

THE TASTE SF

TOP SUMMER ITALIAN RECIPES



Frittata di Spaghetti

RECIPE FROM CASA ANGELINA IN PRAIANO, ITALY

Ingredients

- 5 eggs
- 500 grams pasta such as spaghetti, linguine, or bucatini
- 150 grams grated cheese (Parmigiano and Pecorino blend)
- 4-5 slices mozzarella (the chef uses Fior di Latte - mozzarella made from cow's milk)
- 100 grams prosciutto cotto (cooked ham)
- Salt
- Pepper

Cook the pasta al dente and drain (or use leftover pasta). Let the pasta cool until it's just cool enough to handle with your bare hands. In a large bowl, beat eggs with grated cheese, salt and pepper. Add the pasta to the egg and cheese mixture and mix through. Generously coat a large frying pan with oil. Heat the oil until it just starts to sizzle over medium heat. Layer half the pasta into the frying pan and top with the Prosciutto Cotto and Mozzarella. Layer the remaining pasta on top, cook until the bottom is golden brown. Depending on your pan and heat, this could take up to 15-20 minutes. Cover the pan with a lid and remove from the heat, drain the oil and flip the frittata onto the lid. Return the pan to the stove and slide the frittata back into the pan to finish cooking the other side. Cook just until the frittata easily releases, then slide out on a cutting board or serving platter. Serve warm or at room temperature.



Mamma Agata's Tomato Sauce

RECIPE FROM MAMMA AGATA IN RAVELLO, ITALY

Ingredients

1 litre vine-ripened pureed Roma tomatoes
10 fresh cherry tomatoes
5 tablespoons extra virgin olive oil
2 cloves of fresh garlic
3 fresh basil leaves

Add the olive oil, garlic and basil to a large saucepan. NOTE: When you add the olive oil, garlic and basil to the pan, do so all at the same time. Do not heat the oil first, then add the garlic and basil to the pan, but rather place all three ingredients into the pan at room temperature and then heat the pan. Heat the ingredients over a high flame to release the natural oils contained in the fresh garlic, greatly enhancing the flavors of the tomato sauce. Be careful not to allow the garlic to burn or the oil to smoke. If this happens, you must throw it out and start over. The garlic and oil should only be on the high flame for one to two minutes before proceeding to the next step. When the temperature of the oil begins to rise, add the tomato puree and fresh vine-ripened cherry tomatoes to the pan. Be careful not to burn yourself or let the oil or tomatoes splash on you. You should hear a nice sizzling sound and soon you'll enjoy a wonderful aroma from the fragrant ingredients releasing their oils and combining to make this delicious homemade tomato sauce! Cook the sauce first over on a high flame just until the sauce begins to boil. Then, lower the flame to simmer the sauce covered for a total of thirty minutes (including the time it took to bring to a boil).

Mamma Agata's Secret - The Roma tomatoes used to make this sauce should be vine ripened so they are sweet. Sweet tomatoes are the key ingredient in many Italian dishes. If the tomatoes are not ripe and sweet, we recommend adding a spoonful of sugar to sweeten the sauce. As soon as you add the Roma tomato puree to the pan, add the 10 vine-ripened cherry tomatoes to the pan as well to further enhance the flavor of your sauce. This is an important step and you will be amazed how wonderful the sauce tastes in the end!

NOTE: We salt to taste.



Orecchiette with Fresh Cherry Tomato Sauce

RECIPE FROM BORGO EGNAZIA IN PUGLIA, ITALY

Ingredients

1 lb orecchiette
250 grams cherry tomatoes
80 grams Cacioricotta cheese (or ricotta salata)
1 garlic clove
4-5 leaves of basil
A few sprigs of oregano
Salt
Olive Oil

Brown the garlic in hot olive oil. Add the tomatoes and cook on medium heat for about three minutes. Add salt, basil, and oregano. Cook pasta (fresh 3 minutes or according to box) Dress the pasta with the sauce. Garnish with sprigs of fresh oregano and top with freshly grated cheese.



Lobster Pasta

RECIPE INSPIRED BY THE AMALFI COAST

Ingredients

400 grams linguini

Olive oil

2 Calabrian dried chilis, crushed

3 cloves garlic minced

1 cup cherry tomatoes, halved

White wine

Lobster heads and shells, rinsed

Meat of 2 lobsters

Salt

Pepper

Parsley, chopped

Bring salted water to a boil in a large stockpot. When the water is boiling, drop linguine and set timer for 8 minutes.

Add enough oil to just coat the bottom of a large saute pan and add the chilis and garlic cloves to the cold pan and turn on the heat. When sizzling, add a splash of white wine, the cherry tomatoes, and the lobster heads. Cover the pan, reduce the heat slightly, and let cook until the pasta timer goes off. When the pasta is finished, remove the lobster shells and heads from the saute pan, and move the pasta into the saute pan along with - cup of pasta water.

Toss the pasta to combine with the sauce, and add the lobster meat to just warm though. Taste for salt and pepper, top with parsley, and serve immediately.



Sicilian Swordfish

Ingredients

1 swordfish steak, sliced very thin (1/4-1/8 inch thick)
2 medium potatoes
1 1/2 cup tomato puree
1/2 Onion, finely diced
1 tablespoon of Green olive tapenade (or a handful of green olives sliced)
1 tablespoon of salted capers, rinsed
1 dried hot Calabrian pepper, crushed
Olive oil
Salt
Pepper
Basil, chiffonade

Boil the potatoes in salted water until they pierce easily with a knife. When finished, remove from the water, peel and slice them. In a large skillet or cast iron pan, heat a generous amount of olive oil (enough to cover the bottom of the pan). Add the onions and saute until very soft, then add the olive tapenade, capers, chillies, tomatoes, salt, and pepper. Be careful not to over-salt, since the olives and capers are already salty. Simmer the sauce for 20 minutes. Immediately prior to serving, add the thinly sliced swordfish to the simmering sauce. Cook for five minutes, or just until cooked through. You can tell from the color when the fish is fully cooked. Be very careful not to overcook the fish, since swordfish tends to go from raw to overcooked really quickly. When the fish is just cooked through, top with basil and serve.



Aperol Spritz (aka summer water)

Ingredients

Ice
3 parts Prosecco, or other dry sparkling white wine
2 part Aperol
1 splash club soda
Slice of orange

Pour everything into a glass over ice.
Stir to combine, garnish with an orange slice.



