

PRESENTS...



*Kids
in the
Kitchen!*



Antipasti

The first course can consist of an array of salads. The salad might include artichokes, olives, mozzarella and local salumi (a general term for cold cuts like Prosciutto and salami). The salumi are often served with fruits like melon or figs.



Primi

The second course pasta and the different sauces.

consists of either pasta or rice (risotto). The creamy risotto could be served with many



Secondi

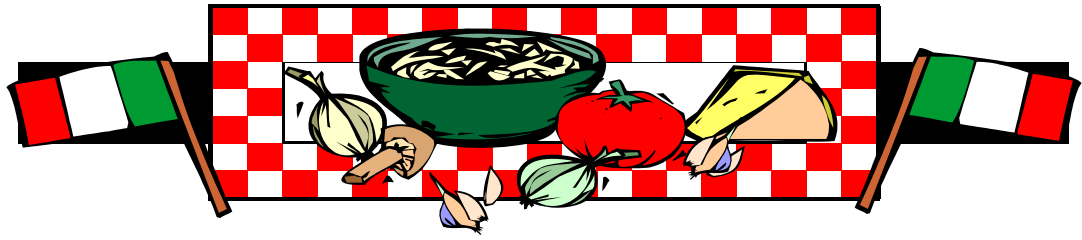
This course is the protein part of the meal. Fish, meat, poultry, or eggs are the choices. There is no side accompaniment to the dish. They prefer that the main part of the dish stand on its own. (The eggs are served like an omelet, with fresh mushrooms and cheese. This is called a frittate.)



Contorni

A side dish of vegetables or dressed at the table with olive oil and aceto balsamico (balsamic vinegar).

a salad



Formaggi

The cheese
Different



The cheeses are sometimes served with a special honey mustard (mostarda) drizzled overtop. It is delicious.

course is an important part of the meal.
cheeses are served just before the desert.

Dolci

Tiramisù is
are also
Italian ice
this at a
restaurant.



accompanies the espresso or dessert wine for dipping.

found on just about every menu. There
cakes and tortes served. There is fabulous
cream called gelato, but most people get
gelateria after they have an espresso at the

Biscotti is a hard cookie that usually



Campania

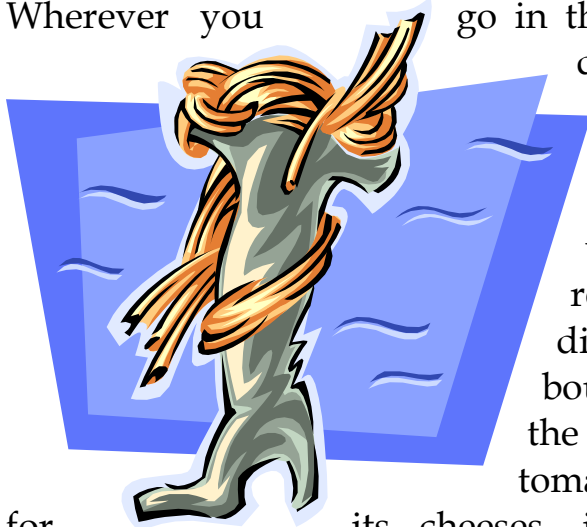
When most people think of Italian food, it's Campania's cuisine that comes to mind: spaghetti with meatballs, mozzarella stuffed eggplant, and hearty wine. Located on the shin of Italy's boot, Campania is the heartland of dried pasta and tomatoes.



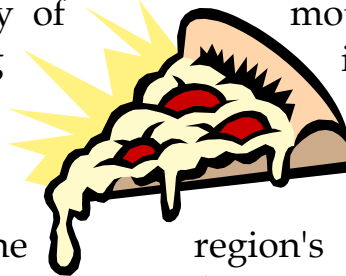
food,
mind:
cheese,

pasta

Wherever you go in this region, Mt. Vesuvius casts its dramatic shadow over the fertile landscape. Thanks to the volcanic soil, Campania yields some of the best fruits and vegetables in Italy. It stands to reason that many of Campania's dishes revolve around its delicious bounty of vegetables, particularly the prized San Marzano sweet plum tomatoes. The area is also well known for its cheeses, including mozzarella, scamorza, provolone, caciocavallo, and pecorino.



With that combination, it's no wonder pizza is another of this region's famous culinary contributions. Naples, the region's densely populated capital, is a frenzy of motion, with mopeds whizzing by and hands flying in exaggerated movements. Neapolitans will engage nearly anyone in conversation.



