



## CHICKEN MILANESE

Serves 6

### INGREDIENTS:

- 3 whole or 6 half boneless, skinless chicken breasts
- 4 large eggs, beaten
- 1 cup panko crumbs
- 1 teaspoon coarse salt, plus more for serving
- 1/4 teaspoon fresh ground black pepper, plus more for serving
- 4 tablespoons butter
- 2 tablespoons extra virgin olive oil
- 2 lemons, each cut into 3 wedges
- 3 tablespoons fresh parsley, minced

**Milanese means "In the style of Milan". It refers to food dipped in beaten egg, then into a breadcrumb mixture and fried in butter. It is typically served with a large salad dressed simply with olive oil and vinegar or citrus.**

Separate the chicken into individual breasts. Butterfly each breast by cutting in half but not completely through, so when opened, the breast halves are still attached but lay flat. Place the butterflied breasts in a large rectangular baking dish. Pour in the eggs and completely coat the chicken. Cover and let stand in the refrigerator for at least 1 hour but up to 12 hours for very tender texture. Rotate the chicken in the "marinade" once or twice.

Put the panko on a large plate or sheet of wax paper and mix in the salt and pepper. Remove the chicken breasts one by one from the eggs and lightly coat both sides in the crumbs. Place the breasts on a rack while you continue with the remaining chicken breasts.

In a large skillet, casserole, or deep sauté, over medium-high heat, melt 2 T of the butter and 1 T of the olive oil until bubbling but not brown. Cook the chicken in 2 batches so the chicken breasts are not crowded, to ensure complete browning. Cook until golden brown, 3 to 5 minutes. Turn the chicken over and cook the second side 3 to 5 more minutes or until golden.

Serve the chicken with thin slices of lemon and a sprinkling of salt and pepper. Sprinkle with minced parsley.



## ASPARAGUS MILANESE

Serves 4

### INGREDIENTS:

1 pound fresh asparagus  
1/2 teaspoon salt  
3/4 cup grated parmesan cheese  
1 tablespoon butter  
4 eggs

**This ancient recipe, which is still popular today, is said to have been a great favorite of Julius Caesar.**

Preheat oven to 400°F. Meanwhile fill a large skillet, casserole, or deep sauté with 1 inch of water, add the salt and bring the water to a rolling boil. Carefully add the asparagus to the pan and cook uncovered over medium heat, until just tender, about 8-10 minutes, depending on the thickness of the stems.

Grease a large baking pan liberally with olive oil. Carefully place the drained asparagus, in a single layer, on the pan. Sprinkle the cheese liberally over the asparagus and dot them with the butter. Place the pan into the oven and bake for 10 minutes or until the cheese has melted and is beginning to brown. While the asparagus are in the oven, fry the eggs. Transfer the asparagus onto a serving dish, separating them into 4 servings. Top each serving with a fried egg.

Serve immediately.

# Lagostina

## SARDINIAN GNOCCHI

Serves 4-6

### INGREDIENTS:

#### GNOCCHI

Pinch saffron (optional)

1/2 cup water

1 tablespoon olive oil

2 cups semolina flour

1 teaspoon salt

Sauce (recipe on reverse)

Typically Sardinian Gnocchi is made with semolina flour and a pinch of saffron. The texture of these gnocchi is a little chewier than potato or regular flour gnocchi. Saffron is listed as an optional ingredient, but with or without the saffron you will find these gnocchi interestingly different and delicious.

Dissolve the saffron in the 1/2 cup of water. Add the oil to the water. Combine the flour and salt. Heap the flour into a mound on a large board or work surface, making sure the surface is clean and dry. Make a well in the center of the flour and pour about half of the water into the well with a fork, gradually draw in the flour from the inside of the well. As the mixture begins to thicken, start mixing with your hands. Add the water a little at a time as needed. Knead the dough by pressing away from you with the heel of your hands, then fold the dough over towards you. Repeat this kneading action until the dough is smooth and elastic, about 5 minutes. Wrap the dough in plastic wrap and allow it to rest for at least 30 minutes.

While the gnocchi is resting, make the sauce. (See recipe on reverse)

While the sauce is simmering, bring a large stockpot or stewpot of salted water to a full rolling boil. In the meantime, form the gnocchi. Cut the dough into 4 equal size pieces and roll each piece into a 3/4-inch diameter rope on a lightly floured board or surface. Cut the ropes into 1/2-inch pieces. Hold the tines of a fork at a 45-degree angle to the work surface with the concave part facing up. One-by-one, take one 1/2-inch piece of dough and with the tip of your thumb, press the dough lightly against the tines of the fork as you roll it downward toward the tips of the tines, making ridges on one side of the dough and an indentation on the other side. Drop about half of the gnocchi into the boiling water and cook until they rise to the top, about 6 minutes. Using a slotted spoon, scoop them out and add them to the pan with the sauce. Cook the remaining gnocchi and add them to the sauce. Cook the gnocchi in the sauce for an additional minute or so. Serve with grated parmesan cheese.

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## INGREDIENTS:

### SAUCE

2 tablespoons olive oil

1 medium onion, chopped

2 cloves garlic

1/3 cup sundried tomatoes,  
packed in oil, chopped

3/4 pound Italian sausage,  
casing removed.

