

WORLD OF  
FLAVOUR



WEDNESDAY 23<sup>RD</sup> JUNE

**ITALIAN DAY!**

**RECIPE BOOKLET**



# ITALIAN DAY!

In Italy, spring ushers in an array of celebrations and the Infiorata festivals tend to take the cake when it comes to artistry and colour. Throughout select cities and towns, artists descend upon the streets to create works of art out of flower petals, hence the name Infiorata, meaning decorated with flowers. Not only can attending these festivals lend Instagram worthy photos but also you can see one of Italy's most celebrated springtime events.

Like with most festivals in Italy, Infiorata festivals have roots that lead all the way back to the 13th century. However, it wasn't until June of 1625 that Benedetto Drei seemed to ignite the tradition again by creating the first flower carpets at the Vatican. The tradition would continue with famed Italian architects like Gian Lorenzo Bernini taking this flower petal artistry to the streets around Rome. Since its beginnings many centuries ago, the Infiorata style festivals have spread like wildflowers (pun intended) to many villages and towns across Italy. Italians create such delicious food! Many will agree that pizza is not only Italy's national food but also very popular all around the world. But it's not only pizza many people think off when they crave Italian food.

The essence of Italian cooking today is simplicity. One uses the freshest seasonal ingredients and basic cooking techniques to simply enhance the natural flavour of the food. In Italy, people enjoy leisurely meals, taking time for cooking, eating and telling stories when sharing food with family and friends.

In this booklet we share some great recipes for Italian food that we all love and that are popular in Italy - but not only in Italy!

Buon appetito!

## HUNGRY FOR MORE?

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## PASTA, TOMATO & POTATO SALAD

**SERVES**  Ten

**ALLERGENS**  Wheat, Milk, Egg, Gluten

## INGREDIENTS

- 300g penne pasta
- 200g white ware potatoes, peeled and cut into small cubes
- Rocket, large handful
- 50g sun blushed tomatoes in oil
- 100g cherry tomatoes, halved
- 30ml olive oil
- ½tsp. garlic puree
- 300g mozzarella, grated
- 50g parmesan, freshly grated
- Lo salt, pinch
- Ground black pepper, pinch

## METHOD

1. Put the potatoes in a large saucepan and cover with lightly salted boiling water. Cook until soft, approx. 8 minutes. Once cooked, drain and refresh until cold and set aside.
2. In a separate pan half full of water, bring this up to a rolling ball and cook the pasta for approx. 8 minutes, then drain and refresh until cold and set aside.
3. In a large bowl, mix together the pasta and potato, garlic puree and oil. Chop the sun blushed tomatoes and add them and the cherry tomatoes and oil to the bowl.
4. Add in the rocket, parmesan and mozzarella and toss lightly. Season to serve.



ITALIAN LENTIL & TOMATO SOUP

**SERVES**  Ten

**ALLERGENS**  Gluten

**INGREDIENTS** 

- 500g green lentils
- 20ml vegetable oil, for frying
- 3 onion, finely chopped
- 3 garlic cloves, finely chopped
- Basil, small handful, leaves torn and stalks finely chopped
- 1.2kg chopped tomatoes
- 1.2ltr vegetable stock
- Lo salt, pinch
- Ground black pepper, pinch

**METHOD** 

1. Add the lentils to a large saucepan and cover with water. Bring up to a boil and immediately turn down to simmer for approx. 15 minutes. To test if the lentils are cooked crush one between your fingers, it should feel creamy not starchy. Season the lentils with salt and pepper and set aside.
2. Heat a large saucepan and add the oil. Add the onions and cook over a medium heat until soft and golden.
3. Add the garlic and basil stalks. Once the dish starts smelling strongly of garlic add the chopped tomatoes.
4. Add the lentils and stock and stir. Leave to cook for approx. 5 minutes for all the flavours to marry.
5. Season with salt and pepper and ladle into a terrine. Garnish with torn basil leaves and a drizzle of olive oil.



