

## Italian Recipes from the Kitchen Tour

### Minestrone Soup – A vegetarian version from Northern Italy

1 lb. fresh zucchini	6 cups Beef Broth
½ c. extra virgin olive oil	2/3 c. canned imported Italian plum tomatoes w/ juice
3 T. butter	Salt
1 c. onion sliced very thin	1/3 c. freshly grated Parmigiano-Reggiano cheese
1 c. diced carrots	Optional: the crust from a 1 – 2 lb piece of Parmigiana-Reggiano cheese (Costco), carefully scraped clean
1 c. diced celery	
2 c. peeled diced potatoes	
¼ lb. fresh green beans	
3 cups shredded Savoy or regular cabbage	
1 ½ c, canned cannellini beans drained	

- 1) Choose stockpot that can comfortably accommodate all the ingredients. Put in the oil, butter and sliced onion and turn on the heat to medium low. Cook the onion in the uncovered pot until it wilts and becomes a pale gold, but no darker.
- 2) Add the diced carrots and cook 2-3 min, stirring once or twice. Then add the celery, and cook, stirring occasionally, for 2 – 3 minutes. Add the potatoes repeating the same procedure.
- 3) While the carrots, celery, and potatoes are cooking, soak the green beans in cold water, rinse snap off both ends, and dice them.
- 4) Add the diced green beans to the pot, and when they have cooked for 2 – 3 minutes, add the zucchini. Continue to give all ingredients an occasional stir and after another few minutes, add the shredded cabbage. Continue cooking for another 5 to 6 minutes.
- 5) Add the broth, the optional cheese crust, the tomatoes with their juice and a sprinkling of salt. Give the contents of the pot a thorough stirring. Cover the pot, and lower the heat, adjusting it so that the soup bubbles slowly, cooking at a steady, but gentle simmer.
- 6) When the soup has cooked for 2 ½ hours, add the drained, cooked cannellini beans, stir well, and cook for at least another 30 minutes. If necessary, you can turn off the heat at any time and resume cooking later. Cook until the consistency is fairly dense. Minestrone ought never to be thin and watery. If you should find that the soup is becoming too thick before it has finished cooking, you can dilute it a bit more broth or with water.
- 7) When the soup is done, just before you turn off the heat, remove the cheese crust, swirl in the grated cheese, then taste and correct for salt.

*Ahead of time note:* Minestrone, unlike most cooked vegetable preparations, is even better when reheated the following day. It will keep up to a week in a tightly sealed container in the refrigerator.

## Panna Cotta

Prep time: 5 min.

Cook time: 10 min.

Ready in 4 hr. 15 min

### Ingredients:

1/3 c. skim milk  
1 (.25 oz) envelope unflavored gelatin  
2 1/2 cups heavy cream

1/2 cup white sugar  
1 1/2 tsp. vanilla extract

### 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 over night before serving.

## Vanilla and Orange Biscotti

### Ingredients:

Serves 20

1 c. flour  
1 pinch salt  
3 T cold unsalted butter, diced  
1 1/2 tsp vanilla extract  
1 Tablespoon orange-flavored liqueur

1/2 c. sugar, plus 1 tablespoon  
1/2 tsp. baking powder  
1 large egg  
Grated zest of 2 large oranges  
1/3 c. coarsely chopped pistachios

### Directions:

- 1) Preheat oven to 350 degrees. Line large baking sheet with parchment paper.
- 2) Place flour, 1/2 cup sugar, salt, and baking powder in bowl of food processor; pulse just to combine. Add butter and pulse until no pieces are larger than peas.
- 3) In a small bowl, whisk together egg, vanilla, orange zest, liqueur, and pistachios; add to food processor and pulse just to blend. (Mixture should be moist but crumbly.) Turn dough out onto work surface. Gather dough together and knead gently once or twice until just smooth, form into ball. Cut dough in half; roll each section into a 1-inch long thick rope (dust hands with flour if dough is sticky.)
- 4) Place ropes a few inches apart on prepared baking sheet & flatten tops slightly with hands; sprinkle lightly with remaining 1 tablespoon sugar. Bake until golden, about 30 min; remove baking sheet from oven and let cool 5 minutes (Logs can break when slicing if too hot.)

- 5) When logs are cool enough to remove from baking sheet, transfer to flat surface. Cut logs on angle into ½ inch thick slices, using quick, clean strokes with sharp chef's knife. (Don't use a serrated knife and avoid sawing motion or biscotti may break.)
- 6) Place biscotti cut side up, on baking sheet; bake until lightly browned, about 10 minutes. Cool on rack. Store biscotti in cookie jar or basket covered with tea towel for up to one week.

The recipe for the meatballs and marinera sauce is a Ferranti Family secret!