



GOOD & SIMPLE

TRADITIONS OF FAMILY COOKING

Bertazzoni 140
Anniversary Edition

Good and Simple – Traditions of Family Cooking

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BERTAZZONI 140
ANNIVERSARY EDITION

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A WORLD OF COOKING

In 1882, my great-great-grandfather and his son started a small engineering business in Guastalla. This book celebrates the 140 years that have since passed.

So now it's 2022, and Bertazzoni is the world's oldest family-owned business designing and manufacturing premium kitchen appliances, selling them in more than 50 countries. It is a world where things never stop changing. In engineering especially, we live in times of continual innovation, invention and refinement. These are often given novel direction by changing lifestyles, social relationships and media. We live with these things, day to day. But now there are also profound new challenges – energy, ecology and climate are demanding new attention and urgent responses.

In this whirlwind of new things, it is important that we retain a place for the calm of old things, the values and tastes that remain constant to give us perspective and judgement. Bertazzoni is an engineering business; it also a family, a family from Emilia-Romagna and what that means in terms of character, achievement, history, landscape, culture – and cooking.

To celebrate these times and these things, we have selected recipes from our family cookbook, which goes back to my great grandmother's days in the 1930s. Over the years each generation has added to it, resulting in a variety of hand-writing styles, tastes and methods from different times and different families, which come together into a unique and very personal portrayal of our many-sided cooking culture. In addition to recipes from the cookbook we have included a few favourites from other sources that have become part of the traditions of our table.

The recipes are presented in four chapters, which, in turn, represent where we come from (Emilia-Romagna), what we do (make kitchen appliances), who we are (the Bertazzoni family) and finally a selection of celebratory favourites to mark the moment. Sprinkled through the various introductions are insights into what defines the spirit of our enterprise. Food helps bring us together and keep us together as a family, so the story is also presented with glimpses of our family life.

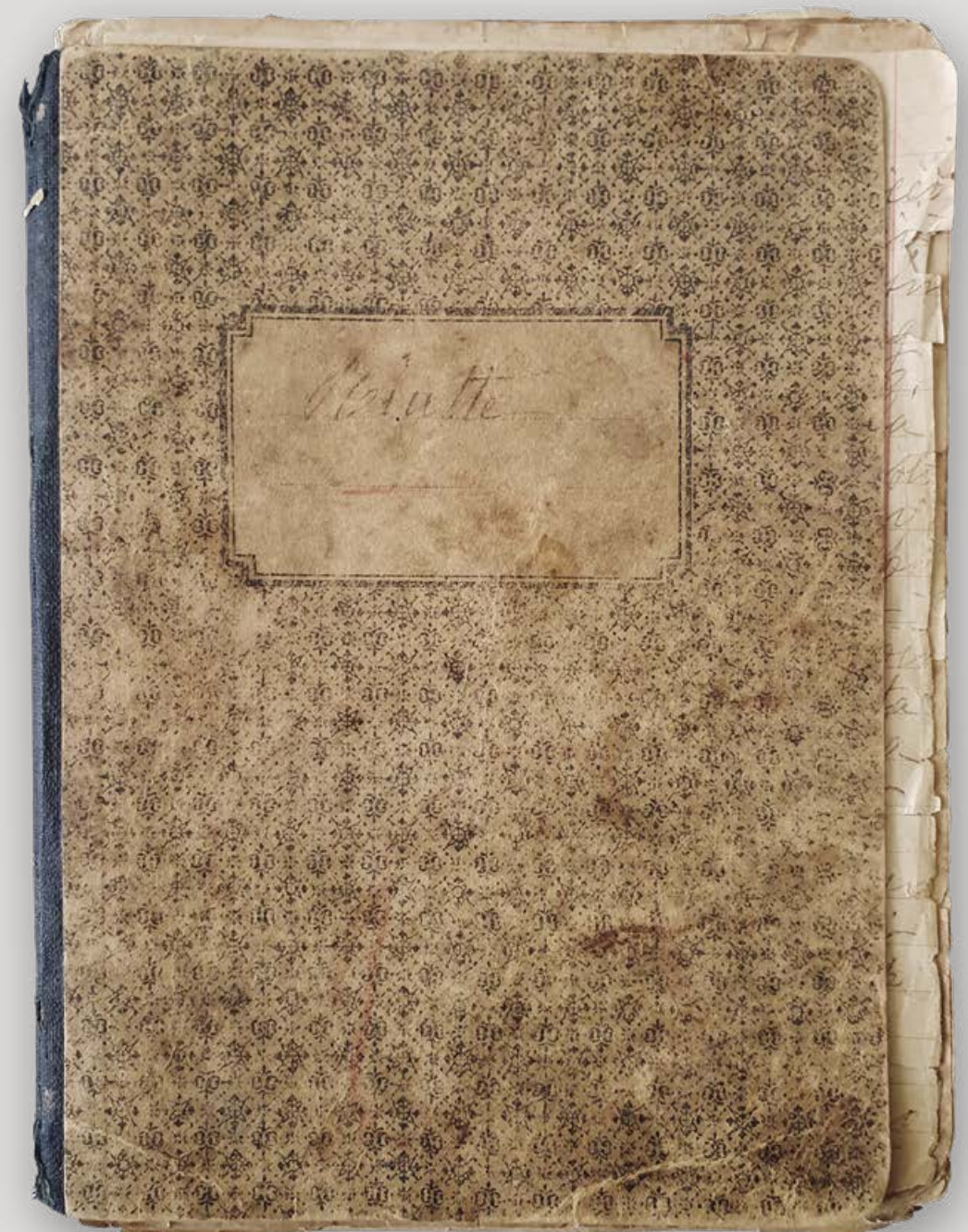
To manage and interpret what are often no more than the cookbook's written notes and reminders into accessible recipes, we enlisted the sure touch of cookery writer Lindsey Bareham, known for the international perspective of her work, and chef and cookery consultant Tommaso Moroni, aficionado of the produce and food of Emilia-Romagna and also expert in the performance and capabilities of Bertazzoni hobs, ovens and ranges.

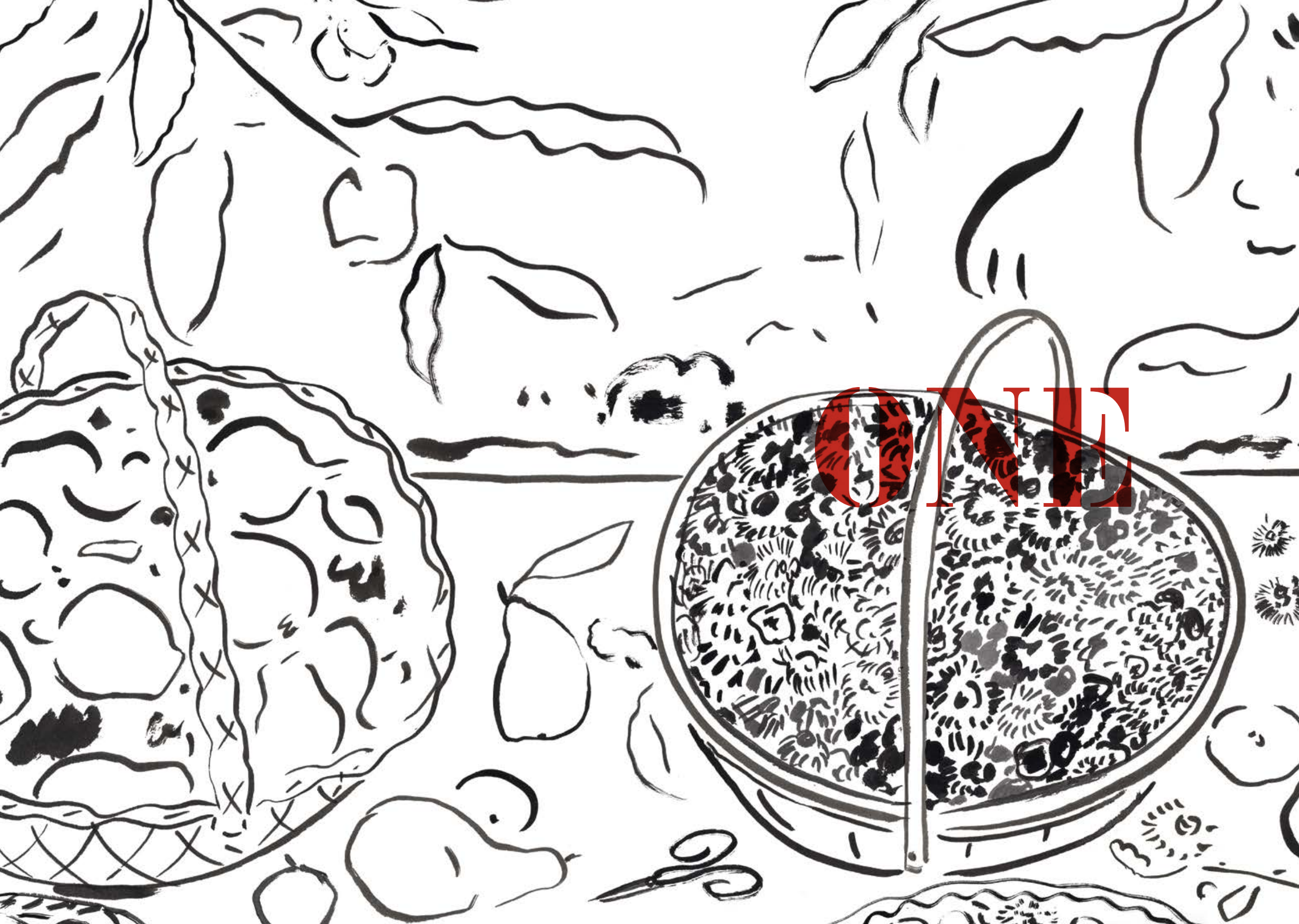
All the ingredients of the Bertazzoni story are here – from the first wood-burning stoves hand-made by father and son before the end of the nineteenth century, to the breakthrough into the American market at the beginning of the twenty-first century. Above all, it is food and cooking that have created this story.

While we continue our exciting journey into the future, we are always confident that it will be steadied and guided by what we have achieved in the past. We hope *Good and Simple* finds a home in your kitchen and that you discover, as we have, how the recipes work as an essential and harmonious counterpoint to the frenetic life.

Valentina Bertazzoni
Guastalla 2022

The Bertazzoni family cookbook.





LIVING IS MAKING

It is no surprise to the people who live here. But those who visit from around the world discover an unmistakable spirit that inspires immediate appreciation and admiration. There is a balance to life that is inimitable, a harmony of place, history, work and culture. This is no better expressed than in the growing, preparation, cooking and eating of food.

This place is Emilia-Romagna, the ‘collar’ of Italy with the mountains and major cities of Milan and Turin to the north and the more mellow regions of Tuscany, Umbria and Marche to the south. Beyond these, stretching more than 600 miles (1000 kilometres) down to Sicily, is the rest of Italy, the fabled land of civilisations that has inspired the imagination and determined the history of the world since the times of the Etruscans and the Roman Empire.

As its name suggests, Emilia-Romagna has two constituents. The separate provinces Emilia and Romagna with their different stories became one administrative region (*regione*) in 1948 when they simply joined their names together, with the help of a hyphen, to give a title to the new union. Bologna is the region’s main city and capital.

The name Emilia is derived from the Via Aemilia, the strategic Roman road built in the second century BC between Ariminum (now Rimini) in the south-east to Placentia (*Piacenza*) in the north-west. The road was named after the Roman consul Marcus Aemilius Lepidus, who ruled with Octavian and Mark Antony during the final years of the Republic. The name Romagna derives from

Romania, which is what the Lombards called their Eastern Roman Empire, whose five main cities were later ceded to the Pope in the eighth century.

By the twelfth century and the end of the Middle Ages, old feudal structures were breaking up throughout the country, national monarchies were becoming more influential and national languages were developing. Rule had been generally devolved to the level of the city-state and, often amid intense rivalry, many of these flourished.

The fourteenth century saw the emergence of the Renaissance, whose seed was sown in Florence, from where it spread throughout Europe and beyond. It changed fundamentally the way of life and the way people saw the world around them. It celebrated the polymath, opening the minds of individuals and communities to creativity and refinement in all things, from trade and science to art and design. With the Renaissance, Italy began its march to the modern world.

A period of momentous intellectual, artistic and technological advance, the Renaissance also marked the time when the grip of foreign powers from the north began to weaken. Gradually the forces of Italian unity began to assert themselves. By the nineteenth century, led by activists and thinkers such as the highly influential Mazzini and with Garibaldi’s famous military campaigns in Sicily and on the mainland, the tide was turning. In place of the separate states, many dominated by the old imperial powers, an independent and unified Italy emerged for the first time since the rule of ancient Rome.

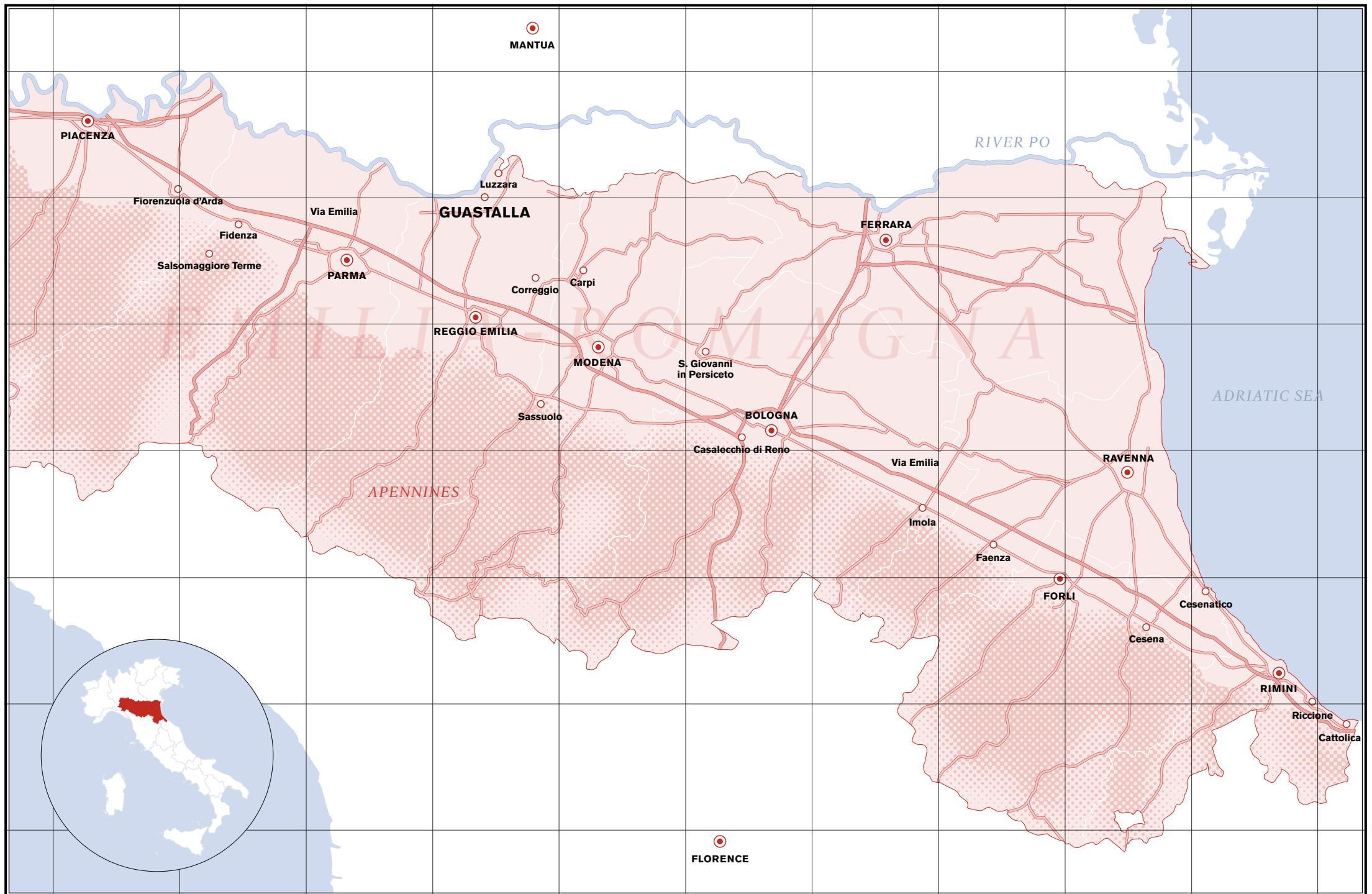
The unification of Italy was formally declared in 1861. Rome and Venice joined a few years later. For Emilia-Romagna, the consequent reorganisation led to upheavals in its agricultural economy and social structures, which resulted in the mutual relief organisations and workforce chambers, institutions that created the basis of the modern Emilia-Romagna.

To this day, the region is a part of Italy’s complex patchwork of very different histories, traditions and sensibilities that define a unique charm valued by those who live here as well as by their admiring visitors.

GROWING AND MAKING

As long as people have lived here, what is now Emilia-Romagna has been an unusually productive land. It practically spans the peninsula from the Adriatic in the east across the great fertile alluvial plain that is the Po Valley to the foothills of the Apennine Mountains in the west and south. The climate is conducive – summers are very warm and winters cold, wet and foggy on the plain, although milder towards the Adriatic.

Cultivation is rich and varied, with fields and orchards notable for wheat, maize and rice, plums, cherries and tomatoes, sugar beets and onions. Grapes and chestnuts are grown on the Apennine foothills, which are also important

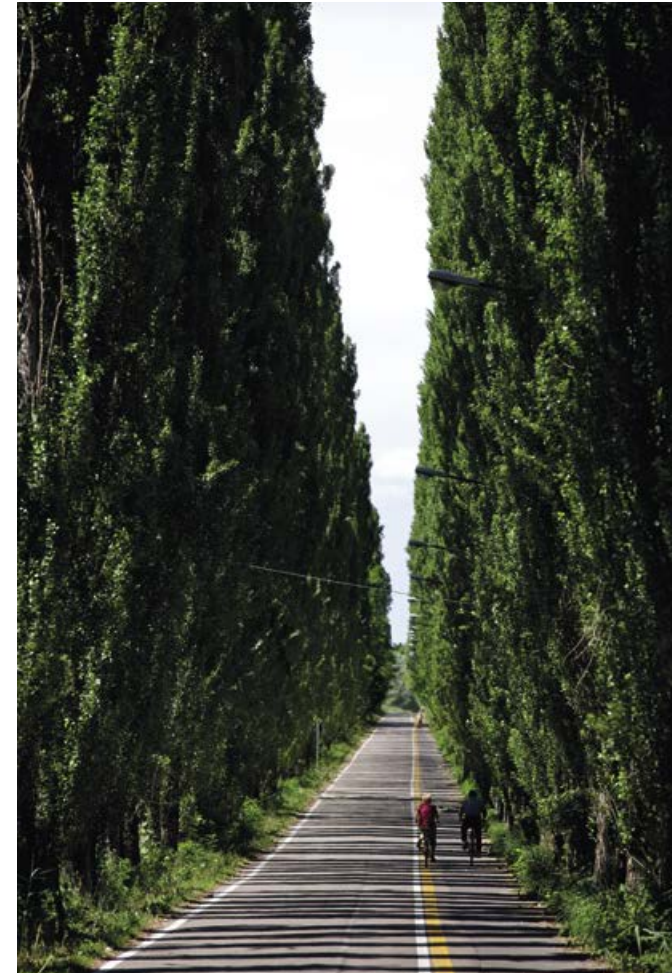


The River Po meanders along
the northern border.





This is a wonderfully productive land of great fertility and variety.



Emilia-Romagna accounts for easily the greatest percentage of Italy's fruit production.



The region's soft wheat is essential for making the delectable local pastas.



The great alluvial plain runs
down to the foothills of the
Apennine Mountains.



for dairy farming and livestock, beef and pork in particular. Fish and seafood come from the rivers and sea. Of the several claims made in the ancient world to the title the 'bread basket of the Roman Empire', none is more credible than Emilia-Romagna's.

Such are the quality and abundance of this region's produce that the people of Emilia-Romagna long ago became finely tuned to its potentials, developing unique and now traditional skills in the preparation of some of the world's most delectable foodstuffs. These have become signatures not only for Emilia-Romagna but also for Italy itself.

This then is the land of home-made pasta using the region's soft durum wheat and fresh eggs. In Emilia, preparing pasta is a work of art, traditionally rolled by hand by an expert *sfoglina* to achieve perfect texture, and often stuffed with fillings ranging from vegetables and cheese, to game, pork and even sweetmeats. This is a different tradition from the dried pasta used in the hotter weather further south. The wheat can also be ground into a finer flour and used to make bread or pizza dough.

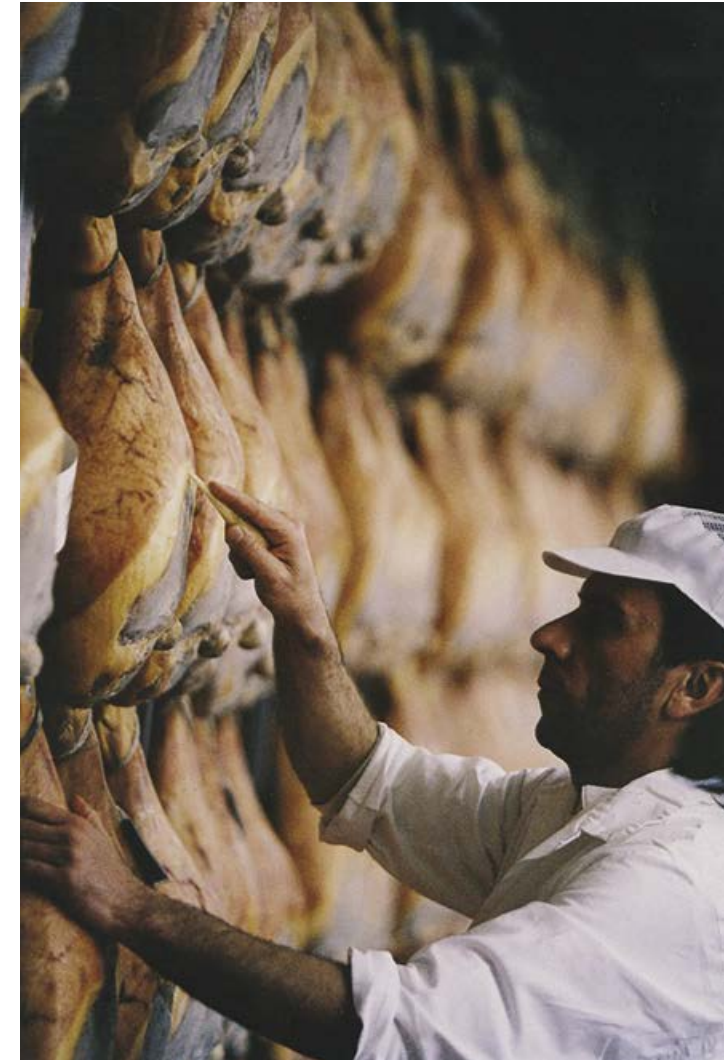
Rice, *polenta* and bread are also important in the region. Rice is grown in much of the Po Valley. The varieties are characteristically short, oval grains used in the making of *risotto*. *Arborio* is the most well-known and is exported around the world. *Polenta* and its antecedents have been eaten in the region for over two thousand years. Today it is made from cornmeal, fried, baked or grilled and often accompanied by the sauces of the main dishes.

The pastures of the Apennine hills and mountains provide ideal conditions for raising livestock – ideal for the production of the milk for *Parmigiano-Reggiano*, Parmesan cheese, considered the 'king of cheeses' since the Roman era. This is aged for at least one year and its authenticity and quality are regulated by the Italian government. Other cheeses in the region include Romagna's *formaggio di fossa* made from the milk of sheep or cows and ripened in caves for three months. Also *ravaggiolo* and *squacquerone* are tangy cream cheeses used mainly in cooking.

Pork is a tradition of Emilia-Romagna's cuisine, and curing is an age-old master craft. *Prosciutto* is perhaps the most famous of Italy's pork products and is made in Parma. Its origins go back more than 2000 years. In 100 BC, Cato first mentioned the wonderful flavour of the cured ham produced around the town of Parma; how the legs were left to dry, greased with a little oil and aged without spoiling. Even earlier, in 500 BC, Etruscans in the Po Valley preserved legs of pork with salt and traded them with the rest of Italy and with Greece.

To complement these delightful foods, Emilia-Romagna also makes distinctive and original wines and condiments whose characteristic qualities have evolved over centuries. There are 18 DOC (controlled origin) Emilia-Romagna wines, which are all very different from others in northern Italy.

Prosciutto is perhaps the most famous of Italy's pork products and has been made in Parma for more than 2000 years.

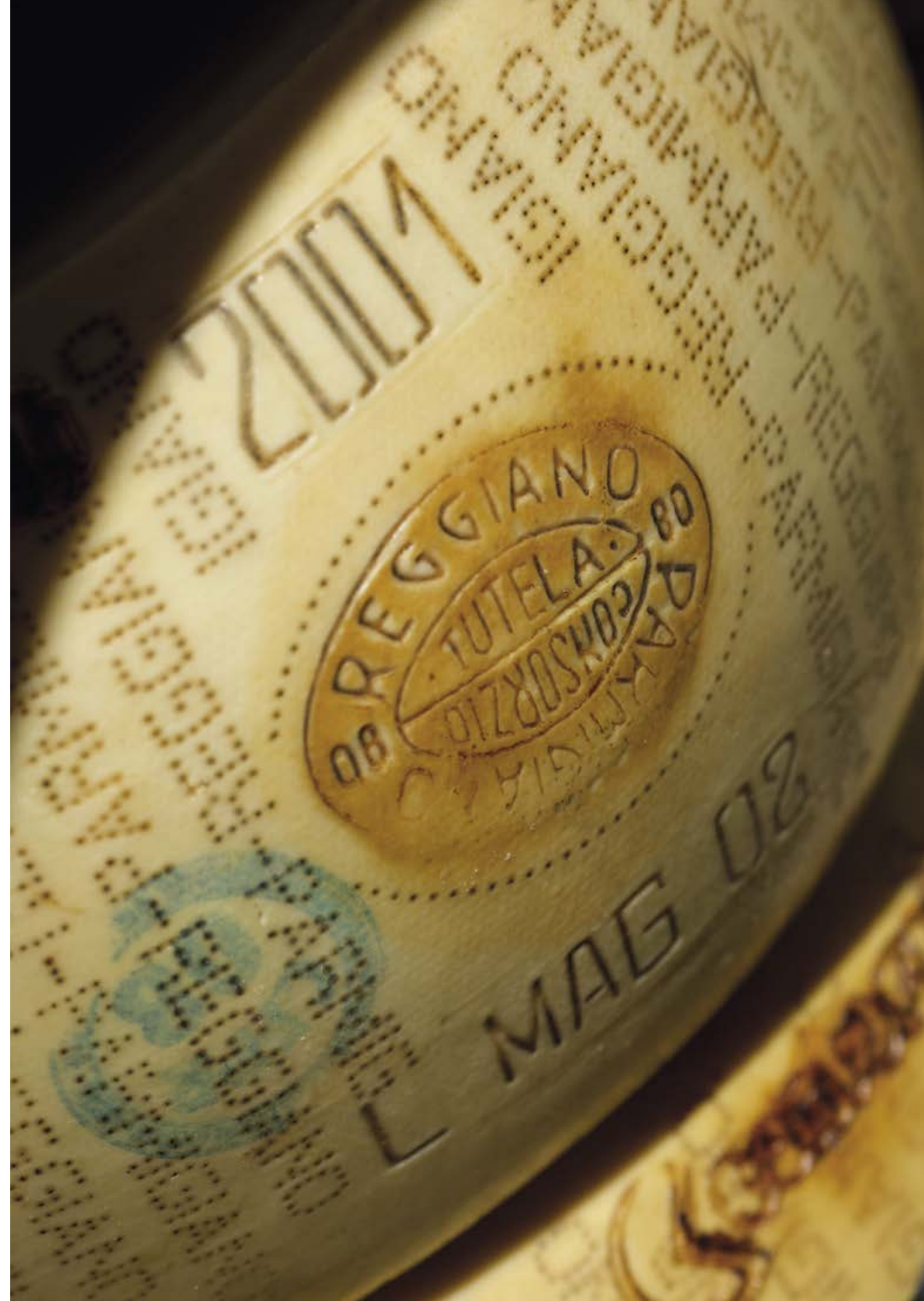
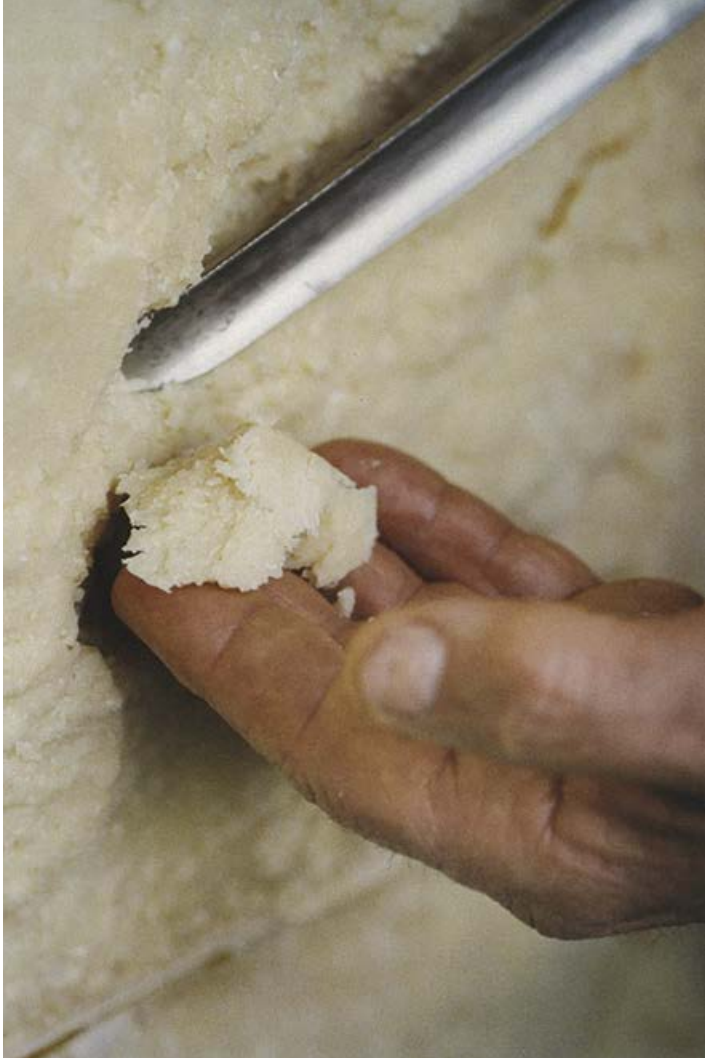




The revered balsamic vinegar from Modena is aged in casks for 12 to 25 years, sometimes more.



Parmigiano-Reggiano, considered the 'king of cheeses' since the Roman era, is aged for at least one year.



In Emilia, the premier wine is the frothy red Lambrusco, dry not sweet, produced in volume from grapes grown on high trellised vines, mainly in the plain south of the Po around Modena and Reggio. Even the hill wines of Emilia tend to be frothy, and vineyards in the foothills of the Apennines to the south produce pleasing whites and zesty reds.

In Romagna, the plains of the Po basin between Ferrara and Ravenna are noted for their ultra-productive vines, most of which are sources of blending wines. The hearty red Sangiovese is a favourite, with its fruity flavours that go with meats and cheeses. The dry white Trebbiano, distinct from other vines of the name, is always light and fresh and preferred with fish. The region's two DOCG (controlled and guaranteed origin) wines are the Colli Bolognesi Pignoletto whites and Albana di Romagna, a white wine historically sweet but today mainly dry.

Finally, to one of Italy's most prized commodities: *aceto balsamico*, balsamic vinegar. Produced in the province of Modena, it belongs to the most ancient of Modenese traditions and is made with as much care as wine. The technique for its production in the dry attics of homes has been passed on from generation to generation, its secret hidden within the series of casks in which the vinegar is aged for 12 to 25 years, sometimes more. Balsamic vinegar is a unique condiment for meat, fish and vegetables and a prime ingredient in sauces. Vinegars 20 years old or more are also often sipped from a teaspoon as a cordial or digestive.

All this production, all these skills and traditions handed down the ages, have meant that the region has more products of Protected Designation of Origin (PDO) and Protected Geographical Indication (PGI) than any other part of Italy. Thus Emilia-Romagna has come to be known as 'Italy's Food Valley', with the ancient Via Aemilia and its towns as its spine.

INDUSTRY ALONGSIDE

'Italy's Food Valley' is perhaps equally well known as 'Motor Valley', the region that manufactures the most beautiful and exciting cars in the world. Legendary names that embody freedom, spirit, performance and mechanical sophistication include Ferrari, Maserati, Alfa Romeo, CNH, Lamborghini, Dallara, Pagani, Ducati and Alpha Tauri. In all, the region's automotive industry consists of around 200 companies involved in automotive design and manufacturing, a string of excellence that stretches from Parma, Modena, Bologna to Romagna.

Combining innovation and tradition, the region's long-standing experience, skills and know-how in mechanical engineering serve not only the high-profile success of the automotive industry but also of many other leading enterprises. Intimately connected with the region's food growing and making is the manufacture of farm machines, food-processing and food-packing equipment, and food

storage and cold-chain systems. Of course, this is also a natural home for the design and manufacture of cooking equipment. See also pages 34–39.

The great Italian ceramics industry is concentrated in Modena and Reggio Emilia, responsible for around 13 per cent of worldwide production. The construction industry has design and innovation centres here that are leaders in the research into materials and production technologies. Other industries include chemicals and pharmaceuticals, oil hydraulics and electro-medical equipment. There is ship building in Ravenna and the other maritime provinces.

Emilia-Romagna has a strong involvement in textiles, clothing, footwear and accessories. This is based on a large number of very small companies with technical and manual skills of the very highest order. A number of world-famous designers have their own creation and design centres in Emilia-Romagna, as well as production facilities.

All this making is served by an excellent infrastructure. Bologna is a communications hub for commerce between northern and southern Italy, and the region is well served by secondary railway lines and roads. Research laboratories in the high-tech regional network are organised as part of the mechanics and materials industries specialising in strategic technological areas. The Emilia-Romagna trade fair system is one of the most modern and advanced business platforms in Europe, hosting events of global importance for international exhibitors and operators.