ITALIAN STRAWBERRY & DARK CHOCOLATE CAKE

**SERVES**



Ten

**ALLERGENS**



Wheat, Soya,  
Milk, Egg, Gluten

**INGREDIENTS**



- 4 eggs, free-range
- 175ml olive oil
- 200ml honey
- 150g ground polenta
- 150g plain white flour
- ½ lemon, zest only
- 2tsp. vanilla extract
- 1tsp. bicarbonate of soda
- 1tsp. baking powder
- ½tsp. lo salt
- 150g dark chocolate, broken into large chunks
- 200g strawberries, frozen, defrosted

**METHOD**



1. Preheat the oven to 160°C. Grease the tin and line with baking paper.
2. Whisk the eggs in a bowl with an electric whisk, until thickened and increased in volume, approx. 4 minutes.
3. Pour the olive oil into a large bowl and stir in the honey, polenta, flour, lemon zest, vanilla, bicarbonate of soda, baking powder and salt. Fold in the whipped eggs until just combined.
4. Pour half of the mixture into the cake tin, sprinkle half the chocolate chunks on top and cover with half of the remaining cake mixture.
5. Place half of the strawberries on top, cover with the remaining cake mixture and top with half the remaining chocolate chunks and strawberries.
6. Bake for approx. 1 hour, until the cake feels firm and springs back to the touch. Remove from the oven and leave to cool in the tin for 15 minutes. Remove from the tin and allow to cool fully on a wire rack before serving.
7. Melt the remaining chocolate in a glass bowl over boiling water, making sure the bowl doesn't come in contact with the water.
8. Drizzle over the cooled cake and decorate with the fresh strawberries to serve.



## STRUFFOLI (ITALIAN DOUGHNUTS)

**SERVES**



Ten

**ALLERGENS**



Wheat, Sulphur Dioxide, Soya, Sesame, Lupin, Egg, Gluten

## INGREDIENTS



- 500g strong white flour
- 5 eggs, free-range
- 60g caster sugar
- 1 lemon, finely grated zest
- 1 orange, finely grated zest
- 2tbsp. orange and lemon juice
- Lo salt, pinch

For the sauce:

- 250g honey
- 100g caster sugar
- 2tbsp. tap water
- 1 orange, peel only, julienned
- 20g mixed peel, to serve
- 300ml vegetable oil, for deep-frying

## METHOD



1. Place the flour into a large bowl and make a well in the centre. Add the remaining doughnut ingredients to the well. Gradually stir the ingredients using a spoon, until the mixture comes together as a soft dough. Cover the bowl with greased cling film and set aside to rest in a cool room for approx. 2 hours.
2. Once the dough has rested, tear small pieces from it and roll them into equal-sized sausage shapes about 1cm thick. Cut each sausage into little pellets about 1cm long.
3. Heat the oil in a deep, heavy-based saucepan over a medium heat, until a breadcrumb sizzles and turns golden-brown when dropped into it.
4. Carefully lower the dough pellets into the hot fat, in batches if necessary. Fry for approx. 2 minutes, until crisp and golden-brown. Remove from the oil using a slotted spoon and set aside to drain on kitchen paper. Repeat the process with the remaining dough pellets. Set aside all of the struffoli to cool.
5. For the sauce, heat the sauce ingredients in a saucepan over a low heat, stirring well until the sugar has melted. Bring the mixture to a simmer and simmer for approx. 3 minutes, until the sauce has the consistency of syrup. Set aside to cool.
6. To serve, pile the struffoli onto a serving platter and drizzle over the sauce and scatter over the mixed peel.



LITTLE ITALIAN CUSTARD TART (TORTA DEL NONNA)

**SERVES**



Ten

**ALLERGENS**



Wheat, Soya,  
Milk, Egg, Gluten

**INGREDIENTS**



For the pastry

- 280g plain flour
- 175g stork
- 75g icing sugar, plus extra for dusting
- 2 eggs, free range yolks, lightly beaten

For the filling

- 1ltr. milk, semi skimmed
- 1 vanilla pod, split
- 8 egg, free range, yolks
- 250g golden caster sugar
- 85g strong flour
- 100g ricotta
- 2 oranges, zested
- 200g dark chocolate, grated
- 75g sunflower seeds

