

Amy's Week: Mangia Bene



Ciao Amici, buon giorno! Hello friends, good morning!
 Welcome to our Italian *cucina* week. We will tour Italian cuisine filled with tantalizing *aromas* and fresh wholesome ingredients that you will want to *mangia*, eat and beg for more, *per favore!* *Amici*, friends, we will prepare a *tre* or three course meal including a *primo* appetizer first course or a drink, a *secondo* and a *contorno* main course, and a *dolce* sweet for the *finale!*
Mama mia we are going to have some fun in the kitchen, so bring your appetite and be prepared to eat well, *mangia bene!*

Recipes I didn't use:

Italian Wedding Soup - Chickpea Bruschetta - Pizza Twists - Panna Cotta

Element of Fun/Creativity:

Mustache Neckerchief for selected helper
 Red Neckerchiefs for selected helpers
 Chef Timer
 Checkered Table Cloth
 Italy Map
 Italian Vocabulary Sheet

Special Equipment:

Pizzelle Cookie Iron
 Hand Crank Grater (for chocolate)
 Frying/Candy Thermometer
 Spyder
 Dutch Oven
 Kitchen Aid Mixer w/Pasta Attachment
 Metal Forks
 Cheese Cloth
 Double Boiler

	Monday	Tuesday	Wednesday	Thursday	Friday
Primo (Appetizer)	Italian Salad	Garlic Bread	Rock Star Salad	Spaghetti Pie	Bonkers for Bruschetta
Secondo & Contorno (Meat & Vegetable)	Upside-Down Pizza	White Chicken Lasagna Roll-ups	Arancini (Cheesy Rice Balls)	Margherita Pannini	Gnocchi with Tomato-Basil Sauce
Drink	Italian Crème Soda	/	Rossa Limone Spritzer	/	/
Dolce (Dessert)	/	Cannoli Fragole (Cannoli Strawberries)	/	Bambino Tiramisu	Cioccolato Frutta Pizzoli (Chocolate Fruit Pizzoli)

Italian Vocabulary

Buon giorno = good morning

Buon sera = good evening

Buon appetite = good eating

Mangia = eat, eat up

Amico = friend, buddy

Amici = friends

Ciao = hello

Arrivederci = goodbye

Per favore = please

Grazie = thank you

Scusi = pardon me

Capisco = I understand

Capeesh = do you understand?

Tutto = all, every

Aroma = scent, flavoring, spice

Cucina = cooking style, kitchen, cuisine

Acqua = water

Aspetto = appearance, look

Bella = beauty, nice

Amore = love

Bene = good, well, fine

Antipasto = "before the meal"

Primo = first course, appetizer

Secondo = small serving of meat, chicken, or fish

Contorno = simply cooked vegetable to be served with primo

Dolce = sweet to end meal, dessert



Italian Salad

Yields: approximately 8-10 servings

Ingredients:

- 2 Large romaine hearts, chopped
- 1 celery rib, thinly sliced
- ½ small red onion, thinly sliced
- 1 cup cherry tomatoes, halved
- ½ cup pitted black olives, sliced
- 1 cup Parmigiano-Reggiano cheese, shaved
- 8 pepperoncini (optional)
- Croutons (optional)

Dressing:

- 1 garlic clove, minced
- 2 tablespoons mayonnaise
- 2 tablespoons red wine vinegar
- ½ tsp dried oregano
- ¼ cup + 2 tablespoons extra virgin olive oil
- salt and freshly ground black pepper to taste



Directions:

1. Add salad ingredients to large bowl.
2. Combine dressing ingredients and mix well.
3. Just before serving pour dressing over top of salad and toss well.
4. Serve right away.

Upside-Down Pizza

Yields: approximately 10-12 servings

Ingredients:

- 2 tablespoons olive oil
- 1 cup chopped onion
- 1 cup chopped bell peppers
- 1 cup chopped mushroom
- ½ cup sliced black olives
- 2 pounds ground turkey
- 1 cup chopped pepperoni
- 2 (15 ounce) cans Italian-style tomato sauce
- 2 teaspoons dried basil
- 1 clove garlic, minced
- 1 teaspoon black pepper
- 3 cups shredded mozzarella cheese
- 1 (13 ounce) package prepared pizza dough



Directions:

1. Preheat the oven to 400 degrees.
2. In a large skillet, heat the oil over medium-high heat. Add the onion, mushrooms, and garlic. Cook, stirring frequently, until the onions begin to soften, about 3 minutes.
3. Add the turkey and continue to cook and stir, breaking the meat into small pieces, until it is no longer pink, about 8 minutes.
4. Stir in the tomato sauce, bell peppers, olives, basil, pepperoni, and black pepper and cook until heated through, about 5 minutes. Then transfer the mixture to a 9-by-13 inch casserole dish.
5. Sprinkle the cheese on top and cover with the pizza dough. Pierce the pizza dough to allow the steam to release. Bake the casserole until dough is golden, about 15-20 minutes.
6. To serve, spoon out portions with a large serving utensil.

