



Tuscany

Crispy Polenta

3½ c Water
1 to 1 ½ c Cornmeal plus extra for dredging
Salt
Olive oil for frying

Method

In a saucepot bring the water to a boil and add some salt
Slowly add the cornmeal in a thin steady stream while stirring continuously until the mixture begins to thicken
Reduce heat and continue to stir with a wooden spoon until the mixture begins to pull away from the sides of the pot
Lightly oil a sheet pan, pour the mixture on to the pan and spread out and cool
Cut into desired shape
Dip the prepared pieces in cornmeal
Heat olive oil in pan and fry the polenta until golden brown

Tomato-Anchovy Sauce

2 tbsp Olive oil
¼ c Onion
3 Garlic cloves, sliced thin
4 Anchovies, chopped
1-14½ oz can Tomatoes, whole, peeled with juice, and crushed
2 tbsp Basil, chopped
Salt
Pepper

Method

Heat oil in pan and add onion, garlic, and anchovies and cook until softened
Add tomato and simmer for a few minutes
Add basil and season with salt and pepper

Fried Zucchini

1 Zucchini, cut into 2-inch x ¼-inch strips
½ to 1c Flour
¾ c Sparkling water
Oil for frying
Salt

Method

Pour the sparkling water into a bowl
Slowly add the flour while stirring continuously until the mixture reaches a batter consistency. Add a pinch of salt and adjust consistency
Add the cut zucchini and stir to coat
Working in small batches drain off excess batter and fry until golden brown
Drain on paper towels and season with salt

Stewed Artichokes

Serves 4

2 Artichokes
1 Lemon, halved
Water, to cover
3 Thyme sprigs
¼ c extra virgin olive oil
4 Garlic cloves, sliced
Salt

Method

Squeeze half the lemon in a saucepot and fill with water
Slice the top portion of the artichoke off and rub with the other half of the lemon
Peel off the outer tough leaves and trim the outside base to remove the tough surface
Trim the stem down to about 2-inches and peel the outer membrane of the stem
Cut the artichoke in half lengthwise
Pull off the tough thistles on the inside
Using the tip of a teaspoon scrape off the remaining thistles down to the choke
Cut the artichoke into 3rds and place in the water with the thyme, olive oil, and garlic and add a few pinches of salt. Bring to a boil and then reduce to a simmer. Cook until tender and drain

Vegetable, Pancetta, and White Bean Bread Soup

Serves 4

½ Baguette, sliced 1 ½ -inch thick
Olive oil for brushing
1 Garlic clove, halved
6 c Water, as needed
4 oz Pancetta, diced
1 Carrot, ¼" dice
1 Potato, ¼" dice
½ Onion, ¼" dice
1 c Cannellini beans, canned and drained
1 c Green beans
1 c Zucchini, ¼" dice
2 Green onions, sliced
¾ c Dried small pasta, orecchiette, bow tie, or shell
2 tbsp Spinach, julienne
2 tbsp Basil
2 tbsp Parsley
Salt
Pepper

Method

Brush the bread with a little olive oil and bake in oven until browned. Remove from oven and rub the surface with the garlic

Combine the water and pancetta in a large pot. Bring to a boil and reduce to a simmer. Add the carrot, potato, and onions. Simmer over low heat until the potatoes are tender, 20 to 25 minutes

Add the cannellini beans, green beans, zucchini, green onions, and pasta. Simmer until the pasta is tender.

Adjust the consistency by adding more water if needed and add the spinach, herbs, and season with salt and pepper

Place the crouton in the bottom of a soup bowl and ladle the soup over it

Drunken Pork Loin

Serves 4

2 lb Pork loin

Salt

Pepper

2 tbsp Olive oil

½ c Red wine

1-15 ½ oz can Tomatoes, whole, peeled with juice, and crushed

3 Garlic cloves, sliced

2 tbsp Fennel seed

1 Tbsp Sage, chopped

1 Tbsp Thyme, cleaned and chopped

Salt

Pepper

Prepared artichokes

Method

Season pork with salt and pepper

Heat oil in pan and brown pork on all sides. Remove from pan and drain off excess fat

Add wine and reduce by half

Add crushed tomatoes, garlic, and fennel seeds and bring to a boil

Add pork, cover, and simmer until cooked

Remove pork from pan and add cooked artichokes and herbs

Season with salt and pepper