Small hydroelectric stations on the region's many rivers provide the power for all this. They are connected with the Alpine plants so that variations between seasons are accounted for. Large deposits of natural gas and oil have given the region a vital role in the energy economy of Italy.

ONE FAMILY

There is a town that fits perfectly into this picture of Emilia-Romagna life. It lies on the banks of the River Po, 90 miles (145 kilometres) south east of Milan. It is around 20 miles (30 kilometres) north east of the city of Parma and about the same distance to Reggio Emilia and Mantua.

This is Guastalla, the home of the Bertazzoni family.

The town probably originated as an Etruscan settlement around the seventh century BC, but the first early record of its name is of a Lombard town in the ninth century AD. Like so many cities and towns it regularly changed hands between imperial and ducal masters. It was ruled by the Torelli family in the fifteenth century and the Gonzagas in the sixteenth century. In the nineteenth century Guastalla was part of the Duchy of Parma Piacenza e Guastalla, later taken over for a short while by the Duke of Modena before becoming part of the Kingdom of Italy along with the rest of Emilia-Romagna in 1861.

Francesco Bertazzoni, founder of the business, began making wood-burning cooking stoves with his son Antonio towards the end of the nineteenth century.



Napoleone Bertazzoni, his wife Angela and family. The children all became involved in running the company in the 1940s and 50s.



From that time, Guastalla was subject to great changes that took place in the organisation of agriculture and manufacturing, which profoundly affected society, trade, labour and commerce. Technological advances were also progressing at breath-taking speed.

Investment in transport was huge, especially in the railways, which were practically and symbolically uniting the country. Great feats of engineering were achieved here, no more so than those that overcame the considerable difficulties of crossing the Alps. Thus it was that Guastalla benefited from the Parma-Suzzara branch of the railway which connected northwards through the mountains to Innsbruck in Austria and on into the heartlands of the Austro-Hungarian Empire.

The momentous events that reshaped Italy and created the modern nation were still resonating when, in 1882, one Francesco Bertazzoni started a small engineering business making weighing machines for dairies, offices and pharmacies around his home town of Guastalla.

An observant and thoughtful man, Francesco noticed that the trains coming down through the chilly Alps and stopping at the new Guastalla station on their way to Parma were heated by innovative wood-burning stoves. This set him thinking and he had the idea that these wood-burning stoves could be turned to cooking as well as heating. Francesco with his son Antonio decided to turn the idea into reality and before the end of the century the first 'Bertazzoni' cooking stove was born.

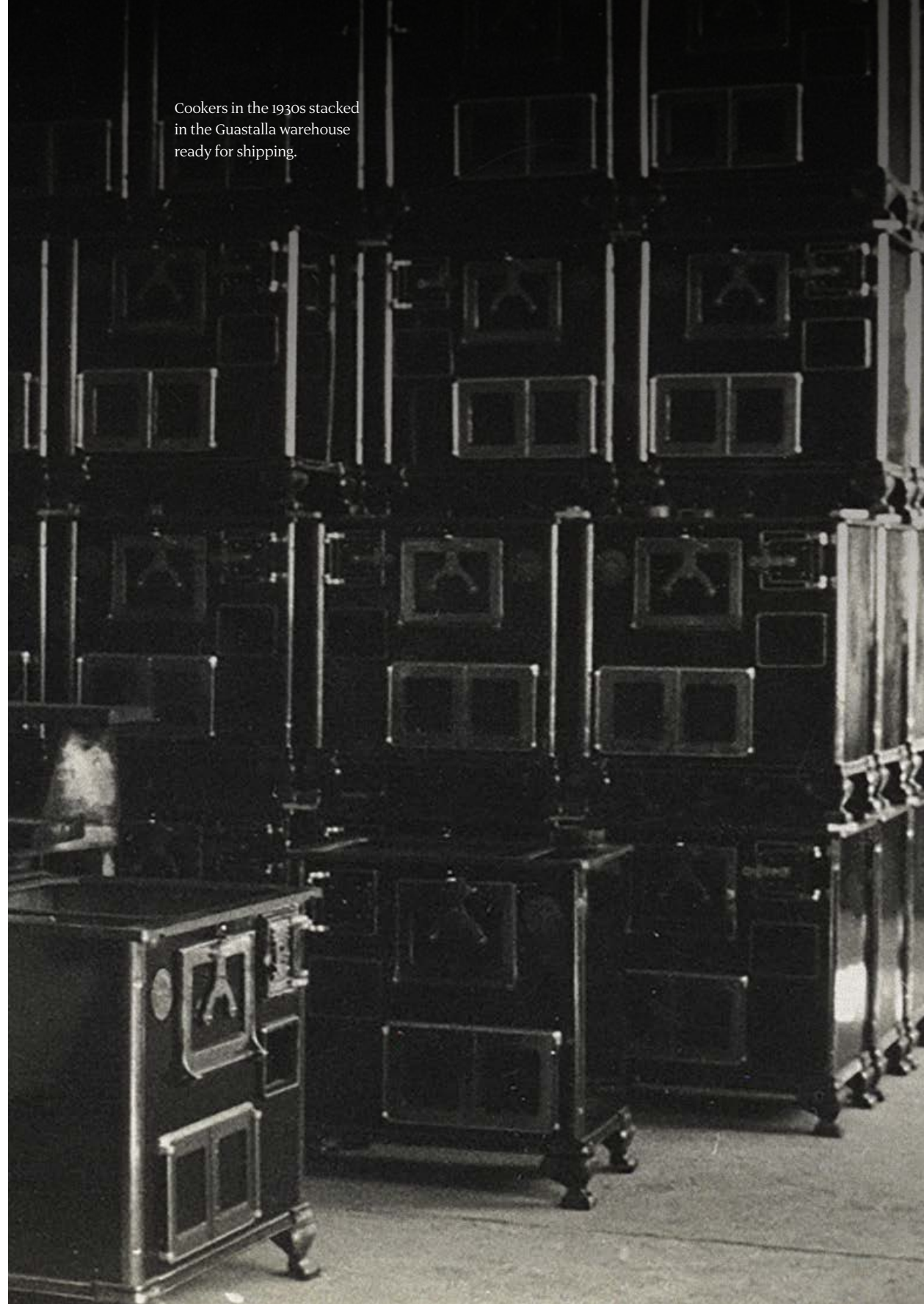
Father and son made their early models entirely by hand in their Guastalla workshop; no two were ever the same. They were very fuel-efficient and besides cooking they also provided hot water and heating – even ashes for the laundry. To begin with they were produced in very small numbers and just for local use.

What the Bertazzonis had done soon proved to be a breakthrough – the start of an outstanding story that was to see the family enterprise become one of Italy's most successful companies in the twenty-first century. In the early twentieth century, Antonio ran the business for some years, aided by the next generation, his four sons Ettore, Attilio, Napoleone and Arturo. Antonio Bertazzoni's name appears in the list of exhibitors at the 1906 Milan International Exhibition, and three years later he was also exhibiting at a trade fair in Florence.

On Antonio's death in 1907, the business was handed down to his sons and it was they who built the first Bertazzoni factory close to the Guastalla railway station in 1908 and 1909. The main finance for this expansion came through Napoleone's wife Angela Bonfanti, the daughter of an Emilia-Romagna cheese-maker, who lent the brothers the grand sum of 10,000 lire, equivalent to around €45,000 in today's money.

After the hiatus of the First World War, the company restarted operations and began making their cooking stoves on a much larger scale. Antonio's son Napoleone adopted techniques he had picked up from working with Fiat in

Cookers in the 1930s stacked in the Guastalla warehouse ready for shipping.



The design and production of Bertazzoni gas stoves began in the 1950s.



The latest energy-efficient ovens are operated by electronic touch-controls.



Electricity for energy and electronics for control have added immeasurably to the capabilities of Bertazzoni cooking machines. New technologies include electric multi-function ovens, microwaves, steam ovens, ceramic, radiant and induction worktops. With gas, there are advanced new oven fan systems to give even and multi-dish cooking. Advances in worktop gas burners include multi-ring burners, with the rings independently controlled. The coherent design of burners and pan supports also delivers optimum fuel efficiency.

In addition to its grand ranges, ovens and hobs, Bertazzoni today offers equipment for the complete kitchen including refrigeration, ventilation and dishwashers. But for all its modernisation and global marketing, 'Bertazzoni never forgets that its roots are in the traditions of Italian culture and style, and that it remains a specialist in the very personal craft of food preparation and cooking' – words that are emblazoned on the wall of the Casa Bertazzoni company's permanent exhibition in Guastalla.

COOKING TRADITIONS

Back in the 1930s, Napoleone Bertazzoni was in the habit of going to work very early. The factory was then located near the Guastalla train station, within walking distance from his home. So every day at around 11 am he went back home to check what was cooking on the wood-burning stove – lifting the lids, tasting for proper seasoning. Then he went back to work again, until lunchtime. Cooking is in the blood.

In Emilia-Romagna, the kitchens of every home fill the streets with the delicious aromas of food and cooking. People love to eat. Eating is festive, the talk is of food, of special menus and recipes passed down through the generations. Food is the shared experience, symbolic of desire and unity, and the rituals are part of a culture redolent with feeling and perception, inspired by the region's natural beauty and the charms of its history, art and architecture.

The different towns of Emilia-Romagna have their own culinary heroes. Among these, Maria Luigia (Napoleon's second wife and the Empress of Austria) reigned over Parma in the nineteenth century and inspired generations of dishes. The Este dukes of Modena first created the 'cult' of balsamic vinegar. Cristoforo di Messisbugo of Ferrara recorded the lavish menus of Renaissance courts. And from Forlimpopoli, the writer Pellegrino Artusi became known as the 'father of modern Italian cooking'.

The Bertazzonis themselves have long been deeply involved in these culinary traditions.

Their own family cookbook, which stretches back to the 1930s, is a unique catalogue of one family's experience, joy and technique in the arts of Emilia-Romagna cooking. The recipes are all about knowing the character of the

ingredients and how to enhance them through combinations and cooking into inspiring dishes of both great originality and familiarity.

The original 'book' is in fact a large collection of handwritten notes, ingredients, tips and techniques compiled by successive generations. The earliest recipes are from Ines, maternal great-grandmother to the latest Bertazzoni generation. Her recipes include contributions from family and friends as well as sister-in-law Elvira, mother of Iolanda. The book continues with contributions from Ines's daughters, one of whom, Maria, is maternal grandmother to the current generation. The sources now also include recipes from paternal grandmother Iolanda and the homes of Paolo, Elisabetta and Valentina.

For *Good and Simple*, a number of the original recipes selected by the family have been tested and translated so that they become accessible for everyone everywhere. Where the originals were intended just for family members, often as *aide-mémoires*, shortcuts, jottings and assumptions rather than full instructions, they can now be prepared, cooked and, most importantly, enjoyed by anyone. Thus the idea of turning the incredible resources of Emilia-Romagna into exclusive dishes is realised. The secrets are out.





IWO

LAND OF PLENTY

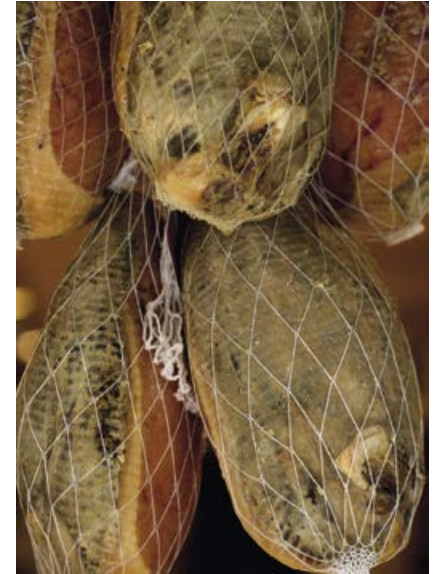
The enjoyment of eating is a serious business. There may be something of a paradox here: bringing food to the table that relaxes moods and inhibitions, delighting the palate and the spirit, needs a tight and well-tutored understanding of methods and expectations.

In Emilia-Romagna, those expectations are for the perfections of simplicity. With its qualities of geography, geology, climate and history coming together in a unique way, this is truly a 'land of plenty'. Orchards, fields, pastures, rivers and the sea provide incredible variety and quality. So cooking in Emilia-Romagna starts with a wonderful choice of the finest ingredients and a special appreciation of what tastes especially good in its season.

Such profusion on the doorstep has also engendered a range of artisan skills in the preserving and preparation of foods. Prominent among these are the *salumi*, made from the outstanding pork of the region. The leader is undoubtedly the world-famous *prosciutto di Parma*. Others include *coppa Piacentina*, the neck roll, and the unsmoked bacon *pancetta Piacentina*, specialties of Piacenza in the north. The rare and prized *culatello di Zibello* is a fillet of rump aged in the foggy lowlands along the Po. The famed *mortadella* of Bologna, often badly imitated as bologna or 'baloney' in other countries, is made from the delicate local meat. Most cooks in Emilia also make their own lean and mildly seasoned *salame gentile*.







The land is perfect for growing grains. The distinctive oval rice of the region is used in the essential and authentic *risottos*. Aside from the popular *Arborio* variety, cooks sometimes prefer *Carnaroli*, *Baldo* or the *semifino Vialone Nano* for their *risottos*. Maize or corn is turned to the flours used in making the region's *polenta*.

Coppiette are the region's hard wheat rolls. Local flatbreads include Romagna's circular *piadina* or *piada*, eaten folded over prosciutto, cheese or greens. In Emilia's hills, paper-thin *borlengo* is traditionally dressed with salt pork, garlic and rosemary, folded into quarters and served with grated *Parmigiano*.

The region's durum wheat is typically ground into semolina and used to make pasta. There is no better place in the world than Emilia-Romagna to experience the heights of pasta making and cooking. Bologna is not only the region's capital city but the culinary capital of all Italy, and its most popular pasta is *tortellini* (some say modelled after Venus's navel) stuffed with the freshest meats and vegetables – there are any number of variations. Other Bologna favourites are green *lasagne*, *tagliatelle* and curly *gramigna*. Many of these have also become household names in kitchens around the world.

From Parma are the large square envelopes called *tortelli*, and rounded *anolini*, also made in Piacenza, home of the bean-shaped *pisarei*. Ferrara's *cappelacci* (big hats) are stuffed with squash, while *cappelletti* (little hats) comes from Reggio Emilia. Romagna specialities include egg pasta tubes called *passatelli*, which are made with breadcrumbs, and *garganelli*.

For many centuries, the chestnut forests of the Apennines were one of the region's most important food resources. Chestnuts are still produced there today, and much of the crop is processed into flour after being dried on traditional racks. This gluten-free flour is used in soups, bread, desserts, and the well-known *ciacci* (a traditional mountain sweet).

Most Italian tomatoes come from the region and many are tinned and exported along with fruits such as cherries, plums and quince. White truffles, wild mushrooms, vegetables, greens and legumes of all sorts are grown here and often cooked in soups or with pasta.

A defined area stretching south of Parma and including Reggio, Modena, Bologna and Mantova provides the sweet milk used in making the fabulous cheese of worldwide fame: *Parmigiano-Reggiano*, regarded as a classic since Roman times. It imparts its strength and subtleties to so many dishes and is grated onto practically every bowl of pasta. (Mothers and grandmothers will always tell their growing youngsters that 'it's good for your bones'.)

When you have all this fine produce, it is not necessary to complicate the cooking – let the ingredients speak for themselves. It is sufficient to understand their flavours and textures, their potency or subtlety, their latent ability to form alliances of taste or to stand boldly alone. So the approach to preparation and cooking is: delicacy and refinement, yes; complication, no.

Much of the knowledge and skill required is handed down. The notes and recipes collected over generations of the Bertazzoni family illuminate the development of the region's styles and strengths and illustrate how cooking over the century has always celebrated the quality of local fresh ingredients, simply prepared. They form the basis of many of the recipes in this and the subsequent chapters.

The Bertazzoni family's own cooking practices are part of a wider phenomenon that stretches back to the nineteenth century and earlier. The secrets of 'nonni e nonne', the grandparents' way of life with food, have endured and developed into the identity and character of Emilia-Romagna cooking today. The people of Emilia-Romagna and their tastes are still touched by a natural sophistication that emanated from the Renaissance itself.

So the process continues – all the while the family are adding to and changing their recipes, making new contributions while reinforcing established traditions. What is different about the Bertazzonis is that making meals in their family kitchens includes making the actual equipment they use to cook with!

NOTES ON RECIPES

All oven temperatures are for fan-assisted unless otherwise stated

THOUGHTS AND COMMENTS

Paolo – Bertazzoni President and CEO

Elisabetta – Bertazzoni Board Member

Paolo's and Elisabetta's mother – *Iolanda*

Paolo's son *Nicola* – Bertazzoni COO

Paolo's daughter *Valentina* – Bertazzoni Marketing Director

... and Bertazzoni chef *Tommaso Moroni*

SALSA BESCIAMELLA BÉCHAMEL SAUCE

MAKES ABOUT 750ML

Besciamella (béchamel) is the best-known sauce from Emilia-Romagna. It is thick and creamy with a flavour of milk and nutmeg, ingredients that are never lacking in Emilian kitchens. The sauce is included in the most important dish of the region, one of the first expressions of pasta in human history: suà majeste the Bolognese lasagna. It is said that in Emilia it is impossible to make a lumpy béchamel because Emilians are born with a whisk and wooden spoon in their hand. Note that the recipe calls for hot milk; perhaps the real reason the sauce doesn't turn lumpy.

For Bertazzoni's chef, Tommaso Moroni, born in Parma in the heart of the region, the key moment is when the flour begins to cook with the butter and acquires that nutty aroma. He adds masses of freshly grated nutmeg, much more than the modest sprinkling that is usually called for. Iolanda Bertazzoni, in her 90s, agrees about the nutmeg, but says that she often puts flour, milk and butter in a saucepan and cooks it from cold. You can even achieve the same effect by using a microwave. Place all the ingredients mixed vigorously together in a glass bowl and cook for 5 minutes at 300W, 160°C. Repeat the cycle at least 3 times, mixing vigorously each time, or until the desired density is reached.

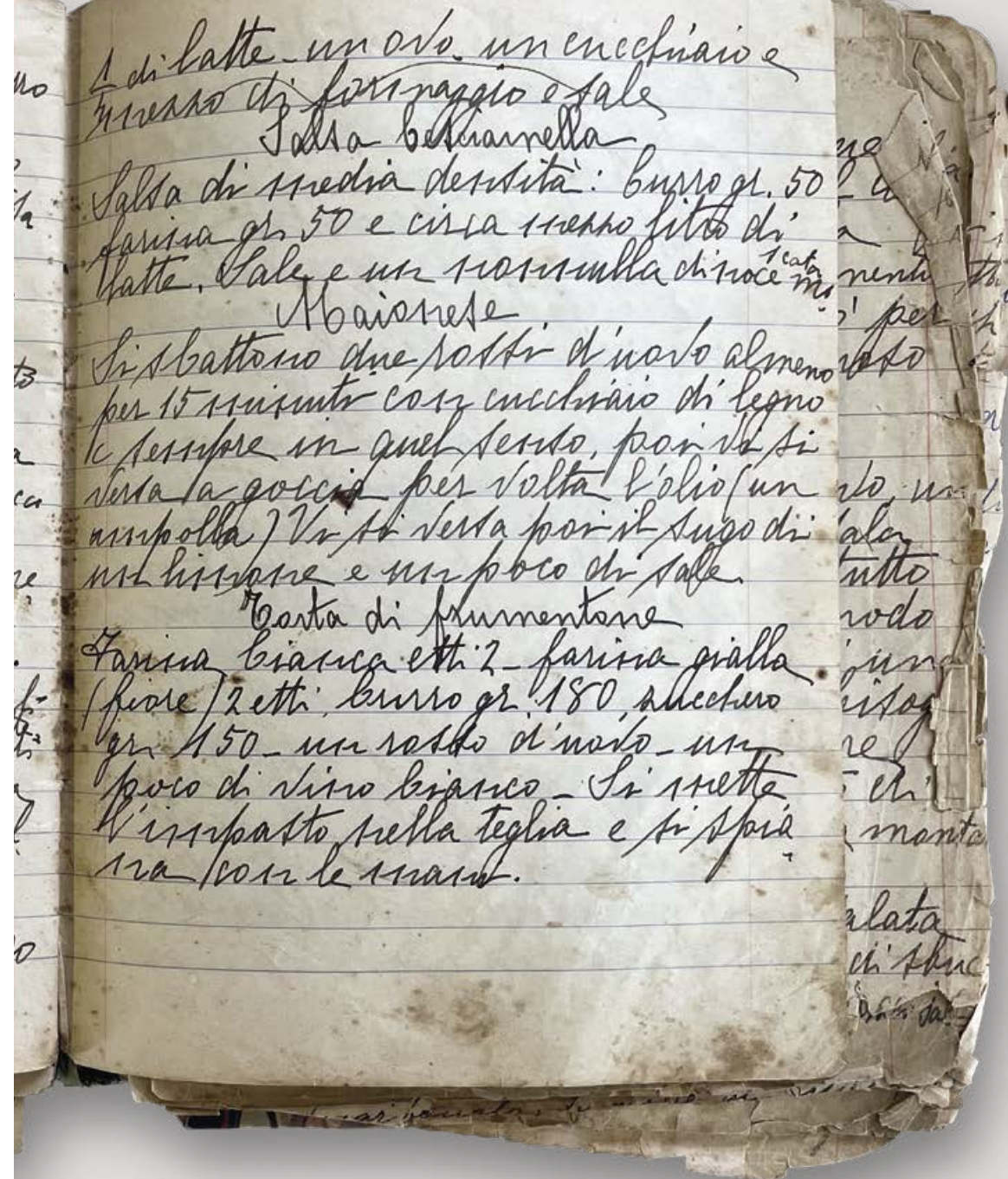
The mild creamy sauce reminds Nicola Bertazzoni of the baked cauliflower and béchamel cooked by his maternal grandmother Maria. He also remembers her incredible flans. 'She would alternate layers of bread soaked in eggs with béchamel, cheese and ham. Topped with ham the dish would bake in the oven. So good'.

This recipe makes a medium-thick sauce. For a slacker sauce, use 35g butter and 30g flour and proceed in exactly the same way.

Preparation: 15 minutes. Cooking: 15 minutes.

INGREDIENTS

500ml milk
50g butter
50g flour
Grated nutmeg to taste



METHOD

Bring the milk slowly to the boil. In a separate pan with a deep bottom melt, the butter and stir in the flour, stirring constantly with a wooden spoon to toast the mixture for 3–4 minutes. Now add the boiling milk, pouring it slowly, whisking with a globe whisk as you pour. Season with salt (milk is surprisingly sweet) then add a generous grating of nutmeg and continue cooking – always stirring to avoid the formation of lumps – until a thick and creamy sauce is obtained.

BRODO DI CAPPONE CHICKEN STOCK

MAKES ABOUT 10L

Brodo is at the heart of so many recipes from Emilia-Romagna. The tradition says the stock or broth should be served immediately with the fat of the chicken in it. Valentina's grandfather Francesco used to say that the good *brodo* should 'avere gli occhi', literally 'have the eyes', referring to the yellow round bubbles of fat on the surface.

First in the pot go onions for acidity, carrots for sweetness and celery for its nitrates, which preserve the colour of the meat. Any chicken will make a good stock but *cappone* – capon in English – gives the finest results. It is very important that the stock cooks slowly on a very low heat.

As a boy, Paolo Bertazzoni often stayed with his grandparents. Catching and preparing a chicken for the pot was a regular occurrence. 'I would feel sad for the poor chicken, but it was a wonderful free childhood except that I'd be in trouble if I went swimming in the canal when it would be bed with no supper.' For Paolo's daughter Valentina, the aroma of cooking chicken stock, which she still makes every week, is 'the smell of a winter Sunday – safe and warm.'

Preparation: 15 minutes. Cooking: 2 ½ hours.

You will need a pan that can hold at least 12 litres.

INGREDIENTS

3 large onions	1kg beef shoulder
3 large carrots	15g salt
Head of celery	10 litres of water
1 cappone (capon) chicken	

METHOD

Scrub the carrot, peel the onions, separate the ribs of celery and wash them clean. Place the vegetables into the pot with all the other ingredients. Cook over a low heat for at least 2 ½ hours (the longer the better – start it after breakfast and it will be ready for lunch). During the first 10 minutes, swipe the surface with folds of wet kitchen paper to remove the impurities that will settle on the surface of the water. For a healthier serving, strain, cool, chill overnight in the fridge and then remove the fat that will have settled on the surface. The chicken can be served with *mostarda*, *salsa verde* and pickled onions as well as making excellent meatballs.

PASSATELLI IN BRODO BREAD AND CHEESE PASTA IN CHICKEN BROTH

SERVES 4

Passatelli are cheesy pasta 'worms' made from a stiff dough of egg, breadcrumbs and *Parmigiano Reggiano* cheese. They are made by passing the dough through a *passatelli* iron which is like a potato ricer but with bigger holes. The *passatelli* are cooked for a couple of minutes in well-flavoured boiling broth and served in the broth.

The recipe is a speciality of Emilia-Romagna, particularly popular on Christmas Eve, on New Year's Day and on the Easter menu. Recipe quantities are easy to remember: for every egg, mix 40g breadcrumbs and 50g *Parmigiano-Reggiano* cheese, plenty of nutmeg and 1 tsp flour.

Preparation: 20 minutes plus 30 minutes rest. Cooking: 5 minutes.

INGREDIENTS

2 eggs	1 tsp flour
80g fresh white breadcrumbs	Nutmeg
100g <i>Parmigiano-Reggiano</i> cheese	1 litre brodo di cappone

METHOD

Crack the eggs into a mixing bowl, add breadcrumbs, cheese, flour and a very generous seasoning of freshly grated nutmeg. Work the mixture with your hands,

continuing until it forms a stiff dough. Wrap in plastic film and set aside in a cool place for 30 minutes. Press the dough through a *passatelli* iron into briskly simmering *brodo* (see previous recipe). Simmer for 5 minutes and serve.

CARCIOFI ALLA MOZZARELLA MOZZARELLA STUFFED ARTICHOKE

SERVES 4

The artichoke heart was very popular in Roman times, thought to be good for the liver. The Romans have been proved right as we now know that artichokes should be classified as health food. They are loaded with nutrients and also thought to improve digestive health, to help regulate blood pressure and to lower blood sugar and to lower 'bad' cholesterol and increase 'good' HDL cholesterol.

In this lovely recipe, the artichokes are stuffed between their leaves with a mix of diced *mozzarella*, parsley, breadcrumbs and Parmesan then gently steamed in stock or water until very tender. A splash of olive oil in their cooking liquid will give the leaves a lustrous shine. 'My mother's parents lived for some years in Rome,' says Nicola Bertazzoni, 'and I remember that Grandma used to do a lot with artichokes.'

The season for artichokes is from October to May, the plants yielding an average 20 crops.

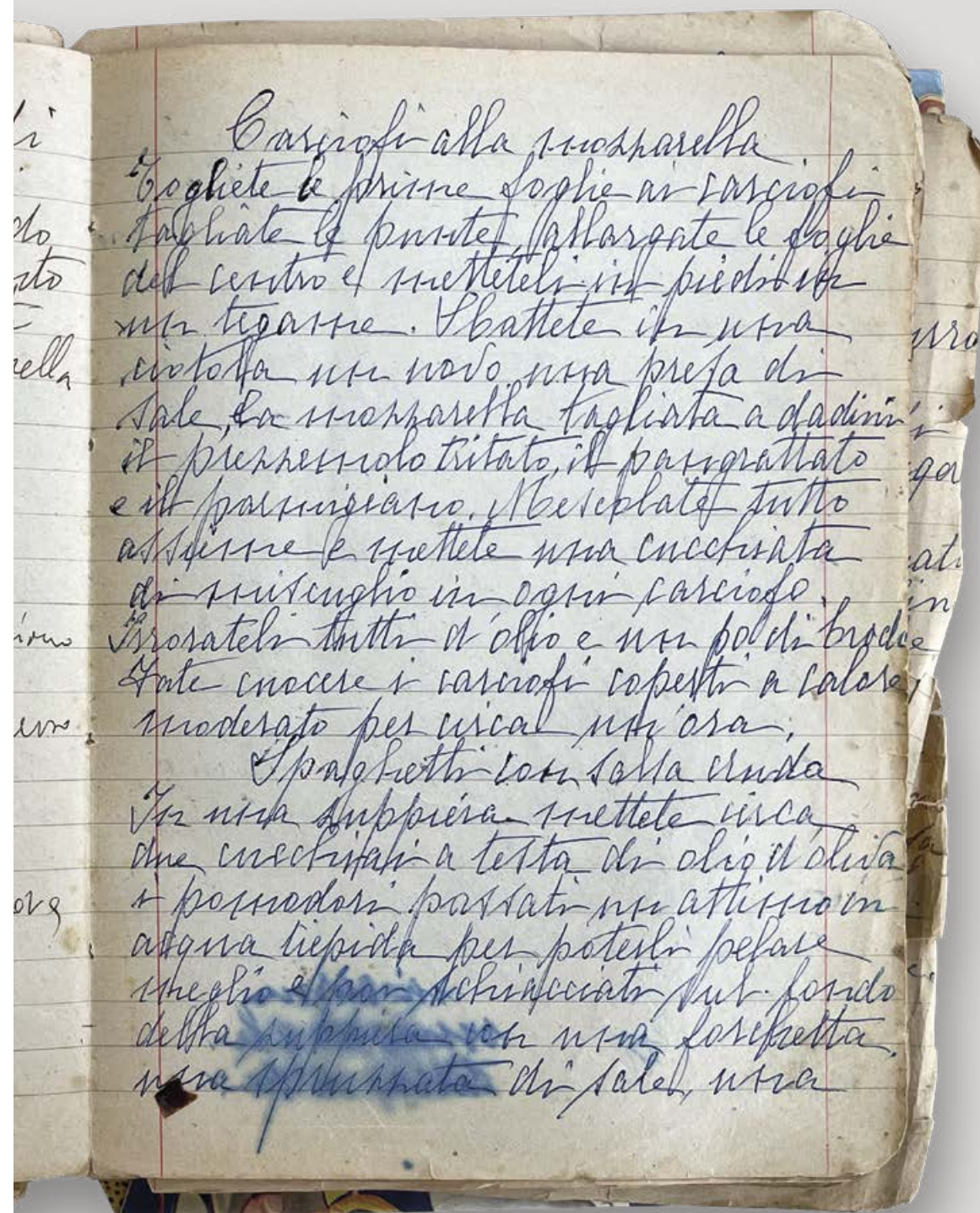
Preparation: 15 minutes. Cooking: 25 minutes.

INGREDIENTS

4 artichokes	15g finely grated
60g mozzarella	Parmigiano-Reggiano cheese
1 egg	2 tbsp olive oil
10g finely chopped parsley	125ml broth or water
30g breadcrumbs	

METHOD

Cut the stems off the artichokes, slice off the upper part of the leaves and use your fingers to spread the central leaves, giving a flower effect. Press each artichoke down against the counter, then stand it upright in a wide-based, lidded pan that can accommodate the artichokes lined up next to each other without



crushing. Dice the *mozzarella* into 0.5cm pieces. Beat the egg in a mixing bowl, add a pinch of salt, diced *mozzarella*, finely chopped parsley, breadcrumbs and Parmesan. Mix well to combine.

Separate the artichoke leaves with your fingers and use a teaspoon to stuff with a spoonful of mixture between the leaves. Drizzle olive oil and a ladleful of broth (or water) over the artichokes. Cover with a lid and simmer gently for about 25 minutes until very tender.

TORTA D'ERBE CHARD AND HERB PIE

SERVES 4-6

This recipe is typical of Lunigiana, the mountainous region on the northern tip of Tuscany to the west of Emilia-Romagna. It is a reminder of how fiercely regional Italian cookery is. 'This is a very traditional dish,' says Paolo, 'although for some reason they don't seem to like it much in Tuscany. We often buy it in a baker's shop to have for lunch with perhaps a glass of Lambrusco.'

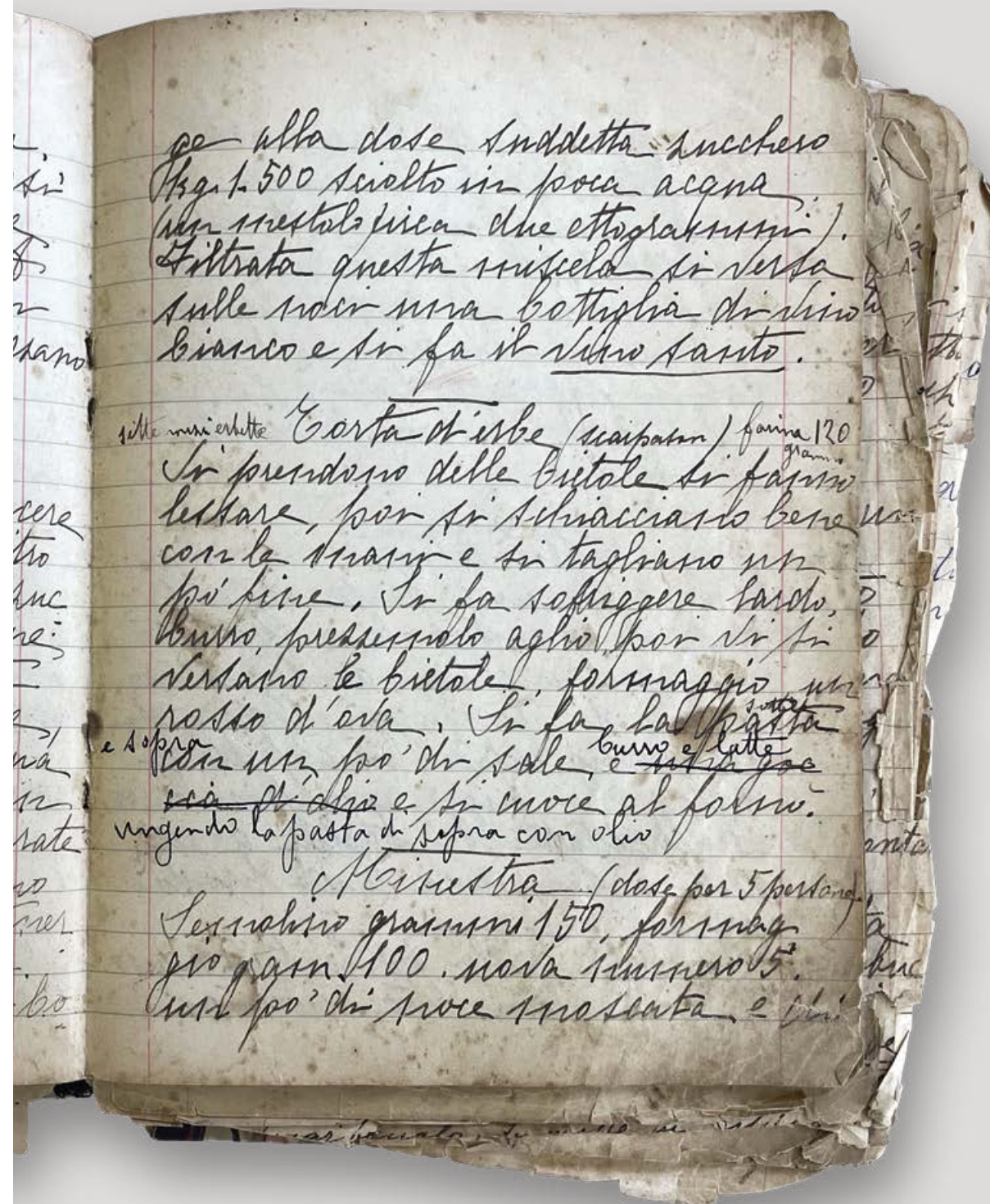
Paolo often pops home for lunch – either on bike or foot – from the Bertazzoni factory to his home in Guastalla. Lambrusco, incidentally, is the slightly sparkling red wine which is very much associated with Emilia-Romagna and often served very cold (see page 30).

