

# FAMILY COOKING

## STARTERS

crostini salsiccia  
e stracchino  
pane olio e  
pomodoro  
bruschetta

## PASTA

## MAIN COURSE

Arista con  
finocchio  
fagioli a fiasco

## DESSERT

Cantuccini

## Cooking the tuscan way

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

### CROSTINI SALSICCIA E STRACCHINO (BREAD WITH SAUSAGE MEAT AND STRACCHINO CHEESE)

Tuscan bread cut in one centimeter thick slices

fresh Tuscan sausage meat

Stracchino cheese

(fennel seeds optional)

fresh ground pepper

Preheat the oven to 200°C

Cut the sausage casings and collect the meat in a mixing bowl. Add the stracchino cheese and the flavourings. Spread the slices of bread with a heap of mixture, place on a cookie sheet and set in the oven until golden.

Serve piping hot.



*Bread, onion, tomatoes, basil and cucumbers*



*Fresh ingredients*



*Serve it cold*

If you cannot find real tuscan sausage you can substitute them with knife cut pork meat added with garlic salt and pepper to taste.



*Pane olio e pomodoro (bread, oil and tomato)*



*Bruschetta*

## PANE OLIO E POMODORO

### Ingredients:

one chilo loaf of tuscan bread  
tuscan extra virgin olive oil  
red ripe tomatoes  
salt

“pane olio e pomodoro” used to be the  
“merenda “tea time snack” few years ago.

Nothing sounds better than this, provided  
excellent quality ingredients are used.

The recipe is as simple as ABC: slice the  
bread, season with salt (tuscan bread is  
saltless), rub with a tomato cut in half and  
drizzle with extra virgin olive oil.

## BRUSCHETTA

To make a real bruschetta not only the  
ingredients have to be of the best  
quality, but you are supposed to have a  
wood fire where to toast the slices of  
bread.

One-kilo load of tuscan bread, one day  
old  
extravirgin tuscan oil  
salt  
garlic

On a wood fire barbecue toast the slices of  
bread to make them crunchy outside but  
still soft in the inside.

Rub the bread with the garlic to taste,  
season with salt.

Eat straight away.

The bread should  
be naturally  
leavened large  
loaf, preferably  
bigger than a  
chilo.



# Toppe al sugo finto (patches with mock meat sauce)

## TOPPE

Ingredients for 4 pax

400 g *all-purpose flour, plus more for dusting*

3 large eggs, at room temperature

*green leaved vegetable (spinach, chard...) to colour*

Directions

Carefully wash the vegetables and cook them in a pan with no water until they are cooked and quite dry.

Squeeze them and chop as much as you can.

Make the dough. Sift flour on a large work surface (preferably a wooden one) and make a well in the center. Place the eggs and the vegetables 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 toppe. With a knife cut unregular pieces of pasta.

Cook it in lot boiling salted water for a few minutes and serve with mock meat sauce and sprinkle with parmesan or fresh pecorino cheese.



*Flour, eggs and spinach...*

## SUGO FINTO

### MOCK MEAT SAUCE

One chilo fresh red tomatoes on the vine  
two carrots  
two celery stalks  
one large red onion  
extra virgin olive oil  
salt

In a terracotta pan put 4/5 tablespoons of extra virgin tuscan olive oil, add the roughly chopped onions, carrots and celery stalk and cook on medium- low heat (it should not brown. Let it just sweat). With a liquidizer make a tomato purée and add it to the vegetable. Cook until well reduced (half an hour should do, but it depends on the amount of water in the tomatoes). Season to taste.

## FRITTATINE TRIPPATE

### MOCK TRIPES FRITTATA

Three eggs,  
flour to obtain a soft paste  
salt  
tomato sauce  
grated parmesan cheese

Mix egg and flour to obtain a pancake-like paste. In a pan make large frittatas one centimeter thick. Cut in stripes and put in the pan with the tomato sauce. Cook for 10 minutes and serve with parmesan on top.

