



## **Italian Comfort Food**

**Marinated Chèvre with Citrus, Olives & Fresh Herbs**

**Warm Sourdough Bread**

**Romaine with Parmesan Dressing & Crunchy Croutons**

**Chicken Cacciatore with Mixed Mushrooms and Sage**

**Grilled Polenta**

**Healthy Biscotti di Prato & European Chocolates**

**Mineral Water, Sangiovisè**

### **Romaine with Parmesan dressing** serves 18-22

- ¼ cup egg substitute
- 1 tablespoon fresh lemon juice
- 3 tablespoons extra-virgin olive oil
- 3 tablespoons red wine vinegar
- 1 ½ teaspoons anchovy paste
- 1 teaspoon Worcestershire sauce
- ½ teaspoon freshly ground black pepper
- ¼ teaspoon fine sea salt
- 2 garlic cloves, minced
  
- 18 cups torn romaine
- Crisp Croutons (see recipe below)
- ½ (2 ounce) grated fresh Parmesan cheese

For Dressing, combine egg substitute and lemon juice; gradually add oil, whisking constantly. Stir in vinegar and next 5 ingredients (vinegar through garlic).

*~~Can be made in advance & refrigerated~~*

### **Crisp Croutons**

- 6 cups (1/2-inch) cubed sourdough or French bread (6 ounces)
- 1 tablespoon virgin olive oil
- 1 teaspoon paprika
- 1 teaspoon onion powder
- Salt & pepper to taste

Preheat oven to 350°.

Combine all ingredients in a roasting or jelly roll pan; toss well to coat.

Bake at 350° for 20 minutes or until toasted; turning once.

To serve salad, place greens, croutons, and cheese in large bowl. Add dressing, and toss well to coat.



## Marinated Chèvre with Citrus, Olives & Fresh Herbs

- 12 ounces fresh Chèvre (goat cheese)
- 6 ounces mixed Italian olives
- 4 strips fresh orange peel (about 2-3 inches long each)
- 3 peeled garlic cloves, quartered lengthwise
- Assorted fresh herbs – to taste
- Extra Virgin Olive Oil – to taste
- Sea salt & fresh ground pepper – to taste

1-3 days before serving, gently form cheese into a thick disk (or other visually pleasing shape); place cheese in center of platter; surround with olives, orange peel, garlic & fresh herbs. Lightly sprinkle platter with sea salt & ground pepper & drizzle with olive oil.

Cover tightly with plastic wrap and refrigerate.

Bring to room temperature before serving.

## Grilled Polenta Serves 24

*If you don't have a heavy-bottomed pot, you may want to use a flame tamer to manage the heat. If the polenta bubbles or sputters at all after the first 10 minutes, the heat is too high, and you need one (a flame tamer can be purchased at most kitchen supply stores).*

- 18 cups water
- 4 ½ tablespoons kosher salt
- 4 ½ cups medium-grind cornmeal, preferably stone-ground
- 6 tablespoons unsalted butter, cut into large chunks
- Ground black pepper to taste
- High-quality Virgin olive oil in a pump-spray  
(if you don't have this, you can use a pastry brush with the olive oil)

1. Line a 1-inch high sheet pan with plastic wrap.
2. Bring the water to a boil in a heavy-bottomed stock-pot. Reduce heat to the lowest possible setting, add salt, and pour the cornmeal into the water in a very slow stream from a measuring cup, all the while whisking in a circular motion to prevent lumps.
2. Cover and cook, vigorously stirring the polenta with a wooden spoon for about 10 seconds every 5 minutes; making sure to scrape clean bottom and corners of the pot, until polenta has lost the raw taste & becomes soft and smooth, about 30 minutes. Stir in the butter, season with salt and pepper to taste, pour into prepared pan. Smooth out polenta, cover with plastic wrap; place in fridge until cool or up to 2 days in advance.
3. To serve: Pre-heat broiler. Line 2 sheet pans with foil & spray or brush with olive oil. Carefully cut cooled polenta into 48 triangles. Place polenta on prepared pans; spray or brush with oil. Broil until lightly brown. Remove from oven, flip over, spray the second side and broil until lightly brown. Place on a platter to serve.