When friends come round, Valentina often serves this lovely pie as a side dish with salami and cheese. It is the sort of pie that benefits from cooking in a steam oven.

Preparation: 40 minutes plus 60 minutes rest. Cooking: 40 minutes.

INGREDIENTS

For the stuffing:	25g butter
250g soft herbs or wild herbs (chicory, borage, cress, nettle, valerian, poppy, cicerbita (alpine blue-sow- thistle), pimpinella etc)	25g lard
500g chard	For the pastry:
100g Parmigiano-Reggiano cheese	300g 00 wheat flour plus extra for dusting
4 tbsp extra virgin olive oil	4 tbsp extra virgin olive oil
Fine sea salt	150ml warm water
1 garlic clove	Pinch fine sea salt



METHOD

Wash, drain and finely chop all the herbs, including the chard. Place in a colander and lightly salt the herbs. (The salt draws out liquid and eliminates the herbs bitterness.) Leave them to drain for about an hour. Rinse, drain and pat dry. If using a steam oven, cook in pure steam at 90°C for 6 minutes. Alternatively, use a steamer pan. Spread out the soft herbs on a kitchen cloth/tea towel, roll up and squeeze thoroughly to dry. Spread out to cool.

Chop the garlic. Melt the butter with the lard in a sauté pan over a medium low heat and stir in the garlic. Cook, stirring for a minute or two until aromatic then add the herb and chard mixture. Season with salt and pepper then tip into a mixing bowl and add the cheese. Mix well. At this point, taste this wonderful filling to see if it needs more salt, but it is not usually necessary.

Next make the pastry. Sift 300g flour into a mixing bowl and slowly add the water, most of the olive oil and a pinch of salt, continually stirring with a palette knife until clinging together. Knead briefly until smooth and compact but soft. Leave to rest while you oil the baking flan tin and turn the oven to 160°C with minimum steam assisted.

Halve the dough, flour a work surface and, using a rolling pin, make two very thin sheets. Use one sheet of pastry to cover the base of the tin leaving a 3cm overhang. Spread the herb and chard mixture evenly over the base and cover with the other sheet of pastry. Trim away excess pastry and crimp the edges to seal. Brush the top of the pastry with olive oil and make air holes with the tines of a fork to prevent the pie from swelling. Bake for 35–40 minutes until the pastry is golden. Serve warm or at room temperature.

GNOCO FRITTO DEEP FRIED DUMPLINGS

SERVES 8–10

Gnocco fritto is not the traditional type of poached dumpling made of flour, water and potatoes, nor does it resemble the Roman *semolina* dumpling. These are light, puffed-up, deep-fried golden morsels which go well with a plate of cheese but also with cold meats such as *salami*, *prosciutto*, *culatello*, *mariola*, *strolghino*, *coppa* and *cicciolata*. Chef Tommaso suggests mixing lard with good quality pastry flour (00 flour) instead of oil. ‘It gives more flavour,’ he says.

‘*Gnocco fritto* remind me of country fairs,’ says Paolo, ‘where they are fried in big barrels of oil. And you eat them from a cone of paper.’ Nicola adds, ‘It’s also a very common *trattoria* [an informal restaurant] food, served as a starter with cold cuts.’

Valentina remembers that both her grandmothers, Iolanda and Maria, would make *gnocco fritto* if they were given a good *salami* or *prosciutto*. ‘It was an appetiser but even better the next day dipped in a *caffè latte*. We waste nothing in Italy.’

These tasty, golden, flour bubbles can turn any appetiser into a banquet. Like bread, they combine with everything: salami, ham and any type of cheese. In short, you can eat them for lunch, dinner and breakfast. This is the Bertazzoni family recipe.

Preparation: 30 minutes plus 3 hours proving. Cooking: 30 minutes.

INGREDIENTS

500g all-purpose flour	70g lard, butter or extra virgin olive oil
1 tsp dry yeast	12g salt
1 tsp sugar	Oil or lard for frying
200ml water	

METHOD

Make a batter by mixing 60g of the flour with the dry yeast, the sugar, and 50–60ml of the water. Cover with plastic film and let rise at room temperature or, if the weather is too cool, inside a low-temperature oven, until it doubles and many bubbles form on the surface, usually about 1 hour. Add the rest of the flour and water. Knead by hand until all the liquid is absorbed. If the dough is too hard and there is still flour around the bowl, add another tablespoon of water, just enough to combine everything.

Gradually add the lard: add a piece, knead, then add another piece. The dough should be smooth and soft. Add the salt, then knead again. Form a ball and cut a cross in the top. Cover with plastic film and let rise in a warm place (about 25°C) until it triples in volume, about 2 hours.

To cook the *gnocco fritto*, roll out the dough with a rolling pin, sprinkling with a pinch of flour above and below. Form a rectangle about 3mm thick. Cut into 5cm-wide strips, then cut them diagonally to obtain rhombuses. Heat a saucepan with plenty of oil. When the oil reaches frying temperature, put in one or two pieces at a time, wait for the dumplings to swell, and turn them. Cook for a minute, then drain on folds of kitchen paper and place on the serving plate. Serve hot or cold, perhaps with a sprinkling of flaked salt and accompanied by or stuffed with cold cuts and Italian cheeses.

CAPPELETTI IN BRODO STUFFED PASTA IN BROTH

SERVES 6

'This is like Christmas Day,' declares Elisabetta as the family sits down to a bowl of *cappelletti in brodo*. *Cappelletti* (meaning little hats) is the name of these folded and filled pasta shapes made by hand all over Emilia-Romagna. In Guastalla – home of the Bertazzoni family – they are called *cappelletti*, but down the road in Bologna they are *tortellini*. Legend has it that *cappelletti* were created after the gods Mars, Venus and Bacchus checked into a tavern one evening and in the morning, the innkeeper caught sight of Venus's beautiful navel and recreated its shape in pasta.

Making the pasta is fiddly and very labour intensive. 'It's exhausting if you're alone,' says Tommaso. 'It's much better if you have a group of friends socialising as they prepare the *cappelletti*. The pasta must be so thin that you can see a candle flame through it.'

This is food for festivities and big gatherings. Usefully, *cappelletti* can be frozen but more often *cappelletti* in broth is served for Sunday lunch and *cappelletti* in the creamy sauce (see below) will be lunch on Monday.

Preparation: 30 minutes for the dough, 6 hours for the filling, 10 minutes for the sauce, 60 minutes for making the *cappelletti*. Cooking: 20 minutes.

INGREDIENTS

For pasta dough:

350g 00 flour
350g semolina flour
7 whole eggs

For the filling:

200g stewing steak
1 garlic clove
600g chicken leg and thigh
2 sausages
2 onions
Extra virgin olive oil
25g butter

1 litre brodo di cappone (see page 56)

2 slices Parma ham
50g fresh breadcrumbs
2 eggs
Nutmeg

For cream sauce:

250ml brodo di cappone
250ml white wine
250ml double cream
30g all-purpose flour
Finely grated Parmigiano-Reggiano
cheese to serve

Bella presa di origano, abbondante
basilico, alcuni incisori di
parmigiano grattugiato e una buona
morsarella tagliata a fettine sot-
tilissime. Lasciate macerare
questa insalata per un paio d'ore.
Cotti gli spaghetti gettateli nella
terzina e mescolate, la morza
nella col calore si scioglierà.

Cappelletti alla parmigiana

Piccola borsa di mortale gr. 150
vittello gr. 200

pollo un petto e 2 cosce nude

burro 150 formaggio gr. 100

olio un bicchiere vino bianco

un bicchiere parmigiano gr. 250

noia due sale quanto basta

Si mette il tutto a cuocere in

un tegame, quando è cotto si

trita discretamente la carne si

aggiunge il formaggio e la noia

interiore. Il sugo della carne si

METHOD

Sift the flours together in a mixing bowl and make a well at the centre. Add the eggs and work the dough with your hands to mix, adding a pinch of salt. Tip onto a pastry board and continue kneading the dough until it becomes smooth and elastic. Cover with plastic film and leave to rest for 15 minutes.

Now start on the filling. Peel the garlic and cut into 4 or 5 slices. Make a few slits in the meat and insert the garlic. Brown all the meat and the peeled onions in butter and oil in a spacious, lidded saucepan. Add the broth, cover the pan and cook, turning the meat occasionally, for 4 hours. Add the Parma ham and leave to cool. While still warm, blend the meats, discarding the onions, in a food processor. Mix the meats with the whole eggs and breadcrumbs moistened in a little of the broth, kneading to make a soft paste. Season with freshly grated nutmeg.

To make the *cappelletti*, roll out the previously prepared dough very thin. Cut 4cm squares. Place half a coffee spoon of filling on one side of the square, fold one corner to its opposite corner to create a triangle. Bring two corners of the triangle together, leaving a hole in the middle (this is best done around a finger but takes a bit of practice), pressing the corners together to seal. Work on the table for a better result.

For *cappelletti in brodo*, heat the broth and when boiling, add the *cappelletti*. Simmer for a couple of minutes and serve *cappelletti* and broth in shallow bowls.

To reheat yesterday's *cappelletti* and serve in a cream sauce, first make the cream sauce. Begin by reducing the broth with the white wine by about a third, simmering over a medium-low heat in a medium pan. Mix the cream with the flour until well blended and pour it gradually into the reduced broth, whisking briskly as you do so. Simmer, stirring constantly to prevent sticking, for a few minutes. Season to taste with salt and pepper. Warm the *cappelletti* through by simmering for 2–3 minutes in boiling salted water. Drain well. Serve by pouring the hot sauce over the hot *cappelletti*. Sprinkle with finely grated *Parmigiano-Reggiano* cheese.

SPEZZATINO DI VITELLO VEAL STEW WITH POLENTA

SERVES 4

The editor of this book, David Gibbs, was impressed by this recipe while researching an earlier Bertazzoni project. It was his first glimpse into the treasures of the hand-written family cook books that inspired this collection of recipes.

Whenever this lovely stew is served, everyone wants the recipe and it remains a family favourite here in Guastalla. (*Spezza* means to cut, so literally *spezzatino* means cut small.) This version is blessedly modest, seasoned with a hint of rosemary, chopped carrot, celery and onion, white wine and water or light chicken stock. It is served over sloppy *polenta* slackened with *Parmigiano-Reggiano* cheese and butter, finished with a zesty parsley garnish and more grated Parmesan. It's the last-minute garnish of finely chopped lemon zest and flat-leaf parsley that does wonders for this simple yet simply delicious Italian stew.

Preparation: 30 minutes. Cooking: 60–90 minutes.

INGREDIENTS

<i>1kg lean stewing veal or 1kg skirt or trimmed shin or chuck steak</i>	<i>200ml dry white wine</i>
<i>3–4 tbsp olive oil</i>	<i>350ml light chicken stock or water</i>
<i>1 large carrot</i>	<i>25g flat leaf parsley</i>
<i>1 celery</i>	<i>1 large unwaxed lemon</i>
<i>1 fennel bulb</i>	<i>200g quick-cook polenta</i>
<i>1 medium onion</i>	<i>800ml boiling water</i>
<i>1 sprig rosemary</i>	<i>50g butter</i>
<i>Flour for dusting</i>	<i>50g grated Parmigiano-Reggiano, extra for serving</i>

METHOD

Cut the meat into large dice, approximately 5cm. Dust with flour, shaking off the excess. Brown the meat in batches in 2 tbsp hot oil in a spacious heavy-bottomed, lidded pan that can accommodate the stew. Transfer to a plate as you go. Halve, peel and finely chop the onion. Scrape, trim and chop the carrot and celery in Dolly Mixture-size pieces. Chop the fennel the same size. Strip the rosemary from the stalk and chop the spikes to dust. When the meat is done, add 1½ tbsp oil to the pan, then the onion and rosemary, tossing around for a few minutes before adding carrot and fennel, salt and pepper.

Stir, cover and cook gently for 5 minutes. Stir the meat into the semi-cooked vegetables, add the wine, stirring as it bubbles away. Stir in the stock, season lightly with salt and pepper, cover and cook at a steady simmer for 90 minutes or until the meat is very tender.

Finely chop the flat-leaf parsley and lemon zest (no white) then chop together to mix. When ready to serve, tip the stew into a warmed serving bowl. Keep warm while you cook the *polenta*. Boil a full kettle while you wash the pan.

Stir the *polenta* into 800ml salted boiling water from the kettle, stirring for 1–2 minutes until thick. Slacken with butter and Parmesan, stir to dissolve and serve in the middle of hot plates topped with stew scattered with the parsley and lemon zest garnish, and extra Parmesan.

LASAGNE ALLA BOLOGNESE LASAGNE

SERVES 6

The classic comfort food, popular the world over – this recipe is from the Bertazzoni family cookbook and uses green lasagne, made by adding cooked, chopped spinach to the pasta dough. Chef Tommaso explains that the use of green pasta is associated more with Bologna than with Parma and Guastalla: ‘The woman writing her recipes down in the Bertazzoni cookbook was ahead of her time and looked beyond her immediate environment at a time when there was no internet and no photographs of food.’

As Nicola says, ‘You often find a perfectly good lasagne, but when you find a great one you understand the difference. The secret is the right balance between the meat sauce and the béchamel (*besciamella*). And the secret of the *ragù* is the mix of meats. Everyone has their own methods and sometimes they guard them like the secret recipe for Coca-Cola. My grandmother, Iolanda, makes the best lasagne I’ve ever had. She also makes one with only artichokes which is outstanding.’

‘Yes’ agrees Valentina, ‘Iolanda’s is the best. Her pasta is so thin and the béchamel on top is always light and creamy with a crunchy finish.’

The secret to perfect baked lasagne, is to assemble the dish when both béchamel and meat sauce are cold. In this way, they will blend perfectly with the layers of pasta.

Preparation: 40 minutes for dough, 20 minutes ragù, 20 minutes assembly.

Cooking: 1 minute for dough, 45 minutes ragù, 40 minutes finished dish.

INGREDIENTS

For the dough:
60g spinach leaves
2 eggs
330g all-purpose flour

150g minced pork shoulder
150g bacon
100ml red wine
90g tomato concentrate
40g finely grated Parmigiano-Reggiano

For the *ragù*/meat sauce:

40g carrots
40g celery
40g onions
2 bay leaves
100ml extra virgin olive oil
150g minced beef

For the béchamel:

400ml milk
35g butter
30g flour
Nutmeg
Black pepper

METHOD

Finely chop the spinach leaves. In a mixing bowl, whisk the eggs and fold in the spinach. Sift the flour onto a work surface, make a well in the middle and add the egg mixture. Work the flour into the eggs, blending and kneading until smooth and homogeneous. Wrap in plastic wrap or pop into a plastic bag and chill in the fridge for at least 20 minutes.

To make the *ragù*, scrape and finely chop the carrot. Use a potato peeler to peel the celery and chop into similarly small pieces. Halve, peel and finely chop the onion. Place the vegetables in a pan with 2 tbsp olive oil and the bay leaves. Cook over a medium heat, stirring often, letting them soften and brown before you add minced beef, pork and chopped bacon. Increase the heat, stirring as the meat browns then season with salt and pepper and pour in the red wine. Reduce the heat slightly and cook, stirring occasionally, until the wine has evaporated. Reduce the heat further and stir in the tomato concentrate. Cover with water and simmer, giving an occasional stir, over a low heat for at least 30 minutes. Set aside to cool.

Meanwhile, make the béchamel. Melt the butter in a deep pan over a low heat. Season with grated nutmeg and a pinch of salt, stir in the flour and toast it. Heat the milk in a separate pan. Pour in a little milk and stir as it thickens, adding the rest of the milk gradually, stirring briskly to avoid lumps. Simmer for several minutes to cook the flour. Adjust the salt and grated nutmeg seasoning. Allow to cool; a sheet of plastic film draped over the sauce, touching the surface, will avoid a skin forming. (See more detail about making béchamel/*besciamella* on page 54).

Roll out the dough 1mm thick using a pasta making machine or on a floured work surface with a rolling pin. Cut it into rectangles, approximately 8×16cm. Bring

a large pan of salted water to a boil and cook the pastry sheets for 1 minute. Cool in cold water and pat dry. Butter an oblong oven dish approximately 20x30cm and cover the base with pastry sheets. Make a layer of ragu topped with grated cheese, a layer of pastry sheets then a layer of béchamel and another of pastry. Continue thus, alternating meat sauce and béchamel, sprinkling grated *Parmigiano-Reggiano* cheese between the layers. Make several layers, until you have reached the rim of the dish, ending with béchamel. Sprinkle again with Parmesan, place on a baking sheet (in case of spillage) and bake in the oven for 40 minutes until the top is crusty and golden, the sauces bubbling round the edge.

MODO DI CUCINARE LA LEPRE HARE IN WHITE WINE

SERVES 4

Outside Italy, game is usually the preserve of a specialist butcher. But in Emilia-Romagna there is still a tradition of hunting and hare, venison or pheasant will be presented as seasonal gifts. 'Hare is really special,' says Paolo. 'It needs long preparation. It has to be marinated for a long time, a couple of days. We often have it stewed with vegetables and *polenta*.'

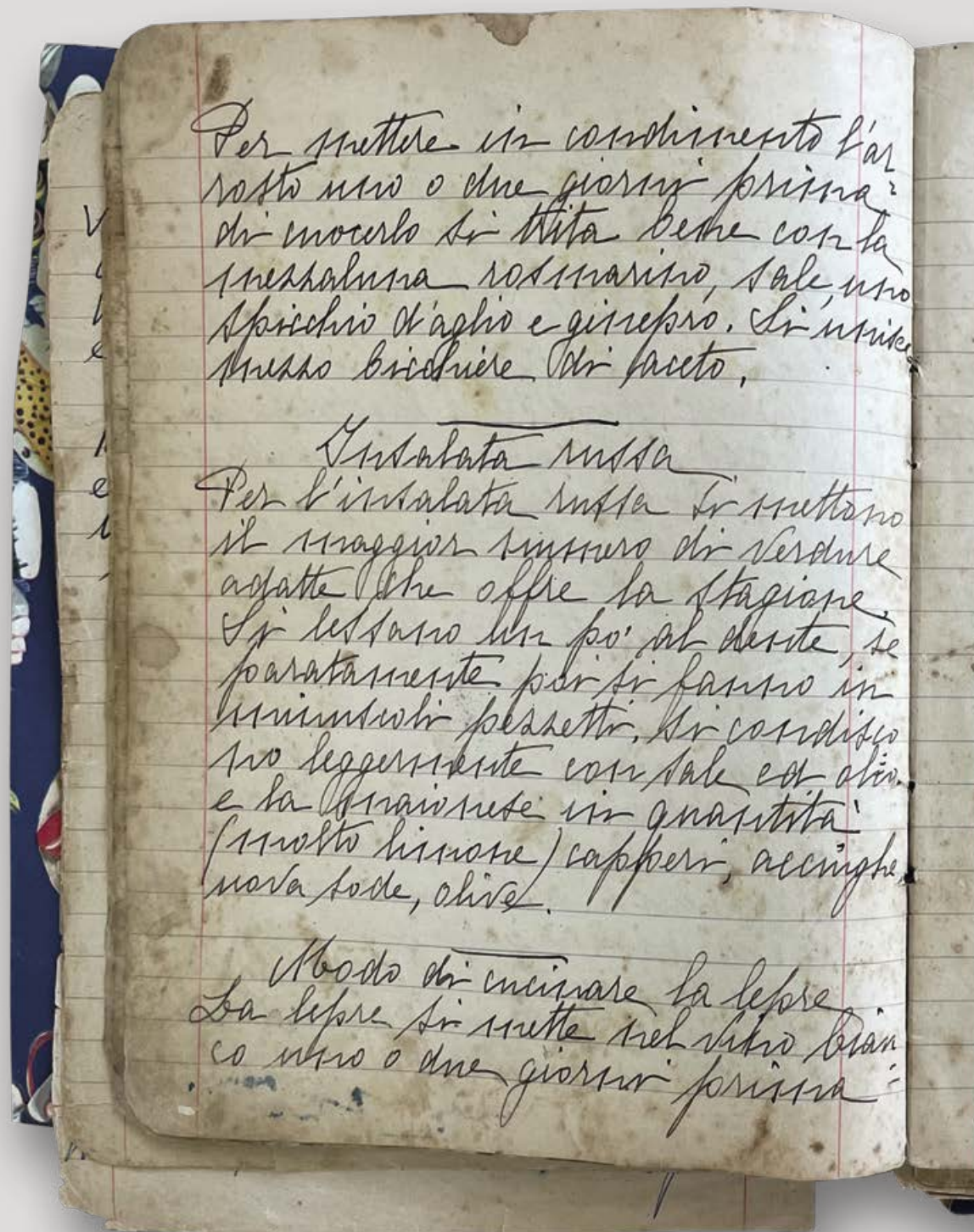
In this dish, the hare is jointed and marinated in white wine and white wine vinegar, with aromatic herbs and diced onion, carrot and celery for at least 24 hours. The pieces are then browned and cooked for a couple of hours in the strained marinade augmented by garlic and rosemary.

Preparation: 40 minutes. Cooking: 2 hours 30 minutes.

INGREDIENTS

For the marinade:
3 sage leaves
Few sprigs of thyme
100g carrot
100g celery
100g shallot
1 bay leaf

1 litre white wine
40ml white wine vinegar
1 hare
3 garlic cloves
1 sprig rosemary
Butter
Vegetable oil



METHOD

To make the marinade, coarsely chop the soft herbs and prepare the vegetables. Scrape the carrot and finely chop. Wash the celery and chop into small pieces. Halve, peel and finely chop the shallot.

Wash the hare and joint it, cutting it into large serving pieces. To do this, lay the hare on its back and use a sharp chef's knife, running the blade round the legs where they meet the body, cutting round the bone. Do the same with the shoulders. Then slicing between the ribs, divide the saddle into 4 equal pieces. A good tip, is to place the knife across the saddle and smack it with a rolling pin to cut through evenly in one cut, thus avoiding splintered bone.

Mix the wine and wine vinegar in a large bowl, stir in the herbs, prepared vegetables and bay leaf. Season the hare with salt and pepper and immerse in the marinade. Cover the bowl with a stretch of plastic film. Leave to marinate overnight in the fridge.

The next day finely chop the garlic, strip the rosemary leaves from its stalks and finely chop. Lift the pieces of hare out of the marinade and pat dry with kitchen paper. Strain the marinade, discarding the vegetables. Melt some of the butter in the vegetable oil and stir in the garlic and rosemary, cook briefly until aromatic then brown the hare in uncrowded batches, adding more butter and oil as necessary. Place the hare in a lidded casserole, pour over the strained marinade and simmer over a low heat for 2 hours or until the hare is very tender.

PATTONA CHESTNUT CAKE

SERVES 6–8

Pattona is best described as a rectangular tile-shaped cake, with crinkled and slightly charred edges and a sweet 'pudding' heart. For guaranteed perfect results, use a steam assist oven set at medium steam and cook at 160°C for 18 minutes.

Roasted or boiled chestnuts are the flavour of autumn and of warmth in winter. Whether served with thin slices of ham or cheese or made into a cake – using chestnut flour – with sultanas and rosemary, topped with walnuts or pine nuts, this is one of the most traditional and versatile of the region's autumnal dishes.

The chestnut is sometimes called 'the bread of the mountains' and there are chestnut festivals throughout Emilia-Romagna, beginning in October.

*Preparation: 30 minutes. Cooking: 30 minutes.
You will also need a 24cm springform/hinged cake tin.*

INGREDIENTS

60g raisins	310ml milk
15ml rum	30g pine nuts
260g chestnut flour	20g walnuts
30ml extra virgin olive oil plus a little extra	Sprig rosemary
	Extra virgin olive oil for decoration

METHOD

Soak the raisins in the rum for 20 minutes to rehydrate. Strain the raisins. Heat the oven to 175°C, with fan. Sift the flour into a mixing bowl and add the milk and a pinch of salt, mixing continuously with a globe whisk to avoid lumps until smooth and homogeneous. Gradually incorporate the olive oil. Using a spatula, fold in two-thirds of the raisins and pine kernels and mix thoroughly.

Use a pastry brush to smear the base and walls of the cake tin with olive oil. Line the base with baking parchment. Pour the mixture into the cake tin, smoothing the surface. Decorate the surface with reserved raisins, pine nuts and walnuts with a few needles of rosemary. Sprinkle the surface with a drizzle of extra virgin olive oil. Bake the *pattona*, in the oven for 24 minutes or until you see cracks forming on the surface. Serve at room temperature; it will be even better if left for a few hours to mature.

TORTA NERA CHOCOLATE CAKE

SERVES 6

Very many Bertazzoni family birthdays have been celebrated with this rich chocolate cake. Valentina recalls that a few drops of the anise-flavoured liqueur Sassolino was a favourite with her maternal grandmother Maria. 'But every woman has a little variation,' she adds. 'Caterina de Medici loved it too', says Paolo. 'The addition of Rosolio [rose leaf liqueur] gives it a very special, sweet flavour'.

A steam assisted Bertazzoni oven will prevent this cake from drying out as it bakes.

Preparation: 35 minutes. Cooking: 40 minutes.

frutto grande bagnato d'acqua
il serachino all'attesa di un cen-
tinetto. Quando sarà freddo fa-
gliatelo a quadretti. Prendete una
teglia spalmata con un pezzo di
burro e disponete il serachino a
strati coprendoli con fagnaggio
grattato e iraffiateli con burro,
e bittelili sul forno per un quar-
to d'ora e quando saranno di-
veritati color d'oro serviteli. Se
dosi date sono per sei persone.

Crocchette dolci di castagne
Messo chilogrammo di castagne
ridotte in pure, quattro unchiani
di zucchero lavorata molto sul
fuoco affinché si asciughi. Vorn
petei uno alla volta tre tosti
d'oro e unite 25 grammi di
burro. Quando è fredda pren-
dete dei pezzi grossi come una

dino quando sarà versato e bagna-
te il tutto con lo sciroppo della frutta.

Crema soffice di pesche.
Cnocete otto belle pesche, nel vino
bianco e zucchero, passatele e
fate della marzullata. Fredda
che sin incorporatevi tre chiare
d'uovo sbattute a neve, versate
in uno stampo liscio imburrato
e mettete a bagnomaria badan-
do che non bolle. Dopo circa
un quarto d'ora sformate il
budino e fatelo servire caldo.

Torta nera
4 etti mandorle dolci molto
tostate con un po' di burro, 4
etti di zucchero, 8 tosti d'oro e
tutte le 8 chiare siglatte in fioca.
Vorn biscchiere di latte, la corte-
cia di un limone, mezzo etto-

INGREDIENTS

100g butter	½ tsp vanilla extract
150g caster sugar	2 small glasses of Sassolino or Rosolio liqueur, optional
3 eggs	Knob of butter
125g sweet cocoa	Icing sugar to serve
1 heaped tbsp flour plus a little extra	

METHOD

Cream together the butter and sugar until light and fluffy. Separate one egg at a time, the whites into a mixing bowl, the yolk to the creamed butter. Between mixing in the egg yolks, fold in some of the flour, cocoa powder, vanilla and Sassolino if using, continuing until everything is incorporated into the mix. Now beat the egg whites until stiff and fold into the mixture, mixing very gently from top to bottom. Butter a 24–26cm cake tin, add a dusting of flour, shaking out excess. Transfer the cake mix to the prepared tin and bake at 170°C for 30–40 minutes.

Allow to cool for 10 minutes in the tin, then cover the tin with a plate and quickly invert the cake. Leave for 30 minutes before inverting again. This method ensures the top of the cake will be flat. Serve cold dusted with icing sugar.

SBRISOLONA CON ZABAGLIONE **ALMOND CRUMBLE CAKE WITH ZABAGLIONE**

TO MAKE A 20CM CAKE

‘Ah, crumble!’ says Paolo at the mention of this delicious biscuit-y almond cake. It has a rough, uneven appearance, and yet, as soon as you taste a bite, its exquisiteness wins you over. It has a firm but crumbly texture and unmistakable flavour. *Sbrisolona* is traditionally placed at the centre of the table, broken into pieces and eaten with your hands. *Zabaglione* is a luxurious garnish. It’s also nice to soak a bit of the *sbrisolona* in a glass of *grappa*.

This traditional cake was popular with the wealthy Gonzaga family and also in Mantua with poor peasant families, who prepared it with corn flour, hazelnuts and lard, instead of the more expensive butter.

Valentina, who doesn’t make many desserts, often makes this one because it is ‘super simple and traditional – a sweet, wintry crowd pleaser.’ She adds, ‘Winter in Guastalla starts on November 25th which is St Catherine’s Day. That’s

when our grandmothers started to make these sorts of food and that carries on until Easter and the beginning of spring’.

Preparation: 30 minutes cake, 5 minutes zabaglione. Cooking: 15 minutes zabaglione. You will also need a 20cm cake tin.

INGREDIENTS

For the cake:	<i>Fine zest from 1 large unwaxed lemon</i>
150g almonds with skins on	2–3 tbsp icing sugar
150g sugar	
150g butter at room temperature	For the zabaglione:
200g pastry flour	1 egg yolk per person
70g corn flour	1 tbsp sugar per person
2 egg yolks	1 tbsp Marsala wine per person
20ml grappa	

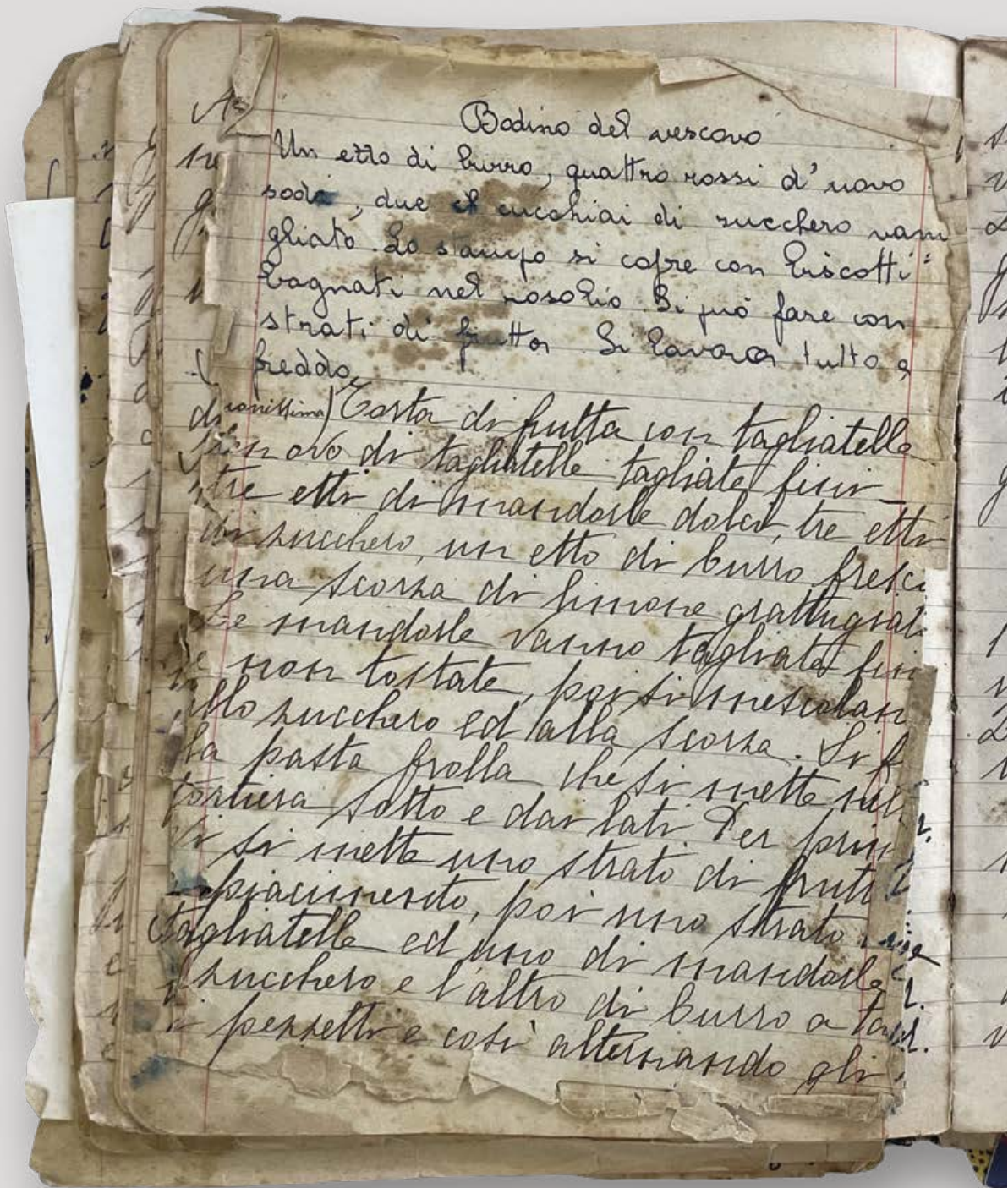
METHOD

Heat the oven to 160°C temperature in convection mode. Arrange the unpeeled almonds on a chopping board in a folded kitchen cloth and pound them with a mallet. In a large bowl, fold the sugar into the room temperature butter, adding the broken almonds, flour and finely grated lemon zest. Combine the ingredients by rubbing them, as if you were washing your hands. You will end up with a crumbly dough, quite similar to a crumble. Finally, add the egg yolks and *grappa*, repeating the same movement. Spoon the mixture into the cake tin, without flattening it, as its surface has to remain full of irregularities. Bake for 30 minutes.