## CONIGLIO FRITTO CON FOGLIE DI SALVIA E FIORI DI ZUCCA

FRIED RABBIT WITH FRIED SAGE LEAVES AND COURGETTE FLOWERS

One rabbit cut in small pieces (take care not to take away all the broken bones small pieces)

One egg, beaten

one cup of flour

salt and pepper

Oil for frying

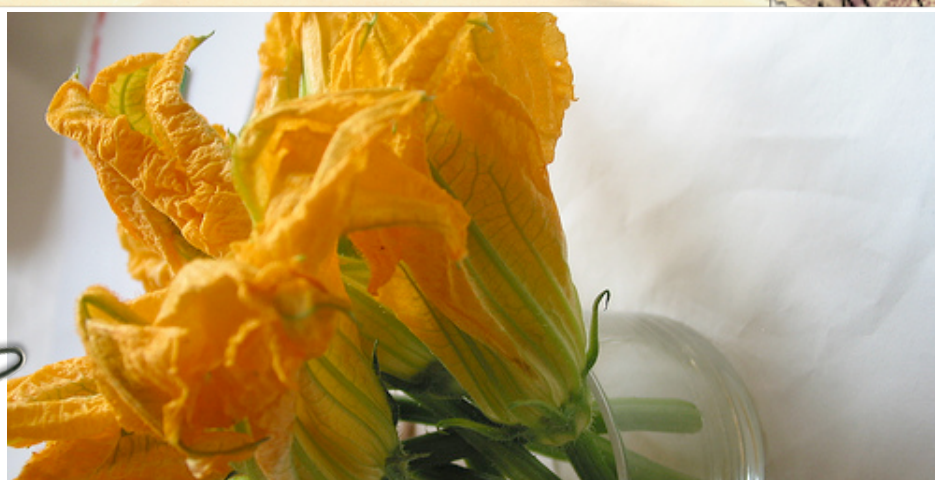


If the rabbit is an organic breed take care to keep the pieces in a bowl covered with milk to soften the wild taste. If the rabbit is a big one, before frying put it in a pan with no fat added and cook it quickly on high heat for a couple of minutes, just to pre-cook it and let the wild flavour be less strong.

In a hollow pan heat the oil at about 160°C. In the meanwhile coat the rabbit piece first in the beaten egg and then in flour. Cook until golden.,

for a few minutes or inside it will still be raw. Once cooked, put on kitchen paper and sprinkle with salt.

For the flowers and leaves make a quite thin batter with cold beer and flour. Wash the flour, take the stamen and calyx out and coat with the fluid batter. Dip into the hot oil until crunchy. Do the same with large sage leaves.



*Courgette flowers*



*Fried sage leaves*



## Zuppa inglese

### For the creams:

- one litre full fat milk
- 8 egg yolks
- g. 250 caster sugar
- g. 80 plain flour
- 100 g. very dark chocolate excellent quality

Boil the milk in a medium pot; at the same time, in a separate bowl, beat the eggs with the sugar. Add the flour and beat again.

Add the boiling milk and put it over the flame, and let boil, stirring constantly with the whisk until as thick as a yogurt.

Put about one third of the cream in a bowl with the chopped chocolate. Mix thoroughly. Let the creams cool quickly, with cling film to cover no to make the crust.

### For the bagna:

- 250 ml. water
- 250 g. sugar
- 250 ml. Alchermes (liquor)

Bring the water to a boil, melt the sugar in it; when it cools down, add the Alchermes.

### For the biscuits

- 5 eggs
- 500 caster sugar
- g. 125 melted butter
- a vanilla pod
- ml. 100 vinsanto
- juice and rind of half lemon and half orange
- 3 tsps baking powder
- one chilo of plain flour

In a bowl mix all together to obtain a paste. Make small donoughts with a big hole. Put in hot oven 200°C for 10/12 minutes.

In a bowl make a layer of yellow custard, some biscuits crumbled and dipped in the bagna, some chocolate custard and repeat until the end of all the ingredients. Let it rest in the fridge for few hours to have the flavour compenetrare one another.



*In small glasses the traditional way of serving zuppa inglese*



*A modern way of serving zuppa inglese*