**METHOD**



1. Put the flour, stork and icing sugar in a food processor and pulse until it resembles breadcrumbs. With the motor running, slowly add the egg yolks. If the mixture looks too dry, drizzle in 2tbsp. cold water. Tip it out onto your work surface and gently knead together. Flatten the pastry into a disc, wrap in cling film and chill for approx. 20 minutes.
2. Pour the milk into a saucepan. Scrape the vanilla seeds from the split pod into the milk and add the pod as well. Heat the milk over a medium heat until it just starts to bubble around the edges. Remove from the heat and leave to cool a little.
3. Beat the egg yolks, sugar and flour together with an electric whisk for approx. 5 minutes until pale and mousse-like. Remove the vanilla pod from the cooled milk and steadily pour over the beaten egg yolks, whisking constantly.
4. Pour the custard mixture into a clean saucepan. Heat over a medium-low heat, whisking all of the time. Cook the custard for approx. 10 minutes, still whisking, until it is very thick. Remove from the heat and push through a sieve into a wide dish. Cover the surface with cling film to prevent the custard from forming a skin. Set aside to cool while you prepare the pastry case.
5. Roll out the pastry between 2 pieces of baking parchment to line a 24cm loose bottomed, fluted tart tin. Cover with cling film and chill for 30 minutes. Heat oven to 180°C. Line the tart case with baking parchment and fill with baking beans. Bake in the oven for 15 minutes. Carefully remove the baking beans and paper and return to the oven for approx. 5 minutes until the pastry is golden brown. Leave to cool in the tin on a wire rack while you finish the filling.
6. Reduce oven to 140°C. Gently beat the custard with the ricotta, orange zest and grated chocolate until just combined, and spread evenly in the tart shell. Sprinkle over the seeds and bake for approx. 35 minutes – the filling will still be quite wobbly but it will firm up as it cools. Chill for at least 3 hrs, or overnight.
7. Dust with icing sugar to serve.



## ITALIAN BUTTER BEANS

**SERVES**



Ten

**ALLERGENS**



None

## INGREDIENTS



- 2tbsp. vegetable oil
- 6 garlic cloves, crushed
- 500g chopped tomatoes
- 3tsp. sugar
- 1kg butter beans, rinsed and drained
- Basil, small handful, chopped
- Lo salt, pinch
- Ground black pepper, pinch

## METHOD



1. Heat the oil in a medium saucepan. Fry the garlic for 1 minute, then add the tomatoes and sugar. Tip in the beans and a splash of water. Cover and simmer for 5 minutes.
2. Stir in the basil and season to serve.





SICILIAN RUSTIC FLAT BREAD

**SERVES**  Ten

**ALLERGENS**  Wheat, Gluten

**INGREDIENTS** 

- 250g strong white bread flour
- 1tsp. fast-action dried yeast
- 1tbsp. olive oil, plus extra for drizzling
- 200ml sparkling water
- Semolina, for sprinkling
- Rosemary, finely chopped
- Sea salt, for sprinkling

**METHOD** 

1. Heat oven to 200°C. Mix together the flour, yeast and ½tsp. salt. Add the oil, then pour in the water gradually, adding enough to make a soft dough. Knead the dough on a lightly floured surface for approx. 4 minutes until the dough feels strong, bouncy and has a silky feel to it.
2. Cut the dough into 10 pieces, then roll out into rough rounds about 15cm in diameter. (Don't pile them on top of each other or they will stick together.)
3. Sprinkle a baking sheet or two with semolina if you have it, otherwise leave plain. Lay the breads on the sheets and let them sit for 5 mins, then scatter with rosemary, salt and pepper and drizzle with olive oil.
4. Bake in batches for approx. 8 minutes until puffy and golden. Can be made 3-4 hrs ahead.



AVOCADO PANZANELLA

**SERVES**



Ten

**ALLERGENS**



Wheat, Gluten

**INGREDIENTS**



- 800g mix of ripe tomatoes
- 2 garlic clove, crushed
- 1tbsp. capers, drained and rinsed
- 2 avocado, stoned, peeled and chopped
- 2 red onion, very thinly sliced
- 350g ciabatta or crusty loaf
- 100ml olive oil
- 4tbsp. red wine vinegar
- Basil leaves, small handful
- Lo salt, pinch
- Ground black pepper, pinch

**METHOD**



1. Halve or roughly chop the tomatoes (depending on size) and put them in a bowl. Season well and add the garlic, capers, avocado and onion, and mix well. Set aside for 10 minutes.
2. Meanwhile, tear or slice the ciabatta into 3cm chunks and place in a large serving bowl or on a platter. Drizzle with half the olive oil, half the vinegar and add some seasoning. When ready to serve, pour over the tomatoes and any juices. Scatter with the basil leaves and drizzle over the remaining oil and vinegar. Give it a final stir and serve immediately.



