

The Taste of Italy Food Recipes

Arancini

Equipment

- 2 Medium to large pots for broth and rice
- Grater
- Small bowls for ingredients
- Cutting board and knife
- Measuring cups and spoons
- Mixing spoon
- Ladle
- Cooking sheet or tray
- Parchment paper
- Large pot for frying or air fryer

Ingredients

Risotto

- 0.5Lb Italian rice (Arborio or Roma)
- 1 tablespoon minced white onion
- 1/8 cup vegetable oil
- 1 tablespoon salt
- 2 portion bags of saffron
- 1 Gallon light vegetable broth
- 1/4 Lb grated Parmesan cheese

For the filling, be ready with something you like! On the video we used:

- Diced mozzarella
- Fontina cheese
- Peas
- Marinara or Bolognese sauce
- Diced ham
- Fresh basil
- Mushrooms
- Anything else that is already cooked and small

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Breading

- Flour
- Bread crumbs
- Vegetable oil
- 1 cup of water
- 2 cups of flour
- 1 bag of bread crumbs
- Frying oil (unless using air fryer)

Risotto Instructions

- In a sauce pan bring the broth to a boil
- In the second sauce pan gently fry the onion
- Now add the rice and the salt and over a moderate flame, toast the rice (warm it up slowly) mixing constantly
- When the rice is evenly warm start to add the hot stock covering all rice, stirring constantly
- After 3-4 minutes, add the saffron into the rice, keep stirring and adding enough broth to just cover the rice
- Once you have cooked the rice for 15 min, stop adding stock and finish cooking the rice, drying it out until it gets thick
- Take off the stove and add the parmesan, mixing energetically
- Taste to assure the rice is properly seasoned – adjust as needed
- Pour the rice onto a tray, spread it out and let it cool for 1 hour

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Making the Arancini

- Prepare and set up your fillings
- Spread $\frac{1}{4}$ - $\frac{1}{2}$ cup of risotto on a piece of parchment paper and place it on your palm of the hand.
- Flatten the risotto out and put the filling(s) you like in the center, cupping it all inside the parchment paper with your hand.
- Add a bit more rice on top and shape the rice into a ball with a diameter of 2 – 3 inches.
- In a bowl mix the water and the flour into "Pastella".
- In a second bowl have additional flour and in a third bowl have the bread crumbs
- Now dip the rice ball inside the flour, then the Pastella and finally in the bread crumbs.
- They are now ready to be fried
- In a large sauce pan heat oil to 350 °.
- Fry the Arancini until light brown, 2-4 minutes

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Mozzarella

Ingredients

- - Mozzarella curd
- - hot water
- - salt

Equipment

- Wooden spoon
- Grater
- Large bowl
- Pot to boil water
- Ladle
- Smaller bowl for tap water

Making the Cheese

- Grate half a pound of Curd in a large bowl.
- Heat up enough water just to cover the curds. Handle with care, and if you've got sensitive hands now is a good time to "glove up". Powder-free latex gloves, multiple pairs if needed, are great, but you could also grab unused dishwashing gloves.
- Pour the hot water into the sides of the bowl until the curds are covered. Let them sit for about 5 minutes or so, until the curds start to stick together. Drain about half of the water at this point and replace with fresh hot water, which at 170°-180°F should be uncomfortable to the touch. Grab your spatula or spoon and fold the curds together in the middle, drawing them into one mass. Keep them submerged while you work no need to rush.
- Let's get our hands in there now – mozzarella is a "pasta filet" style cheese, which means "pulled curd", so it just isn't mozzarella until we give it a little stretch. Grab the mass of malty curds under the water with your less-

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dominant hand, and with your other hand, pull a chunk of the cheese away from the mass slowly, like you're handing it to someone across the table. Don't let it separate before you bring it back down into the water to rejoin its curd brothers under the water. Do this for a minute or two, so that all of the cheese mass has been pulled and rejoined several times. It'll get shiny, too, which is great

- We're ready to make some balls! It's up to you what size to make them, and it might take some finagling of hand positions, but for roughly one-pounders, here's what to do. Pull a good portion of the cheese towards you, up out of the water, and start bunching up roughly a quarter of what you started with—this technique looks like bunching up a tube sock or a stocking, and then pushing the bunched bits up through the "toe" which will stretch over and look like a bubble gum bubble. Using a C-shaped hand position, smooth over your ball of goodness and pinch it off on the bottom. Plop that bad boy into your bowl of salted cool water and repeat until all the curds have been formed into balls. Wrap tightly in plastic or put in Tupperware and fill with brine before refrigerating.

