 1 medium onion, finely diced
- 1 stalk celery, finely diced
- 4 cloves garlic, finely minced
- 1 teaspoon salt
- 2 teaspoon sugar
- 1/2 teaspoon dried Italian herbs
- pinch of red pepper flakes
- 1 teaspoon white wine vinegar
- 1 tablespoon tomato paste
- 2 tablespoons chopped Italian parsley
- water as needed

Crush your tomatoes to be slightly chunky by hand or in a blender. Over medium heat sauté your onion and celery with the olive oil in a pot until it is slightly golden and translucent (~15 min), add water if mixture sticks to the bottom of the pot. Add tomato paste, all the spices, garlic, sugar, vinegar and sauté for 1 min. Then add all your crushed tomato and simmer sauce over low heat for 1 hour.

**Hint: Use canned “San Marzano plum tomatoes” for best flavor*

Alfredo Sauce:

- 1/4th cup butter
- 1 cup heavy cream
- 2 cloves garlic finely minced
- 1.5 cups grated parmesan or gruyere cheese
- 2-3 tablespoons freshly chopped parsley
- Salt and pepper to taste

In a medium sized skillet melt the butter with the garlic for 1 to 2 min, then add heavy cream, salt, and pepper. Simmer for 5 minutes. Add grated cheese and stir until mixture is smooth. Turn off the heat and add the parsley.

NOTE: For an interesting twist you can mix equal portions of the marinara sauce and alfredo sauce to make a “vodka sauce”

Tiramisu: (Serves 9)

- 6 egg yolks
- 1 cup sugar
- 1¼ cup mascarpone cheese
- 1¾ cup heavy whipping cream
- 2 -7oz packages Italian Lady fingers
- 1 cup cold espresso
- 1 tablespoon cocoa for dusting

Instructions

1. Combine egg yolks and sugar in the top of a double boiler, over boiling water. Reduce heat to low, and cook for about 10 minutes, stirring constantly. This is your sabayon, remove from the heat and whip yolks until thick and lemon colored.
2. Add Mascarpone to whipped yolks, beat until combined.
3. In a separate bowl, whip cream to stiff peaks.
4. Gently fold the whipped cream in the mascarpone sabayon mixture and set aside.
5. Mix the cold espresso with the coffee liquor and dip the lady fingers into the mixture just long enough to get them wet, do not soak them!
6. Arrange the lady fingers in the bottom of a 9 inch square baking dish (or container similarly sized)
7. Spoon half the mascarpone cream filling over the lady fingers.
8. Repeat process with another layer of lady fingers and cream.
9. Refrigerate 4 hours or overnight.
10. Dust with cocoa before serving