## LEMON RICOTTA CAKE

**SERVES**  Ten

**ALLERGENS**  Wheat, Milk, Egg, Gluten

## INGREDIENTS

- 250g ricotta
- 175g stork
- 165g caster sugar
- 125g self-raising flour
- 3 lemons, zest
- 3 eggs, free range
- 1tbsp. baking powder

## METHOD

1. Pre-heat the oven to 160°C and grease an 18cm diameter cake tin, and sprinkle flour lightly on it.
2. Sieve the flour and add the baking powder.
3. In a bowl, rub in the stork and sugar, using an electric beater, until the mixture becomes creamy.
4. Add the egg yolks and beat well until it becomes foamy. Add this to the ricotta. Mix well with your hands.
5. Start adding flour, little by little, mixing well continuously.
6. Place the mixture in the cake tin and bake for approx. 35 minutes, until the cake has risen and turned golden.
7. Let the cake cool for an hour in the cake tin, before cutting into wedges to serve.



## COUS COUS SALAD WITH TOMATOES, OLIVES & MOZZARELLA

**SERVES**  Ten

**ALLERGENS**  Wheat, Mustard,  
Milk, Gluten

## INGREDIENTS

- 700ml vegetable stock
- 500g couscous
- 200g asparagus tips
- 2 yellow pepper, deseeded, cut into thin strips
- 200g cherry tomatoes, quartered
- 10g black olives, drained & roughly chopped
- 200g mozzarella, grated
- Chives, small handful, chopped
- 120ml olive oil
- 4tbsp. red wine vinegar
- 2tsp. English mustard
- Lo salt, pinch
- Ground black pepper, pinch

## METHOD

1. Pour the vegetable stock into a medium lidded saucepan and bring to the boil. Add the couscous and stir. Cover, reduce the heat and simmer for 5 minutes or until all the water has been absorbed. Remove from the heat and leave to stand with the lid on for 10 minutes. Uncover and fluff the couscous up with a fork, then set aside to cool.
2. Meanwhile, bring a medium saucepan of salted water to the boil. Drop in the asparagus and cook for 3 minutes. Drain and drop into cold water to refresh them – this keeps them crunchy and retains their beautiful green colour. Drain and chop into 2cm pieces and put into a large bowl.
3. Add the pepper, tomatoes, olives, mozzarella and chives to the asparagus. Set aside.
4. To make the dressing, pour the olive oil, vinegar and mustard into a small bowl. Season with salt and pepper and whisk to combine. Pour the dressing into the bowl over the vegetables.
5. Add the cooled couscous and stir all together and serve in a large bowl.



ITALIAN GREEN BEANS WITH  
TOMATOES, CHEDDAR & MOZZARELLA

**SERVES**



Ten

**ALLERGENS**



Sulphur Dioxide,  
Milk

**INGREDIENTS**

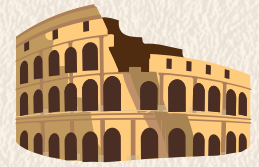


- 800g fine green beans, frozen, thawed
- 140g tomatoes, quartered
- 100g pumpkin seeds, toasted
- 5tbsp. olive oil
- 1tbsp. lemon juice
- 75g cheddar cheese, diced
- 150g mozzarella, grated
- Lo salt, pinch
- Ground black pepper, pinch

**METHOD**



1. Place the drained green beans in a large bowl.
2. Lightly toss the beans with the tomatoes, olive oil and lemon juice.
3. To serve, add in the diced cheddar, grated mozzarella and toasted pumpkin seeds. Season and serve immediately.



## ITALIAN BREAKFAST COOKIES

**SERVES**



Ten

**ALLERGENS**



Wheat, Milk,  
Egg, Gluten

## INGREDIENTS



- 1 egg, free range
- 150g caster sugar
- 60ml milk, semi skimmed
- 50ml vegetable oil
- ½tsp. vanilla, essence
- 290g plain flour
- Lo salt, pinch
- 2tsp. baking powder
- 50g granulated sugar

## METHOD



1. Pre-heat oven to 180°C. Line 2 baking sheets with parchment paper.
2. Whisk together flour, salt and baking powder.
3. In a medium bowl beat together egg and sugar until light and frothy. Add milk, oil and vanilla, beat well.
4. Add flour mixture a little at a time and mix with a wooden spoon.
5. Remove to a lightly floured flat surface and knead gently until combined. Dough will be slightly sticky so don't over flour.
6. Remove pieces of dough to form into oblong shapes, roll in granulated sugar and place on parchment paper lined baking sheets.
7. Bake for approximately 10 minutes, until lightly golden. Enjoy!



