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# ITALIAN COOKING BASICS

WITH KATIE CORRADINI

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## EGG NOODLES FOR 2 (EAT IMMEDIATELY)

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### Ingredients

- 1 egg standard size (room temperature)
- 100g plain white flour (superfine, double zero)
- Sea salt

### Supplies

- Marble slab
- Rolling pin
- Pot of water
- Apron

### Directions

- Make the flour into a ring (on marble top)
- Add the egg and sea salt into the center of the flour ring
- Mix the flour into the egg little by little
- Knead dough
- Roll thin, massage with flour
- Fold dough and slice into pasta pieces
- Boil water - add sea salt once water is boiling and right before the pasta is added
  - Never add olive oil to boiling water!
- Add pasta to water for 90 seconds (will rise to surface)

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## PASTA SAUCE

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### Ingredients

- 1 tbsp olive oil
- 1 tsp powder dry chili
- 1 large onion
- 1 can peeled tomatoes
- 3 fresh basil leaves per person
- Fresh tomatoes
- Sea salt
- Pepper
- Parmesan

### Supplies

- Frying pan
- Spatula

### **Directions**

- Pan on medium heat on stove top
- Add olive oil, chopped onions and dry chili until they caramelize
- Add tomatoes and basil leaves
- Cook for 15 minutes
- Add fresh tomatoes
- Cook ten minutes
- Mash tomatoes
- Add sea salt and pepper
- Add parmesan
- Add noodles and serve

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## TIRAMISU FOR 10

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### **Ingredients**

- 3 eggs (room temperature)
- 150g white sugar
- 200g lady fingers
- 500g mascarpone
- 2 cups milk (room temperature)
- 2 tbs sweet cocoa

### **Supplies**

- Large mixing bowl
- Small mixing bowl
- Rectangular glass dish
- Whisk
- Strainer
- Small glass

### **Directions**

1. Separate eggs (whites in small bowl, yellow in large bowl)
2. Small bowl: whisk whites until foam
3. Large bowl: mix sugar into yellow yolk with spatula until light color cream
4. Add mascarpone into large bowl
5. Add small bowl/foam to large bowl (slowly/gently)
6. Large dish: 2 cups of mixture
7. Individually soak lady fingers in milk and strategically place in the cream in the dish
8. After the entire dish is full of lady fingers add more cream mixture on top of the lady fingers and make another row of lady fingers
9. Add cream mixture on top of second layer of lady fingers
10. Add cocoa on top layer with strainer
11. Refrigerate for 1-3 hours (no more than 2 days)

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## BRUSCHETTA

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### Ingredients

- Loaf of Italian white bread
- Tomatoes
- Garlic
- Sea salt
- Extra virgin olive oil
- Dry oregano

### Supplies

- Knife
- Toaster

### Directions

- Slice the bread ½ inch
- Toast the bread
- Rub garlic on both sides of the bread
- Slice tomatoes ¼ inch thick and place 2 slices on each piece of bread
- Add sea salt
- Add extra virgin olive oil
- Add dry oregano OR fresh mozzarella cheese and basil

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## SALAD

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### Ingredients

- Cherry tomatoes
- Romaine lettuce
- Butter leaf
- Red cabbage
- Cucumber
- Bell peppers
- Sea salt
- Pepper
- Olive oil
- Balsamic vinegar

### Supplies

- Platter
- Serving forks

### Directions

- Chop lettuce and vegetables
- Mix in bowl
- Add sea salt, pepper, olive oil and balsamic vinegar to taste

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## MEAT BALLS FOR 6

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### Ingredients

- ½ lb ground turkey

- ½ lb ground chicken
- 3 chopped cloves of garlic
- Handful of chopped fresh parsley
- 3 slices of bread
- 3 cups of water
- 4 eggs (room temperature)
- Sea salt and black pepper

### **Supplies**

- 2 bowls
- Frying pan
- Spatula

### **Directions**

- Large bowl with meat, parsley and then add the eggs and mix
- Soak bread in bowl with water, squeeze out the water and add to large bowl
- Add garlic, sea salt and black pepper
- Cook fist size meat balls in frying pan with olive oil