With the exception of the region's luscious fruit, sweets are usually reserved for special occasions. They're typically rich and elaborate, incorporating cream, ricotta, and dried fruit. Wine has been made here since the thirteenth century, and those that are produced in Campania are designed to be drunk right away.

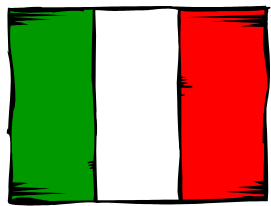
Emilia-Romagna



Emilia-Romagna is the gastronomic heartland of Italy. It is in this passionate country that homemade pasta, prosciutto and parmigiano are produced without equal. It is here that each and every town has its own specialty. And so every town or village are as remarkable and unique as the

next.

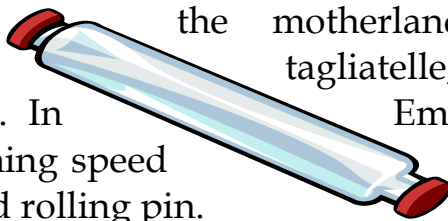
Bordered by six other regions, this extremely fertile land skirts both the Po River and the Appenines. Most of the region's important



towns lie on the Via Emilia, a road built in Roman times that cuts a path from Piacenza at the top of the region to Rimini on the Adriatic.

The area from Bologna to the north is called Emilia and from Bologna to the south is called Romagna. The region's capital is Bologna, which is located just about dead center and draws characteristics from both Emilia and Romagna. The foods of both regions are robust and hardy.

Emilia-Romagna is the motherland of homemade pasta. In Bologna, tagliatelle, lasagne, and tortellini are favorites. In Emilia, housewives prepare pasta at lightning speed with the region's trademark one-handed rolling pin.



In Parma they say the pig music of Verdi: it's all there's nothing to away. ("Il maiale e musica di Verdi: tutto da buttar via.") And indeed cornerstone of EmiliaRomagna's Prosciutto, the most famous of products, is made in Parma. Pigs feed on the whey of parmigiano reggiano, which is said to make them fatter and sweeter than in other regions. Parmigiano Reggiano, the unrivaled king of cheese (each fat wheel is made from 170 gallons of milk), has been made in the provinces of Parma, Reggio, and years. So revered is Parmigiano in region that it is among the first given to babies.

Romagna has a tradition of fish example brodetto is the most of fish soups. Another of Emilia-Romagna's great contributions (as if there aren't already) is balsamic vinegar, which been made in Modena for centuries.



is like the good, throw come la buono, mente pork is a cuisine.

Italy's pork

is made in Parma. Pigs feed on the whey of parmigiano reggiano, which is said to make them fatter and sweeter than in other regions. Parmigiano Reggiano, the unrivaled king of cheese (each fat wheel is made from 170 gallons of milk), has been made in the provinces of Parma, Reggio, and Emilia for over 700 this foods



dishes, for flavorful

culinary enough has

MEATBALLS

Yield: 12 Portions

Ingredients	Amounts
Onion, dice	3 ea.
Garlic clove, mince	3 ea.
Olive oil	4 cup
Bread, Italian loaf, stale	1 ea.
Beef, ground	3 lb.
Egg	2 ea.
Italian spice mix, dried	to taste
Salt	to taste
Pepper	to taste
Pine nuts (optional)	½ cup
Water	as needed

Method

1. Use a small amount of olive oil to coat the pan. Sauté diced onions and minced garlic, until golden brown. Let cool.
2. In cool bowl of water, shred the bread just small enough to fit in bowl to soak up water. When fully saturated, squeeze water out and rip bread into dime size pieces and put in large mixing bowl.
3. If using the optional pine nuts, toast them lightly on stove or in 350°F oven.
4. Add rest of ingredients to bowl and mix by hand to just incorporate. Do not over mix.
5. Form meatball into 1 ½ inch round balls.
6. Heat frying pan with oil, just high enough to fit a few meatballs in at a time and so oil covers ½ the height of the ball.
7. Fry meatballs on one side until dark brown and crispy, then turn over to brown the other side. Avoid turning meatballs more than once.