2 (16 ounce cans) diced tomatoes

2 tablespoons freshly chopped

Italian parsley

1 tablespoon freshly chopped basil

1/2 teaspoon dried oregano

1 teaspoon salt

1/4 teaspoon freshly ground black  
pepper

Grated parmesan cheese

Heat the oil in a large skillet, casserole, or deep sauté over medium heat until hot. Sauté the onions until lightly browned, about 2 minutes. Add the garlic and sauté for 1 minute. Add the sundried tomatoes and sauté 1 minute. Add the sausage and break it up into small pieces with a fork and sauté until the sausage is well browned. Add remaining ingredients, except the grated cheese. Stir well and simmer for 20 minutes.

### Variation

As a time-saving technique, this sauce can instead be served over prepared or store-bought gnocchi.



## PEA RISOTTO - RISI E BISI

Serves 4

### INGREDIENTS:

1 qt low sodium chicken or vegetable stock  
1 tablespoon olive oil  
1 medium onion, chopped  
2 ounces pancetta, chopped  
1 clove garlic, chopped  
1 cup Arborio, short grain rice  
1/2 cup frozen peas, thawed  
1/4 teaspoon freshly ground pepper  
1/4 cup freshly chopped Italian parsley  
3/4 cup grated parmesan cheese, divided

Traditionally this risotto was served to the Doges on April 25th, Saint Mark's Day, the patron saint of the city of Venice. This dish is widely appreciated throughout the Venice region, where growing peas is a traditional part of agriculture.

Heat the stock in a small saucepan or stewpot and keep warm. Heat the oil in a large deep sauté over medium heat, until hot. Add the onion and sauté for 2 minutes. Add the pancetta and continue to sauté for 2 more minutes. Stir in the garlic and cook 1 more minute. Stir in the rice and sauté, until the rice is opaque, about 2 minutes. Start adding the heated broth 1/2 cup at a time, stirring constantly after each addition. Continue this process until all the broth has been added and the rice is al dente, about 18 minutes. Stir the peas, pepper, parsley and 1/2 of the grated cheese into the simmering rice during the last 3 minutes of cooking. Serve immediately in soup bowls and sprinkle each serving liberally with the remaining grated cheese.

### Variation

If you prefer to use fresh peas in this recipe, add them with the rice and continue the recipe as directed.

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## FETTUCCINE ALLA ROMANA

Serves 4

### INGREDIENTS:

#### PASTA

1 1/2 cups flour

1/2 teaspoon salt

3 eggs

Additional flour for rolling

Sauce (Recipe on reverse)

**Homemade pasta is the basis for this Roman specialty. Here you make the egg noodles by hand but you can use a pasta maker, mixer or food processor if you prefer. If you are pressed for time, fresh pasta is also readily available in most grocery stores.**

Heap the flour into a mound on a large board or work surface, making sure the surface is clean and dry. Make a well in the center of the flour and break the eggs into the well.

Add the salt. Start beating the eggs with a fork and gradually draw in the flour from the inside of the well. As the mixture begins to thicken, continue mixing with your hands.

Knead the dough by pressing away from you with the heel of your hands, then fold the dough over toward you. Repeat this kneading action until the dough is smooth and elastic, about 10 minutes. Wrap the dough in plastic wrap and allow it to rest for at least 30 minutes.

After the dough has rested, coat the board with flour. Flatten the dough into a large disc and sprinkle it with flour. Using a rolling pin, roll the dough, turning it a quarter of a turn after each roll. Continue rolling until it is paper thin. Sprinkle the dough with flour, as needed, to be sure that it doesn't stick to the rolling pin. Start at one side of the circle and fold the pasta sheet over into 4-inch segments. Continue folding the sheet of pasta into 4-inch segments, until the dough is a 4-inch wide flat tube. Using a large, sharp knife, cut the dough into 4 x 1/8-inch strips. When you are finished cutting the strips, unfold the pasta and toss it with a tablespoon or so of flour so that it does not stick together.

Allow the pasta to rest while you boil the water and make the sauce.

(See recipe on reverse)

# Lagostina

## INGREDIENTS:

### SAUCE

4 tablespoons butter

3/4 pound boneless skinless chicken breast, cut into bite-sized pieces

1/2 pound smoked ham steak, pancetta, or bacon, cut into bite-sized pieces

1 small onion, chopped

2 cloves garlic, chopped

6 ounces mushrooms, cleaned and quartered

1/2 teaspoon salt

1/4 teaspoon freshly ground pepper

3/4 pound ripe tomatoes, skinned and chopped

1/2 cup dry white wine

1 cup chicken broth

2 tablespoons freshly chopped parsley

1/2 cup grated pecorino romano cheese

Heat the butter in a large deep sauté or skillet, until it sizzles. Add the chicken and ham and sauté until nicely browned, about 5 minutes. Remove the chicken and ham from the pan and reserve. Add the onions and sauté until browned, about 2 minutes. Add the garlic and mushrooms and sauté for 1 minute. Season with salt and pepper. Add the tomatoes and simmer for 5 minutes, then add the wine and cook for 5 more minutes. Add the broth, simmering for another 5 minutes.

While the sauce is simmering, bring a large quantity of salted water to a boil in a large stockpot or stewpot. Cook the pasta in the boiling water until al dente, about 6-8 minutes.

Add the cooked chicken and ham back to the sauce to reheat.

Drain the pasta and place on a serving platter. Pour the sauce over the pasta and sprinkle with the parsley and 1/2 the cheese. Use the remaining cheese for serving, to taste.