

Incredibly Italian

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with

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Caramelized Onion Focaccia

Stracciatella

Ziti alla Bolognese

Latteruolo



Onion Focaccia Bread

Bread and rolls, Hors d'oeuvres, Italian

Prep Time: 30 mins **Cook Time:** 20 mins **Servings:** 8 **Source:** lamhomesteader.com

INGREDIENTS

Bread:

- 1 cup warm water, 110°F-115°F
- 1 teaspoon active dry yeast or instant yeast
- 2 tablespoons granulated sugar
- 2 tablespoons olive oil
- 1 clove garlic, through a garlic press
- 1 1/2 teaspoon Kosher salt, divided
- 2 1/2 cups (312.5 g) all-purpose flour

Topping:

- 2 tablespoons olive oil
- 1 tablespoon butter
- 2 anchovy fillets
- 3 large yellow onions, sliced
- 2 teaspoon granulated sugar
- 2 teaspoons salt
- 1/2 teaspoon dried oregano
- 1/4 provolone cheese, shredded

DIRECTIONS

Bread:

In the bowl of a stand mixer, combine yeast, water, and sugar. Stir and let it rest for 5 minutes. After 5 minutes add the olive oil, garlic, and 1 teaspoon Kosher salt.

Add flour, a little at a time, to the oil and yeast mixture. Add enough flour so the dough no longer sticks to the sides of the bowl.

Transfer the dough to a oiled bowl, rotate to coat the dough, and cover with a tea towel. Let it rest for 1-3 hours or until the dough has doubled in size. While the dough is rising, prepare the caramelized onion topping.

Topping:

In a large skillet over low heat, add the oil, butter, anchovy, onions, and salt. Cook until the onions are softened (about 20-30 minutes). Add sugar and oregano.

Assembly:

Preheat the oven to 450°F.

Spread the dough into a rectangle roughly 9x13 inches onto a silicone baking sheet lined cookie sheet. Use your fingers to create dimples in the dough.

Top with the other half of Kosher salt, caramelized onions, and shredded cheese.

Bake for 18-20 minutes, or until golden brown and the cheese has melted. Serve warm.

NOTES

This is a sticky dough. We hands with a little oil so dough does not stick to hands.

Think of anchovies as a seasoning, not a main ingredient.



Stracciatella

Soups, Soups & Stews

Servings: 6

INGREDIENTS

12 slices French bread, toasted

6 cups chicken stock

3 eggs, beaten

3 tablespoons semolina

6 tablespoons Parmesan, grated

Salt and pepper, to taste

3 tablespoons parsley, chopped

DIRECTIONS

Toast the slices of French bread, set aside.

In a small bowl, combine the beaten egg, semolina, grated cheese, and one cup of chicken stock. Set aside.

Add the remaining stock to a pot and bring to nearly a boil.

Slowly pour the egg mixture into the hot chicken stock while stirring with a whisk.

Add salt and pepper to taste.

Place one or two crostini in each soup bowl and add soup. Garnish with chopped parsley. Serve.



Pasta alla Bolognese

★★★★★

Italian, Pasta

Difficulty: Easy

INGREDIENTS

4 tablespoons olive oil, divided
1/2 pound ground pork
1/2 pound ground veal
2 cloves garlic, minced
1/2 teaspoon red pepper flakes
28 ounce can chopped tomato
2 tablespoons tomato paste
Salt & pepper
10 leaves fresh basil, chopped
1 pound pasta such as ziti, rigatoni, penne
Grated Parmesan

DIRECTIONS

Heat 2 tablespoons oil in a large saute pan and add pork and veal. Brown over medium heat, breaking meat into small pieces as it cooks. Cook long enough to drive off water and meat gets crispy.

Low heat and clear a space in the pan. Add the remaining oil, garlic, and red pepper. Cook about one minute and stir to combine with the meat. Season with 2 teaspoons salt and 1/2 teaspoon pepper.

Add the tomatoes and tomato paste. Stir to combine.

Simmer over low heat for 30 minutes.

Bring a large pot of salted water to a boil.

Test and adjust for seasoning, add basil, and combine.

Cook pasta until al dente. Drain, return to pot, add sauce and 3 tablespoons grated cheese. Stir and serve with more grated cheese at the table.



Lattaciolo (Latteruolo)

Cakes, Desserts, Italian

Source: Wetheitalians.com

INGREDIENTS

2 cups whole milk
1/3 cup granulated sugar
1 tsp vanilla extract
1/3 cup flour type 00, sifted
6 egg yolks
1/4 teaspoon nutmeg
2 egg whites
1 pinch of salt
powdered sugar, to dust

DIRECTIONS

In a medium saucepan, dissolve the sugar into milk at low heat, then add the vanilla extract and let simmer for 40 minutes. Allow to cool completely.

Preheat the oven to 350 F degrees.

Grease the sides of a 9-inch cake pan with butter and flour and line the bottom with parchment. Set aside.

With a hand or stand mixer, beat the egg yolks until yellow and frothy. Add the half the flour little by little and continue to beat until incorporated. Slowly add half the milk and stir. Add the remaining flour, then the remaining milk. Add the nutmeg.

With a hand or stand mixer, whip the egg whites with a pinch of salt to stiff peaks.

Gently fold the whipped egg whites into the batter. Use the mixer on low speed to remove any remaining lumps.

Pour the cake batter into the pan and bake for 30 minutes or until a toothpick comes out clean.

Allow cooling in its pan.

Unmold the dessert onto a serving plate and dust with powdered sugar before serving.



Egg White Frittata

Egg white recipes, Hors d'oeuvres, Miscellaneous

INGREDIENTS

1/4 cup chopped parsley
1 clove minced garlic
3 egg whites
3 tablespoons breadcrumbs, more as needed
1/2 cup grated Parmesan
olive oil for frying
coarse salt

DIRECTIONS

In a medium bowl, mix the parsley, garlic, egg whites, 3 tablespoons of breadcrumbs, and Parmesan cheese.

Add the other ingredient(s) to make the shrimp, tuna, spinach & ricotta, or asparagus frittata

The mixture should be dry enough to shape into patties. If not, add breadcrumbs to the mixture.

Add 3 tablespoons of olive oil to a skillet over medium heat. Shape the mixture into 2 inch patties and fry until nicely browned. Flip to cook the other side. Fry the remaining patties, adding more oil as needed.

When done flip onto a serving plate lined with paper towel. Season with Kosher salt. Serve immediately.

NOTES

Tuna Frittata

1 can tuna, flaked

Spinach & Ricotta Frittata

1/2 cup ricotta cheese, drained

1 cup chopped spinach

Shrimp Frittata

1 pound large shrimp, peeled and chopped into 1/4 inch pieces

Asparagus Frittata

1 pound thin asparagus, par boiled, cut into 1/4 inch pieces