

# FAMILY COOKING

## STARTERS

panzanella  
crostini neri  
**PASTA**  
Gnudi  
Pappardelle  
alla'anatra

## MAIN COURSE

Arista con  
finocchio  
fagioli a fiasco  
**DESSERT**  
Cantuccini

A one-day journey  
in the real Tuscan  
family cuisine.  
An unforgettable  
experience for all  
your senses.

## Cooking the tuscan way

### PANZANELLA - BREAD AND VEGETABLE SALAD

Stale tuscan bread made with sourdough  
fresh basil  
red onions, sweet quality  
tomatoes  
cucumbers  
extra virgin tuscan olive oil  
wine vinegar  
salt

Soak the bread in cold water with salt,  
vinegar until soft.

Squeeze very well and add finely cut red  
onions, diced cucumber and tomatoes. Tear  
the basil small leaves and add to the bread  
salad.

Season with extra virgin olive oil and put  
in the fridge.

Panzanella should be eaten cold. If you  
are in a hurry and do not have enough time to  
let it rest in the fridge, add ice cubes to the  
soaking water.



*Bread, onione, tomatoes, basil and cucumbers*



*Fresh ingredients*



*Serve it cold*

If your red onions are  
not sweet enough,  
season the slices with  
salt in bowl and let it  
rest for a hour. It will  
reduce their sharpness.



Crostini neri.



Gnudi

**CROSTINI NERI****Ingredients:**

400 g. chicken livers,  
one red onion,  
3 tbs capers in vinegar,  
3 anchovies  
salt  
bread  
Vinsanto

Sauté the chopped onion in extra virgin olive oil. Add the rinsed chicken livers coarsely chopped. Stirring frequently cook for about 35 minutes, adding once in a while a tablespoon of vinsanto wine: livers should remain soft and wet. When livers are done, mince them with a mezzaluna together with the capers and the anchovies. Add some vinsanto wine to taste and spread on sliced bread.

**GNUDI****Ingredients:**

500 g. fresh spinach  
1 kg. fresh Ricotta  
2 eggs  
70 g. flour  
sage leaves  
150 g. parmesan cheese  
100 g. Butter  
Salt, pepper, nutmeg (just a hint)

Rinse spinach thoroughly and cook them in a frying pan with no added water. Let them cook until they are almost dry. Coarsely chop them. In a large bowl mix ricotta, flour, grated parmesan cheese, a pinch of nutmeg, the chopped spinach, the eggs, salt and pepper.

Start boiling water with a dash of sea-salt and a drizzle of olive oil.

Scoop out a heaping table spoon full of the mixture, with your hands gently form a little ball and roll it in flour. Cook it to check it doesn't melt in the boiling water. If everything is ok, make all the gnudi and set them on a side in a tray sprinkled with flour to avoid sticking. Place half of them in the boiling water until they start floating (about 3-4 minutes).

In a medium sauce pan melt the butter on low heat, as the butter is melting add sage, a little pinch of salt and pepper.

Once the gnudi are cooked place the second batch in the boiling water

Gently ladle gnudi off, place them in a serving pan and pour over the butter sauce, sprinkling the remaining Parmesan cheese on top, and garnishing with few sage leaves.

The name *gnudi* means “without dress”, as it refers to the fact that this dish is a sort of ravioli without the dress of the egg pasta.

They are traditionally served with butter and sage, but they are delicious with a light raw tomato sauce and basil oil.



# Pappardelle al sugo di anatra (pappardelle with duck sauce)

## PAPPARDELLE

Ingredients for 4 pax

400 g. all-purpose flour, plus more for dusting  
4 large eggs, at room temperature

### Directions

Make the dough. Sift flour on a large work surface (preferably a wooden one) and make a well in the center. Place the eggs into the well; with a fork, break up the eggs, then gradually mix them into the flour just until combined.

Knead by hand. Gather the dough into a ball and flour the surface. To knead each piece, push the dough away from you with the heel of your hand, fold the dough over itself and turn it clockwise. Continue pushing, folding and turning until the dough is smooth and elastic, 4 to 5 minutes.

Rest the dough. Pat each piece into a ball. Flatten slightly, wrap in plastic and refrigerate for at least 30 minutes or overnight. (You can freeze 1 ball for later, or roll out both and freeze the cut pasta.)

Roll out the dough. Place the dough on a lightly floured surface and dust with flour. Starting in the middle, push away from you with a rolling pin, easing up on the pressure as you approach the edge. Continue rolling the dough into a sheet, turning occasionally, until you can see your fingers through the bottom. Let dry about 10 minutes.

Cut the pappardelle. Dust the top of the sheet of dough with flour and loosely roll it

into a cylinder. Using a sharp knife, cut into 3/4-inch-wide slices. Unwrap the noodles; dust with semolina and gently toss to separate. Place on a sheet pan and cover with a tea towel until ready to cook (or freeze in freezer bags for up to 2 months).

## DUCK SAUCE

Make a *soffritto* first (chopped onion, carrot and celery) cooking for 10 - 15 mins. in extra virgin olive oil until soft but not brown.