Prepare the *zabaglione* at the very last minute. Place an egg yolk or yolks – depending on the number of guests – in a deep metal bowl, then stir in sugar and Marsala wine, blending thoroughly. Half fill a saucepan with water placed over a high heat and bring almost to a boil. Place the bowl with the ingredients over the pan of simmering water without touching the water. Use a globe whisk or electric mixer to continuously whisk the *zabaglione*: it will take about 10–15 minutes before it becomes soft, fluffy and velvety.

Zabaglione can also be prepared on the induction top. It only requires one pot and takes half the time. Whisk the ingredients vigorously at maximum heat for 30 seconds and continue for 10 seconds off the heat. Repeat the process a couple of times to achieve a fluffy sauce.

Serve the *zabaglione* in small ceramic bowls. Dust the *sbrisolona* with icing sugar and break into irregular pieces. Serve the cake and *zabaglione* together.



TORTA DI FRUTTA CON TAGLIATELLE FRUIT CAKE WITH PASTA TOPPING

SERVES 4

The *tagliatelle* forms a tangled crunchy topping to this open tart which can be made with any fruit. 'It's a lovely summer dessert with whatever fruit is in season,' says Nicola. Paolo savours the thought of the *torta*: 'It looks lovely and is both chewy and crunchy.' Ever alert to the regional variety of food from Emilia-Romagna, Valentina says, 'It's actually from Bologna.'

Preparation: 90 minutes. Cooking: 35 minutes.

You will also need a 22–24cm cake tin.

INGREDIENTS

400g 00 flour	150g almonds
230g sugar	50g Amaretti biscuits
2 tsp dried (instant) yeast	300g fruit (apples, pears, apricots of your choice)
3 eggs	50ml Amaretto liqueur
80g butter	Icing sugar as required
1 unwaxed lemon	

METHOD

Begin by making the pastry. Sift 200g flour into a mixing bowl. Add 80g sugar and the yeast. Mix and create a crater in the middle. Add 1 egg and 80g soft butter cut into small pieces and use a microplane zester to grate the lemon over the top. Use your fingertips to mix, working quickly until you get a smooth and homogeneous consistency. Form a ball and let it rest wrapped in plastic film for about 30 minutes.

Now prepare the egg pasta by kneading the remaining 200g flour and 2 eggs for a long time to make a smooth, flexible dough. Let it rest while you chop the almonds with a knife and crumble the *Amaretti*. Combine almonds and *Amaretti* in a bowl, add the remaining sugar and liqueur to give the mixture a moist consistency. Prepare the fruit of your choice by peeling and chopping it into small pieces. To assemble the pie, roll out the shortcrust pastry to line the cake tin, leaving a 2cm overhang to help stop the pastry slipping down. Pierce the bottom lightly with the tines of a fork.

Roll out the egg pasta into a thin sheet with a rolling pin or with the pasta machine, dust it lightly with flour and cut into very fine noodles with a knife. Divide the pasta into 3 piles. Spread half the almond mixture over the pastry base. Cover with fruit followed by a layer of *tagliatelle*, then another layer of the almond mix, then another of fruit. Sprinkle with sugar and dot with butter as you make two the layers of all the ingredients, ending up with a topping of *tagliatelle* letting it fall soft. Preheat the oven to 170°C and bake for about 45 minutes.

Remove from the oven, let it cool, then trim away the pastry overhang and decorate with a dusting of icing sugar.

TORTA D'ECONOMIA QUICK ORANGE CAKE

SERVES 6

This orange-flavoured cake made with whipped egg whites and decorated with chocolate chips and candied orange peel should be remembered when you want a quick and easy cake recipe, a simple one for breakfast or a snack, with tea or a glass of wine. It is both nutritious and moreish, delicate, aromatic and a soft fragrant confection. A huge number of egg whites go into this recipe, for in the Italian countryside eggs are rarely in short supply. The yolks can be used for another recipe such as mayonnaise (page 137).

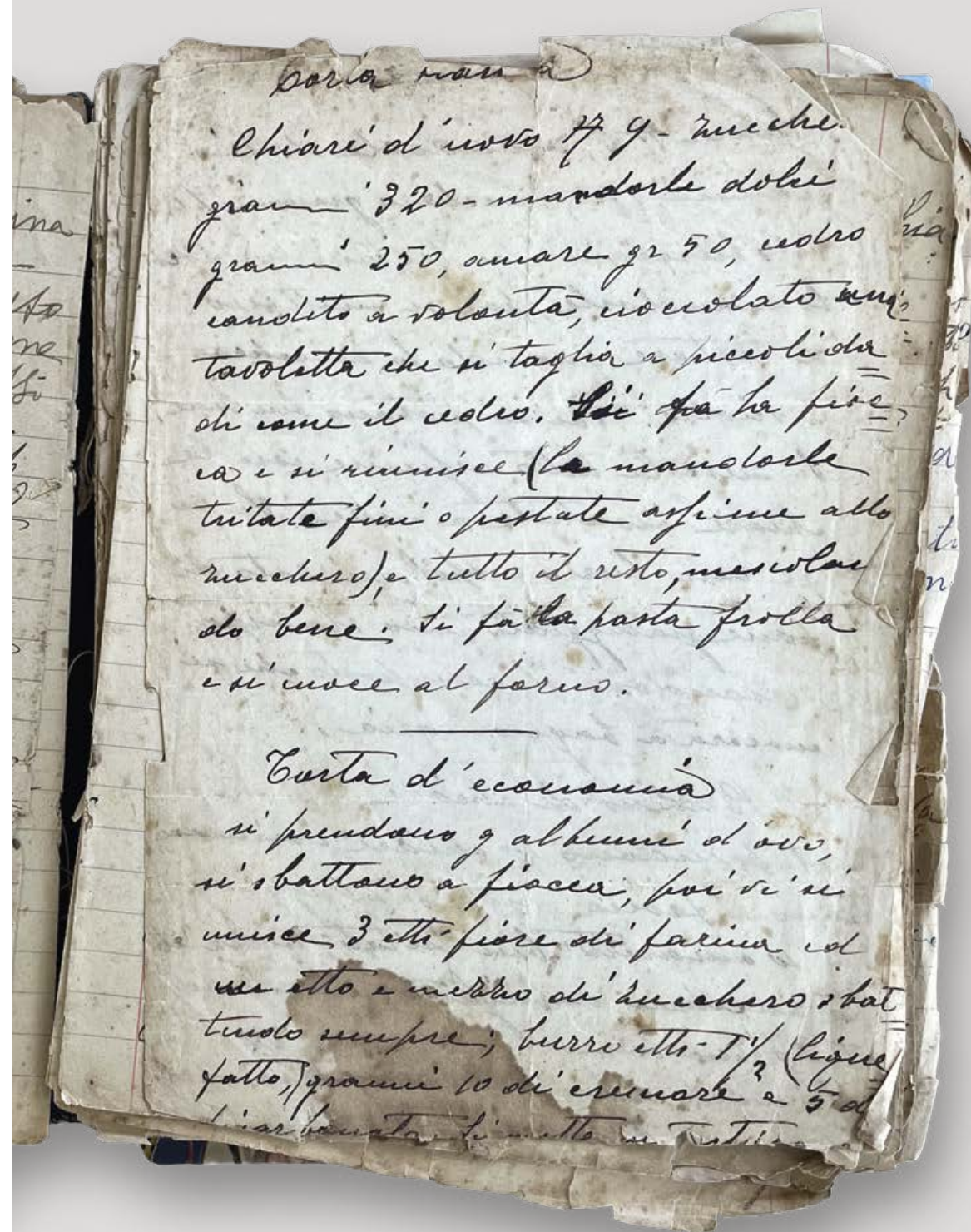
Young and old will flock to the table for this cake, eager to enjoy a slice, or rather two. Once tried, it is sure to become a family favourite, as it is with the Bertazzoni family and you will say goodbye to packaged snacks to make room for this soft and special cake.

Preparation: 30 minutes. Cooking: 35 minutes.
You will also need a 24 cm cake tin.

INGREDIENTS

2-3 oranges
270g 00 flour
Baking powder
180g butter at room temperature
plus a little extra

5 egg whites
125g granulated sugar
180ml orange juice
Icing sugar to serve



METHOD

Using a microplane grater, zest 2 oranges into a bowl. Halve the oranges and squeeze through a sieve into a measuring jug. You want to end up with 180ml orange juice so might need the third orange. Now make the dough by sifting the flour and baking powder into a mixing bowl. Mix thoroughly. Pour the sugar into the bowl of a planetary mixer, add 180g butter cut into cubes and operate the machine with the whisk, working until the mixture is swollen, fluffy and creamy.

Whisk the egg whites until stiff and with the motor running, add the whipped egg white, one tablespoon at a time, adding the grated orange zest and flour, also one spoonful at a time. Once the dough has absorbed all the flour, pour in the orange juice without turning off the machine. When the mixture is homogeneous, turn off the machine and pour the mixture into a cake tin previously greased with butter and lined with baking paper.

Heat the oven to 175°C and bake for 40 minutes. When cooked, take the cake out of the oven, let it cool and then turn it out onto a serving dish and sprinkle the surface with icing sugar to taste. The economy cake is now ready to be tasted!

AMARETTI ALMOND MACAROONS

SERVES 4

Amaretti are plump, crisp and crumbly macaroon-style biscuits sold in distinctive paper wrappers. They are made with sweet and bitter almond kernels, sugar and egg white and are easy to make at home. It is said that they have their roots in the Middle Ages. They were a passion of Valentina's grandmother Maria. 'She used to make cakes or biscuits every day. I spent a lot of time at my grandparents' houses because my parents were both working,' says Valentina.

Preparation: 20 minutes. Cooking: 15 minutes.

INGREDIENTS

140g almonds	1 tsp ammonium carbonate/ baking powder
60g armelline (apricot kernels)	Vanilla extract to taste, optional
200g sugar	Icing sugar for dusting
4 egg whites	

METHOD

Finely grind the almonds and kernels with 70g sugar. Whisk the egg whites in a mixing bowl until stiff. Combine the almonds, *armelline*, half the sugar, 1 egg white and the vanilla extract and mix thoroughly. Fold in the remaining egg whites with the rest of the sugar and vanilla extract if using. Whisk for about 20 minutes. Transfer the mixture into a pastry bag with a 13mm diameter smooth nozzle and shape the macaroons on a baking sheet lined with parchment paper. You will have to keep the nozzle perpendicular to the work surface, forming walnut-sized balls approximately 2.5 cm in diameter and well-spaced from each other. Smooth the macaroons with the tip of the index finger just moistened in water. Sprinkle with icing sugar and bake in a preheated oven at 170°C for about 15–18 minutes. Remove from the oven and allow to cool completely.

To make soft *Amaretti*, whisk the egg whites and gently incorporate them with the rest of the pulverised ingredients. Form into balls and roll them in the icing sugar. Arrange on baking sheets lined with parchment paper and bake in the oven at 230°C for 10 minutes.



THE RIDE

THE COOK'S KITCHEN

Cooking is a skilful performance, and an expression of love as old as the hills. So, the kitchen is the heart of any home. From here emanate the meals that bring family and friends together for occasions of great enjoyment and appreciation.

So, everything is put away, the surfaces are clean and clear, the fridge is full, the kitchen has all the equipment needed to cook anything you want. You are ready to start.

The quality of kitchen equipment doesn't necessarily make a good cook or a bad cook. But its accuracy and ease of operation will allow you to realise your intentions – and the intentions of recipes – reliably. With your oven, grill and cooktop precisely engineered to bring the right kind of heat at the right temperature to the right place for the right time, you have performance under your control. You are the conductor; the different instruments obediently await your command.

As engineers and manufacturers of premium cooking equipment, the Bertazzoni family company has been ahead of the game since it started making wood burning cooking stoves back in the nineteenth century. From that time design and manufacturing were constantly improved while markets grew. Until the 1950s the stoves burned solid fuels. Then with the discovery of oil and gas in the Po Valley things began to change. In 1953 Bertazzoni produced its first gas-fired hob. This was soon followed by a gas oven with cooktop, the basic single-unit format that became generic in the industry and has endured to this day.

Designed with practical elegance, Bertazzoni Master Series gas and dual-fuel cookers bring the professional touch to cooking in the home. Along with matching equipment they are built with standard dimensions to work with existing kitchen layouts and units.



The imposing Bertazzoni Heritage Series is inspired by the original Bertazzoni stoves created at the start of the 20th century. Suiting the traditional kitchen of today, they combine the appeal of classic style with all the very latest technology and advanced engineering.



Since then, there has been a consistent perfecting of design together with the introduction of new technologies improving the ease, effectiveness and versatility of cooking equipment. Today Bertazzoni cookers and kitchen appliances are used around the world. The company continues to innovate: microwave, induction and steam ovens are bringing their own special capabilities to the cook's kitchen. Overall, the trend for clean, green machines gathers pace.

Bertazzoni now produces four different Series of premium kitchen equipment: Professional, Modern, Master and Heritage. Each has its own character and suits particular types of kitchen space, tastes and styles. And within each Series, the appliances have all been designed to match and complement one another. Beyond the ranges, cooktops and built-in ovens, equipment now includes ventilation systems, refrigerators/coolers and dishwashers to create the complete and integrated kitchen.

INDUCTION

Induction cooktops accommodate full-size cookware, so a wide range of different dishes can be prepared very quickly with minimal energy. There is no wastage: practically all the energy is used to heat the pan. Also, there is no waiting for elements to heat up: full power is available immediately and time-to-boil is twice as fast compared to gas burners. The glass around the induction zones is always cool, operation is by electronic touch-controls. Overheating and overflow protection is built-in.

ELECTRIC OVENS

Electronically operated Bertazzoni electric ovens, in ranges and built-in, feature balanced air-flow fan-assisted cooking to ensure even heat while allowing the temperature settings to be reduced, saving on energy. For conventional cooking, such as baking, the ovens operate without the fans. Featuring powerful infrared grills some models also have Bertazzoni Assistant programmable cooking, with auto-settings created by Italian chef Roberto Carcangiu. For optimal energy efficiency, oven doors have up to four layers of glass, and advanced materials are used to insulate the oven cavity. The high-temperature cleaning cycle reduces all grease, fat and other deposits to a residue dust that is easily removed.

STEAM OVENS

Bertazzoni convection steam ovens use water vapour to seal in nutrients, vitamins and minerals. This is quick and efficient, preserving texture and flavour in vegetables, fish and meat. The results are moisture-rich, healthy and delicious. The steam ovens give the option of using full steam cooking or in combination with conventional electric. They have intuitive controls, are easy to clean and have top-class ratings for optimal energy consumption.

GAS COOKTOPS

Bertazzoni ranges, range tops and cooktops with gas burners give cooking all the versatility and accuracy you need. Exclusive power burners in brass have independently operated dual-burner rings giving anything from a delicate low simmer to full power. The design of the heavy-duty cast iron grates allows pots to be placed closer to the flame, reaching boiling point more quickly and reducing gas consumption during cooking. Pots are easily moved across the grates. With sealed burners, no sharp angles or dirt traps, cleaning is fast and easy.

GAS OVENS

Bertazzoni precision gas ovens, in ranges and built-in, excel in all types of cooking and food preparation. Fan-assisted settings give even heat for single or multi-dishes, while reducing the temperature setting and saving on gas. The full-width infrared gas grill gives powerful searing and broiling over a large surface area. Electric ignition operates both oven and grill. For traditional cooking, the oven operates without the fan. The advanced oven lining and triple glass doors make for good insulation and easy cleaning.

For full details of Bertazzoni kitchens, go to bertazzoni.com

The recipes in this chapter feature the Bertazzoni technology that enhances both the processes and results. Simplifying techniques and bringing special requirements of recipes into the scope of the home cook, Bertazzoni experience, design and technology broadens horizons.

The Bertazzoni Professional Series offers best-in-class capacity, flexibility and usability, a truly professional performance for the kitchen in the home. Freestanding ranges, built-in ovens and cook-tops feature electronic controls.



The Bertazzoni Modern Series adds a fresh, contemporary elegance to the kitchen space. With the flair of Italian design, glass and alloys are combined into a sophisticated style that is both contemporary and timeless.



SPAGHETTI ALLA CAPRESE SPAGHETTI WITH MOZZARELLA, TOMATOES AND BLACK OLIVES

SERVES 4

Chef Tommaso scoops up spaghetti in a large ladle and twists it lightly with a pair of kitchen tongs held vertically in the bowl of the ladle. In this way the pasta forms an elegant little nest for the sauce.

Black olives and tinned tuna in olive oil give this light dish a summery, Mediterranean quality and it comes from southern Italy. Says Valentina, 'This is one of the few recipes in the Bertazzoni's handwritten cook book which uses dried rather than fresh pasta – which is more commonly used in the south. At the time the book was written this would have been considered rather exotic'.

Preparation: 15 minutes. Cooking: 15 minutes.

INGREDIENTS

350g spaghetti
350g San Marzano tomatoes
4 tsp olive oil

50g pitted black olives
50g tuna in olive oil
100g mozzarella

METHOD

Cook the spaghetti in boiling salted water until *al dente*. Meanwhile, remove the tomato stalk and make a cross incision on the opposite side. Using water from the kettle, blanch the tomatoes for about 40 seconds in boiling water. Cool them immediately in cold water. Once cooled, remove the skin and cut into four wedges. Squeeze the wedges lightly to remove most of the seeds. Chop the tomatoes. Heat 2 tbsp olive oil in a sauté pan placed over a medium-low heat. Add tomatoes and a generous seasoning of salt and pepper. Cook, stirring occasionally for about 5 minutes or until thick and sauce-like. Meanwhile, chop or tear the tuna and chop the pitted olives. Dice the *mozzarella*.

Drain the *al dente* spaghetti and add to the tomato sauce. Toss thoroughly before adding tuna and olives. Toss before serving with a drizzle of the remaining olive oil and a garnish of *mozzarella*.

To make a perfect Italian tomato sauce ready to use throughout the year, begin by sterilising glass jars in the microwave for 2 minutes at 1000W. Repeat the

Polpettone al sugo
 Ingredienti (per 4 persone)
 carne magra di vitello g 500
 prosciutto cotto g 50
 uova 1
 sale e pepe limoni 1
 vino bianco 1 bicchiere
 burro g 15
 prezzemolo g 10
 salsa g 15
 cipolla sedano carota 30

tempo di cottura 1 ora
 Tritare la carne insieme al prosciutto tritare e unire il prezzemolo e unire il sale e mescolare fino a che non siano bene amalgamati. Date con le mani una forma cilindrica all'impasto, quindi irrorare. Tritare la cipolla il sedano e la carota unire una tucce di burro e mettere il tutto in un tegame a rosolare a fuoco

bratto, adagiarsi il polpettone e cuocerlo da ambo le parti, per unire un bicchiere di vino bianco, coprire il tegame e far cuocere lentamente, badando che non si attacchi. Il sugo cotto prima di unire il polpettone strizzare nel suo sugo un limone. Si può degustare con un uovo sodo, at-

Spaghetti alla Caprese
 per 4 persone
 Spaghetti gr 350 pomodori pelati 350
 aglio gr 50 olive nere gr 50
 Mozzarella gr 100 olio 1/2 bicchiere
 Scaldare in una padella qualche cucchiaio di olio con aglio e peperoncino il pomodoro passato col setaccio e condire con sale e pepe. Trasmutare il tutto e disossare le olive pestare tutto finemente e poi passare al setaccio e condire con qualche un-

cycle 4 times. Prepare the tomatoes by removing their stalks and making a cross incision at the opposite end. Steam the tomatoes at 90°C for 3 minutes. Remove the tomato skin, pulling it off in sheets with a small chef's knife. Pack the tomatoes in the sterilised jars, add a clean basil leaf and slug of extra virgin olive oil. Position the lid and store in a cool dark place for use at any moment of the year.

TORTELLI VERDI SWISS CHARD RAVIOLI

SERVES 4

Tortelli d'erbette is perhaps the most typical dish of Emilia-Romagna, always prepared for the most important festivities. It seems that *tortelli* (literally translated as 'bent') owes its name to being 'folded' to contain the filling. It is also known as *ravioli*, depending on where you are in Italy. Says Nicola, 'It can be filled with *ricotta* and chard [*verdi*], or with *zucca* [pumpkins] or potato. You know that the *tortelli* are done when they rise to the surface of the boiling water.'

'The *pasta*', explains Valentina, 'has to be very thin because it's folded over to make the square shape so you get a double thickness. It's a wonderful dish. We say that *tortelli* is bathed with butter and dried with *Parmigiano-Reggiano* cheese.'

Preparation: 45 minutes. Cooking: 15 minutes.

INGREDIENTS

For the dough:	200g Swiss chard
300g all-purpose flour	150g cow's milk ricotta
3 eggs	200g finely grated Parmigiano-Reggiano cheese
For the filling:	50g butter
1 egg yolk	Nutmeg

METHOD

To make the pasta dough, place the flour on a board and make a well in the centre, then crack 3 eggs into it. Knead vigorously until the dough has become smooth. Fold the dough in plastic film and let it rest in the refrigerator for 30 minutes. Meanwhile, prepare the filling. Cook the chard in boiling water for about 5 minutes until tender. Drain, pat dry with kitchen paper and chop finely.

Press the *ricotta* through a sieve into a mixing bowl and mix with the chard, egg yolk, 100g *Parmigiano-Reggiano* cheese and a generous flourish of grated nutmeg.

Roll out the dough with a rolling pin or using a pasta machine into a thin pastry sheet about 1mm thick. Then spread out the pastry sheet over a board and, with the tip of a knife, divide it into 6/8cm squares. Using a *sac-à-poche*, pastry bag or teaspoon, put some filling on half of each square leaving a 1cm border. Fold over the edge and use a pastry wheel cutter to run round the edges to seal and make a distinctive pattern. Drop the *tortelli* into boiling salted water in a large pot and cook for about 3–4 minutes. Drain and sauté briefly in butter melted in a sauté pan over a low heat. Serve hot from the pan with grated *Parmigiano-Reggiano*.

GNOCCHI ALLA ROMANA SEMOLINA GNOCCHI

SERVES 4

For Paolo, this dish brings back memories of his youth and is always a favourite with children. 'It has this wonderful yellow-orange colour when it comes out of the oven. The cheese is *umami* and the *semolina* is the mild basic flavour.' It was also a childhood favourite for Valentina who remembers helping in the kitchen by cutting out the shapes of *gnocchi* using an upturned glass as a cookie cutter.

Preparation: 30 minutes. Cooking: 45 minutes.

INGREDIENTS

1–2 tbsp olive oil	1 egg
50g butter	Nutmeg
500ml milk	80g finely grated Parmigiano-Reggiano cheese
125g fine semolina	

METHOD

Have ready an oven dish smeared with a little olive oil. Melt 20g butter in 500ml milk in a medium-large pan. Add a pinch of salt and several gratings of nutmeg. Bring the milk to the boil and pour in 125g fine *semolina*. Stir constantly with a long-handled wooden spoon – it will splutter like an active Vesuvius – simmering for about 15 minutes.

Gnocchi alla Romana

(Dolce per 4 o 5 persone)

Si fa bollire un litro e mezzo di latte con burro quanto una noce, vi si aggiunge 2 etti di semola. Si lascia cuocere circa un quarto d'ora. Quando è cotta si leva dal fuoco vi si aggiunge un uovo intero, due cucchiari di formaggio, sale, mescolando il tutto. Si rovescia su di un asse, lasciando la di una altezza di un dito circa e quando è raffreddata si taglia a mandorle. Si condisce in una teglia mettendo uno strato di semola con pezzetti di burro e formaggio, lasciando l'ultimo strato senza formaggio e con il solo burro. Si mette nel forno per una mezz'ora almeno.

formaggio

When cooked, remove from the heat, stir in the egg and 2 tbsp grated Parmigiano-Reggiano cheese. Stir thoroughly and quickly pour on to a board, spreading it evenly with a metal spatula to a thickness of about 2.5cm. Let it cool, then cut the mix into almond or other shapes; a cookie cutter makes quick work of it. Trimmings can be shaped again in a cookie cutter. Arrange the *gnocchi* overlapping in a gratin dish, dot with scraps of butter and dredge with cheese, saving more scraps of butter for the surface. Bake in the oven at 175°C for 12–15 minutes until golden.

RISOTTO ALLA ZUCCA PUMPKIN RISOTTO

SERVES 4

Pumpkin *risotto* is all about colour. Cutting open a pumpkin is a voluptuous experience in itself – the rich, earthy orange tones of pumpkin are reminiscent of a glorious summer sunset. Pumpkin *risotto* tastes good and looks good, deep orange colours incorporated into the pearly white grains of rice, an amazing contrast with the light green of sage leaves.

'This is my father's favourite,' says Valentina. Paolo doesn't disagree. 'It's very traditional. We grow a lot of pumpkins in this region and they last all winter. The orange of the *risotto* is wonderful, giving us the colour of summer in winter.' Nicola recommends adding a few drops of Amaretto to give it a kick.

Preparation: 30 minutes. Cooking: 60 minutes.

INGREDIENTS

1kg pumpkin, or more
1–2 tbsp olive oil
½ onion or 1 shallot
60g butter
1 litre brodo

350g risotto rice
1 glass white wine
150g grated Parmigiano-Reggiano
cheese and more to serve
8 fresh sage leaves

METHOD

The very first step is baking a large pumpkin cut into big sections without bothering to remove skin and seeds. Lightly oil the pieces resting on their skin in a roasting tin and place in the oven set at 180°C without preheating. Cook for 20 minutes. Slice a quarter of the pumpkin off its skin and cut into dice. This will be for garnish. Bake the rest of the pumpkin for a further 20 minutes. The orange colour will get even deeper and brown at the tips, giving a richer flavour to mild-flavoured pumpkin. When done, slice the pumpkin off its skin, discard seeds and chop into approx 2.5cm dice.

Heat the *brodo* to simmering. Prepare the *risotto* in the usual way. Finely chop the onion or shallot and soften in 40g butter in a sauté pan over a medium-low heat, stirring often, until golden. Finely chop the sage. Stir half the sage into the softened onion. Stir in the rice and add the white wine. Stir while the wine evaporates then add the pumpkin. Follow the preparation of *risotto* in the usual way by adding hot broth little by little with a ladle and keep stirring with a wooden spoon until the grains soften but are still hard at the centre. Remove from the heat and add a final half ladle of *brodo* to keep the *risotto* very, very soft, thick and creamy. Here in Italy, we call this final stage ‘*all’onda*’, because if you move the pan quickly, the *risotto* will form a kind of ‘wave’. Add the remaining butter, stir in the shredded sage to give zing to the sweet flavour of the pumpkin. Garnish with the reserved diced pumpkin and serve with extra grated *Parmigiano-Reggiano* cheese.

FLAN DI GRANA CON ASPARAGI PARMESAN FLAN WITH ASPARAGUS

SERVES 6

‘There are many flans in our cooking which show a French or Piedmont influence. We have selected this one because of the *Parmigiano-Reggiano* cheese,’ explains Valentina. Paolo points out that this recipe can be made as one large flan or in individual ramekins as we have done.

‘Children love being part of the production of flans.’ Valentina remembers the kitchen of her own childhood with its huge cooker hood, the ancient coffee grinder, the weighing scales and the large walnut table from the 1800s that would seat up to eight people and where she would do her homework.

*Preparation: 25 minutes. Cooking: 35 minutes.
You will also need 6 ramekins or similar oven-proof moulds.*

INGREDIENTS

2 eggs	100g fresh breadcrumbs
140ml thick cream	6×70g asparagus tips
140g finely grated	1 shallot
Parmigiano-Reggiano cheese	Extra virgin olive oil
1 unwaxed lemon	250ml white wine
Black pepper	1 ladle vegetable broth
Nutmeg	2 sprigs thyme
10g butter at room temperature	

METHOD

Whisk the eggs with the cream, then incorporate the *Parmigiano-Reggiano* cheese and microplane-grated zest of the lemon in a large measuring cup. Add salt, pepper and nutmeg to taste. Grease the inner sides of the moulds with the soft butter. Coat the buttered surfaces with breadcrumbs. Pour the mixture into the moulds and place in a bain-marie. Bake in the oven at 160°C for 20 minutes if you want to brown your small pies. If you want them softer, cook them at 140°C for 25 minutes. Leave to cool in the *bain-marie* cooking water. The flans keep for a few days and can be prepared a few days in advance.

To prepare the sauce, snap off the woody ends of the asparagus and chop the spears into small pieces, setting aside the tips for decoration. Quickly blanch the tips in boiling water in a small pan, cooking for a minute or so, until *al dente*. Drain and set aside. Sauté the roughly chopped shallot with the asparagus in a little olive oil in a pan over a medium-low heat, tossing constantly for 2 minutes. Add the wine and let it evaporate while you strip the thyme leaves from the stalks. Cover the asparagus with broth, add the thyme leaves and season with salt and pepper. Cook until the asparagus is very soft. Liquidise and pour a ladle of sauce in the middle of each plate. Unmold the flans and set in the middle of the sauce. Decorate each with an asparagus tip.

sta di altro colore si divide
l'impasto a metà aggiungendo
in una sacca o cassetta.

Bindino di asparagi

Messa chilo di asparagi, 2 etti sennolino
due uova parungiano, un etto di burro
un etto di formaggio fresco pangrattato sale
Cottori gli asparagi, passateli in un tegame
con poca grassa truce di burro. Cuoci-
te il sennolino in un litro di acqua
e una presa di sale per dieci minuti.
In cassetta il sennolino con mezzo etto
di burro e parungiano. Aggiungete
le uova e passatele bene il tutto.
Trasportate in un stampo fessa buca
nel centro spolverizzate di pane
e accommodate il sennolino piano
gli la forma di scatola. In que-
sta scatola mettete gli asparagi
e il formaggio fresco tagliato a
dadini e qualche cucchiata di par-
ungiano. Richiudete la scatola

col sennolino ricuocuto in modo da
chindere bene il sennolino. Togliete con
le dita l'orlo del bindino, spolveriz-
zate con pangrattato e qualche pro-
ciolina di burro e indorrate il
bindino. Cuocetelo per mezz'ora a
fuoco moderato e servitelo caldo.

Costa di piselli e prosciutto

Farina g. 250, mezzo etto di burro, mezzo
chilo di piselli, g. 150 di prosciutto,
sale, g. 15 di lievito di birra, tre
uova e parungiano.

Disponete la farina

Lignone di limone

2 etti e mezzo alcool

3 etti acqua e 3 etti zucchero

Se buccie si lasciano in infusione

nell'alcool per circa una mese

poi si fa lo sciroppo si unisce

all'alcool e si filtra

Se buccie debbono essere tagliate

sottissime i limoni debbono essere

verdi

BRANZINO ALLA SANTINI SEABASS WITH SANTINI SAUCE

SERVES 4

‘Santini used to be one of the best traditional restaurants in Milano and probably one of the first with the kitchen visible from the dining room in the eighties’, explains Valentina. ‘My father Paolo used to go there with his father Francesco when in Milano. Several years later my father found this recipe in a magazine. Since then, it has become part of our tradition. It has the good taste of fresh ingredients and sweet memories.’

Santini Sauce is vibrant, tangy and fruity, an intriguing mix of lemon juice and Worcestershire sauce with an abundance of soft herbs. Parsley contributes a fresh grassiness while chives lend a mellow taste of onion. Together they balance the assertive flavour of fresh rosemary. The sauce is spooned over poached or steamed sea bass, its pale delicate flesh and creamy texture the perfect canvas for this interesting sauce. ‘Although we are land-locked here in Emilia-Romagna,’ says Valentina, ‘we are eating a lot of fish these days and this is a favourite, both healthy and intriguing’.

Preparation: 20 minutes. Cooking: 25 minutes.

You will need a temperature probe to cook this recipe successfully in a steam oven.

INGREDIENTS

2 onions	For the Santini Sauce:
2 carrots	40g rosemary
Bunch parsley	½ garlic clove
1.5kg sea bass, cleaned but scales intact	1 tbsp lemon juice
	60ml Worcestershire sauce
	25g chopped parsley
	40g finely sliced chives
	A few drops balsamic vinegar
	25ml extra virgin olive oil

METHOD

Halve, peel and chop the onions. Scrape the carrots and slice. Place the vegetables and parsley bunch in a large saucepan (or fish kettle) of water that

can accommodate the whole fish immersed. Bring to the boil with a generous pinch of salt and several grinds of black pepper. Boil for 5 minutes, reduce the heat and carefully immerse the fish. Simmer gently for 8–10 minutes.

Meanwhile, make the sauce. Strip the rosemary leaves off the stalks and chop finely. Finely chop the garlic and crush to a paste with the flat of a knife. Add rosemary and garlic to a mixing bowl. Add lemon juice, Worcestershire sauce, parsley and chives, and a few drops of balsamic vinegar. Whisk everything together and add the olive oil in a trickle, whisking to create a homogenous, smooth sauce. Pour into a bowl, cover with plastic wrap and chill until required.

Carefully transfer the fish to a serving dish, mop up any water clinging to it with kitchen paper and remove the skin on the exposed surface. Give the sauce a quick whisk and pour it over the fish. Serve immediately.

Alternatively, the fish can be cooked in the steam oven. Heat the oven to 90°C at the full steam setting. Lay the fish out on a shallow roasting tin. Insert the oven temperature probe along the main bone of the fish, starting at the pectoral fin and pushing along the vertebral column for 5cm. When the oven is ready, plug in the temperature probe in the oven. Cook until the probe reads 73°C; this will give perfect results without losing flavours or adding extra fat.

VAPORATA CALAMARI E GAMBERI CON VERDURE STEAMED CALAMARI AND PRAWNS WITH LEMON DRESSING

SERVES 4

‘*Vaporata di calamari e gamberi* is one of the easiest dishes that I prepare when I have guests,’ says Valentina. ‘There are zillions of versions of it,’ she goes on, ‘but in my version the *citronette* (dressing) is influenced by the ‘*catalana*’ (a little bit of vinegar and *Tropea* onion) and is extremely tasty.’

The *calamari* sliced in rings and prawns without shells are both steamed and served with a crunchy and colourful salad marinated in a lemony, olive oil dressing. Healthy and attractive to look at, this is a delicious mix of crunchy textures and creamy seafood.

Tropea onions are a particularly sweet and juicy red onion from Calabria, known as ‘the red queen’ in Italy.