Italian Crème Soda

Yields: 1 serving

Ingredients:

- ½ cup club soda
- 3 tablespoons Torani® Syrup (1 tablespoon vanilla & 2 tablespoons fruit flavor) pumps
- 1 tablespoon half & half
- 3 ice cubes for each glass
- Whipped cream and maraschino cherries for garnish

Directions:

1. Add ice cubes into each glass. Measure ½ cup club soda and pour into each glass.
2. Measure out Torani® syrup, 1 tablespoon vanilla and 2 tablespoons fruit flavor, and mix with club soda.
3. Add 1 tablespoon of half & half into each glass and stir *before* drinking for best flavor.
4. Top with whipped cream, straw, and a cherry on top. Serve.



Garlic Bread and Spread

Yields: 16 servings (each ½ loaf serves 8)

Ingredients:

- ½ cup butter
- ¼ cup grated Parmesan cheese
- 2 cloves garlic, minced
- ¼ teaspoon dried basil
- ¼ teaspoon Italian herb seasoning
- ¼ teaspoon dried oregano
- Ground black pepper to taste
- ¼ teaspoon dried parsley
- 1 loaf, unsliced Italian Bread



Directions:

1. Preheat oven to 350°F
2. In a bowl, mix butter, Parmesan cheese, garlic, basil, Italian herb seasoning, oregano, black pepper, and parsley until thoroughly combined.
3. Split the Italian bread loaf in half LENGTHWISE and spread each half generously with the butter mixture.
4. Bake the garlic bread on the top rack of the preheated oven until the butter mixture melts and bubbles, 10 to 15 minutes.
5. Turn on the broiler and broil until the bread is your desired shade of golden brown, 1 to 2 minutes more.
6. After the bread is slightly cooled, slice the bread into 1 to 2 inch wide slices. Serve.

White Chicken Lasagna Roll-Ups

Yields: 8 servings

Ingredients:

- 8 lasagna noodles, cooked according to package directions
- 2 cups Alfredo Sauce (recipe follows)
- 2 chicken breasts, cooked and shredded
- 8 ounces cream cheese, softened
- 1 cup shredded mozzarella cheese
- 1 cup Parmesan cheese, + ½ cup, divided
- 2 teaspoons garlic powder
- 2 teaspoons Italian herb seasoning
- Salt and black pepper to taste
- Fresh Italian parsley, optional



Directions:

1. Preheat oven to 375°F. Lightly grease casserole dish with cooking spray.
2. Lay cooked lasagna noodles out in a single layer on a clean surface (baking sheet).
3. In a bowl combine chicken, cream cheese, mozzarella, 1 cup Parmesan cheese, garlic powder, Italian seasoning, salt and pepper (to taste), and mix well.
4. Spread about ¼ cup chicken mixture onto each of the lasagna noodles. Roll the noodles up tightly.
5. Pour 1 cup of Alfredo Sauce on the baking dish. Place each lasagna roll up, side by side, in the baking dish. Pour remaining Alfredo Sauce over roll ups. Sprinkle with remaining Parmesan cheese.
6. Bake for 10 to 15 minutes until cheese is melted. Sprinkle with fresh parsley. Serve.

Alfredo Sauce

Yields: 8 servings

Ingredients:

- ½ cup butter
- 2 garlic cloves, minced
- 2 cups heavy cream
- ¼ teaspoon black pepper
- ¼ teaspoon salt
- 1 ½ cups grated Parmesan cheese

Directions:

1. In a medium saucepan over medium heat, melt the butter. Add garlic, cream, pepper, and salt.
2. Bring to a low boil and reduce heat to medium low and simmer for 8 minutes.
3. Remove from heat and slowly add cheese.
4. Return to stove and cook on low for 2 minutes, stirring constantly. Serve hot.