ITALIAN SPRING BEAN SALAD

**SERVES**



Ten

**ALLERGENS**



Wheat, Milk,  
Gluten, Celery

**INGREDIENTS**



- 120g celery
- 120g carrot
- 1 radicchio
- Basil, small handful
- 800g borlotti beans
- 1 onion, finely chopped
- 150ml olive oil
- 80ml white wine vinegar
- 75g parmesan shaved
- 200g bread, cut into small dice
- 30ml vegetable oil
- Lo salt, pinch
- Ground black pepper, pinch

**METHOD**



1. Trim the celery, peel and trim the carrot, then cut, along with the radicchio, into 5mm cubes. Pick and finely chop the basil leaves.
2. Drain and rinse the beans and place in a bowl with the radicchio, celery, carrot, onion and basil. Stir in the olive oil and vinegar, then season and set aside to rest.
3. Preheat the oven to 180°C.
4. Scatter the bread over a baking tray and drizzle with the oil and toast in the oven until golden, approx. 10 minutes, tossing halfway through. Set aside to cool.
5. Mix the bean mixture with the parmesan and toasted croutons, season and serve.



ITALIAN STYLE BAKEWELL TART

**SERVES**  Ten

**ALLERGENS**  Wheat, Milk, Egg, Gluten

**INGREDIENTS** 

- 750g plum halves, tinned, drained
  - rosemary, few sprigs
  - 20g icing sugar
  - 2 eggs, free range yolks, lightly beaten
  - 30g pumpkin seeds, toasted
  - 1 lemon
  - 2tsp. vanilla essence
  - 200g polenta
  - 40g plain flour, plus extra for dusting
- For the pastry:
- 280g plain flour
  - 175g stork
  - 75g icing sugar, plus extra for dusting
- For the frangipane:
- 200g stork
  - 200g caster sugar
  - 4 eggs, free-range
  - 1 orange
- For the lemon icing:
- 75g icing sugar
  - 1 lemon, juice, and zest

**METHOD** 

1. Put the flour, stork and icing sugar in a food processor and pulse until it resembles breadcrumbs. With the motor running, slowly add the egg yolks. If the mixture looks too dry, drizzle in 2tbsp. cold water. Tip it out onto your work surface and gently knead together. Flatten the pastry into a disc, wrap in cling film and chill for approx. 20 minutes.
2. Place the plum halves in a dish. Strip in the rosemary leaves, sprinkle with the icing sugar and leave to macerate for half an hour.
3. In a mixing bowl, cream the stork and caster sugar together, then beat in the eggs. Finely grate in the zest from the oranges and lemons and add the vanilla extract. Fold through the polenta and flour.
4. Preheat the oven to 180°C.
5. Roll out the pastry on a floured surface to fit a lined baking tray, going up the sides slightly. Place a sheet of greaseproof over the pastry and fill with baking beans. Bake in the middle of the oven for approx. 15 minutes. Remove the beans and paper and bake again for a further 5 minutes, until the pastry is a light even golden colour. Remove from the oven and lower the heat to 160°C.
6. Spread the frangipane over the pastry and stud with the plums and toasted pumpkin seeds. Bake for approx. 30 minutes, until cooked and an inserted skewer comes out clean. Remove from the oven and allow to cool slightly.
7. Combine the icing ingredients in a bowl and mix until smooth. Drizzle over the cooled tart, then serve.





## ITALIAN LEMON COOKIES

**SERVES**



40 little  
biscuits

**ALLERGENS**



Wheat, Milk,  
Egg, Gluten

## INGREDIENTS



- 3 eggs, free range
- 120ml milk, semi skimmed
- 3 drops lemon oil
- 120ml vegetable oil
- 380g plain flour
- 8tsp. baking powder
- 65g caster sugar
- 770g icing sugar
- 120ml milk, semi skimmed
- 2 drops lemon oil

## METHOD



1. Preheat oven to 180°C and line a few baking trays.
2. In the bowl of a mixer, mix together the eggs, milk, lemon oil, sugar and vegetable oil until well combined.
3. Add in the flour and baking powder, a little at a time.
4. Mix just until a dough forms. It will be very sticky. Add a touch more flour to make the dough workable.
5. Dip a table spoon into some flour and then scoop out the cookies and drop onto the prepared sheets, about an inch apart.
6. Place in the oven and bake for approx. 8 minutes, until the tops are just lightly browned.
7. Remove immediately from the cookie sheet on to a wire rack to cool. Allow the cookies to cool completely before frosting.
8. Mix together the icing sugar, milk and lemon oil in a large bowl. You may need to add more milk to get desired consistency. You want the frosting thick but runny.
9. Place some greaseproof paper under the cookies on the wire rack.
10. Use a spoon to drizzle the frosting over the cookies. Allow the icing to set on the cookies before serving.



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