Preparation: 35 minutes. Cooking: 16 minutes.

INGREDIENTS

800g small calamari
18–20 shell-on, headless prawns
3 Pachino tomatoes
4 carrots
4 baby zucchini (courgette)
3 celery ribs
½ Tropea (red) onion
Parsley

For the citronette dressing:
4 tbsp extra virgin olive oil
2 tbsp lemon juice
1 tsp white wine vinegar

METHOD

Preheat the oven to 80°C at the full steam setting. Place the drip pan in the oven on the first level. Meanwhile, clean the *calamari*. Start by snipping off the two long feeler tentacles, then put your fingers into the cavity and pull out the stomach and then the stiff plastic-like quill. Cut above the eyes to remove the tentacles and discard the beak, a hard ball that will come away easily. Rinse the *calamari* and slice in rings. Leave the tentacles whole. Spread the rings and tentacles on an oven tray with holes. Remove the shells from the prawns, leaving only the tails. Run a small sharp knife along the prawn curve and gently extract the intestine (dark line running down the prawn). Rinse in cold water, drain and pat dry. Spread the prawns on another oven tray with holes.

When the steam is up to temperature, place the tray with the calamari on the third level. Cook them for 12 minutes, using a timer so you don't over-cook. Now add the tray with prawns on the second level and cook for 4 minutes more.

Meanwhile, prepare the *citronette* dressing by using a globe whisk to mix oil, lemon juice and white wine vinegar in a mixing bowl. Season to taste with salt and pepper. Finally, prepare the vegetables. Cut the tomatoes into 4 pieces and slice into batons. Scrub the carrots clean and slice into very fine batons. Repeat with the *zucchini* and celery. Slice the onion super thin. Finely chop the parsley. Add all the raw vegetables to the *citronette*, toss thoroughly with tongs and leave for a few minutes. When the prawns and *calamari* are ready, serve them with the marinated vegetables and the *citronette*.

OSSOBUCHI ALL'ARANCIO VEAL STEW WITH ORANGE GREMOLATA

SERVES 4

'Bone with a hole' is the literal translation of the cross-cut veal shanks required for this rich, veal stew made with braised vegetables, white wine and broth. It is often garnished with *gremolata* and traditionally served with either *risotto alla Milanese* (see the next recipe) or *polenta*.

'Orange brightens up the mild flavour of the *ossobuco*', says Paolo, 'and the *risotto alla Milanese* (flavoured with saffron) is always a smart, chic dish.' Nicola remembers picking out the marrow of the veal with a toothpick or a *scarpetta* (literally a 'little shoe' of bread).

For those who are intimidated by the time it takes to tend a *risotto*, waiting for the *Arborio* rice to cook and adding liquid, Valentina says, 'Do it slowly. That's the nice part about cooking *risotto*. There is no fast cooking in our tradition. Set the table, stir the *risotto*, prepare the fruit for later, stir the *risotto*. Enjoy the process and *buon appetito*'.

Preparation: 30 minutes ossobuco, 15 minutes risotto.

Cooking: 90 minutes ossobuco, 25 minutes risotto.

INGREDIENTS

For the <i>ossobuco</i> :	200g tomatoes
4 veal <i>ossobuco</i> cuts	500ml veal or chicken stock
Flour or starch for dusting	1 sage leaf
60g butter	1 sprig rosemary
100ml olive oil	Splash of decent white wine
1 small onion	1 garlic clove
1 carrot	1 juicing orange
1 celery stick	1 unwaxed lemon

METHOD

Dust the veal with flour, shaking off excess. Season with salt and pepper. Melt the butter in a spacious frying/sauté or other wide-based lidded pan over a medium heat and cook until golden, turning as the pieces brown, allowing about 20 minutes.

Meanwhile, halve, peel and finely chop the onion. Scrape and finely chop the carrot. Use a potato peeler to peel the celery and chop in small pieces. Remove the tomato stalk and make a cross incision on the opposite side. Using water from the kettle, blanch the tomatoes for about 10 seconds in boiling water. Cool them immediately in cold water. Once cooled, remove the skin and cut each into four wedges. Squeeze the wedges lightly to remove most of the seeds. Chop the tomatoes. Stir the tomatoes and prepared vegetables into the pan along with 150ml stock, sage leaf and sprig of rosemary. Add a generous splash of good white wine. Simmer gently, covered, adding a little water as the liquid reduces, cooking until the meat is very tender; check after 45 minutes, possibly continuing for a further 15 minutes.

Turn the veal a couple of times during cooking. Finely chop the garlic and remove zest from the orange and lemon. Chop both finely and then chop garlic and zest together. Stir the orange *gremolata* into the *ossibuchi* and serve with the *risotto*.

RISOTTO ALLA MILANESE SAFFRON RISOTTO

SERVES 4

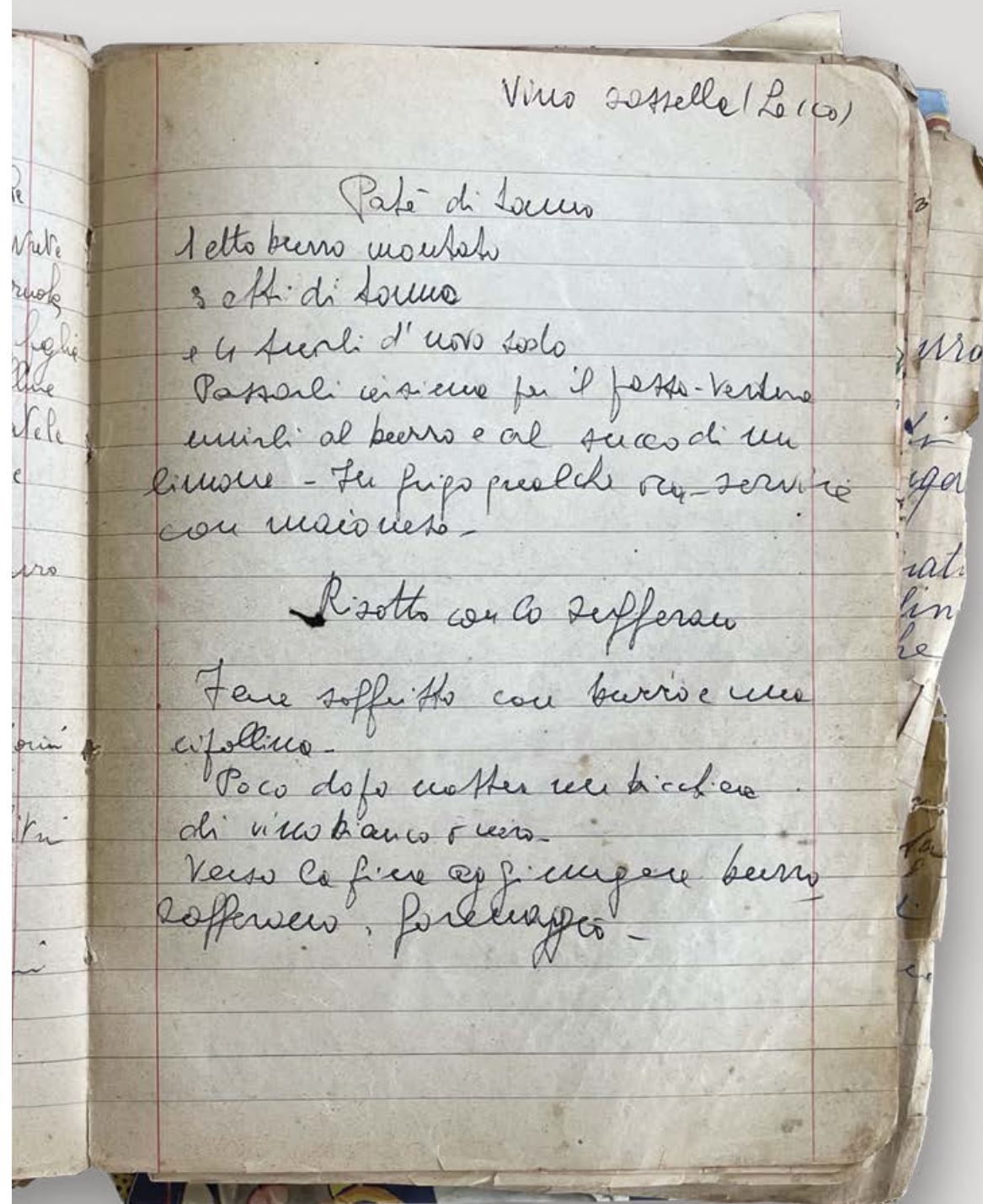
Preparation: 10 minutes. Cooking: 18-25 minutes.

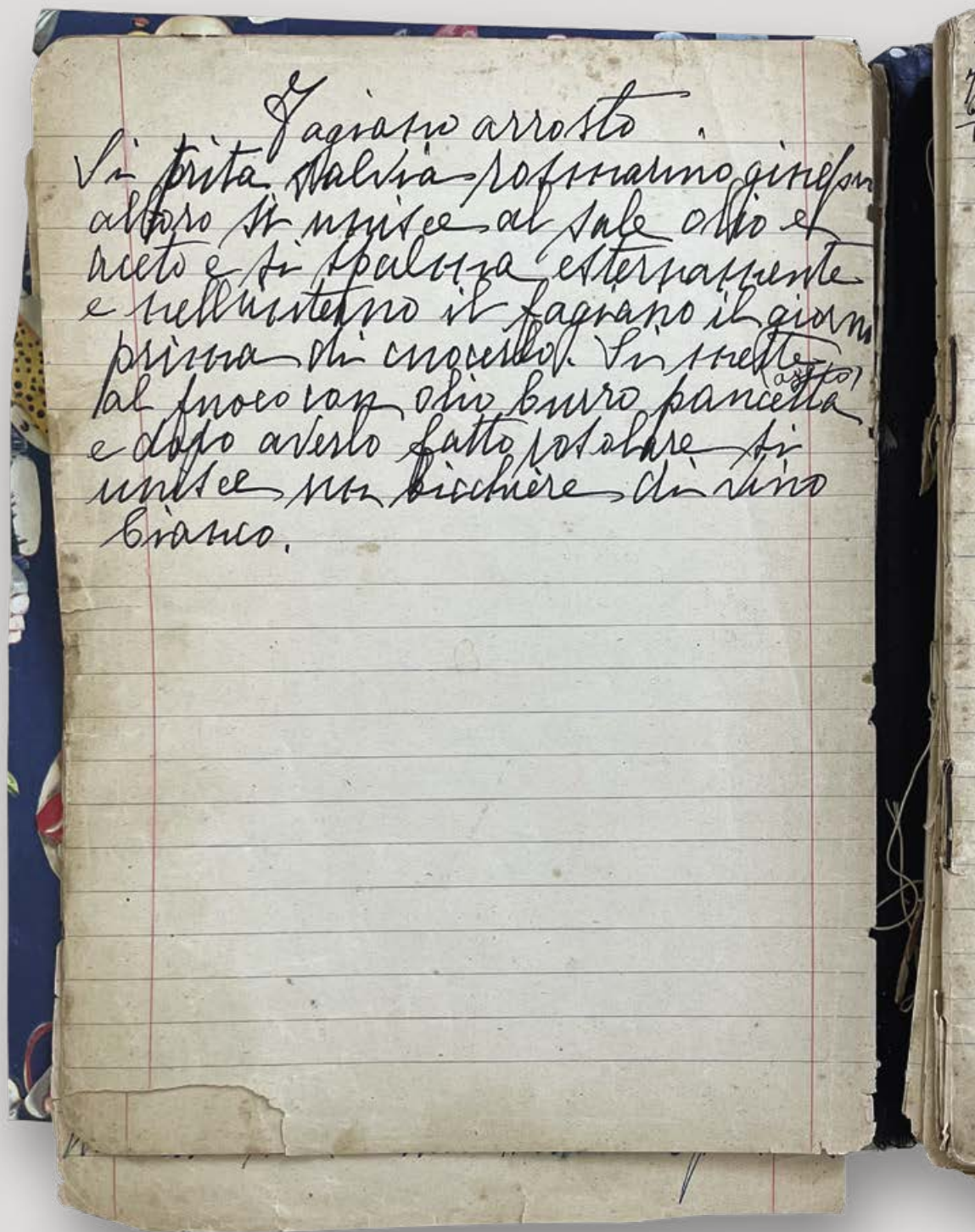
INGREDIENTS

1 white onion	20ml white wine
40g veal marrow	1 sachet powdered saffron
300g Carnaroli rice	600ml chicken broth
50g butter plus an extra knob	4 tbsp finely grated Parmigiano-Reggiano

METHOD

To make the *risotto*, halve, peel and finely chop the onion. Chop the marrow. Brown them in 50g melted butter in a spacious sauté/frying or other wide-based pan placed over a medium-low heat. Stir in the rice, stirring until every grain is coated with the butter. Deglaze with the wine and let it bubble up into the rice. When the wine has been absorbed, pour in the broth and simmer, stirring often, until the rice is al dente. Halfway through the cooking time – about 15 minutes – add the saffron and a generous handful of grated *Parmigiano-Reggiano* cheese. Stir in the remaining butter and serve.





FAGIANO ARROSTO ROAST PHEASANT WITH POTATOES

SERVES 2

This recipe also works with guinea fowl, which Nicola prefers as the meat is a little less dry than pheasant. 'But pheasant can be very good,' says Paolo, 'although you do have to protect the meat from becoming too dry. You need a lot of herbs, the more the better – rosemary, sage, bay leaves. Herbs are a part of our Mediterranean soul.'

Preparation: 40 minutes plus 3–24 hours marinade. Cooking: 40 minutes.

INGREDIENTS

10cm sprig rosemary	5 cloves
5 sage leaves	2 sticks of celery
4 bay leaves	500g potatoes
1.2kg pheasant	20g butter
5 black peppercorns	3 tbsp olive oil

METHOD

Strip the rosemary spikes from the stalk and finely chop with the sage and bay. Mix with a generous pinch of salt and massage all over the pheasant. Add the herbs to a mixing bowl, add peppercorns, cloves, wine and vinegar. Mix well. Halve, peel and finely chop the onion. Use a potato peeler to remove the celery filaments and chop finely. Stir both into the marinade. Turn the pheasant through the marinade and leave breast down in the bowl. Cover the bowl with a stretch of plastic film and leave to marinate in a cool place for at least 3 hours, preferably overnight. Turn the bird from time to time so the marinade flavours it thoroughly.

When you are ready to cook, lift the bird out of the marinade, drain and pat dry with kitchen paper. Peel the potatoes and cut into chips. Rinse and pat dry. Tip the marinade into a sieve over a bowl. Shake the vegetables and herbs in the sieve to drain, then pat dry, discarding cloves and peppercorns. Heat the oven to 175°C. Melt the butter in 3 tbsp olive oil in a spacious frying pan over a high heat and brown the pheasant thoroughly, turning after a couple of minutes, allow 10 minutes in total.

Surround the bird with potatoes and vegetables mixed with the herbs, add a seasoning of salt over everything and cook in the preheated oven for about 25 minutes, adding a few tablespoons of the marinade liquid from time to time. To check the bird is done, insert a meat thermometer probe deeply into the thigh, as close as possible to the bone while remaining parallel to the thigh bone as much as possible. The probe clock should show 72°C in the 170°C oven.

When cooked, turn off the oven and let the pheasant rest there for a few minutes. Then serve with the potatoes and cooking sauce.

ROASTBEEF DI FILETTO O SOTTOFILETTO ROAST BEEF WITH PARMESAN

SERVES 4

‘It’s simple and it’s expensive,’ says Paolo. But very delicious. In Italy, roast beef is served sliced very thinly in two different ways: when just prepared, warm with its sauce and baked potatoes; when cold, with a sprinkling of *Parmigiano-Reggiano* cheese shavings, some extra virgin olive oil and a rocket or sliced tomato salad.

Preparation: 15 minutes rest. Cooking: 25 minutes.

INGREDIENTS

<i>500g sirloin, rump or other beef for roasting</i>	<i>50g piece Parmigiano-Reggiano cheese</i>
<i>60ml extra virgin olive oil</i>	<i>Balsamic vinegar to taste</i>
	<i>Mixed salad to taste</i>

METHOD

Tie the meat with kitchen string and season it with salt and pepper. Heat half the oil in a frying pan over a medium heat and brown the meat all over, turning with kitchen tongs. Heat the oven to 170°C and cook until pink in the centre; check after 15 minutes. Let the meat rest for 5 minutes then slice thinly. Serve the meat scattered with *Parmigiano-Reggiano* cheese cut into wafer-thin flakes (a potato peeler is good for this), adding a few drops of balsamic vinegar and salad garnished with a drizzle of raw olive oil.

TORTA CIOCCOLATINA CHOCOLATE TRUFFLE CAKE

SERVES 6

Torta cioccolatina gets its name from the sensation you have when eating it: it melts in your mouth like a chocolate truffle. When served, it looks like chocolate candy, cut up in small cubes as in a chocolate box. ‘This cake is loved by everyone’, says Valentina. ‘If you’re going out to dinner you take it as a gift to be served in small cubes. You might also take a bottle of sparkling white wine’.

Preparation: 20 minutes. Cooking: 30 minutes.

INGREDIENTS

<i>4 eggs</i>	<i>200g dark chocolate</i>
<i>200g sugar</i>	<i>1 tsp vanilla extract</i>
<i>150g butter</i>	<i>70g flour</i>

METHOD

Put a metal mixing bowl (or a large ceramic bowl) in the freezer to chill. Meanwhile, using a wooden spoon, mix sugar and egg yolks in a second metal mixing bowl until you have a smooth cream. Use the cold bowl to beat the egg whites with a pinch of salt until stiff. Blend the yellow cream and the beaten whites together, taking care to mix from up to down in a circle. Break the chocolate into chunks and place in a metal bowl with the butter, also cut into chunks. Place the bowl over a simmering pan of water without letting the bowl touch the water. Stir constantly so the two ingredients melt together, becoming smooth and glossy. Add the chocolate to the main mixture and then add the flour and vanilla, stirring briskly to mix. Transfer the mix to a ceramic or tin dish approximately 24–26cm. Heat the oven and when up to 170°C, cook for 30 mins, or 25 minutes if you have a gas oven. The *torta cioccolatina* should remain moist inside, like a chocolate truffle. Cut in small cubes and serve decorated with a dusting of icing sugar.

Una metà dose di questo flamin e quella
sempre usata per fare. Essi questi
della farina

Un litro di latte circa, un etto di
burro sei cucchiaj di farina, sei
uova, formaggio parmigiano
grattugiato a Volaksta. Che etti spina

Flamin di gnese

Si prende mezzo litro di latte
e si mette dentro poco per volta
4 cucchiaj fior di farina e un
po' di sale. Si cuoce poi si aggiun-
ge un po' di formaggio gnese
e un po' di parmigiano grattugiato.
Si mescola coll'impasto 4 tolli
d'ova e 4 chiazzi ridotti in zuppa.
Si unge lo stampo con l'impa-
stata e vi si mette l'impasto o-
strato mescolato con la gnese tagliata
a fettine sottilissime. La gnese battuta

Pastella per le fritture
Farina g. 100, olio una cucchiasata

uova 1, sale quanto occorre, acqua
quanto basta. Spegnete la farina
col rosso di uovo e cogli altri ingre-
dienti versando l'acqua a poco
per volta per farne una pasta
non troppo liquida. Sbarbatela
bene col mestolo e lasciatela in
riposo diverse ore. Quando siete
per adoperarla aggiungete la
chiara montata. Questa pastella
puo' servire per molti fritti e
specialmente per frutta ed erbaggi.

Salsa da versare sul pollo freddo
Si prendono poche accinghe, po-
chi capperi e poco tonno (metto etto
ciascuno circa). Si tritano con la
mazzaluna e si passano col se-
taccio per si usisce olio, limone
e aceto. Si mette l'olio mentre si
passa al setaccio e l'aceto si
mette in ultimo.

~ ~ ~

PASTELLA PER LE FRITTURE BATTER FOR DEEP FRYING

SERVES 4

Deep frying is a way of preserving the flavour, texture and freshness of fresh food, whether fruit, vegetables, fish, cheese or meat. Nicola remembers his grandmother Maria frying battered *zucchini* flowers, *mozzarella* and anchovies. 'It's crucial to use a bland oil such as sunflower oil or perhaps peanut oil which is delicate and has no taste. The aim is lightness not greasiness'.

Here are two recipes. One, for Japanese-style tempura batter with the advantage of being very light and crunchy, so good for artichokes, *zucchini* flowers, fish and fruits. The other, a richer but similar batter made with egg and olive oil, good for aubergines (eggplants), meat, poultry and cheese. Both, though, are perfect for fish, vegetables and fruit.

RECIPE 1

Preparation: 15 minutes.

100g 00 flour
250ml cold sparkling water

METHOD

Place the flour in a mixing bowl and add the water gradually, stirring to make an essentially smooth yet lumpy batter. Add a pinch of salt and slacken with enough cold water to obtain a smooth and not very dense mixture. Leave to rest for 30 minutes and stir before using.

RECIPE 2

Preparation: 15 minutes, rest for 2 hours.

100g 00 flour
1 egg
1 tbsp olive oil
250ml cold sparkling water

METHOD

Separate the egg. Combine a few spoonfuls of flour with cold water to achieve a smooth and slightly liquid paste. Mix in the egg yolk and olive oil, adding the remaining water gradually, whisking briskly with a wooden spoon. The consistency should not be too liquid. Leave to rest for a couple of hours. Fold in 1 whipped egg white just before you plan on using the batter.

For a gluten-free batter, use rice starch plus corn starch to the same weight as the 00 flour. For a richer batter, use beer instead of water.

STRUDEL

SERVES 8

The ever-popular strudel originated in the Ottoman Empire and then made its way via Austria across the mountains of the Italian Tyrol. 'I'd always rather make it than buy it in a shop,' says Nicola. 'The best apples come from the Trentino-Alto Adige region north of here,' says

Valentina. 'They're crisp and sweet. I mainly use *renetta* (rennet in England, *reINETTE* in France). She adds, 'In the original Bertazzoni cookbook, this was considered rather a cool and exotic addition'. Chef Tommaso agrees; 'This was a sophisticated woman who contributed to the cookbook'. She was no 'rezdora' [a woman who never leaves her home). The rezdora, it should be explained, was not simply the 'housewife', but represented much more. She had a well-defined role, a precise social function and, if she was also a good cook, then she was making the fortune not only of her family but of the entire community.

*Preparation: 45 minutes plus 30 minutes resting for the pastry,
45 minutes for the filling. Cooking: 50 minutes.*

INGREDIENTS

For the pastry:
250g strong white flour
plus a little extra
Generous pinch salt
1 beaten egg
1 tbsp vegetable oil
75ml tepid water

For the filling:
50g blanched almonds or pine kernels
75g butter
75g white breadcrumbs
1 unwaxed lemon
1kg apples and pears or
1kg apples, pears and soft prunes

carta oleata."

FINE

Lo « Studel »

Mettete sull'apposito assi grammi
250 di farina bianca, un pizzico
di sale, 1 cucchiaino di zucchero,
riunite il tutto a montagna,
fatene nel mezzo un buco; versate
nel buco un uovo intero ed un
cucchiaino colmo di burro e sciolto
in 1/2 bicchiere di latte tiepido.
Impastate, aggiungete ancora
latte se fosse necessario; manipolate
pensate che più lavorate la
pasta, più il dolce vi riuscirà
squisito e delicato. Ammassate
a palla la pasta; mettetela sul
fuoco una casseruola vuota,
perché si riscaldi; ricoprite
con essa la pasta; e lasciatela
poi lì, al caldo per una
mezz'ora circa. Secondo il

100g sultanas or raisins
4 tbsp rum
75g Demerara sugar

2 tsp ground cinnamon
1 beaten egg
25g icing sugar

METHOD

Sift flour and salt into a mixing bowl. Whisk the egg in a small bowl, add oil and water and mix thoroughly. Make a well in the middle of the flour, pour the liquid into the middle gradually, beating flour and liquid together with a wooden spoon, continuing until it clumps together and is neither wet nor dry. This is a tricky moment because adding the liquid too quickly makes it lumpy. Work the dough, kneading and slapping it onto a work surface for about 10 minutes until smooth and shiny and obviously elastic. Cover the pastry with a tea towel and leave in a warm place for at least 30 minutes to relax the pastry.

Now prepare the filling. Melt 15g butter in a spacious frying pan and when bubbling, stir in the almonds or pine kernels. Stir-fry until golden then tip onto a fold of kitchen paper to drain and cool. Wipe out the pan and add 35g butter. When melted, stir in the breadcrumbs and stir constantly until crusty and golden. Tip onto a fold of kitchen paper to cool and crisp. Place the cooled almonds in a plastic bag and crush with something heavy until chopped into crumbs. Remove the zest from the lemon and chop finely. Squeeze the lemon juice into a mixing bowl. Quarter, core and peel the apples and pears, then slice thinly down the halves directly into the lemon juice. Toss occasionally to prevent excessive browning. If using prunes, chop them into small scraps. Toss the sultanas or raisins with 2 tbsp rum.

Give the pastry another quick kneading. Choose a clean tea-towel with a strong pattern and spread it out on a work surface. Dust the tea towel lavishly with flour and rub it into the fabric. Place the pastry in the middle. To begin with, as you roll and pull the pastry, your task – to roll it so thin you can clearly see the tea towel pattern and big enough to overhang the edges – will seem impossible. The pastry will resist and want to spring back on itself, but just keep on rolling, stretching it gently with your hands. As it gets larger, slip your hands under the pastry, carefully easing it off the tea towel, to gently stretch and pull the dough, using your forearms and later the backs of your hands to support it.

It helps if you can roll the pastry on a work surface or table, which enables you to get at the pastry from different angles although you could just move the tea towel. Keep on keeping on until the pastry is tissue-thin and large enough to just overhang the tea towel. Don't worry about the odd tear but chose the end with the least damage to finish on. Trim the edges. If you haven't already, ease your hand under the pastry to ensure that none of it is stuck to the tea towel. Have ready a buttered baking sheet lined with buttered baking parchment.

Melt the remaining 25g butter and paint it over the pastry. Leaving a 2cm border, scatter the pastry with chopped almonds and breadcrumbs. Drain the apples and pears and mix with the cinnamon, sugar and lemon zest. Spread evenly over the crumbs. Bearing in mind which end you wish to end on, roll the pastry with the aid of the tea towel. Use beaten egg to glue and seal the end of the roll and side ends, tucking the seal under the roll. Carefully manoeuvre the roll onto the prepared baking sheet and ease it into a horseshoe shape. If you wish, you could keep the strudel on hold at this point.

To cook, heat the oven to 180°C and bake for 20 minutes. Increase the oven to 200°C and cook for a further 30 minutes until the surface is crisp and golden and your kitchen smells like Christmas. Dust with icing sugar and ease the strudel on to a serving platter. Serve warm rather than piping hot, cut in slices. Alternatively, just before serving the strudel, drizzle it with rum. Flambé it by lighting the rum and serve immediately.

TORTA DI RICOTTA RICOTTA TART

MAKES A 26CM CAKE

The history of *ricotta* cheese has been lost in the mists of time but is known to have been a favourite food of kings and shepherds alike in the days of the Egyptians and the Sumerians. *Ricotta* cheese derives its name from the Latin word *recocta* – meaning cooked twice – as is the case with the whey during the manufacturing process. Every year for centuries, fresh *ricotta* cheese arrived in town on November 25th, St Catherine's Day, to the tune of a pastoral. It was carried in wicker baskets by pipers coming down from their pastures up on the mountains to roam around the streets playing their bagpipes and shawms. The tradition continues and, on the days leading up to Christmas, pipers arrive in town to the loud sound of their ancient instruments, wearing clothes that seem to emerge from a Nativity scene, to announce to everyone that Christmas is finally upon us.

This version of *torta di ricotta* from our family cook books is enriched with a delicate almond pastry and *griottine* (sour) cherries mixed with the *ricotta*, the pie is finished with a layer of dark chocolate. The pastry is soft and delicate but delicious.

There is another, more modern recipe on the Bertazzoni website. It is popular with Nicola, who loves anything with raisins – the more the merrier as far as he is concerned. 'And plenty of candied fruit too. You don't want this dish to be too plain.' See uk.bertazzoni.com/italian-lifestyle/torta-di-ricotta.

Preparation: 40 minutes plus 2 hours cooling. Cooking: 40 minutes.
You will also need a 26cm diameter springform cake tin.

INGREDIENTS

For the shortcrust pastry:	For the stuffing:
50g <i>blanched almonds</i>	220g <i>dark chocolate</i>
300g <i>flour plus a little extra</i>	150ml <i>milk</i>
<i>Grated zest from ½ unwaxed lemon</i>	½ <i>vanilla pod</i>
150g <i>butter plus an extra knob</i>	75g <i>soft butter</i>
150g <i>granulated sugar</i>	200g <i>granulated sugar</i>
1 <i>whole egg</i>	600g <i>mixed ricotta (70% cow's milk,</i>
2 <i>egg yolks</i>	30% <i>sheep's milk)</i>
1 <i>tbsp cold water</i>	4 <i>egg yolks</i>
12g <i>dried yeast</i>	20 <i>griottine (sour) cherries in syrup</i>
	For decoration:
	100g <i>dark chocolate</i>

METHOD

Set the oven to 160°C for fan-assisted, or 170°C for conventional. Dry roast the almonds in a frying pan for 2 minutes over a medium-low heat, tossing constantly without browning. Leave to cool then when cold, grind to flour. Mix flour, ground almonds, yeast, scraps of 150g soft butter, 150g sugar, whole egg and 2 egg yolks plus 1 tbsp water and lemon zest, and use your fingertips to quickly and gently work the mix into a cohesive ball. Wrap in plastic film and rest it in the fridge for 30 minutes. In a mixing bowl, cream 75g soft butter with 200g granulated sugar and incorporate the *ricotta* and seeds from the vanilla scraped out with the point of a knife. Keep stirring and incorporate 4 egg yolks, one at a time, into the mixture. Finally, fold in the cherries, drained from the syrup.

Grease the cake tin with the extra knob of butter and dust with the extra flour, turning the tin in your hands to cover evenly then shake out excess (this makes it reliably non-stick). Dust a work surface with flour and use a rolling pin to roll out the pastry to a thickness of 4mm. Line the cake tin with the pastry, leaving a 5cm overhang. Prick the base layer with the tines of a fork and spoon in the filling. Bake the pie for 35–40 minutes until set and evenly lightly browned.

Remove from the oven, allow to cool, trim off the pastry overhang and cover with the chocolate previously broken into pieces and melted with the milk in a pan over a medium-low heat. When the chocolate has solidified, remove the pie

Sformato Saratasa

Lessate gr. 800 di spiracci e a parte
gr. 500 di patate. Appena cotte
passatele al setaccio e posatele
sul fuoco con un cucchiaino di burro.
Incorporate poi in ciascuna
4 cucchiaini parmigiano, sale, un
morsò e la metà di una bescia
mella che avrete preparato con
gr. 50 di burro gr. 50 di farina
e 1/2 litro di latte. Trorburate e
cospargete di pane uno stampo
sul quale verrete i due costipoli
stip. Cuocete nel forno a ba-
gnomaria per circa un'ora e mezza.

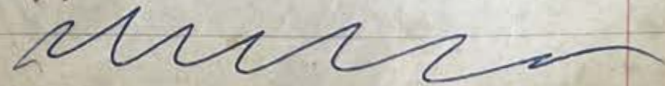
Torta di ricotta

2 libbre di uova battute con due
cucchiaini di zucchero. Per si unisce
quattro etti di ricotta mescolata
piccoli mescolata una sultanina
e mescolata candida con biscietti
di cognac

deusa. La pastella bisogna prepa-
rarla un paio di ore prima ed al
momento di usarla usarla con la
chiara montata.

Frittelle Carolina

Fate cuocere in acqua salata un chilo
di patate farinate indi sbucciatele,
passatele e mettete il passato in una
insalatiera aggiungendo 80 grammi
di zucchero e la buccia grattugiata
di un limone. Mescolate bene
questa pasta in modo che sia
morbidida ed omogenea, indi ag-
giungete a poco a poco tanta farina
che getterete a pioggia fino a che non
diventi sempre freschando abba-
stanza dura. Mettete questa pasta
su una tavola e stenditela sottile
poi con un bicchiere tagliatela a
dischi e friggetela spolverizzata di
zucchero.



10/10/1911
Tabelle

from its tin. If preferred, melt the chocolate in the microwave. Break two thirds of the chocolate into a bowl and place in the microwave at 800W. Every 5 seconds, take out the bowl, mix with a spoon and return to the oven until completely melted. For dark chocolate, the final temperature should be 50°C. (If using milk chocolate or white chocolate, it should be 45°C.) Add the remaining chocolate and agitate well with the spoon, reducing the temperature to 30°C. Use the melted chocolate to decorate the cake.

TORTA DELLE ROSE CAKE OF ROSES

MAKES 1 CAKE

This exquisite cake, a bouquet of stuffed brioche dough, was created in 1490 for the wedding in Mantua of Isabella d'Este, daughter of the Duke of Ferrara and Francesco Gonzaga, Marquis of Mantua.

'It's a beautiful looking cake and quite tough to make at home,' says Valentina. 'The raising is the difficult part.' 'It's a joy for the eyes – made in the shape of a rose,' says Paolo. 'My mother Iolanda used to make it but I'm afraid we tend to buy it now.'

Preparation: 40 minutes. Cooking: 30 minutes.

INGREDIENTS

For the pastry:
500g all-purpose flour,
2 eggs
1 tsp salt
75g butter
1 unwaxed lemon
20g fresh yeast
120ml warm milk

85g sugar
½ vanilla bean

For the filling:
100g butter
100g sugar
150g raisins
Icing sugar to serve

METHOD

Pour the flour onto a wooden board and make a well in the centre. Add the eggs and 1 tsp salt. Melt the butter, making sure that it doesn't boil. Zest the lemon using a microplane grater. Dissolve the yeast in half a cup of warm milk and stir

in the sugar and seeds scraped from the vanilla pod. Pour all the ingredients into the flour and knead the dough for about 15 minutes. Let it stand in a bowl until it has doubled in volume. Meanwhile, prepare the filling. Cream the butter with the sugar until the mixture is smooth, then sprinkle it with raisins and work the mixture until they are incorporated.

Once the initial leavening has been completed, flour the board again and roll the dough out with a rolling pin until you form a smooth rectangle, about 5mm thick. Spread the filling over the dough, then roll it up, starting from the longer side and divide it into ten 5cm thick slices. Lay the slices upright in a cake tin, lined with baking paper. Seal the slices on the bottom with dough, so that the filling does not ooze out. Wait for the 'rosebuds' to stick together, this means that they have completed their leavening. Brush them with milk and bake in the oven for about 30 minutes at 175°C. Dust with icing sugar, before serving.