Cannoli Fragole

(Cannoli Strawberries)

Yields: 20 servings (2 to 3 for each student)

Ingredients:

- 2 cups Ricotta cheese, strained
- $\frac{3}{4}$ cup powdered sugar
- $\frac{1}{2}$ cup heavy whipping cream
- $\frac{1}{2}$ teaspoon vanilla extract
- $\frac{1}{2}$ teaspoon cinnamon
- 1 tablespoon grated lemon zest
- 2-3 pounds fresh strawberries
- Mini chocolate chips for garnish (optional)
- Green sugar sprinkles for garnish, Italy colors (optional)



Directions:

1. Place ricotta cheese in a cheesecloth lined fine mesh strainer set over a large bowl. *Place in refrigerator for one hour.*
2. Using a small melon baller or strawberry huller, hollow out insides of rinsed strawberries. *Students can use a plastic straw and poke a hole from bottom through to the top; this "pops" the top off.*
3. Whip together strained ricotta cheese, sugar, cinnamon, vanilla, and lemon zest. Fold in whipping cream and then fill a pastry bag with mixture.
4. Fill hollowed strawberries with mixture and garnish with mini chocolate chips or green sprinkles.
5. Serve immediately or keep refrigerated.

Rock Star Pasta Salad

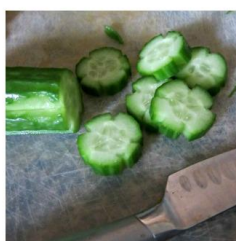
Yields: approximately 8-10 servings

Ingredients:

- 1 container of spiral vegetable pasta, cooked
- 2 baby cucumbers
- 1 package 7 ounce sliced sharp cheddar cheese
- ½ package 6 ounce sliced turkey pepperoni
- 1 red bell pepper, diced
- ¼ white onion, diced
- 1 bottle 16 ounce Kraft Zesty Italian Anything Dressing

Directions:

1. Carefully cut a few tiny strips out of the cucumber peel along the length of the cucumbers. Then slice the cucumber and they should look somewhat like stars or flowers.
2. Use a small star shaped cookie cutter to cut stars out of the cheese slices and the sliced pepperoni.
3. Dump it all in a big bowl and pour the entire bottle of Zesty Italian in and stir together.



Arancini

(Cheesy Rice Balls)

Yields: 35-40 servings

Ingredients:

- 2 tablespoons olive oil + 2 tablespoons unsalted butter
- 1 medium onion (about 1 cup), finely diced
- 1 cup ham, finely diced
- 2 cups medium grain rice, unrinsed (ex. Jasmine rice)
- 6 cups reduced sodium chicken broth/stock
- 1 teaspoon salt
- 1 cup frozen peas, thawed
- ½ cup fresh Italian parsley, finely chopped
- 1 cup shredded Parmesan cheese
- 4 ounces mozzarella cheese, cut into ½ inch cubes (ex. Mozzarella sticks)
- 1 jar of Marinara pasta sauce (for dipping)



Ingredients for Breading and frying:

- 1 to 2 cups all-purpose flour
- 3 to 5 large eggs, beaten with a fork
- 2 to 3 cups dry Italian bread crumbs
- Oil for frying (vegetable, canola, or grapeseed oil)

Directions:

1. Using a Dutch Oven or heavy-bottomed pot with tight fitting lid, over medium/high heat, add olive oil and butter. When hot, stir in diced onion and sauté until soft and golden (4-5 minutes). Add finely diced ham and cook another (2 minutes) or until golden. Add rice and stir to coat with oil.
2. Pour in 6 cups hot chicken broth and 1 tsp salt then cover and cook until liquid has been absorbed by the rice (about 15 minutes). Stir in peas then cover with a tight fitting lid and finish cooking (2 minutes). Rice should be soft and the liquid mostly absorbed. Spread rice mixture onto a large rimmed baking dish to cool.
3. **Once rice is cooled**, stir in parsley and Parmesan cheese. Form rice balls using a medium scoop/baller for each. Stuff each rice ball with a cube of mozzarella cheese and form a TIGHT ball to enclose the cheese. Form ALL balls until mixture is gone.
4. Set up 3 shallow bowls, the first one to have 1 cup flour, the second with 3 beaten eggs, the third with 1½ cups bread crumbs. Dredge each rice ball in flour, shaking off the excess, then dip one-by-one in the beaten egg allowing excess egg to drip back into the bowl. Finally, roll balls in breadcrumbs until evenly coated. It's best to roll and bread ALL of the rice balls *before* beginning frying, since the frying is quick.
5. Add an inch of vegetable oil into a Dutch Oven over medium heat checking oil temperature with frying thermometer. Once oil is hot enough, add the breaded rice balls in batches, without crowding the pot, and cook about 3 minutes total per batch, turning with "Spider" to get all sides golden brown. Using a "Spider" transfer balls to paper towels and serve warm with marinara sauce.