For a variation on size, make "ciliegine" or "cherry" sized balls by pinching off smaller pieces, or to make a single loaf that you can slice off of as needed, form the whole mass into a log on a big piece of plastic wrap, roll tightly like a giant Tootsie Roll with the ends folded over, and put the entire plastic-wrapped loaf into the cool water. The possibilities are endless!

For best results, enjoy your mozzarella within 24-48 hours of making. Can be refrigerated for 1-2 weeks or frozen for up to a month. Serve a million different ways or cook up a storm, but congrats on making amazing cheese by hand—just like we do!

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Fresh pasta

Ingredients

- 3 eggs
- 2.5 – 2.75 cups all purpose flour
- warm water if needed
- Extra flour or semolina

Equipment

- Bowl
- Knife
- Rolling pin

Instructions

- Make a nest with the flour on a clean work surface. Add the remaining ingredients to the center and use a fork to gently break up the eggs. Try to keep the flour walls intact as best as you can! Next, use your hands to gently mix in the flour. Continue working the dough to bring it together into a shaggy ball.
- Knead! At the beginning, the dough should feel pretty dry, but stick with it! It might not feel like it's going to come together, but after 8-10 minutes of kneading, it should become cohesive and smooth: If the dough still seems too dry, sprinkle your fingers with water and continue kneading to incorporate it into the dough. If the dough becomes too sticky, dust more flour onto your work surface.
- When the dough comes together, shape it into a ball and wrap it in plastic wrap. Let the dough rest at room temperature for 30 minutes. After the dough rests, slice it into 4 pieces.
- Use a rolling pin or your hands to gently flatten one into an oval disk.

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- Next, fold the dough... if you want to. This step is somewhat optional, but it will make your final pasta sheet more rectangular, which will yield more long strands of pasta. Plus, it's super simple! Just lay the dough flat and fold both short ends in to meet in the center.
- Then, fold it in half lengthwise to form a rectangle. Once you've folded the dough, roll it out to your desired thickness.
- Kitchen Aid attachment, I run it through the pasta roller three times on level 2, three times on level 3, and one time each on levels 4, 5, and 6.
- Repeat these steps with the remaining dough pieces. Each time you finish with a piece of dough, lie one half of it on a lightly floured baking sheet. Sprinkle the dough with flour, and fold the other half on top. Sprinkle the top with flour, too!
- Finally, cut and cook the pasta. Run the pasta sheets through your desired pasta cutter attachment. Cook the noodles in a pot of boiling salted water for 1 minute, and enjoy!

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Pasta Primavera (Bonus, no video but cooked Live)

Ingredients

- Garlic
- Olive oil
- salt & pepper
- fresh mixed vegetables
- marinara sauce
- fresh basil

Equipment

- Cutting board
- Knife
- Cooking Spoon
- Sauté pan
- Large pot of boiling water

Instructions

- Cut vegetables in thin strips (julienne style)
- Sauté garlic and olive oil in a pan, add vegetables and cook gently for about 3 minutes
- Add marinara sauce and stir gently. Add salt and pepper to taste, add fresh basil.
- In another pan boil water and add a dash of salt.
- When it boils cook fresh pasta for 4 minutes or according to box instruction.
- Drain and toss into the fresh vegetables sauce

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Biscotti

Ingredients

- 2.5 cups all purpose flour
- 3 egg yolks
- 8 ounces butter
- 8 ounces sugar
- 1 teaspoon vanilla extract
- 1 tablespoon lemon or orange zest
- ½ - 1 cup mini chocolate chips or nuts or dried fruit

Equipment

- Clean table top or large bowl
- Parchment paper
- Cooking spray
- Baking sheet
- Knife
- Spatula

Instructions

- Preheat oven to 375°.
- Line baking sheets with parchment paper and grease with cooking spray.
- In a large bowl, mix together eggs, sugars, lemon or orange zest, vanilla extract and flour, then knead until smooth. Then add chocolate chips/nuts/fruit.
- Cut dough into quarters and mold into a long flat log, place on prepared pan
- Bake until golden, 25 minutes.
- Take out of the oven then cut each log on the bias into ½-inch thick pieces and place back on trays, cut side up.
- Bake for another 10 minutes or until golden and cool