MARINARA SAUCE

Yield: 12 Portions

Ingredients	Amounts
Garlic, clove, smashed	3 ea.
Olive oil	4 Tbsp.
Tomatoes, plum, whole, peeled	2 10# cans
Basil, fresh, leaves	6 ea.
Salt	to taste
Pepper	to taste
Cheese, parmesan, grated	to taste

Method

1. Peel garlic. Smash each clove just until it cracks.
2. In saucepan, heat oil and brown garlic cloves until golden brown and then remove them.
3. Pour tomatoes into bowl . Break apart whole tomatoes into small pieces.
4. Add tomatoes to pot.
5. Let simmer for 20 minutes.
6. Add salt, pepper and basil. Let simmer another 10 minutes.
7. Toss with pasta and serve with grated parmesan cheese.

PESTO

Yield: 12 Portions

Ingredients

Amounts

Basil, fresh	2 bu.
Garlic, clove	3 ea.
Olive oil	1 cup
Cheese, parmesan, grated	1 cup
Salt	to taste
Pepper	to taste
Nuts, pine, toasted	½ cup

Method

1. Put basil leaves and garlic in food processor or blender. While blending, slowly add olive oil, as needed, until it becomes a paste.
2. Add cheese, salt and pepper to taste.
3. Fold pesto into pasta, adding toasted pine nuts.

FRIED EGGPLANT

Yield: 12 Portions

Ingredients	Amounts
Oil, olive	2 cup
Eggplant	2 ea.
Egg	6 ea.
Flour, A.P.	2 cup
Cheese, parmesan, grated	1 cup
Salt	to taste
Pepper	to taste
Italian spice mix, dried	to taste

Method

1. Slice eggplant into ½ inch slices.
2. In one bowl, beat eggs.
3. In another bowl, put flour, cheese, salt, pepper and spices.
4. Dip the eggplant slices, one at a time, into dry ingredients, then into egg and finally, back into the dry.
5. Fry eggplant in hot oil. Make sure there is enough oil in the pan to cover each half of the eggplant.
6. Sprinkle with salt and pepper to taste.

SEMOLINA PIZZA DOUGH

Yield: 2 Portions

Ingredients	Amounts
Bread Flour	3 ½ cups
Semolina or Durum flour	½ cup
Instant Dry Yeast	1 ½ tsp.
Water	1 ½ cups
Olive oil	3 Tbsp.
Salt	2 tsp.

Method

1. Combine the flours and the yeast. Add the water, olive oil, and salt. Mix on low speed for 2 minutes, then increase the speed to medium and knead until the dough is elastic but a little sticky, about 4 minutes.
2. Transfer the dough to a lightly oiled bowl, turn to coat and cover with plastic wrap or a damp towel. Allow to rise in a warm place until nearly doubled in size, about 30 minutes.
3. Fold the dough gently and let rest until relaxed, about 15 to 20 minutes. Cut the dough into 2 equal pieces and form into round, smooth balls.
4. Cover the dough and allow to rest another 15 to 20 minutes.

PIZZA

Yield: 6 Portions

Ingredients

Amounts

Dough	1 portion, provided
Marinara sauce	1 portion
Cheese, mozzarella	1 cup
Toppings	to taste

Method

1. Pat dough into size and shape desired.
2. Cover with sauce, leaving a ½ inch border for the crust.
3. Cover with mozzarella cheese and any other toppings, leaving border for the crust.
4. Bake in oven, at high heat, for approximately 10 - 15 minutes.

STROMBOLI

Yield: 3 Portions

Ingredients

Amounts

Dough	1 portion, provided
Cheese, mozzarella	¼ cup
Cheese, ricotta	¼ cup
Sausage, sliced	½ cup
Pepperoni, sliced	½ cup
Toppings	to taste
Olive oil	as needed

Method

1. Pat dough into 1/8 inch thick rectangle.
2. Fill center with all of ingredients, leaving room to wrap it closed.
3. Fold up the two short sides of the rectangle. Fold the two long sides over the filling. Flip the entire stromboli over on top of the flaps. Poke holes in the top and brush with olive oil.
4. Bake in oven, at high heat.

FRIED DOUGH

Yield: 12 Portions

Ingredients	Amounts
Dough	1 portion
Oil	4 cup
Sugar, powdered	3 cup
Sugar, granulated mixed with	
Cinnamon, ground	3 cup
Paper towels	as needed

Method

1. Cut dough into ½ inch squares, balls or other shapes and sizes.
2. Heat at least 4 inches of oil in a pot.
3. Fry the dough balls, a few at a time, until golden brown. Remove with slotted spoon and place on paper towels.
4. In a large bowl, place powdered sugar. In another bowl, place sugar and cinnamon mixture.
5. Toss drained balls with desired coating.

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