

Panna Cotta

Ingredients:

- 1/3 cup skim milk
- 1 (.25 oz.) envelope unflavored gelatin
- 2 1/2 cups heavy cream
- 1/2 cup white sugar
- 1 1/2 teaspoons vanilla extract
- Fresh season berries

Directions:

1. Pour milk into a small bowl, and stir in the gelatin powder. Set aside
2. In a saucepan, stir together the heavy cream and sugar, and set over medium heat. Bring to a full boil, watching carefully, as the cream will quickly rise to the top of the pan. Pour the gelatin and milk into the cream, stirring until completely dissolved. Cook for one minute, stirring constantly. Remove from heat, stir in the vanilla and pour into six individual ramekin dishes.
3. Cool the ramekins uncovered at room temperature. When cool, cover with plastic wrap, and refrigerate for at least 4 hours, but preferably overnight before serving.

Secret Cooking Hints From Chef Dave

1. To add a “hot” little kick to your favorite recipe lightly coat the back of a teaspoon with Habanero Powder & stir into your dish
2. To keep your artichoke fresh, Squeeze the juice of two lemons into 2 to 3 quarts of cold water, then throw in the lemon rinds. During the preparation process, **keep the prepped artichokes in the acidulated water until you’re ready to cook or stuff them;** it prevents them from turning brown.



Bersi il
Cervello!



Woodloch's Italian Cooking Class

Italian Lentil Soup with Sausages

Ingredients:

- 1/2 lb. brown lentils, rinsed
- 10 cups light meat broth
- 1 celery rib with leaves
- 1 bay leaf
- 1 tbsp. salt
- 2 tbsp. EVOO
- 2 large garlic cloves, finely chopped
- 1 lb of sweet Italian sausage w/ fennel seeds, casing removed, crumbled
- 1 onion chopped
- 2 tbsp. tomato paste
- 2 tsp. fresh marjoram or 1 tsp. dried marjoram
- 1 1/4 cups chopped fresh or canned drained plum tomatoes, peeled, seeded and chopped
- 1/2 cup tubettini
- 1/2 lb. baby spinach

Directions:

1. Place the lentils in a large pan with the broth or water, celery, bay leaf, and salt. Bring to a boil, then reduce to a simmer and cook until the lentils are nearly tender– about 20 minutes.
2. Meanwhile, in a skillet, combine the olive oil, garlic, and onion. Sauté over medium-low heat until softened, about 5 minutes. Add the sausage meat and sauté for 10 minutes, until golden.
3. Add the tomato paste dissolved in a little of the lentil broth and stir well. Stir in the marjoram and tomatoes.
4. Stir the sausage and onion mixture, and tubettini, into the lentils. Simmer until the pasta is al dente, about 7 minutes, then add spinach and cook for 1 more minute. Discard the celery and bay leaf, and serve.

Prosciutto-Wrapped Chicken Stuffed with Herb Ricotta

Ingredients:

- 1/2 cup fresh ricotta
- Salt and pepper
- 3 tbsp. grated parmigiano-reggiano
- 1 small clove grated or fine chopped garlic
- 1 tbsp. finely chopped flat-leaf parsley
- A few leaves basil, chopped
- A couple sprigs fresh thyme, finely chopped
- 4 small pieces skinless, boneless chicken breast
- EVOO for drizzling
- 4 thin slices prosciutto
- A splash of white wine
- 1 tbsp. butter

Directions:

1. Preheat oven to 400 degrees. In a bowl, season the ricotta with salt and pepper. Stir in the parmigiano-reggiano, garlic, parsley, basil and thyme. Place some of the ricotta mixture on each butterflied piece of chicken and fold the breast over. Drizzle with EVOO and wrap with the prosciutto.
2. Heat an ovenproof skillet with a drizzle of EVOO. Add the chicken bundles and brown over medium high heat, turning once, for 4 to 6 minutes. Transfer to the oven and cook through, 12-15 minutes.
3. Remove the chicken from the pan and deglaze the pan with the wine. Swirl in the butter. Spoon the sauce over the chicken to serve.

Fusilli a la Carbonara with Artichokes

Ingredients:

- 2 cloves garlic
- 1 pound pancetta, diced into 1-inch cubes
- Sea salt and freshly ground black pepper
- 6 eggs, at room temperature
- 1/2 cup heavy cream, at room temp.
- 1 1/4 cup freshly grated Parmesan
- 1 pound dried fusilli
- 4 tbsp. chopped fresh parsley leaves
- 16 marinated 1/4 artichokes chopped and warmed

Directions:

1. Heat a large sauté pan, until hot. Add pancetta and garlic, and sauté until golden brown and crispy– about 5 minutes. Season with black pepper and remove pan from heat.
2. In a medium bowl, beat the eggs and cream. Season with salt and pepper. Stir in Parmesan, reserving 2 tbsp. for garnish.
3. In a large pot, boil 6 quarts of salted boiling water. Add pasta and cook until al dente, about 8 to 10 minutes. Drain pasta into a colander. Do not rinse with water; you want **to retain the pasta's natural starches so that the sauce will stick. While the pasta is still hot**, return it back to the pot. Add the browned pancetta and mix well. Add the cream mixture and coat the pasta completely. It's important to work quickly while the pasta is still warm so that the cream mixture will cook, but not curdle. Add remaining Parmesan and chopped parsley and artichokes.