## Chicken Cacciatore with Mixed Mushrooms and Sage

Serves 24

*For the best results, only brown enough chicken pieces to comfortably fit in a single layer without crowding. The Parmesan cheese rind is optional, but highly recommend for the robust, savory flavor it adds to the dish. An equal amount of minced fresh rosemary can be substituted for sage.*

- 36 boneless chicken thighs (about 9 pounds), trimmed of excess fat
- Kosher salt and fresh-ground black pepper
- 1 tablespoon olive oil
- 5 medium onion , chopped
- 3 Red, yellow or orange peppers, seeded & sliced into ½" strips
- 12 ounces portobello mushroom caps (about 6), clean & cut into ¾" cubes
- 24 ounces crimini mushrooms; cleaned & cut into about ¾" chunks
- 10 cloves garlic , minced
- 2/3 cup unbleached all-purpose flour
- 1 bottle dry red wine
- 2 cups chicken stock or low-sodium canned chicken broth
- 56 ounces canned, diced tomatoes , drained
- 2 tablespoons minced fresh thyme leaves
- 4 ounces Parmesan cheese rind (large chunks), optional
- 2 tablespoons minced fresh sage leaves

Season the chicken pieces with salt and pepper. Heat the oil in a large Dutch oven over medium-high heat until shimmering but not smoking, about 2 minutes. Add only enough chicken thighs, skin-side down, to comfortably fit in a single layer with room around each piece. Cook this batch of chicken, not moving them until skin is crisp and well browned, about 5 minutes; using tongs, flip chicken and brown on second side, about 5 minutes longer. Transfer browned chicken to large plate; brown remaining chicken thighs, transfer to plate, and set aside.

Drain off all but 1 tablespoon fat from the Dutch oven. Add onion, mushrooms, peppers and 1 tablespoon salt; sauté over medium-high heat, stirring occasionally, until moisture evaporates and vegetables begin to brown, 6 to 8 minutes. Also, remove and discard skin from browned chicken thighs.

Add garlic to Dutch oven and sauté until fragrant, about 30 seconds. Stir in flour and cook, stirring constantly, about 1 minute. Add wine, scraping pot bottom with wooden spoon to loosen brown bits. Reduce slightly, about 5 minutes. Stir in stock, tomatoes, thyme, cheese rind (if using), and pepper to taste. Submerge chicken pieces in liquid and bring to simmer; cover, reduce heat to low, and simmer until chicken is tender and cooked through, about 45 minutes, turning chicken pieces with tongs halfway through cooking. Discard cheese rind.

If sauce is too thin, remove meat & tent with foil to keep warm. Boil sauce, stirring frequently, until it's the right consistency. Return meat to sauce.

*~~If making in advance, cover and refrigerate~~*

Just before serving; reheat, stir in sage, adjust seasonings and serve.



## Healthy Biscotti di Prato Makes 80 cookies

2 cups whole wheat pastry flour  
1½ cups white flour  
2 cups sugar  
1 teaspoon baking powder  
Pinch salt  
3 eggs  
2 egg yolks  
1 (reserved) egg white for egg wash  
1 teaspoon vanilla  
½ teaspoon almond extract  
½ cup toasted hazelnuts or toasted almonds  
1½ cups Kashi Go Lean

Place flours, the sugar, salt and baking powder in a large bowl and stir to combine.

In a separate bowl, mix together the 3 eggs, 2 egg yolks and flavorings until well combined.

Make a well in the center of the flour mixture & add the wet mixture into the well. Gradually stir in the flour from the sides into the well.

When mostly combined, add the nuts & cereal.

Turn out onto lightly floured board and knead until it's is an even bread-dough consistent (about 2-4 minutes), sprinkling with additional flour as need. Dough should be very thick.

Roll into 2-inch diameter logs.

Set on parchment paper on cookie sheets and brush with reserved egg white.

Bake at 350-deg for 35 minutes.

Let cool 20 minutes or more.

Cut with a serrated knife into 80 thin slices.

Bake the slices for about 15 minutes more at 250-deg until crisp.

Store cooled cookies in an air-tight container.