FOUR

THE FAMILY TABLE

Meals at the family table are good and simple. When favourite dishes are served, eating becomes an enthusiastic ritual, cementing those wonderful feelings of enjoyment and togetherness, reminding the family of repeated delights and familiarity.

These are times when the family table becomes the most important place in the home. It is where generations discover themselves and each other simply by spending time together, enjoying similarities and differences, discovering common causes and disagreements, making memories that last a lifetime – all the subtle and reassuring bonds of family.

The recipes in this chapter are some of those that mean all these things to the Bertazzoni family. There are dishes from the family cookbook that have been favourites for as long as anyone can remember. There are also newer recipes that reflect changing times and tastes. Selecting, preparing and cooking the delicious array of Emilia-Romagna's produce has meant creating for the family living rituals and traditions, memorable subjects of conversation and appreciation, with the food ever reinterpreted to contemporary life.

As throughout Italy, the traditional structure of a full meal is understood. It consists of appetisers (*antipasti*), starters (*primi*) and main courses (*secondi*) accompanied by separate vegetables (*contorni*) or salads (*insalata*). Then there are the fruit courses, occasionally cheeses (*frutta e formaggi*) and finally sweets (*dolci*).





Rarely served in such full glory except on special occasions and celebrations, most proper family meals will have at least three of these courses. Pizza is typical of the region as elsewhere and may replace the traditional starter and main course. It cooks wonderfully in the home oven with the family's own favourite and seasonal ingredients.

The *antipasti* feature anything from vegetables with *prosciutto* or other cured meats to fruit such as pears with *Parmigiano-Reggiano* cheese and balsamic vinegar. Other popular appetisers are fried bread with *salami*, *caprese* (fresh buffalo mozzarella with cherry tomatoes and basil) and *bruschetta* (griddled *Pugliese* bread rubbed with garlic and splashed with olive oil, served with a crumble of salt).

The starter is often the beloved pasta which is served with any of a great variety of aromatic sauces, meat or vegetable. As well as *pastas*, *risottos*, *gnocchi*, soup and *lasagne* are all common *primi* dishes. Generally, these do not contain any meat but may feature fine delicacies, such as truffles or seafood.

A word here about *Parmigiano-Reggiano*, the indispensable ingredient for so many of these dishes. Its ageing process gradually turns it hard and golden, making it especially suitable for so many purposes. For serving, the younger cheese accompanies pears and grapes, as in the *antipasti* above; the medium aged cheese goes with *prosciutto* or *radicchio* (bitter salad) or walnuts; the fully aged cheese with *mostarda* and *cipolline*. For grating, medium *Parmigiano* is used on pasta and the more mature cheese with other ingredients for fillings.

Back to the meal: the *secondi* features the region's highly-prized meats – veal, beef, pork, poultry and game – cooked in any number of sauces and full of great taste. Seafood often features here and fish is served in soups and casseroles or with fragrant Italian oil, garlic and parsley. Sometimes this main course has both meat and fish, in which case a sorbet palate cleanser may be served in between. The vegetable dishes (*contorni*) are served on a different plate from the meat or seafood allowing for the integrity of flavours to be preserved. A salad may be served with the *secondi*.

The next course is one dedicated to *formaggi e frutta* with regional cheese and fruit chosen to complement one another. The choice of fruit naturally depends on the season but may include peaches, cherries, pears, muskmelons and so on, as well as nuts. The meal ends with desserts, delicate cakes or *gelati* which flip the palate with sweetness, a suitable finale. Coffee is usually made in a moka pot (sometimes called a stovetop espresso), and you may then indulge in a *digestivo*, perhaps a small glass of Nocino, Emilia-Romagna's classic aromatic digestive made from unripe walnuts.

This is all an experience of wonderful variety, aromas and colours, prompting family and friends to relax with the reassurance of familiarity as they gather around the table for the traditional meal. Familiarity, because the occasion has familiar people and familiar food in familiar surroundings at familiar times – and words 'familiar' and 'family' are themselves related.



Valentina

All this delicious family fare may be accompanied on occasion by distinctive regional wines. In the west (Emilia) the slightly bubbly red Lambrusco comes from the area around Parma, Reggio Emilia and Modena, and the white Pignoletto, a wine mentioned by Pliny the Elder in the first century AD, comes from the area around Bologna. In the east (Romagna) there is the red Sangiovese, *the* wine for meat; whites include Albana, which has been produced since Roman times, and the dry white Trebbiano, ideal for fish. Among many other local wines are reds and whites from the hills and valleys around Piacenza in the north while intense reds come from around Parma. There are also numerous variations and smaller productions.

For the Bertazzonis themselves, the family table is often also a place that can enrich a conversation that inevitably turns to business. Such is the importance of their own home environments that members of the family usually go back there for lunch. It is this deep and constant appreciation of family and cooking that helps to give the design and engineering of Bertazzoni appliances something extra in their distinctive style and outstanding capability.

Below: Paolo and Elisabetta
Opposite: Nicola



SALSA VERDE ALL'UOVO GREEN SALSA WITH EGG

SERVES 4–6

This is such a versatile salsa, a clever way to upgrade simple dishes. It ends up thick and creamy, almost looking like green mayonnaise but with a rich and creamy yet punchy flavour. Says Paolo, 'It adds flavour and bite to a winter diet with its addition of parsley, anchovy, garlic, capers and vinegar. It's great with *bollito* (boiled meat) cooked for three or four hours until meltingly tender. You have it cold on top of the meat.' 'And it's good with fish or simply boiled eggs,' adds Valentina.

Preparation: 20 minutes. Cooking: 10 minutes.

INGREDIENTS

30g stale bread	8 capers
1 tbsp wine vinegar	½ garlic clove
1 egg	2 salted anchovies
200g Italian/flat-leaf parsley	Extra virgin olive oil

METHOD

Soak the bread in the vinegar. Immerse the egg in water in a small pan, bring to the boil and boil for 8 minutes. Pick the parsley leaves from the stalks and discard the stalks. Peel and chop the egg and place parsley leaves, egg, capers, garlic and anchovies in the bowl of a food processor with 1 tbsp olive oil. Add a pinch of salt and several grinds black pepper. With the motor running, add sufficient olive oil in a trickle to make a thick, creamy, green sauce. 80ml of oil will give a textured sauce while adding 100–150ml oil, the sauce becomes slacker; 110ml is about right. Transfer to a lidded jar and chill until required.

MAIONESE MAYONNAISE

MAKES 700ML

Our recipe is plentiful, which is ideal for a party or to use often from the fridge where it can be kept for up to four or five days. It's made quickly and easily with a planetary mixer. To make a smaller amount of mayonnaise by hand, whisk 2 egg yolks for at least 15 minutes with a wooden spoon in the same direction. Add 75ml olive oil, one drop at a time, 2 tbsp of lemon juice and a pinch of salt.

Chef Tommaso's tip is to add a quarter of the given salt immediately to the egg yolks as you start to whisk. It is not a bad idea to have someone whisking and holding the bowl while another person pours a thin, steady stream of olive oil. The point of the oil is to break up the protein of the egg. For a good Russian salad mix one quarter of mayonnaise to three-quarters of vegetables.

Valentina admits that, unlike her grandmothers Maria and Iolanda, she will use an electric whisk. 'We were spoiled by our grandmothers,' says Nicola.

Preparation: 30 minutes.

INGREDIENTS

6 egg yolks	30ml lemon juice
1 tsp salt	15ml white wine vinegar
500ml sunflower oil, or for a richer flavour, 250ml sunflower oil and 250ml Extra virgin olive oil	

METHOD

In the planetary mixer or a bowl, first add the egg yolks and then a quarter of the salt and mix vigorously with a whisk, increasing the intensity of the rotation more and more. Add the oil slowly, always mixing very quickly. At this point, add a third of the lemon juice, let it absorb and then add the rest of the liquids, always slowly and always stirring vigorously. Continue thus to make a voluptuous, shiny emulsion. Finish with the rest of the salt. Cover with plastic film and store in the fridge.

cotto conditelo con un altro po' di burro
e passigliano grattato. A chissoda
teho in un pignolo e disponeteci so
pra le aquivelle con la loro poca salsa.

Crema di Spinaci

Mettete a lessare un po' di spinacci,
dopo cotti e ben spremuti deve
rimanere una palla grossa quanto
una piccola arancia. Tritateli bene
e se si vuole che la minestra risca
ancor più delicata passare gli spinacci
allo staccio. Fare una bechiamella con
20 gr. di burro, 1 cucchiata di farina, me
scolare e poi bagnare con 3^o di latte
o brodo, condire con sale e far bollire.
aggiungere allora gli spinacci sciogliuti
deve e poi diluire con un altro bicchier^{latte}
Volgarmente di spandere in tavola
metterci un pezzetto di burro e qual
che dadino di pane fritto.

Fatto reale

U. 125 di ~~latte~~ farina, gr. 30 di burro

1 di latte un ovo un cucchiaino e
un pezzo di formaggio e sale

Salsa bechiamella

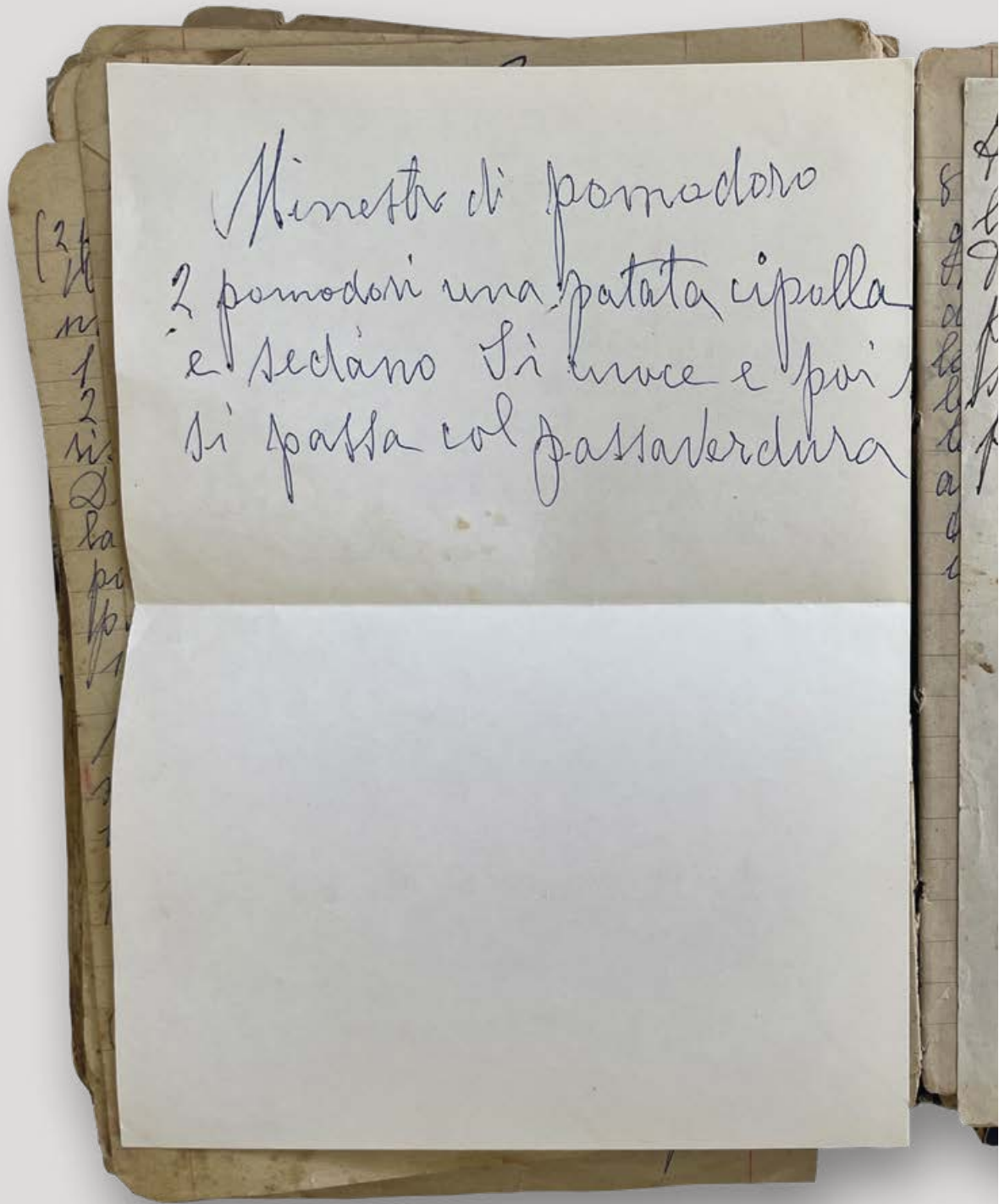
Salsa di media densità: burro gr. 50
farina gr. 50 e circa mezzo litro di
latte, Sale e un raschiella di rocc^{1 cat}

Maisese

Si sbattono due rotoli d'uovo almeno
per 15 minuti con cucchiaino di legno
e sempre in quel senso, poi si
versa la goccia per volta l'olio (un
ampolla) 1/2 litro versa poi il sugo di
un litro e un poco di sale.

Costa di frumentone

Farina bianca etti 2 - farina gialla
(fiore) 2 etti, burro gr. 180, zucchero
gr. 150 - un rotolo d'uovo - un
poco di vino bianco - Si mette
l'impasto nella teglia e si spie
ra con le mani.



MINESTRA DI POMODORO TOMATO SAUCE

SERVES 4

Though *minestra* is Italian for soup, this is really a tomato sauce. ‘The secret is to have good tomatoes and not to cook the sauce for too long’, says Paolo, ‘It’s fine to use whole tinned tomatoes if fresh tomatoes are not available. Remember to add the garlic when the oil is really hot and only add basil leaves at the end when you turn off the heat. That way the basil leaves can give back their oil.’ Valentina points out that, ‘during late summer families have large quantities of tomatoes to make sauce for the winter. (see Chapter 3, page 96 for a recipe). This recipe is not *passata* (peeled and seeded, diced tomatoes); that is made only with tomatoes so consequently is rather thin and not so good with pasta.’

Preparation: 30 minutes. Cooking: 35 minutes.

INGREDIENTS

- | | |
|-----------------------------|--------------------|
| 1.2kg ripe tomatoes | Bunch of basil |
| 150g onion | 5g sugar, optional |
| 50ml extra virgin olive oil | |

METHOD

Remove the tomato stalks and, after making a cross incision on the opposite side, blanch them for about 10 seconds in boiling water. Cool them immediately in cold water. Once cooled, peel them, divide them into four wedges and squeeze them lightly to remove most of the seeds. Halve, peel and finely chop the onion.

Heat 40ml of the oil in a medium-large pan over a medium-low heat and stir in the onion. Cook, stirring often, for 10–15 minutes until soft and golden. Add the tomatoes and half the basil. Let the sauce simmer for 15–20 minutes, then remove the basil and pass the sauce through a vegetable mill. Season with salt to taste. To enrich the taste, add a drizzle of raw oil and, if too acidic, balance the flavours with a pinch of sugar. Serve with *gnocchi di patate* (see the next recipe), using the rest of the basil for garnish.

Another good idea is to make Tuscan *pappa al pomodoro* (tomato bread soup) with this sauce. Blend or chop stale bread to half the weight of the sauce. Mix bread and sauce, pour into a bowl and leave to blend in the oven for 2 hours on the drying setting. Serve warm or cold with a swirl of extra virgin olive oil.

GNOCCHI DI PATATE POTATO DUMPLINGS

SERVES 4

These little potato dumplings are very typical of Emilia-Romagna; *La Gnoccata* are a feature of the Guastalla Food Festival, which happens in May.

‘Children are taught how to make these’, says Valentina. ‘You take long worms of sticky dough, cut in 2cm dice, then roll them with your thumbs and prick grooves with the tines of a fork. *Gnocchi* must be the right shape to catch the sauce. Always beware of *gnocchi* that are too smooth!’ Fun to make and delicious to eat. Italian potatoes, incidentally, are waxy and that is the type of potato needed to make *gnocchi*. English boiling potatoes like King Edward are too floury.

Preparation: 30 minutes. Cooking: 5 minutes.

INGREDIENTS

1kg potatoes
1 egg
250g 00 flour

METHOD

Boil the potatoes in unsalted water. Drain, remove the skin and mash them smooth on a board or pass through a fine vegetable mill. Whisk the egg with a generous pinch of salt in a small bowl with a fork. Mix the purée with the sifted flour, egg, and pinch of salt, working it together with your hands until you get a soft but compact dough. Working on a handful of dough at a time, roll cylinders about 1.5cm in diameter and cut the pieces approximately 2cm long. Using light pressure, roll each dumpling across the tines of a fork, in order to obtain the characteristic grooves. Alternatively, pass them on a *gnocchi*-line board.

To finish the *gnocchi*, drop a few at a time – into simmering salted water in a deep saucepan. They will bob back to the surface after about 2 minutes cooking. Wait for another 2 minutes and scoop them out with a slotted spoon. They should be *soffici e leggeri* (soft and light), the *gnocchi* equivalent of *al dente*. Serve them with *minestra di pomodoro*.

RICCIOLA ALLA LIPARI ROAST AMBERJACK WITH VEGETABLES

SERVES 2

‘*Riccola alla Lipari* was discovered by my parents during a trip to Eolie Island,’ explains Valentina. ‘It’s a dish with strong flavours – the *ricciola* itself has a very intense taste, so the capers and olives, which are typical flavours of southern Italy, capture the power of nature of that place; the sea, the wind, the volcano. When the *ricciola* is super fresh, it really brings home the smell of this enchanting corner of the Mediterranean Sea.’ *Riccola*, also known as amberjack, is an ocean fish, rich and buttery in flavour with a firm texture, making it ideal for roasting whole and on the barbeque but also for grilling and pan frying.

This is a perfect portion-control dish; a whole fish per person stuffed with lemon and sage cooked piled over a winning combination of skinny slices of potato mixed with diced tomato and salted capers. The mix is flavoured with garlic, masses of chopped parsley and pungent dried oregano and the dish is finished with a good splash of extra virgin olive oil.

Preparation: 40 minutes. Cooking: 35 minutes.

INGREDIENTS

2 <i>ricciola</i> /amberjack or gilt-head bream, approx 400g each	4 tbsp chopped Italian/flat leaf parsley
3 large potatoes	½ tsp ground chilli powder, optional
10 Pachino cherry tomatoes	1 tsp dried oregano
1 garlic clove	1 unwaxed lemon
2 tbsp salted capers	4 sage leaves
	Extra virgin olive oil

METHOD

Have your fishmonger gut the fish, otherwise do it yourself but leave the head on. Wash the fish well and drain thoroughly.

Peel the potatoes and cut them into very thin slices. Halve the tomatoes and swipe away the seeds then chop into small pieces. Peel and finely chop the garlic. Rinse the capers and pat dry with kitchen paper. In a mixing bowl, mix together potatoes, tomatoes, capers, half the chopped parsley, chilli, if using, garlic,

a generous pinch of salt, oregano and plenty of olive oil. Mix with your hands and pile into a spacious baking dish, spreading to make a bed for the fish.

Make a couple of slashes on the fish's back, on both sides. Salt the inside of the fish, stuff with a couple of slices of lemon, a couple of sage leaves and the remaining chopped parsley. Repeat with the second fish and place them both over the potatoes. Splash the fish and vegetables with olive oil and cover loosely with a sheet of aluminium foil. Pre-heat the oven to 160°C with fan and cook for 30 minutes. Serve immediately.

BACCALÀ MANTECATO CON POLENTA SALT COD WITH POLENTA

SERVES 6

Originally from Venice, this way of cooking salt cod (*baccalà*) has spread throughout Italy and no wonder. *Baccalà* starts out as hard as wood (with a pungent aroma) and needs lengthy soaking in water for three or four days to hydrate it, changing the water occasionally. Fortunately, it is available ready hydrated.

'This is my mother's speciality, learnt from a friend who lives in Veneto,' says Valentina. 'We eat it quite often during the winter season and it's one of the key dishes of the Christmas Eve dinner, when we eat it with thin chips of roasted *polenta*.' She also points out that, 'We don't mash the *baccalà* with olive oil, as they do in Venice. My mother says it is already very rich in fats.'

The *baccalà* is cooked very slowly in milk over a very low heat. Chef Tommaso recommends, 'moving the pan from time time-to-time in a rotating direction, without ever stirring.' The fish ends up soft and creamy but with a distinctive flavour that is enriched, in the Bertazzoni version, by onion and anchovy. It is mashed into a thick purée and kept in the fridge until ready to be served with hot grilled *polenta*, making an addictive mixture of flavours and textures.

Preparation: 15 minutes baccalà.

Cooking: 40 minutes baccalà, 30 minutes polenta.

INGREDIENTS

1 onion
2 tbsp olive oil
500g pre-soaked salt cod fillet
Flour for dusting
3 tbsp finely grated Parmigiano-
Reggiano
600ml milk
1 tbsp chopped parsley

For the *polenta*:
250g polenta flour
900ml water
100ml milk
10g butter
10g finely grated Parmigiano-
Reggiano cheese

METHOD

Finely chop the onion and soften in 2 tbsp of olive oil in a lidded pan that can accommodate the fish and milk. Add the anchovies after a few minutes, mashing with a fork to break them up. Wash the hydrated and skinned salt cod thoroughly and pat dry. Dust it with flour, shaking off the excess, and add to the pan with the softened onion and anchovy juices. Sprinkle with *Parmigiano-Reggiano* cheese and immerse in milk.

Cover the pan with a good-fitting lid and cook over a very low heat for 30 minutes. The fish will be very soft and most of the milk absorbed; if necessary, cook for a few minutes without the lid until the milk is absorbed. Flake the fish and mix it with a fork to make a rough paste. Pile it into a bowl, garnish with chopped parsley, cover with plastic film and chill until required.

To make the *polenta*, bring 900ml water and 100ml milk to the boil in a deep pan. When it starts to boil, add the *polenta* in a steady stream, stirring briskly with a long-handled wooden spoon. Cook over a low heat, stirring often to avoid sticking. When the *polenta* is thick and creamy, stir in 10g butter and 10g finely grated *Parmigiano-Reggiano* cheese.

Spread the *polenta* out on a sheet of baking parchment, spreading it approximately 2cm thick. Leave to go cold. When you are ready to serve, cut the firm *polenta* into 5cm×10cm blocks and cook them under the grill or on a hot griddle (to get those attractive scorch lines) on both sides. Serve a scoop of *baccalà* with a slice of *polenta*.

TAGLIATELLE AL RAGÙ

PASTA WITH MEAT SAUCE

SERVES 4

‘The great thing about *ragù*’, says Valentina, ‘is that it can be used in so many ways, with all types of pasta and *polenta*, in casseroles and for a filling for baked vegetables but my favourite is with *tagliatelle*. I always think of my grandmother Iolanda making it. She did it by hand – with a rolling pin, not a pasta-making machine. She used to hang the long strands of *tagliatelle* over the balcony to dry in the wind.’

Iolanda explains why the best results come from hand-made pasta; ‘Yes of course I use pasta-making machines too. But the truth is that if you use a rolling pin, the surface of the pasta is a little rougher and the sauce sticks to it better. It’s the wood that gives the texture’.

Such is the local regard for *tagliatelle* that a sample in gold is displayed on a plaque at the Chamber of Commerce in Bologna city. It says the measure of cooked *tagliatelle* should be 8mm wide and about 7mm raw.

But we leave the last word on *tagliatelle* to Pellegrino Artusi, paraphrased from his book *Science in the Kitchen and the Art of Eating Well* published in 1891: ‘Short Accounts and long *tagliatelle*, the Bolognese say, because long Accounts frighten poor husbands and short *tagliatelle* is the preserve of the inexperienced cook and look like a cooking leftover.’

Preparation: 30 minutes for pasta plus 30 minutes rest, 30 minutes for ragù.

Cooking: 5 minutes pasta, 40 minutes ragù.

INGREDIENTS

For the <i>ragù</i> :	<i>100ml red wine</i>
<i>40g carrots</i>	<i>90g tomato concentrate</i>
<i>40g celery</i>	<i>40g finely grated Parmigiano-</i>
<i>40g onions</i>	<i>Reggiano cheese</i>
<i>2 bay leaves</i>	
<i>100ml extra virgin olive oil</i>	For the <i>tagliatelle</i> :
<i>150g minced beef</i>	<i>200g 00 flour</i>
<i>150g minced pork shoulder</i>	<i>2 eggs</i>
<i>150g bacon</i>	

METHOD

First get the *ragù* under way and, while it cooks, make the pasta. Scrape and finely chop the carrots. Use a potato peeler to peel the celery and chop into similarly small pieces. Halve, peel and finely chop the onion. Place the vegetables in a pan with 2 tbsp olive oil and the bay leaves. Cook over a medium heat, stirring often, letting them soften and brown before you add minced beef, pork and chopped bacon. Increase the heat, stirring as the meat browns, then season with salt and pepper, and pour in the red wine. Reduce the heat slightly and cook, stirring occasionally, until the wine has evaporated. Reduce the heat and stir in the tomato concentrate. Cover with water and simmer, giving an occasional stir, over a low heat for at least 30 minutes.

To make the pasta, sift the flour on to a work surface, make a well in the middle and add the 2 eggs. Work the flour into the eggs, blending and kneading until smooth and homogeneous. Wrap in plastic film, or pop into a plastic bag, and chill in the fridge for at least 20 minutes. To turn the pasta into *tagliatelle*, roll out the pasta into a thin sheet with a rolling pin or with the pasta machine. Dust lightly with flour and use the pasta machine setting for wide noodles, or cut into long strips with a knife.

Cook the *tagliatelle* in plenty of boiling salted water until al dente. In Bologna, the tradition is to serve the *tagliatelle* with the *ragù* on top and a sprinkling of *Parmigiano-Reggiano* cheese. Modern restaurant service, though, is to serve the *tagliatelle* tossed with a little part of *ragù* with a generous scoop of *ragù* on top.

UCCELLI SCAPPATI/SALTIMBOCCA

VEAL BUNDLES WITH PARMA HAM

SERVES 4

The literal translation of *uccelli scappati* is ‘Escaped Birds’ but in Rome these delicious escalopes of veal rolled up with ham, *Parmigiano-Reggiano* cheese and sage, are called by their more familiar name of *saltimbocca*.

Valentina explains; ‘If hunters came back without having bagged any birds, they would often eat this veal dish which somehow has the look of a little bird – hence the name. The bundles are held together with toothpicks and quickly fried in boiling butter, served surrounded by white *risotto* (*Risotto alla Parmigiana*, recipe follows).

Preparation: 10 minutes. Cooking: 15 minutes.

si aggiunge 1 bicchiere di vino bianco
cotta al forno per quasi due ore.

*** Vitello all'ispano

Prepara 4-8 etti di polpa di vitello,
farne un salame legandolo stretto
e mettilo in una casseruola a fuoco
non troppo alto con un pizzico di
sale e un cucchiaio di burro. Fa rosola
re rivoltando di tanto in tanto, ag-
giungi quando vedrai il vitello ben ro-
solato all'esterno 1 cucchiaio colmo di
farina bianca e due bicchieri di bro-
do o acqua. Copri la casseruola e lascia
lentamente cuocere. Prendi una man-
ciata di prezzemolo e tritalo con una
messaluna. In un piccolo tegame
metti a fuoco un cucchiaio colmo
di burro, il prezzemolo trito, il succo
di due limoni e fa cuocere per un
quarto d'ora. Allorché il vitello sarà
quasi cotto, usisi ad esso la salsa
e ricopri la casseruola. Quando il

vitello sarà cotto, togliolo affettalo sul
tagliere, disponi le fette sul piatto
ricopri con la salsa ben calda e servilo.

Il Saltimbocca

Dalla carne di vitello tagliate tante
fettine di forma regolare (20 tre per
persona). Preparateli altrettante fettine
di prosciutto e metteteli sul vitello
con una foglia di salvia. Fissate
i tre ingredienti con uno stecchino.
Fatele cuocere pochi minuti sul bu-
ro bollente e poi serviteli con tortini
di risotto bianco.

Unguento per sfornato

Burro, olio cipollina, saffritta. Si ag-
giunge la carne tritata e si tira a
cotta con un poco di acqua. Pochi
si mette un poco di vino bianco.

Pizzarelle (buonissime)

3 etti di fior di farina - 30 grammi
di burro, un pizzico di sale ed
acqua quanto occorre per una

INGREDIENTS

<i>8–10 veal escalopes</i>	<i>½ glass Marsala</i>
<i>8–10 slices Parma ham</i>	<i>8–10 sage leaves</i>
<i>60g flour</i>	<i>8–10 toothpicks</i>
<i>50g butter</i>	

METHOD

Beat the escalopes with a meat tenderiser. Season the exposed side with salt and pepper. Place a slice of ham and a sage leaf on top and roll up the ‘birds’, holding them firm with a toothpick. Dust the *saltimbocca* with flour. Melt the butter in a frying pan that can contain all the *saltimbocca* in a single layer over a medium heat and fry them for a couple of minutes a side. Add the Marsala and let it evaporate into the birds. Serve immediately. For an even faster cooking time, *saltimbocca* can be cooked in the microwave oven combined with the grill. Heat the grill for 3 minutes, then put the *saltimbocca* on the grill and place it on the turntable. Cook with the grill and microwave in combination at 350W for 5 minutes.

RISOTTO ALLA PARMIGIANA PARMESAN RISOTTO

SERVES 4

Preparation: 15 minutes. Cooking: 35 minutes.

INGREDIENTS

<i>1 litre chicken stock</i>	<i>50ml dry white wine</i>
<i>50g onion</i>	<i>25g butter</i>
<i>25ml extra virgin olive oil</i>	<i>100g finely grated</i>
<i>320g Carnaroli rice</i>	<i>Parmigiano-Reggiano cheese</i>

METHOD

Heat the stock and keep at a low simmer. Meanwhile, finely chop the onion and soften in 25ml olive oil in a saucepan over a medium-low heat. Stir in the rice, stirring for 2 minutes. Add the wine and stir as it evaporates. Add the stock little by little, a ladle at a time, stirring regularly. Continue until the rice has absorbed all the stock, is tender but has a bite at the centre. Remove from the heat and toss in the butter and *Parmigiano-Reggiano*. Serve hot.

MILLEFOGLIE MILLE-FEUILLE/CUSTARD SLICE

SERVES 2–4

Millefoglie means literally 1000 leaves. With a little poetic licence, it here represents layers of puff pastry sandwiching a custard. Traditionally, there are three layers of pastry with two custard fillings. The Bertazzoni recipe for making puff pastry (*pasta sfoglia*) is a modern one, ‘which is worth trying rather than buying it ready-made,’ says Chef Tommaso).

The *crema*/custard benefits from a good dash of Marsala, says Valentina, ‘It can also be used to fill sweet *tortellini* or as a base for *zuppa Inglese*.’

Preparation: 15 minutes for custard, 2 hours for pastry.

Cooking: 15 minutes for custard, 15 minutes for pastry

INGREDIENTS

For the <i>crema</i> /custard:	For the <i>pasta sfoglia</i> :
<i>½ vanilla bean</i>	<i>100g flour</i>
<i>½ litre milk</i>	<i>100g butter</i>
<i>4 egg yolks</i>	<i>1 beaten egg</i>
<i>150g sugar</i>	
<i>30g rice starch</i>	To garnish:
<i>45g corn starch</i>	<i>100g almonds and icing sugar</i>
<i>5ml Marsala or Cognac</i>	

Begin with the custard. Slash the vanilla pod and place in a pan with the milk. Beat the egg yolks with the sugar in a mixing bowl, then add the sifted starches gradually, mixing well as you do so. Bring the milk to the boil, remove the vanilla pod and pour a little of the hot milk on to the eggs to 'temper' them; stir constantly and thus avoid curdling. Add the rest of the milk and stir thoroughly. Return the custard to the pan and cook, stirring constantly until it boils. Simmer, stirring constantly, until thick and voluptuous. Transfer to a suitable container, cool and use when ready. For a chocolate version, dissolve 1 tbsp bitter cocoa and finely chopped dark chocolate in the hot custard.

To make the pastry, mix 30g flour with the butter, using a knife, otherwise the butter will soften too much. When the flour-butter mixture is thick and well blended, shape into a 1cm thick square. Set aside in the refrigerator for 30 minutes. Mix the rest of the flour (70g) with a splash of water and a pinch of salt - be warned, the dough will cling to your fingers. Shape it into a square twice the size of the butter square. Place it at the centre of the soft dough and fold the edges of the square over. Roll out the resulting dough to form a rectangular sheet. Place in the refrigerator and rest for 20 minutes. Give the dough a quarter turn to the left or right. Fold the right-side fourth of the horizontally laid rectangle to the centre, then the left-side fourth to the centre and over it, to form a four-layer sheet instead of a three-layer sheet as usual when making puff pastry. Fold as before, for 4 times. Rest the dough in the refrigerator for at least 20 minutes every time you finish to fold.

Roll the pastry 3mm thick with a rolling pin, dusted with icing sugar to prevent sticking. Cut the dough into rectangles approximately 6cm x 12cm. Brush the slices with beaten egg. Traditionally, with a conventional oven, the *mille-feuille*/pastry slices are baked for 10 minutes at 190°C and for a further 10 minutes at 170°C. Bertazzoni technology means it is possible to obtain an excellent result far more quickly, by baking at 175°C for 15 minutes until golden, puffed and risen.

While the pastry cooks, dry roast the almonds in a frying pan over a medium heat, tossing constantly so they cook evenly, turning golden brown.

Layer up the *mille-feuille* with 3 slices of puffed pastry for each finished *mille-feuille*. Spread two layers and the top layer with custard saving the almonds to garnish the top layer. Dust with icing sugar and serve.

Si fa due ore si torna a Spolwein
dove si prende sempre la torta
con tagliere pesante.

Torta di mandorle
Gr. farina gialla gr. 50, Farina
di patate gr. 200, Burro gr. 250.
Zucchero gr. 300 due uova, strutto gr. 50
Mandorle 2 kg sciroppo

1 kg. mandorle messe in zucchero
1 litro alcool. Mettere nel vaso la
gratta, poi lo zucchero e l'alcool.

Lo sciroppo per millefoglie
3 uova di uovo 90 gr. di zucchero 75
gr. di farina, mezzo litro di latte

Fate un crema pasticcera, variatele
un bicchierino di uovale,
un poco di cognac e lasciate fustolare.