Rossa Limone Spritzer

(Red Lemon Spritzer)

Yields: 8-10 servings

Ingredients:

- 1 ½ cup fresh raspberries
- juice of 4 fresh lemons
- ½ cup cold water
- ½ cup honey
- ½ liter sparkling water or club soda, chilled
- 8 mint leaves
- Ice

Directions:

1. Place raspberries in a blender and puree.
2. In a large pitcher, whisk together water and sugar until the sugar dissolves. Pour in honey and mix until well blended.
3. Stir in raspberry puree and mix.
4. Squeeze lemon juice into a bowl making sure to remove all seeds. Pour into pitcher. Stir to combine.
5. Pour in club soda or soda water.
6. Chop fresh mint. Add to pitcher. Stir well and serve over ice.



Spaghetti Pie

Yields: 24 servings

Ingredients:

- 4 cups cooked spaghetti
- 2 eggs
- 1/3 cup melted butter
- 1/2 cup Parmesan cheese + 1/4 cup
- 3/4 cup ricotta cheese
- 16 ounce spaghetti sauce
- 24 Italian meatballs, frozen
- 1 cup mozzarella cheese



Directions:

1. Pre-cook spaghetti noodles. Set aside to cool.
2. Preheat the oven to 350° F.
3. Grease each muffin tray with coconut oil.
4. Combine the eggs, butter and 1/2 cup Parmesan cheese and pour over the cooked spaghetti.
5. Spread a small amount of spaghetti mixture in the greased muffin tray by creating "nests".
6. Mix together the ricotta cheese and 1/4 cup Parmesan cheese in a medium bowl. Use meatball to scoop mixture onto one side of meatball and place meatball on top of "nest" cheese mixture face down.
7. Cover meatball "nest" with spaghetti sauce and sprinkle with mozzarella cheese.
8. Bake for 30 minutes.

Margherita Panini

Yields: 8 servings

Ingredients:

- 2 cups shredded mozzarella
- 16 slices (½ inch thick) rustic white bread
- Salt and black pepper, freshly ground
- 2 large tomatoes, thinly sliced
- 1-2 cups mayonnaise

Basil Pesto Ingredients:

- ½ cup olive oil
- ½ cup parmesan cheese, fresh grated
- 1 ½ cups arugula
- 2 cups fresh basil leaves, tightly packed
- 2 garlic cloves



Directions:

Basil Pesto:

1. Place all ingredients into blender. The measurements do not have to be exact, add to taste. The pesto is thick, but you can add a small amount of water or olive oil to thin it out until it reaches a desired consistency.

Panini:

2. Brush one side of bread with mayonnaise and place on griddle (mayo side down).
3. Spread basil pesto on bread slice.
4. Place the mozzarella on top of basil pesto. Sprinkle with salt and pepper.
5. Add the tomato slices.
6. Spread the basil pesto on other slice of bread and place on top of tomatoes (pesto side down). Brush top with mayonnaise.
7. Heat griddle with medium-low heat. Grill the sandwich until bread is golden brown and cheese is melted.
8. Press down on sandwich with spatula or grill press, about 3-4 minutes each side.

Bambino Tiramisu

Yields: 8-10 servings

Ingredients:

- 21-24 lady finger cookies (depending on the cup or dish size)
- 1 cup chocolate milk
- 1 cup mascarpone
- 1 cup whipping cream
- 1 ½ tablespoons sugar
- ¼-½ cup chocolate flakes or mini chips

Directions:

1. In a medium bowl add mascarpone, whipping cream, and sugar. Using a hand mixer, whip until thick.
2. Use a cheese grater to create small chocolate flakes. Put in a bowl and set aside.
3. In a medium bowl add chocolate milk, QUICKLY dunk lady finger (one at a time), and add to clear plastic cup or baking dish.
4. Cover soaked cookie with a thin layer of cream mixture, then sprinkle a few chocolate chips over layer.
5. Repeat 2-3 times. Sprinkle top layer with grated chocolate flakes or chips for garnish.
6. Refrigerate for 2-3 hours. Enjoy!