Cut one duck into pieces, roll each in seasoned flour, add the pieces to the *soffritto* and fry until golden brown.

Add a small glass of red Chianti wine, a 400 g. can of tinned tomatoes, 800 ml chicken stock and some tomato concentrate. Cook until the duck is tender.

Remove duck from sauce and when cool enough remove meat from bones, discard fat and chop into small pieces, then return chopped meat to the sauce and simmer until you get the right consistency. Season to taste.

This should be rich strong sauce, the longer the cooking the better to develop the taste.

Cook the pasta in salted hot boiling water, pour the duck sauce on top and sprinkle with grated parmesan cheese.



*Pappardelle con sugo di anatra*

If you have some leftover the next day you can serve the pasta pan fried. Simply put the pasta in a pan with no fat added and reheat until very hot, and lightly scorched, but not too dry.

# ARISTA IN PORCHETTA CON IL FINOCCHIO

## PORK LOIN *IN PORCHETTA* WITH WILD FENNEL FLOWERS

3 lb bonessless pork loin roast-  
butterflied into thirds (easier to roll it  
this way)

10-12 garlic cloves - smashed

2 tbs olive oil or melted lard.

4 tbs ground fennel seed - leave few  
whole

2 tbs sea salt

ground black peppercorns - leave a  
few whole.



Open the pork roast. Smash garlic  
cloves slightly and sprinkle randomly  
over the meat. (It may seem like a lot  
of garlic, but you'll be surprised how  
mild the flavor will be once cooked)

Sprinkle the sea salt, ground  
peppercorns evenly over the meat,  
then sprinkle the ground fennel seed,  
and a good drizzle of extra virgin  
olive oil or melted lard.

Now roll the meat up tightly in a  
jellyroll fashion. Rub olive oil and  
extra wild fennel flower over the  
surface of the roast and tie securely

all around roast with butchers twine.  
Now put your seasoned, rolled & tied  
roast in aluminum foil into  
refrigerator overnight. Next day bring  
to room temperature two hours  
before roasting.

Bake in 325 degree oven (160°C) for  
1 1/2 hours..in foil, then raise  
temperature to 200°C and cook  
unfoiled 1 -1 1/2 hour longer, until  
very golden browned.

Cut off the butchers strings &  
discard. Allow the roast to stand at  
least two hours before slicing.

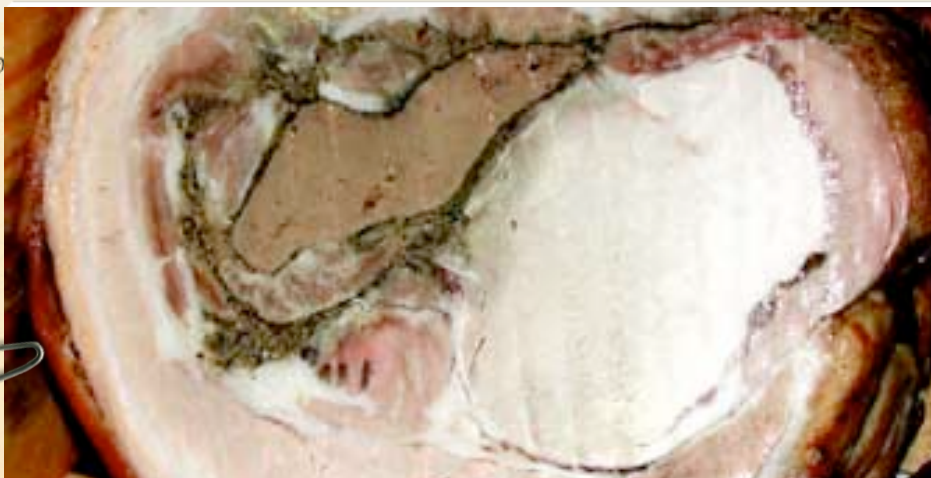
## FAGIOLI AL FIASCO

### WHITE BEANS IN THE FLASK

Soak the white beans in tepid water during 8  
hours before cooking. When ready cleanse the  
beans.

Put in a terracotta pot or in a flask, cover with  
water, add few sage leaves, garlic cloves, black  
peppercorns, extra virgin olive oil NO salt and  
bring to the boil.

Boil for 3/4 hours until tender. If needed add  
some more boiling hot water. Add salt and  
serve.



*A rich seasoning is the secret of a good arista*



*Cannellini beans*

## Cantuccini

### TUSCAN ALMOND COOKIES

g. 400 flour  
g. 250 caster sugar  
g. 150 unpeeled almonds slightly toasted  
3 eggs + 3 egg yolks  
g. 16 baking powder  
grated rind of an orange  
a pinch of salt

Whip until stiff two eggs and the egg yolks with the sugar. Add the flour, the baking powder, the orange rind, and the salt. Add the almonds.  
Make small rolls two fingers wide.  
Put them quite apart in a buttered and floured pan, brush with egg wash and cook in medium oven (170°C) for about 15 minutes.

Take the rolls out of the oven and cut them diagonally. Put them back in the oven for about 10 minutes.



*Cantuccini are traditional cookies from the town of Prato*



*Lots of unpeeled toasted almond.*