Stuccate i letti di mandorle, fate fustolare
una colorazione bionda e guarnite
con crema e mandorle le parte superiori
con zucchero a velo spolverizzate

CIAMBELLA GIORNO E NOTTE CHOCOLATE AND LEMON CAKE

SERVES 4

This is a stunning cake, made in a savarin mould with a hole in the middle. *Giorno e notte* means ‘night and day’ – the name refers to two unevenly mixed layers, one with lemon and one with chocolate, the resultant cake looking far more difficult to make than it actually is. *Ciambella* is the Italian name for any kind of round ring-shaped cake, pastry or cookie.

*Preparation: 15 minutes. Cooking: 40 minutes.
You will also need a 26cm savarin mould.*

INGREDIENTS

5 eggs at room temperature	200ml milk
300g caster sugar	1 unwaxed lemon
300g soft butter	25g cocoa
350g flour plus a little extra	1 tbsp vegetable oil
16g baking powder	Icing sugar to serve

METHOD

Separate the egg whites to one bowl, the yolks to a second bowl. Add 300g sugar to the yolks and mix with a wooden spoon until soft and fluffy. Add the butter, flour and yeast and mix until smooth. Whisk the egg whites with a pinch of salt until stiff, and incorporate into the yolk mixture, blending with a metal spoon, with movements from the bottom up. Divide the mixture in half into two bowls. Use a microplane zester to remove the fine zest from half the lemon, then add the juice and zest to one bowl. In the second bowl, mix in the cocoa.

Grease a 26cm diameter savarin mould, sprinkle it with flour, shaking out excess. Make alternate layers of the two mixtures and, with a toothpick, make streaks on the surface. Bake in a preheated oven set at 175°C for 40 minutes. Remove from the oven and leave to cool before unmoulding. Sprinkle the marbled cake with icing sugar before serving.

CHIACCHIERE DEEP-FRIED PASTA STRIPS WITH GRAPPA

Crunchy and crumbly, sweet and mildly alcoholic, ‘*chat*’ is a very popular carnival dessert made throughout Italy with many different names. It is *lattughe* in Mantua, *frappe* in Rome, *chiacchiere* in northern Italy, but also *rags*, *lies*, *galani*, *spelle* in the different municipalities of Italy. Traditionally it is eaten the day before Ash Wednesday and the beginning of Lent, or, as Americans and British call it, Pancake Day. ‘Use oils that don’t have a strong flavour of their own’, says Valentina.

The sweet, *grappa*-seasoned pasta strips or rhombuses, are often cut with extra parallel incisions down the middle but always have the distinctive zig-zag edges made with a pastry cutter wheel with a wavy edge. The pieces are deep fried and served dusted with icing sugar.

You really need a planetary mixer with a dough hook and a pasta making machine to make light work of this recipe although traditionally, *chiacchiere* would be made by hand – a lengthy laborious job. Best of all is to involve all the family, everyone helping and chatting (*chiacchiere*), to make light work of the preparation.

Preparation: 20 minutes, plus 30 minutes rest. Cooking: 3 minutes.

INGREDIENTS

1 egg	½ vanilla bean
250g flour	25g soft butter
20g icing sugar	1 unwaxed lemon
1.5g baking yeast	Flour for dusting
50ml milk	Oil for frying
1 tbsp grappa	Icing sugar for dusting

METHOD

Whisk the egg with a fork in a small bowl. Sift the flour, icing sugar and yeast into the bowl of a planetary mixer. Use the mixing paddle to mix thoroughly then add milk, *grappa*, vanilla seeds scraped from the pod, butter and whisked egg. Beat for 2 minutes and rest in the fridge. Now change to a dough hook and work the dough for about 15 minutes. Form the dough into a ball, wrap in plastic film and leave to rest for at least 30 minutes. Cut into 150g pieces, flour it lightly

and either roll thinly with a rolling pin or use your pasta machine to roll and re-roll the dough until you achieve 2mm-thick sheets.

Rest the pasta sheets for a few minutes to dry slightly then use your pastry cutter wheel to cut rectangles of about 5x10cm. Use the wheel to make three lengthwise cuts in each rectangle or rhombus of pasta and then take the upper part of the rectangle (or the upper vertex of the rhombus) and make it enter the central cut so as to obtain the characteristic shape of the 'chat'.

Heat the oil in a frying pan to 160°C or, if you don't have a kitchen thermometer, test with a small scrap of pasta; the oil is ready when lots of bubbles form around it. Fry 2 or 3 *chiacchiere* at a time. Rest them on kitchen paper to drain and serve liberally dusted with icing sugar.

PASTELLA PER FRITTURA MARSALA BATTER

SERVES 4

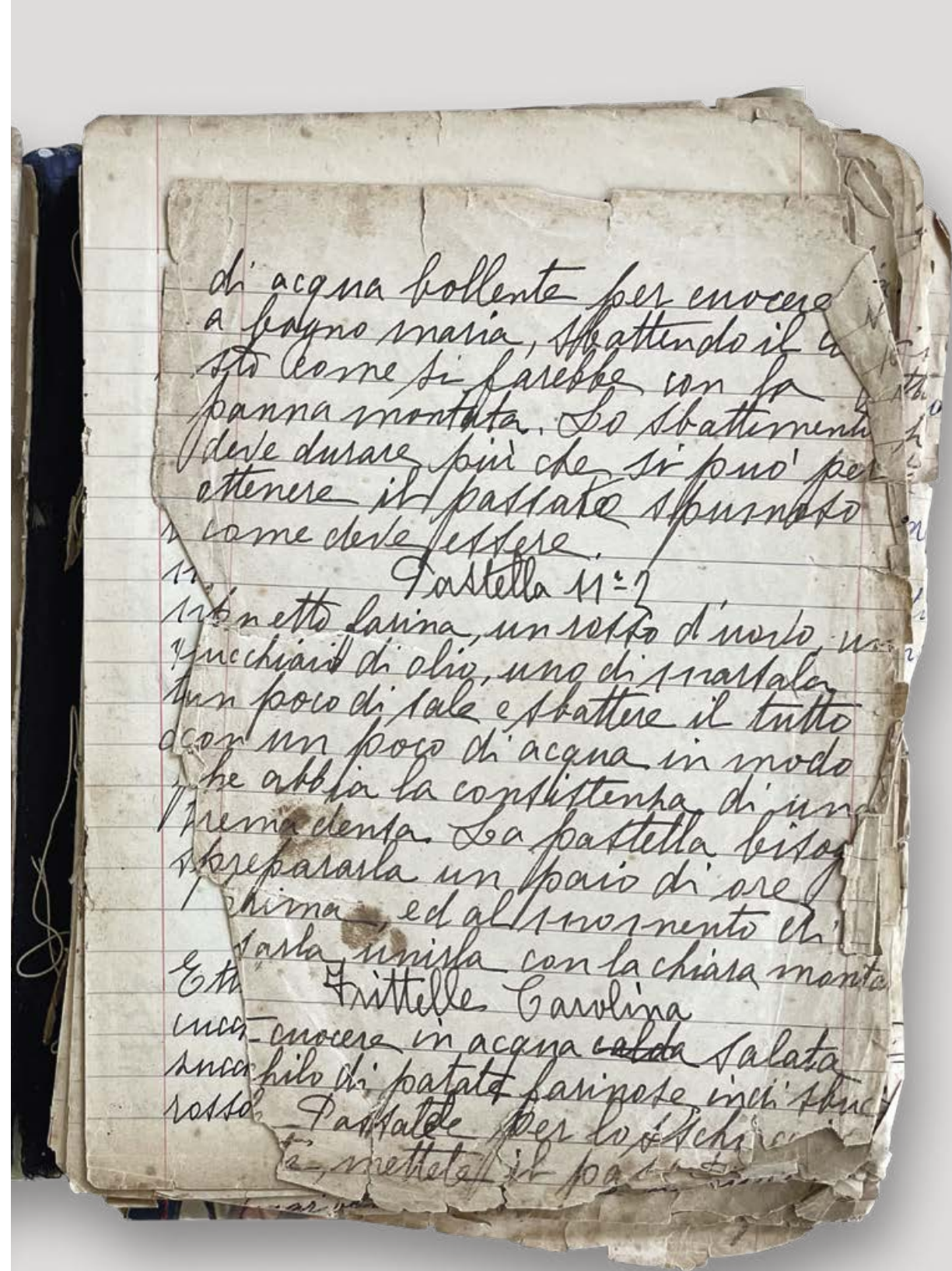
Chef Tommaso stresses that batter should always be made a few hours ahead of when you intend to use it and the mix kept covered in the fridge. The essential whipped egg white must be folded in at the very last moment. He also explains that, 'Fried food is a delicious way of cooking because the food reaches a much higher temperature than cooking in water, allowing the formation of the crusty coating by caramelising the sugars, preventing the food from sticking.'

This batter recipe includes Marsala wine and is very good for fruit.

Preparation: 5 minutes, plus 2 hours resting.

INGREDIENTS

100g flour
1 egg
1 tbsp olive oil
1 tbsp Marsala wine



METHOD

Separate the egg, the white into one mixing bowl, the yolk in a second bowl. Mix the flour with the yolk, adding 1 tbsp olive oil, 1 tbsp Marsala wine and a pinch of salt, then whisk until the mixture has a creamy, thick consistency. Make the batter a few hours before you plan to use it, and only then, fold in the stiffly whipped egg white.

PESCHE RIPIENE CON AMARETTI AMARETTI STUFFED PEACHES

SERVES 4

‘There are so many ways to eat peaches’, says Paolo ‘and they always seem to ripen at the same time! This is a lovely way to eat them, a fantastic dish, the beautiful colour, the smell of cooked peaches.’

‘Some people add chocolate fragments but I prefer the version with Amaretti biscuits,’ says Nicola.

Preparation: 20 minutes. Cooking: 45 minutes.

INGREDIENTS

<i>4 big yellow peaches</i>	<i>1 egg yolk</i>
<i>200g Amaretti biscuits (see page 82)</i>	<i>Butter</i>
<i>100g sugar</i>	<i>½ glass of white wine</i>

METHOD

Preheat the oven to 170°C. Wash the peaches, cut each in half around the middle and remove the stone. Use a spoon to remove from each peach some pulp from the centre and cook it with the sugar for about 15 minutes. Mix the pulp in a bowl with the crumbled *Amaretti* and egg yolk (if you like you can add a drop of sweet liqueur, such as the *sassolino*). Fill the peaches with the mixture and line up snugly in a suitable baking dish. Top each peach half with a knob of butter and some sugar. Pour the wine round the peaches and cook in the oven for about 30 minutes. Serve them warm or cold; they are also delicious the next day.

BUDINO DI 5 MINUTI CHOCOLATE FRIDGE CAKE

SERVES 8

A traditional and spectacular fridge cake for Christmas or for a special Sunday feast. The chocolate mixture is transferred to a ring mould with *zabaglione* in the middle and round the outside. ‘The final touch,’ says Valentina, ‘is cherries in alcohol.’

Chef Tommaso adds advice on how to vary the recipe. ‘You can replace part of the liquid (milk) with orange juice and its zest or use *Amaretto* liqueur or whatever you prefer. Ground cinnamon is another good addition.’ He also says that it’s easy to achieve the same result by relying on the microwave. ‘Place the chocolate in a glass bowl and melt it together with the other ingredients. Cook for 3 minutes at 600W. Repeat the cycle at least once.’

Preparation: 15 minutes. Cooking: 20 minutes.

You will also need a 24cm savarin/ring mould or 8-cup muffin mould.

INGREDIENTS

250g milk chocolate
500ml milk
30g corn starch (corn flour)
Marsala, optional

METHOD

Begin by breaking the chocolate into pieces. Pour the milk into a saucepan and stir in the corn starch – it is easier to do this by stirring it into a small amount of milk in a bowl and then stirring it into the pan. Bring to the boil, stirring, then lower the heat and add broken pieces of chocolate. Use a globe whisk to stir the mixture, continuing until the chocolate has melted and the mixture turns into full-bodied chocolate cream. Add Marsala to taste.

Sprinkle/smear the walls of the mould with Marsala and spoon the mixture into the mould/moulds and level the surface. Let the pudding cool to room temperature and then put it in the fridge until it is completely firm.

STRUFFOLI HONEY PASTA BALLS

MAKES 40 STRUFFOLI

Paolo explains that this is a traditional recipe from Naples. 'It's a carnival thing, little balls of sweet pasta covered in honey, shaped as you want'. In some parts of Italy, it is traditional to top them with coloured sprinkles, always popular with the children. *Struffoli* are eaten at room temperature and can be kept for two or three days. Sugar in the honey is the Bertazzoni touch; it makes the *struffoli* crisper.

Preparation: 30 minutes. Cooking: 30 minutes.

INGREDIENTS

250g flour plus a little extra
½ tsp salt
2 eggs
12g/1 tbsp butter
1 tsp sugar

250g honey
90g sugar
Vegetable oil for deep-frying
Coloured sprinkles, optional

METHOD

Combine the flour and salt in a mixing bowl. In another bowl, beat together the eggs, butter and 1 teaspoon sugar. Stir the egg mixture into the flour mixture and work it well with the fingers to make a soft, pliable dough. Roll the dough into ropes on a lightly floured surface, and cut into small pieces. Then roll each piece into a chickpea-sized ball. Immediately fry the balls in batches in a large, deep pan with about 5cm of oil heated to 190°C. After a minute or so, they will rise to the surface and will have turned golden brown. Scoop onto a fold of kitchen paper to drain. Leave to cool. Make sure the oil returns to the right temperature between batches.

In a wide-based/sauté pan, mix the honey and the 90g of sugar over a low heat. Stir until the sugar is completely dissolved into the honey. Remove from the heat and add the drained *struffoli* in batches to coat in the sweet mixture. Transfer to a platter and arrange in a ring or any other pattern you want. If adding sprinkles, do that now.

Castellini (dose giusta ^{truffoli})
Messo chilo fior di farina un'ora
intero e un solo, 40 grammi di
burro un bicchierino di burro
impastati con mazzata, un
etto di zucchero.

Struffoli
Ere nova in un mucchetto di
farina con una presa di sale
e si fa una pasta ben dura
e molto lavorata (si adopera solo
la farina che prendono le uova)
cilindri si fanno fatti rotolati
bastoncini sottili che si tagliano
via via della grossezza di un
cece. Non si adopera più farina
ed essere fritti acciò non fac
ciano la crosta. Si frigge in
olio bollente a pochi
per volta gonfiano. Poi in
una casseruola si mettono 2
e 3 cucchiai scarsi di zucchero

MANTECA PER FARCIRE UNA TORTA (ELVIRA) ELVIRA'S CHOCOLATE AND COFFEE CAKE FILLING

MAKES 1 CAKE

This recipe for a rich chocolate and coffee cake filling and topping is from the original Bertazzoni cookbook. Elvira taught her daughters Iolanda and Giovanna everything she knew – how to make pasta by hand, how to prepare liqueurs, preserves and conserves, how to make the most of very little meat during wartime when eggs and vegetables were still easily available. The little girls would prepare bread and take it to the local bakery for cooking. A world that no longer exists but from which so much knowledge is passed on.

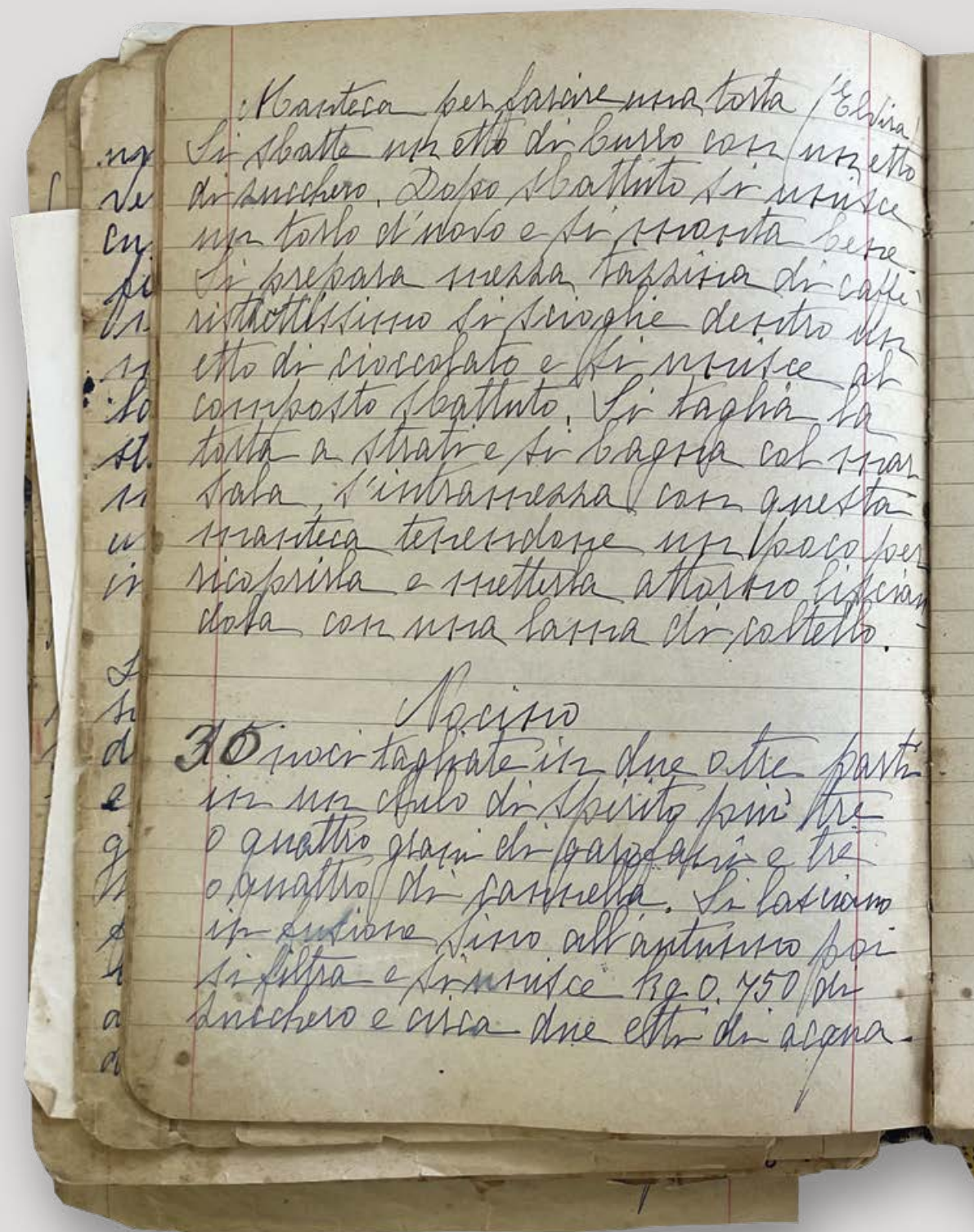
Preparation: 15 minutes. Cooking: 5 minutes.

INGREDIENTS

200g soft butter	10g hazelnut paste
120g icing sugar	20ml rum at 70°C
180g custard/crema (recipe Millefoglie page 151)	30g cocoa
	85g chopped dark chocolate

METHOD

Place the soft butter and icing sugar in the bowl of a planetary mixer. Whip until smooth and fluffy. Add the custard/cream, the hazelnut paste and warmed rum. Whip until smooth. To turn it into chocolate butter cream, dissolve the cocoa and finely chopped chocolate in the custard/cream.





CERTAIN FAVOURITES

If the family meal is a food concerto, then the individual sweet delights are the star solos – fruit preserves and satisfying sips of liqueurs and digestives that prompt a smile of pleasure on special occasions. Italy, and especially Emilia-Romagna, creates a great variety of these refined delicacies and treats. The Bertazzoni family have chosen some of their favourites here from their cookbooks and from their memories.

Emilia-Romagna may be famous today around the world for its delicate pastas, cured pork, rich balsamic vinegars and fragrant cheeses, but these only represent one aspect in the continuing evolution of the region's culinary story. Long before all these things, it was the fruits, berries and nuts on the trees that provided the focus for foods and flavours.

During the Roman period more than two thousand years ago, wild fruits and local varieties began to be cultivated in the tended gardens of homes and later the growing of fruit trees in monasteries became common, especially apples and pears. Other factors in the spread included ancient family fertility rituals: at weddings, brides carried the seeds of fruit trees from the region's mountains to the plains; fruit trees were planted in honour of the birth of a son. These ancient practices helped create the great variety of flavours and robust cultivars growing across Emilia-Romagna today.

In the late nineteenth century, around the same time as the beginning of the Bertazzoni business, this fertile region, with its hills and valleys, plains and







coastline, also became the place where the first commercial peach orchards were planted. Ravenna was at the centre of the initiative with just a few hectares cultivated at first. The enterprise soon expanded to include Ferrara, Bologna and Forlì to become 'the cradle of modern fruit growing'. Today, Emilia-Romagna accounts for easily the greatest percentage of Italy's overall fruit production. So it just happens that the development and success of Bertazzoni has coincidentally tracked the progress and variety of the region's fruit growing through the twentieth century to the present day.

Nuts, too, love the region's soil and climate, especially chestnuts, walnuts and hazelnuts. The chestnut harvest is celebrated by festivals in many towns during October. *Porcini* mushrooms also have their own special legacy here. They grow in the woods of the Apennines within Parma province and there are documentary references to the harvesting of local *porcini* from as far back as the seventeenth century.

The seasonality of these fruits, nuts and other roots and vegetables requires them to be preserved to be enjoyed later, or to be lost. Thus the skills and imagination of the fruit grower and horticulturalist have been matched by the ingenuity of the region's cooks. Countless recipes have been fashioned to use the summer surplus of fruits and other produce and to turn them into delicious preserves, sauces, compotes, candied fruits, liquors and liqueurs – to be brought to the table not just during the winter, but at any time of the year.

The festive treats in this chapter bring a little extra happiness to any special celebration: family occasions and birthdays, the big festivals of Easter and Christmas, smaller local festivals or just friends dropping by. There is a tradition throughout Italy that, if you eat lentils with *zampone di Modena* (a pig's trotter stuffed with spicy cured pork) on New Year's Eve, the coming year will be good to you. Try it. Food and fortune are forever connected.

This year, the Bertazzonis are celebrating their company's 140th anniversary, which makes it the oldest family-owned kitchen appliance business anywhere in the world. It is a time to reaffirm the Bertazzoni commitment to bringing the fabulous food culture of the Emilia-Romagna region to the kitchens of homes on every continent. By balancing tradition with the latest technological and material advances, appliances are created that please today's cooks with their function, performance and aesthetics as well as the elegant statement they make about lifestyle. The Italian culinary, cultural and artistic identity will always be intrinsic to the distinctive Bertazzoni brand.

It is said that Bertazzoni appliances are built by people who know all about cooking, for people who love to cook. That was true back in 1882; it remains true today.

SALAME DOLCE MOCK SALAME CAKE

MAKES 1 SALAME-LIKE SAUSAGE CAKE

This fridge cake is simple to make and looks terrific. 'Youngsters will often make this as their first cake', says Paolo. Nicola adds, 'It's fun because it looks just like a *salami* with the bits of biscuit looking like the pale fat. Everyone likes it'. Valentina points out that cut into slices it is a nice way of ending a dinner and one slice leads to another.

Preparation: 20 minutes, 3 hours resting. Cooking: 2 minutes.
You will also need fine string and baking parchment paper.

INGREDIENTS

100g soft butter
100g sugar
2 eggs
100g chocolate

Vanilla
100g Oswego (or Rich Tea) biscuits
3 tbsp liqueur of your choice
Icing sugar

METHOD

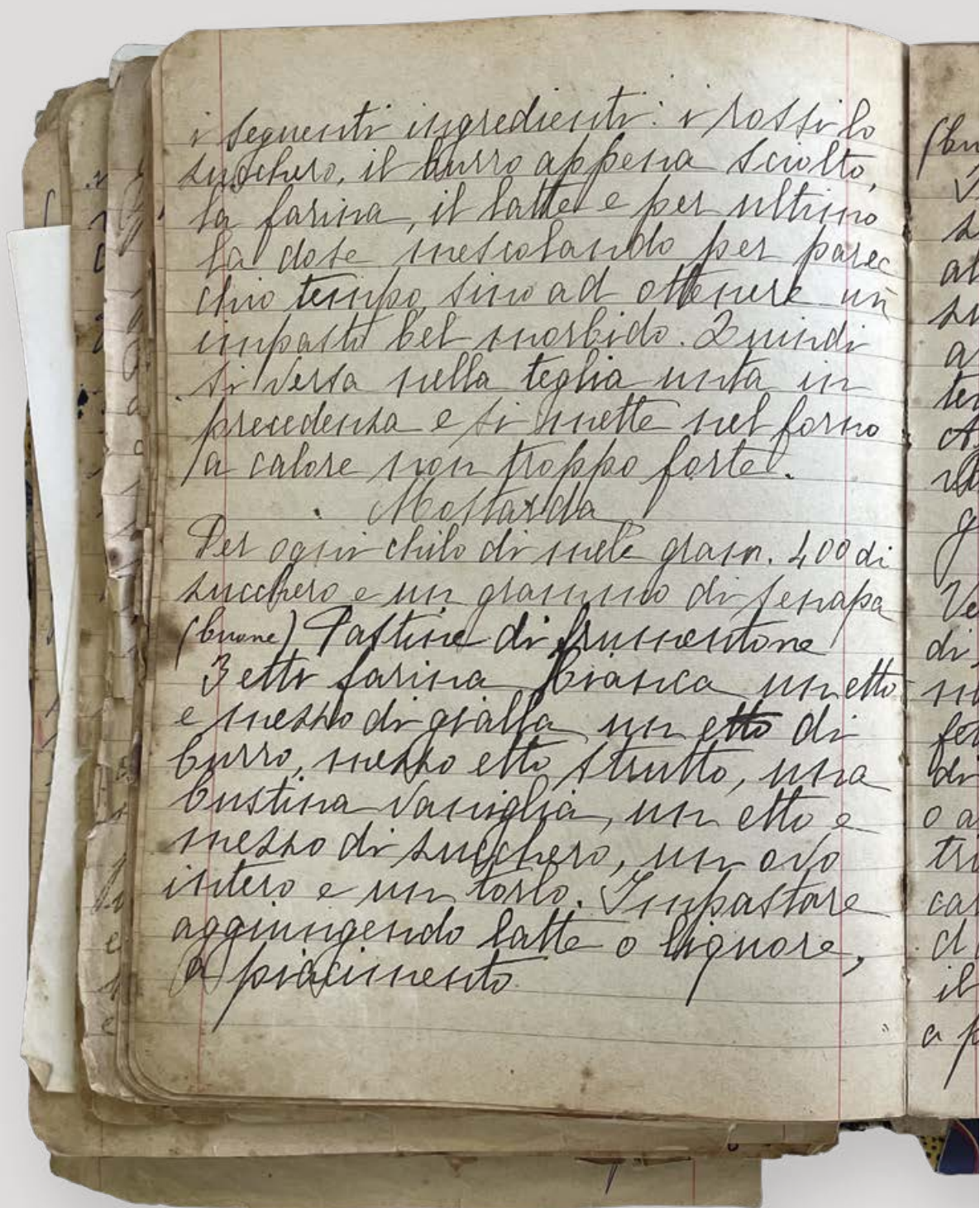
Cream the butter with the sugar until smooth and fluffy then beat in the eggs, adding a splash of vanilla and 3 tbsp liqueur. Crumble the biscuits with your hands – you want chunky pieces rather than dust. Melt the chocolate in the microwave or in a bowl over a pan of simmering water. Stir biscuits and chocolate into the fluffy egg mixture. Using your hands, mould the mixture into a *salame*-like log on parchment paper. Use the string to tie the *salame*. Dust with icing sugar and refrigerate for at least 3 hours.

fare sotto la pasta frolla. Se
si vuole si tostano con un
po' di burro poi si pestano nel
mortain. Si mortano i sassi
con lo zucchero, poi si unisce
tutto mescolando bene prima
di versarlo nella teglia.

Salame dolce

2 uova gr. 100 zucchero gr. 100 burro
gr. 100 cioccolato nera Vaniglia
gr. 100 ~~200~~ biscotti Oswego

Si monta il burro fresco con lo
zucchero da farne una crema
ma, poi si aggiungono le uova
bene incorporate che siano si
aggiunge la vaniglia poi i
biscotti dopo averli tagliati a
pezzettini per ultimo 3 cucchiaini
colmi di liquore forte. Per for-
mare il salame sulla carta
pergamena bisogna adoperare
la mano, si lega a forma di



in seguenti ingredienti: zucchero, il burro appena sciolto, la farina, il latte e per ultimo la dose mescolando per parecchio tempo sino ad ottenere un impasto bel morbido. Quindi si versa sulla teglia unta in precedenza e si mette sul forno a calore non troppo forte.

Mostarda
 Per ogni chilo di mele grana. 400 di zucchero e un grammo di senapa (buone) Pasticcini di succovione
 3 etto farina bianca un etto e mezzo di gialla un etto di burro, mezzo etto strutto, una bustina vaniglia, un etto e mezzo di zucchero, un ovo intero e un torto. Impastare aggiungendo latte o liquore, a piacere.

MOSTARDA MUSTARD SEED CANDIED FRUIT PRESERVE

Mostarda is a preserve made with candied fruit flavoured with mustard essential oil. It is usually served as a relish with meat or cheese to enhance their flavour. We know for certain that *mostarda* was prepared and served at the court of the Gonzaga family who ruled Mantua in the fourteenth century. It is still popular as part of a traditional Sunday lunch in the northern regions of Italy, mainly in autumn and winter, particularly over the festive season. There are many local variations but the best known and most popular is made with quince.

There are two recipes here: one for *mostarda di frutta*, seasonal fruit in a mustard-flavoured syrup; the other for *mostarda*, a fruit mustard.

Both versions of this sharp fruit preserve are sold everywhere in Italy in jars but they are easily made at home – although it’s a slow process. ‘It’s a great way of preserving excess apples and pears,’ says Paolo, ‘also quinces and cherries. The addition of the mustard seeds is essential for *mostarda di frutta*. You serve the fruit sliced and it adds flavour to boiled, meat which can be a bit dull.’

‘When it was being made at home, we kids would fight to pick off the cherries,’ says Nicola. ‘It’s very traditional, but it does take a long time to make’, says Valentina. ‘I sometimes use it to add flavour to a pumpkin filler for *tortelli*. In fact, use it anywhere you want to enhance flavours or fillings.’

FOR MOSTARDA DI FRUTTA

Preparation: 30 minutes plus 24 hours marinade, 7 days maturing.

Cooking: 20 minutes.

INGREDIENTS

- | | |
|-------------|-----------------------|
| 4 figs | Caster sugar |
| 1 tangerine | 1 unwaxed lemon |
| 10 cherries | 1 tbsp white wine |
| 1 pear | 4 tbsp mustard powder |
| 1 apple | 1 tsp mustard seeds |

METHOD

Prepare the fruit by cutting the figs into quarters lengthways. Peel the tangerine and separate the segments. Pit the cherries and cut in half round their 'bellies'. Quarter the pear, peel it and remove the seeds then slice each quarter in 4 pieces. Quarter the apple, peel it and remove the seeds, then slice each quarter into 4 half-moons. Weigh the fruit, place it in a bowl and add half the fruit weight in sugar. Stir to coat the fruit. Cover the bowl with a stretch of plastic film and store in the bottom of the fridge for 48 hours, stirring every day to coat the fruit with sugar.

After 48 hours, the sugar will have dissolved. Strain the fruit into a second bowl and pour the syrup into a saucepan. Add lemon juice, white wine, mustard powder and seeds to the syrup. Place the pan over a medium-low heat and simmer, stirring, until slightly thickened. Place the fruit in sterilised jars and pour the syrup over it. Seal the jars and leave for at least 7 days in a dark place at room temperature before eating. Once the jars are open, store in the fridge.

FOR MOSTARDA

Preparation: 45 minutes plus 2–3 months maturing. Cooking: 60 minutes.

INGREDIENTS

*1kg slightly unripe quince
Granulated sugar
2 large, unwaxed lemons
Mustard essence*

METHOD

Quarter, peel and de-seed the fruit. Working quickly, slice all the fruit thinly, weigh it and place it in a deep bowl. Add sugar weighing half the weight of the fruit and add the juice and microplane-grated zest of 1 lemon. Stir gently, cover and leave in a cool place for 24 hours. The next day, drain the juice from the quinces into a saucepan. Bring it slowly to the boil, simmering gently for 10–15 minutes, then pour the juice over the fruit. Again, mix gently and keep the fruit in a cool place for another 24 hours.

Repeat the operation twice over the next 2 days. On the fourth day, pour 2 or 3 ladles at a time of the mixture – fruit and syrupy juices – into a saucepan and reduce it over a very low heat. Stir constantly with a wooden spoon cooking

for about 15 minutes until you get the consistency of thick honey. Pour it into a bowl and leave to cool. Then, for every kilo of fruit you now have, add 7 drops of mustard essence and mix gently. Spoon the fruit purée into sterilised glass jars, seal the jars and leave in a cool, dark place for 2–3 months.

ALBIOCOCHE ALLO SCIROPPO APRICOTS IN ALCOHOL SYRUP

MAKES ABOUT 1.5KG

'A jar of apricots in alcoholic syrup makes a lovely Christmas present,' says Valentina. Our recipe uses dried apricots and in summer time when apricots are abundant, they can be dried using the dehydrating function of a Bertazzoni oven.

Preparation: 20 minutes plus 2–3 months maturing.

INGREDIENTS

*1kg dried apricots
500g sugar
100ml alcohol*

METHOD

Pile the apricots into preserving jars, then pour in the sugar and the alcohol to immerse the fruit. Seal thoroughly. Leave in a cool dark place for 2–3 months, turning the jars every so often to encourage the sugar to melt.

CILIEGIE SOTTO SPIRITO CHERRIES IN ALCOHOL SYRUP

MAKES 3–4 JARS

'This is a big family tradition', says Paolo. 'The best Italian cherries come from Vignola, from the trees at the bottom of the hills. It lies on an ancient Etruscan road connecting Parma to Bologna. These *duroni* cherries are firmer, bigger and almost black. Big caskets of these cherries are a wonderful sight. In syrup, they make a perfect topping for chocolate cake'.

Marmellata di castagne

Cogliate tutt'attorno 1 Kg. ^(abbondante) di marroni, gettateli poco per volta nell'acqua bollente, indi sbucciateli. Poneteli al fuoco in una casseruola con mezzo litro di acqua e fateli cuocere. Passate per lo staccio le castagne così cotte e pesate il passato. Aggiungete sia 1 kilogrammo di zucchero, dopo averlo sciolto in una tassa di acqua calda. Fate bollire per circa due ore e mezzo.