Bonkers for Bruschetta

Yields: 14 servings (2 for each child)

Ingredients:

- 1 garlic clove, peeled and halved
- 14 slices French bread (3/4 inch thick)
- 6 medium tomatoes, seeded and diced
- 1/4 cup chopped red onion
- 3 tablespoons olive oil
- 2 tablespoon minced fresh basil
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 14 fresh basil leaves
- Non-stick cooking spray

Directions:

1. Rub cut side of garlic over one side of each slice of bread. Spray griddle with cook spray. Place bread garlic side down on heated griddle. Heat until bread is warm.
2. In a large bowl, combine the tomatoes, onion, oil, minced basil, salt and pepper.
3. Spoon about 2 tablespoons onto each piece of bread. Top each with a basil leaf.



Gnocchi with Tomato-Basil Sauce

Yields: 8-10 servings

Ingredients:

- 16 ounces ricotta cheese
- 9 ounces grated Grana Padano or Parmigiano Reggiano cheese
- 2-4 cups flour, for binding and dusting
- 1 tablespoon olive oil
- 5 thin slices of Prosciutto
- 1 jar tomato-basil pasta sauce
- Fresh basil leaves, about 5 large leaves torn
- 2 cups shredded mozzarella cheese
- ¼ cup grated Parmesan cheese



Directions:

1. Place the soft ricotta cheese and Grana Padano or Parmigiano Reggiano cheese in a large bowl and mix by folding the ingredients together. Add ½ cup flour at a time and fold in to bind the dough and absorb the excess moisture.
2. Knead the dough on a lightly-floured work surface. It is important not to add too much flour because the gnocchi may get heavy.
3. Take a large piece of dough and roll it out into thin logs, approximately ¾ inch thick. Cut (pinch off) ½ inch wide cubes from each log. Make ridges on each gnocchi by using the back of a metal fork in a rolling action. The imprints will trap the sauce on the surface of the gnocchi.
4. The recipe yields about 150 gnocchi. Continue until all dough is used.
5. Place the gnocchi on a parchment covered tray in a single layer underneath a cloth to prevent them from drying out. The gnocchi may be set in the refrigerator or freezer until needed.

Cooking:

1. Add the gnocchi to a pot of boiling, salted water for about a minute, or until they float to the surface. Set aside until ready to add to the sauce.

Sauce:

1. In a large skillet, heat olive oil on a medium-high setting. Once oil is hot, add Prosciutto and cook until crisp. Dry on paper towel and let cool.
2. Once Prosciutto is cool, crumble into small pieces.
3. In large skillet or large pot, add tomato-basil sauce, Prosciutto crumbles, and gnocchi. Gently stir together.
4. Top with mozzarella cheese, torn basil leaves, and sprinkle with Parmesan cheese. Cook about 5 minutes until cheese is melted. Serve.

Cioccolato Frutta Pizzoli

(Chocolate Fruit Pizzoli)

Yields: 12 servings

Ingredients:

- ½ cup sugar
- 1 ½ teaspoons vanilla extract
- 2 eggs
- 1 stick butter, melted
- ¾ cup all-purpose flour
- ½ teaspoon baking powder
- ¼ teaspoon ground cinnamon
- Pinch salt
- Nonstick cooking spray
- Fresh strawberries, diced
- Fresh blueberries
- Fresh green grapes
- 2 fresh bananas, sliced



Directions:

1. Slice and dice fruit and set aside.
2. Melt butter and set aside.
3. Beat eggs and sugar until light yellow, (2 to 3 minutes). Add melted butter and vanilla. Beat until blended.
4. Sift together flour and baking powder and then fold in the wet ingredients until just blended.
5. Heat Pizzelle iron, place about 1 teaspoon of batter on grid JUST BEHIND the center of the pattern. Bake until golden brown, (about 30 to 40 seconds). Remove and curl around metal cone to form cone or drape over mounds on the backside of cupcake pan. Repeat with remaining batter.
6. Dip top 1 inch edge of cooled pizzoli cookies into dipping chocolate and cool.
7. Fill pizzoli with fruit mixture. Serve.



Homemade Chocolate Magic Shell

Yields: 8-10 servings

Ingredients:

- 1 cup chocolate chips (dark or milk chocolate)
- 2 tablespoons coconut oil

Directions:

1. In a double boiler, set a metal bowl over simmering water.
2. Add chocolate chips and coconut oil. Stir gently to combine.
3. Continue stirring until chocolate is melted. Remove from heat.
4. Set aside until cooled completely. Store in an airtight container in the pantry (not in the refrigerator) for up to 1 month.