

Incredibly Italian

March 2023

With

Dr. Bob Calcango

Eggplant Crostini

Rigatoni alla Bolognese

Fruit Salad - Macedonia

Eggplant Crostini

Eggplant, Hors d'oeuvres

Ingredients

One eggplant, sliced into 1/4 inch slices

Olive oil

Baguette, sliced and toasted

Grated Parmesan

Fresh basil, sliced

Ricotta

Salt & pepper

EVOO

Directions

Toast the baguette slices on both sides under the broiler.

Slice the eggplant, layer on a plate, cover with plastic wrap, and microwave on high for 4 minutes. Drain and dry on a paper towel.

Heat 3-4 tablespoons oil in a skillet and fry the eggplant in batches. Drain on a paper towel.

To assemble:

Place an eggplant slice on a crostini. Spread ricotta onto the eggplant. Sprinkle with grated Parmesan, then basil, salt and pepper. Drizzle with a little EVOO.

Rigatoni alla Bolognese

Italian, Pasta

Prep Time: 10 minutes **Cook Time:** 2 hours 30 minutes **Servings:** 8 people **Source:** Therecipecritic.com

Ingredients

2 small carrots, cut into chunks

1 small onion, cut into large pieces

2 celery stalks, cut into 3-4 inch pieces

3 cloves garlic, halved
8 ounce pancetta, diced
1 pound ground veal
1 pound ground pork
1 cup white wine
1 28 ounce can crushed tomatoes
1 14 ounce can petite diced tomatoes
4 ounce tomato paste
2 cups chicken broth
1 cup whole milk
salt and pepper to taste
2 pounds dried rigatoni
1/2 cup Parmesan, grated

Directions

In a food processor add the carrots, onion, celery, and garlic. Pulse until coarsely chopped. Be careful not to pulse it too long so that it turns into mush. Remove to a bowl and set aside.

Add the pancetta to the food processor and pulse until it is coarsely chopped. Add to a large skillet and cook for 5-6 minutes over medium-high heat or until it starts to crisp. Remove and set aside on a plate.

Add in the ground veal and ground pork. Cook and crumble with two stiff spatulas to break into small pieces. You want the crumbles to be pretty small so it might take some extra work. Cook until browned.

Add the veggies and pancetta and cook until softened, about 5 minutes. Add the white wine to the skillet. Allow it to deglaze.

Add in the tomato paste, stir to combine. Add the crushed tomato, diced tomato, and chicken broth.

Let it simmer on low with the cover slightly ajar for 2 hours for the flavors to blend and for it to thicken. (This can also be done in the oven at 250 degrees for two hours.)

The last 15 minutes of cooking add the milk. Season to taste.

Meanwhile, bring a large pot of salted water to a boil. Add the rigatoni and cook until al dente, about 9 minutes. Drain the pasta, reserving one cup of pasta water.

Combine the pasta and sauce. Add a little pasta water if the mixture is too dry.

Serve with grated Parmesan.

Notes

This sauce freezes well for months in an airtight container, or will keep in the refrigerator for up to two weeks.

Fruit Salad - Macedonia

Salad

Servings: 64

Ingredients

2 cups watermelon, cut into 1 inch squares

1 cup green grapes, cut in half

1 cup blueberries

1 mango, cut into 3/4 inch cubes

1 cup pineapple, cut into 1 inch pieces

1 cup strawberries, hulled and halved

3 tablespoons sugar

10 mint leaves, chiffonade

2-3 tablespoons lemon juice

2 tablespoons your favorite liqueur such as Southern Comfort or Grand Marnier (optional)

Directions

Add the fruit, sugar, and mint to a large bowl, top with sugar and lemon juice, and gently fold together with a rubber spatula. Allow to sit for 10 minutes to dissolve the sugar.

Refrigerate or serve immediately. Plate the fruit. Drizzle with balsamic glaze and sprinkle with Kosher salt before serving.

Other options: kiwi, strawberries, oranges, grapefruit, blackberries, raspberries, apple, cantaloupe, honey dew, peaches

Fruit should be well ripened but firm. Do not use bananas, ripe pears, or any other fruit that will mash or get too soft when mixed.

Notes

Select your fruit based on what's in season and freshest.