Salame di formaggio

Preparate filetti o sottofiletti di manzo in un tegame con olio e burro e sale a fuoco vivo per un quarto d'ora. Di volta e volta spruzza copiosamente con una forchetta. In ultimo si versa

'Finding the balance of alcohol, sugar and spices is hard,' says Nicola. 'We made some a few years ago with friends, using the friend's grandfather's cookbook. But it wasn't good. My grandmother's recipe is great and we have some jars that she made 20 years ago. They'll still be delicious'.

Preparation: 20 minutes plus 2-3 months maturing.

INGREDIENTS

1kg cherries
500g sugar
100ml alcohol

METHOD

Put the cherries into preserving jars, then pour in the sugar and the alcohol to immerse the fruit. Seal thoroughly. Leave in a cool dark place for 2-3 months, turning the jars every so often to encourage the sugar to melt.

MARMELLATA DI CASTAGNE CHESTNUT JAM

MAKES ABOUT 750G

Chestnut jam is made in the autumn when chestnuts are abundant. It's thick and smooth, creamy and subtly flavoured, particularly delicious with a hint of vanilla but other good seasonings include orange or lemon zest and rum. According to Paolo, the best chestnuts come from the Apennine Hills, half an hour's drive from Guastalla. He explains, 'Chestnuts were always considered part of the diet of the poor because they were cheap and plentiful and provided much-needed starch in their diets'.

Preparation: 40 minutes. Cooking: 50 minutes.

INGREDIENTS

1kg shelled chestnuts
500ml water
250g sugar

Optional additions:
1 tsp vanilla essence, 1 tsp orange
or lemon zest or 1 tbsp rum

METHOD

Chestnuts are fiddly to peel and the job is easier if they are boiled before peeling. First use a small sharp knife, to cut round the fat part of the chestnuts. Place the chestnuts in a deep pan and cover with plenty of cold water. Bring the water to a boil, reduce the heat and simmer for 30 minutes. Scoop the chestnuts out of the water and use the knife to remove the outer skin and scrape away the soft, furry inner skin. This is best done in batches (ideally with a helper) because they must be hot when peeled. Otherwise the skin sticks like glue.

When all the chestnuts are peeled, place them in a pan with 500ml water. Simmer, partially covered, over a medium-low heat until tender – approximately 40 minutes. Weigh the chestnuts, expecting to end up with about 750g. Return the chestnuts to the pan in which you have dissolved 250g of sugar in the 500ml water. (You need 2/3 of the weight of cooked, peeled chestnuts in water and 1/3 of their weight in sugar). Simmer together for a few minutes until the chestnuts are warmed through then use an immersion blender to work the mixture into a smooth, creamy, thick, honey-like purée. If you don't own an immersion blender, pass the chestnuts through a sieve (Mouli), but they must be hot when you do so. The consistency of the chestnut jam is, in fact, a velvety, voluptuous cream that is very addictive on hot toast or crusty bread. Spoon into sterilised jars.

MARMELLATA D'UVA GRAPE JAM

MAKES ABOUT 1.5KG

A perfect jam for breakfast with coffee and bread. Make it with any seedless grapes at the height of the summer when grapes are abundant.

Preparation: 15 minutes. Cooking: 2 hours.

INGREDIENTS

1kg seedless grapes
500g sugar

METHOD

Remove the grapes from their stalks, discarding any damaged fruit. Wash the grapes then tip into a pan with the sugar and place it over a very low heat. Stir constantly until the sugar has completely dissolved, then simmer very gently for about 90 minutes, stirring regularly to prevent sticking. Remove from the heat and using an immersion blender, partially blend the fruit to make it more cohesive.

Return to the heat and simmer for a further 20–30 minutes until thick and jam-like, the skins tender. Spoon the jam into hot sterilised jars, seal then turn the jars upside down and let them cool completely. The heat of the jam will create a vacuum, which will allow the jam to be kept for a long time. Once cooled the jam is ready for eating. Store unopened jars in a cool, dark, dry place.

MARMELLATA DI PESCHE PEACH JAM

MAKES 600G

'I remember peaches cooking for days during the summer when I was a child', says Paolo. 'Big, bubbling pots of fruit. Making jams and preserve was a very serious business. It was a time of great activity'.

This recipe can be adapted with other fruit – apricots, plums, oranges, even figs – depending on what is in season and abundant.

Preparation: 25 minutes plus 7-hour marinating. Cooking: 45 minutes.

INGREDIENTS

1kg ripe yellow peaches with firm flesh
250g sugar
50ml lemon juice

METHOD

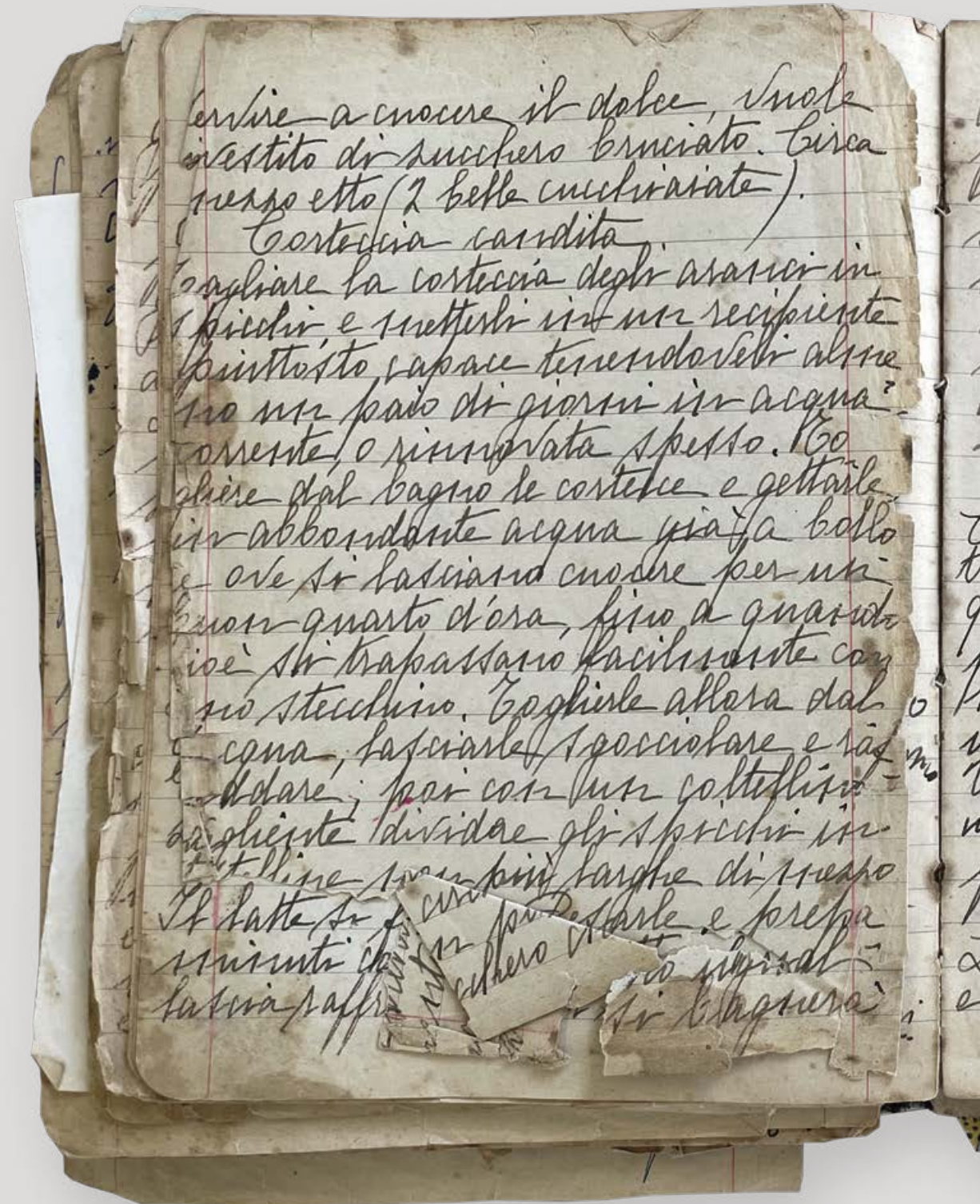
Drop the peaches into a pan of boiling water, then scoop them out into a bowl of cold water after a couple of minutes. Drain and remove the skin, peeling it away in sheets. Halve the fruit and winkle out the stones. Cut the flesh into 2cm cubes, transferring it to a saucepan as you go. Add the sugar. Add the lemon juice. Stir thoroughly and leave to macerate for no less than 7 hours, no more than 12 hours.

Place the saucepan on the stove and bring to the boil, stirring occasionally with a spatula/wooden spoon. If necessary, skim away any white scum that might form to avoid the jam being opaque. Boil over a moderate heat for about 40 minutes until it reaches 108°C degrees (using a thermometer to measure the exact temperature). Stir occasionally to avoid it sticking to the bottom of the pan.

Transfer the jam to a bowl to arrest cooking, then ladle it into hot, sterilised glass jars using a jam funnel to avoid spillage, leaving a 1cm gap from the top of the jars. Screw the caps securely and allow to cool. Once cold the jam is ready to be enjoyed. Alternatively, to ensure the jam is preserved for a long time, tighten the screw lids very securely and while the jam is still hot, turn the jars upside down. This will create a vacuum. When cold, invert the jars. Store unopened jam jars in a cool, dark, dry place.

CORTECCIA CANDITA CANDIED ORANGE PEEL

Candied orange peel is delicious and a very easy sweet to prepare requiring only three ingredients: orange peel, water and sugar. It's the perfect solution to making something delicious with orange peel which is usually thrown away. Tender, fragrant candied orange peel can also be used in desserts, panettone, brioche and to decorate cakes and pies. And it makes a lovely gift at Christmas. The Bertazzoni family also remember Iolanda's *marrons glacés*, made by following a similar method.



Preparation: 10 minutes plus 2 days soaking. Cooking: 15 minutes.

INGREDIENTS

Peel from 4 (or more) large oranges
Water equal in weight to the softened orange peel
Sugar equal in weight to the softened orange peel

METHOD

Cut the orange peel into big wedges and place in a large container immersed in cold water for at least a couple of days, ideally under running water or at least often renewed. Drop the peel into a large pan of boiling water and cook for 15 minutes or until easily pierced with a toothpick. Drain and cool the peel in a colander. Weigh the peel. With a sharp knife divide the wedges into slices no wider than 1/2cm.

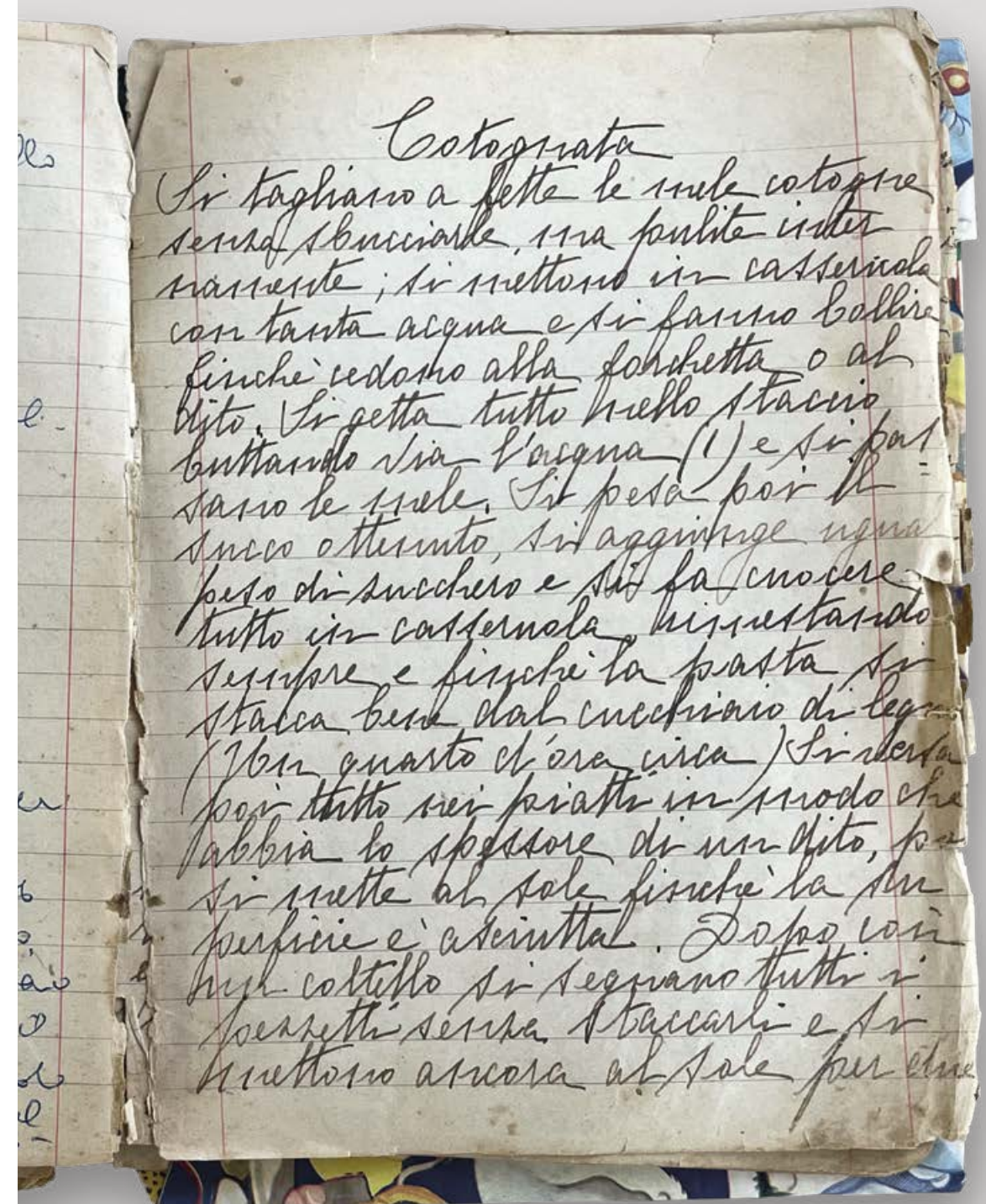
In a medium pan over a low heat, prepare a light caramel with water and sugar both equal to the weight of the peel. Stir, encouraging the sugar to melt, cooking until it has the consistency of a sloppy paste. Add the peel and cook, stirring often until the sugar is almost all absorbed and reduced to a thick syrup clinging to the glossy peel. Pour the contents of the pan onto the kitchen marble, separate the pieces and leave to cool and dry, the sugar forming a crusty sweet surface. The *corteccia* is ready to enjoy now, but it also has a long shelf life.

COTOGNATA QUINCE PASTE

MAKES ABOUT 2KG

Known as *membrillo* in Spain, this dark red, almost brown gelatinous paste sets to a buttery consistency firm enough to cut in slices or squares.

'This region has the right weather for quinces', says Paolo. 'It's the land of quince', agrees Valentina. 'And you'd eat cotognata like candies after dinner with coffee'. It is also very good with mild, firm cheeses.



Here's a useful tip from Chef Tommaso, 'Instead of throwing away the water used to cook the quince for *cotognata*, use it to create a very tasty syrup with many uses. To do this, pour the water that remains after boiling the quince and boil it for half an hour with the same amount of sugar and a little vanilla. It is then left to cool and bottled without filtering.

Preparation: 15 minutes. Cooking: 55 minutes.

INGREDIENTS

<i>1.2kg quince</i>	<i>1 tsp ground cinnamon or 8cm stick</i>
<i>1 litre water</i>	<i>or 1 tsp ground ginger</i>
<i>1kg sugar</i>	<i>or 5cm slice fresh ginger</i>
<i>1 unwaxed lemon</i>	<i>Icing sugar to serve</i>

METHOD

Quarter and slice the unpeeled quinces. Place them in a pan with plenty of water to cover, add cinnamon or ginger and boil until tender to fork or finger. Discard the cinnamon stick or fresh ginger and sieve in a Mouli (saving the water if liked – see above), puréeing the fruit over a bowl and discarding any pips etc.

Weigh the puréed fruit and add an equal amount of sugar before tipping both into the cooking pan. Simmer steadily, stirring constantly with a wooden spoon, over a medium-low heat, cooking until thick and you can draw a line through the puree with the wooden spoon. Pour into baking parchment-lined plastic boxes approximately 2cm deep and leave uncovered (ideally in the sun) to dry before covering and storing in the fridge. If serving with coffee, cut squares of *cotognata* and dust with icing sugar before serving on a platter.

CIPOLLINE SOTTO ACETO SWEET PICKLED ONIONS IN OLIVE OIL

MAKES ABOUT 3KG

Cipolline onions have a distinctive flat oval shape that ranges in size from 2 to 8cm in diameter. As a member of the shallot family, they are firm yet juicy with a delicately sweet flavour.

'Boretto, a few kilometres north-east of Parma, is a town that is famous for its small onions, perfect for pickling,' points out Valentina. 'Our cuisine is quite

"fatty" so eating with vinegar pickles is a way of cleaning the palate. We often serve pickles as appetisers together with *prosciutto di Parma*, *salame*, *gnocco fritto* and young *Parmigiano-Reggiano* pieces.'

Any vegetable can be prepared like this. They can be an alternative to salsa verde or *mostarda* with boiled meat'.

Preparation: 1 hour. Cooking: 30 minutes.

INGREDIENTS

<i>2.1kg small borettane onions</i>	<i>100g salt</i>
<i>500ml white wine vinegar</i>	<i>100g sugar</i>
<i>500ml dry white wine</i>	<i>300ml extra virgin olive oil</i>

METHOD

Working in batches, immerse the onions in a bowl of boiling water and leave for a couple of minutes. Drain and using a small sharp knife, trim the ends and remove the skin of the onions directly into a plastic bag in the sink. The hot water makes peeling much easier and doing so directly into a plastic bag contains the eye-watering aroma. Simmer the vinegar, white wine and salt together for a few minutes then add the onions. Simmer for 25 minutes or until very tender then add the sugar and stir continually until the sugar is dissolved. Allow to cool then strain the onions and pack into sterilized jars. Top up with olive oil.

A faster method using the microwave requires the peeled onions to be placed in a glass or plastic bowl. Add part of the solution of vinegar, wine, salt and sugar, which will come half-way up the onions. Seal with a stretch of cling film. Set a cycle of 6 minutes at 1000W. Repeat the operation after turning the onions in the solution. If necessary, do a third cycle. The onions must be very tender.

LIQUORE AL MARASCHINO SOUR CHERRY LIQUEUR

MAKES ABOUT 750ML

Make this liqueur in the summer when cherries are abundant but be sure to look out for sour cherries – Morellos and Kentish cherries are our favourites. It is the pits, not the fruit, that go into the liqueur. The preparation is very straightforward and it will be ready for drinking after several months marinating plus 10 days once it is bottled. It will last for years. Nicola has fond memories of his grandmother Maria making this superb finale to a rich meal.

*Preparation: 30 minutes plus 2–4 months marinating, 10 days maturing.
Cooking: 15 minutes.*

INGREDIENTS

Morellos or Kentish (*sour*) cherries
350ml pure alcohol or strong vodka
250g sugar
250ml water

METHOD

Pit sufficient cherries to half fill a bottle. Pour in 350ml alcohol and store in a cool, dark place for a minimum of 2 months, preferably 4. Dissolve 250g sugar in 250ml water in a saucepan over a medium-low heat, stirring until the sugar dissolves then simmer for 15 minutes, stirring occasionally. Let the syrup cool. Carefully strain the alcohol in the bottle into the pan and discard the cherry pits. Use a filter to pour the liquids back into the bottle. The liqueur should rest for 10 days before drinking, but it will last for years if it is stored in a dry, dark place away from heat sources.

DOSE DELL'ANICE/ANISETTA ANISEED LIQUEUR

MAKES ABOUT 1.5L

Valentina loves this. And with good reason. It is an excellent digestive to offer guests after a large meal. Especially in the Apennines, it is added to coffee to make '*caffè corretto*', which translates as coffee that's been fixed.

*Preparation: 25 minutes plus 10 days marinating and 1 month maturing.
Cooking: 15 minutes.*

INGREDIENTS

50g anise seeds	For the syrup:
1 unwaxed lemon	500ml water
500ml pure alcohol or strong vodka	500g sugar

METHOD

First, pound the anise seeds to release all their oil and aroma for the infusion. It is possible to make this with star anise, but for a more intense aroma and taste, use seeds.

Wash an untreated lemon very well and remove the zest. This is easily done with a potato peeler, but use a small sharp knife to remove any white; you want only yellow peel. Place crushed anise seeds, lemon zest and alcohol in a lidded jar and leave to macerate for 10 days. Move the container from time to time to distribute the flavours evenly. After 10 days, filter the mixture to remove lemon zest and anise seeds; you may need to do this more than once.

Prepare the syrup by dissolving 500g sugar in 500ml water in a pan over a medium heat. Stir constantly until the sugar is completely dissolved then turn off the heat and leave to cool. When cold, stir the filtered alcohol into the syrup. Now pour the liqueur into one or more bottles. Store in a cool, dark place away from any heat source. After about a month the liqueur is ready for drinking.

LIQUORE DI LIMONE/LIMONCELLO LEMON LIQUEUR

MAKES ABOUT 1.5L

Ideally this should be made with green lemons. 'Limoncello is really from southern Italy though my grandmother Maria used to make it', says Valentina. 'In some families they add milk to make crema di limoncello, which is milder in taste and less alcoholic.'

Limoncello can be kept for a long time in a cool and dry place, in the refrigerator, or even in the freezer, the presence of alcohol and sugar will prevent it from freezing.

Preparation: 30 minutes plus 30 days marinade and 40 days maturing.

Cooking: 15 minutes.

INGREDIENTS

5 large, organic, unwaxed lemons
500ml pure alcohol or strong vodka
750ml water
600g sugar

METHOD

Wash the lemons under running water, rub the peel with a new sponge to remove any impurities, then dry with a cloth. Peel the lemons with a potato peeler, removing only yellow zest – white pith will make the limoncello bitter. If necessary, use a small sharp knife to slice off the white pith.

Chose a large glass container with an airtight seal that can hold all the ingredients. Fill it with lemon peel and alcohol. Leave the lemon peel to soak in alcohol for 30 days in a cool, dark place away from heat sources. After 30 days, prepare the syrup. Pour 750ml water and 600g sugar into a pan placed over a medium heat. Stir constantly as the sugar dissolves and bring the syrup to the boil. Once boiled, turn off the heat. Pour the syrup into a jug and leave it to go cold. Now add the syrup to the container with the lemon zest. Shake the jar to mix the syrup, then leave it to rest for 40 days in a cool, dark place away from heat sources.

After the resting time, give the limoncello a shake then filter it into a bottle or bottles. Your homemade limoncello is ready to be tasted.

Sino a che sia bianco leggero
e spumoso. Abbondate a parte
lesei chiare e usate ai rossi.
Versate a pioggia 180 grammi
di farina di patate e cortecia
di limone attugiata. Versura
te una teglia del diametro di
25 centimetri spolverata di
fecola e infornate subito la tor
ta che dovrà cuocere per circa
una ora a fuoco lento.

Dose dell'asnie

Acqua ettoq 600

zucchero ,, 500

Spirito fino ,, 400

gocce d'asnie 35

Bollire l'acqua lasciarla deposti
tare poi intepidirla e unire
lo zucchero. Raffreddata che sia
mettere insieme allo spirito.

LIQUORE AL MANDARINO MANDARIN LIQUEUR

MAKES ABOUT 3L

There are many homemade fruit-based liqueurs, but those with citrus fruits, such as this Bertazzoni family favourite, are among the most characteristic and appreciated for their unique aroma and taste.

This is mandarin liqueur, also called 'mandarinetto', is an excellent digestive typical of the Sicilian tradition, ideally enjoyed cold after meals or used to flavour sweets and fruit salads. In our version, we macerate the peel of mandarins in pure alcohol for a week; then the sugar syrup is added, the mixture is filtered, and the liqueur is left to mature for a month.

The most suitable fruit are untreated mandarins – those without preservatives, additives or waxes on the peel. Adding 3–4 cloves to the *mandarinetto* will give it an even more distinctive flavour.

Preparation: 30 minutes plus 7 days marinade and 1 month maturing.

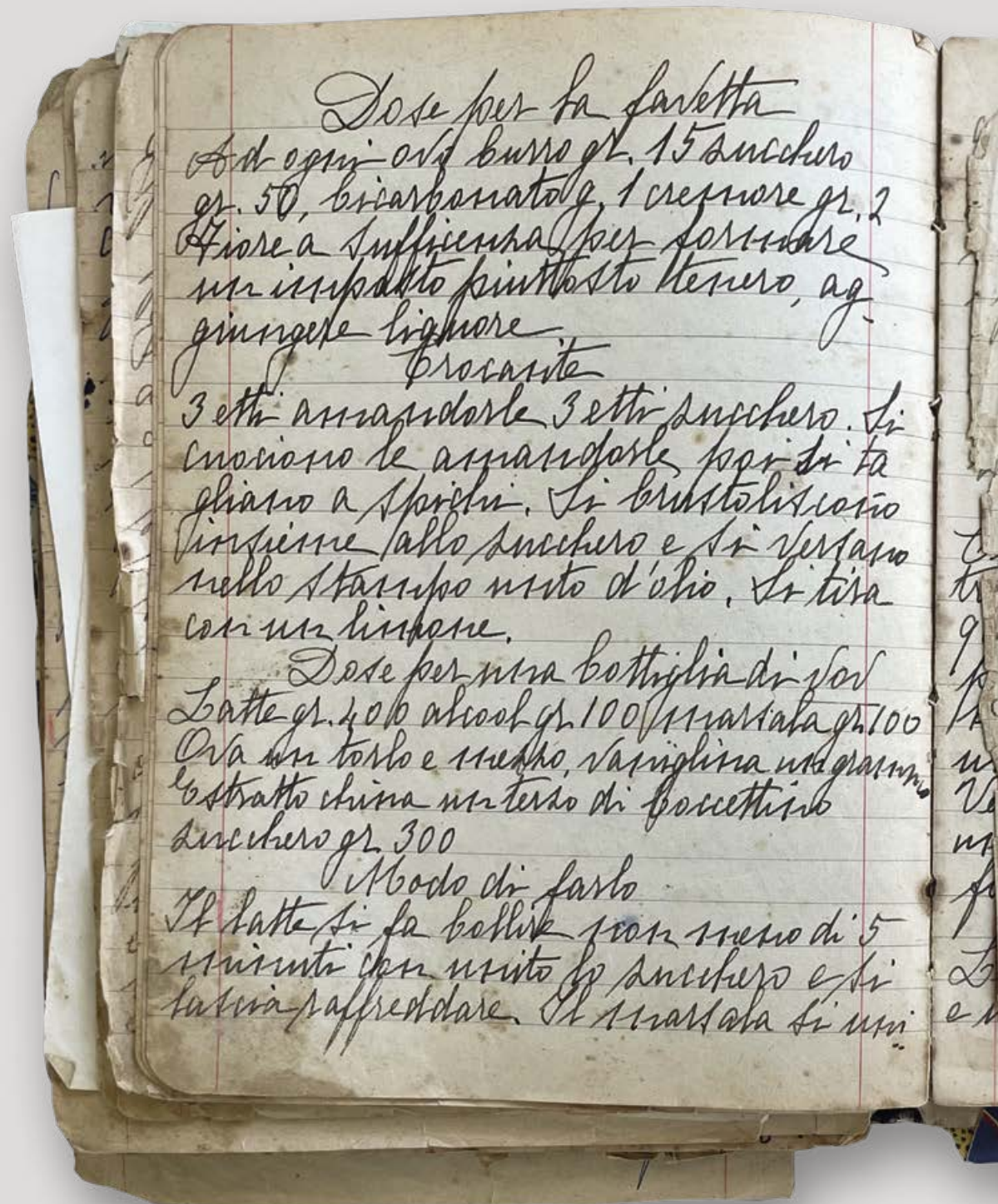
Cooking: 25 minutes.

INGREDIENTS

20 organic mandarin oranges
1 litre pure alcohol or strong vodka
1 kg sugar
1 litre water

METHOD

Wash the mandarins well under running water and dry them carefully using a clean cloth. Peel the fruits carefully, discarding any white pith. Slice the peel into thin strips and place in a large bowl with the alcohol. Cover the bowl with a stretch of plastic film and leave in a cool, dark place or the refrigerator for 7 days. At this point, place the sugar in a saucepan over a very low heat and encourage the sugar to melt with the help of a wooden spoon. Add a little water at a time until you achieve a thick syrup, stirring continually until the caramel takes on a pale amber colour. Now add the remaining water, stirring to mix then leave the syrup to cool.



When cold, stir the alcohol and mandarin peel into the syrup, mixing well. Strain the mixture to remove the peel and filter it into bottles. Store in a cool, dry place away from heat sources for at least a month. *Mandarinetto* is served cold. Once the bottle has been opened, keep it in the fridge, always tightly capped.

VOV EGG NOG

SERVES 4

Vov is an egg cream liqueur of Venetian origin, easy to prepare at home and ideal to be enjoyed at the end of a meal. Its name derives from ‘*vovi*’, which in dialect means eggs. It is a delicious drink that is to be tried either hot, at room temperature or cold. It is also known as eggnog, a warm drink for children that can also be livened up with Marsala wine for the grown-ups. (Our version is very alcoholic). ‘We serve it when we go skiing’, says Valentina. ‘It’s a good way of using up eggs,’ points out Paolo, but Nicola likes it with some dollops of whipped cream.

Preparation: 15 minutes. Cooking: 5 minutes.

INGREDIENTS

<i>1 unwaxed lemon</i>	<i>6 very fresh egg yolks</i>
<i>500ml full-fat milk</i>	<i>1 tsp vanilla extract or ½ tsp seeds</i>
<i>500g granulated sugar</i>	<i>10ml china liqueurs</i>
<i>100ml pure alcohol or strong vodka</i>	<i>(sweet and bitter orange peel liqueur)</i>
<i>100ml dry Marsala</i>	

METHOD

Remove the yellow zest from the lemon – easily done with a potato peeler and if necessary, using a small sharp knife to remove the white. Place in a pan with the milk and 200g sugar. Bring to the boil over a medium heat, stirring constantly until the sugar dissolves. Simmer for at least 5 minutes, then let it cool slightly.

Meanwhile, beat the egg yolks with the remaining sugar and vanilla in a bowl until thoroughly incorporated. Strain the hot milk into the eggs, whisking with a globe whisk as you do so. Mix the alcohol with the Marsala wine in a jug, stirring well. Gradually add the alcohol mixture, whisking continuously. Remove any

foam that has formed with a spoon and pour into glass containers (sterilised bottles or jars) with the help of a funnel. Store in the refrigerator.

NOCINO WALNUT LIQUEUR

MAKES ABOUT 3L

‘There is a tradition’, says Paolo, ‘for picking walnuts – 30, to be precise – under the moonlight on the 24 June, the festival of San Giovanni, and cutting them with a crystal knife.’ Nobody is quite sure why but the middle of June is the best time to pick walnuts while they are still green and soft (also known as ‘wet’ walnuts).

‘Iolanda has an ancient walnut tree in her garden and making *nocino* is a family tradition,’ says Valentina. ‘I make it every year, put it in bottles and forget about it. It will always be good when you come to drink it.’ ‘Ah’, sighs Paolo, ‘That beautiful dark maroon colour.’

Preparation: 40 minutes plus several months maturing. Cooking: 20 minutes.

INGREDIENTS

<i>30 green/wet walnuts</i>	<i>3–4 cinnamon sticks</i>
<i>1 litre pure alcohol or strong vodka</i>	<i>750g sugar</i>
<i>3–4 cloves</i>	<i>350ml water</i>

METHOD

Wearing protective gloves, halve or quarter the walnuts, place in a bowl or glass jar and immerse in 1 litre of alcohol, adding cloves and cinnamon sticks. Cover the bowl with a stretch of plastic film. Keep the mixture in a cool, dark place away from heat sources and forget about it until the autumn. At this point, boil up the sugar and water in a saucepan over a medium heat, stirring constantly until the sugar is dissolved. Leave to cool, then mix with the alcohol and leave, covered, in the same cool, dark place, to macerate for 10 days. Carefully filter the liquid into bottles, seal and leave in that cool, dark place for some months, preferably a year, or more. The older *nocino* gets, the better it is.

l'uovo il burro il sale lo zucchero
lo ribabbo ben pulito e lavato e
incorniciate a lavorare la pa-
sta per una ventina di minuti.
Imburrate e spolverizzate una
forma della capacità di circa
due litri e mettete l'impasto.
Coprite con un copribrio rial-
dato e ponetela in luogo tepido.
Quando la pasta avrà raggiunto
gli odori dello stasapo infornate
il satan a forno giusto per una
ventina di minuti e più.

Torreo

Terzita non tagliate in due o
tre parti. Si strettano in due
chilogrammi di spirito, più 4 gra-
mi di garofani chiudi e 4 grammi
di cardella regina. Si lascia
il tutto in infusione fino a settem-
bre o ottobre. Allora si aggiun-

Due uncie di farina, un
bicchiere di latte, un uovo e un
po' di formaggio. Si versa que-
sto impasto sullo sfoglio e si ro-
tola come un salame. Poi si ar-
volge in una panna e si mette al
forno facendolo bollire nell'acqua
marrone e rosso. Cotto che sia si taglia
a fette e si serve.

Gnocchi alla Bormana dose per 4 o 5 persone
Si fa bollire un litro e mezzo di latte
con burro quanto una noce, vi si
aggiunge 2 etti di sennola. Si lascia
cuocere circa un quarto d'ora. Quan-
do è cotta si leva dal fuoco vi si
aggiunge un uovo intero, due uncie
di formaggio, sale, mescolando il
tutto. Si verserà su di un asse
lasciandola di un'altessa di un
dito circa e quando è raffreddata
si taglia a mandorle. Si con-
disce in una teglia mettendo



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1882 140 2022



THIS IS THE NEVER-ENDING STORY OF A FAMILY AND ITS ENTERPRISE, A COMMUNITY, A REGION, A COUNTRY - REPRESENTED BY A COLLECTION OF REMARKABLE RECIPES THAT HAVE BEEN ADDED TO OVER THE GENERATIONS AND CONTINUE TO BE EMBELLISHED TO THIS DAY.