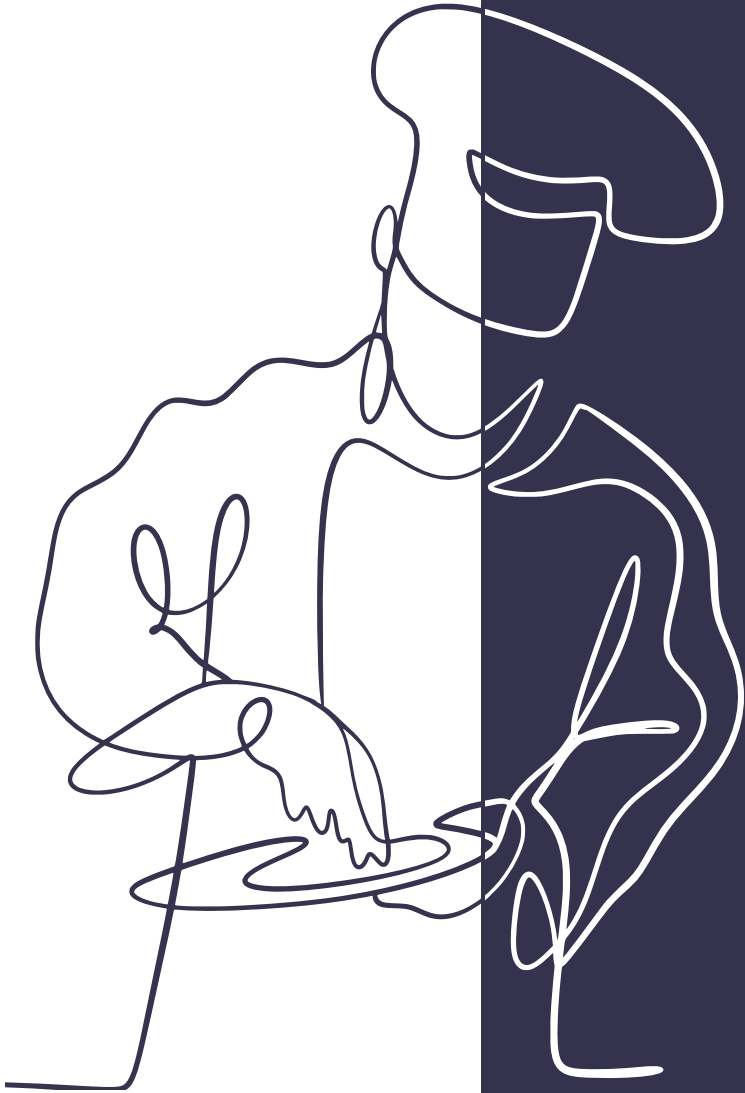


WANNA BE ITALIANO RECIPE BOOK



Cooking Schools

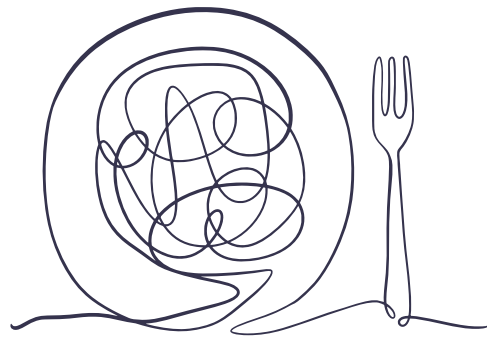
AUTUMN SEASON





OUR RECIPES

Homemade tagliatelle with
Bolognese Ragout



Handmade pumpkin
ravioli



Tiramisu'



Homemade tagliatelle with Bolognese Ragout

1

TO MAKE THE HOMEMADE TAGLIATELLE PASTA

Preparation

Ingredients to serve 2 people:

200g (7oz) of "00" flour
2 large fresh eggs
Semolina

Place the flour in a pile on a marble or wooden surface and create a well, then crack the eggs into the well and whisk gradually whilst adding the flour into the egg.

When the flour is combined, start to knead it with your hands for around 10min. Once your dough is smooth and no longer sticky, make it into a ball and wrap it in plastic film, rest it for at least 30min.

After resting, unwrap the dough, and form it into a disc. Then dust your work surface and your dough with some semolina. Start to roll-out your dough with a rolling pin, maintaining a circular shape as you do. When you're able to see your hand through the dough, and the dough is an even thickness all over, then it is ready.

Fold your dough over itself into 6cm (2.3") layers, then using a sharp knife cut it lengthways into strips: 0.5cm (.2") for linguine, 1cm for fettuccine, 1.5cm (.6") for tagliatelle, 2cm (.8") for pappardelle.



Homemade tagliatelle with Bolognese Ragout

2

TO MAKE THE VEGETABLE BROTH

Preparation

Ingredients:

1 celery stick
2 carrots
1 onion (White or red)
Parsley
Seasalt
13 cups of room
temperature tap water

Put the vegetables together with the water into a pot and put it on the stove high flame. Add a pinch of sea salt and put the lid on. Don't peel the veggies if you have the change of buy organic ones.

When the water starts to boil reduce the heat and let it simmer, with the lid on (to avoid the water to evaporate), for 1 hour at least.

A



Homemade tagliatelle with Bolognese Ragout

3

TO MAKE THE BOLOGNESE RAGOUT

Preparation

Ingredients:

300g (10.6 oz) of grounded beef
2 fresh pork sausages – casing removed
1 brown onion
1 carrot
1 celery stick
Extra virgin olive oil (EVO) as needed
Salt and black pepper as needed
100ml (1/3cup) of a good drinkable red wine
100g (3.5oz) of tomato paste
Aromatic herbs (sage, rosemary, bay leaf)
Vegetable broth as needed

Finely chop the onion, carrot and celery to make the Italian “soffritto”.

Heat the oil in a large steel pan, medium heat, then add the herbs and the chopped vegetables and cook for 5/10 minutes. Increase the heat, add the meat and stir until the meat is nicely browned. At this point, you can add the wine and stir until the alcohol evaporates.

Reduce the heat to low and stir in the tomato paste. Cover the sauce with vegetable stock, place a lid on the pan. Cook on a low simmer for 3-4 hours adding more stock if the sauce becomes too dry.

Cook the pasta for a 2-3mins, then combine with the sauce and add a drizzle of EVO oil to give a creamy consistency and a shiny look.



Homemade tagliatelle with Bolognese Ragout

VEGGIE SOLUTION

Ingredients:

- 1 brown onion
- 1 carrot
- 1 celery stalk
- 3 tablespoons tomato paste
- 1 glass of red wine
- herbs (sage, rosemary, bay leaf)
- Extra virgin olive oil
- Salt and pepper to taste
- Vegetable broth as required

VEGETABLE RAGOUT O "SUGO FINTO"

Preparation

Dice the carrot, celery and onion into small cubes. Next, tie the aromatic herbs with a piece of string.

Heat a pan with 4 tablespoons of extra virgin olive oil and then add the chopped vegetables and herbs. Lightly toast the ingredients and add a pinch of salt and a pinch of pepper. Once the vegetables are lightly browned add the tomato paste, stir well and lower the heat. Then add the wine and cook off the alcohol. Finally add the vegetable broth to cover the sauce and cook for about 1 hour.



Handmade pumpkin ravioli

Ingredients to serve 2 people:

150g (5.3oz) butternut squash
Thyme
Rosemary
1 small potato (optional)
20g (0.7oz) Parmigiano Reggiano
cheese, grated
30g (1oz) ricotta cheese

TO MAKE THE FILLING:

1

Preparation

Preheat oven to 180°C (356°F).

In a small pot gently boil the potato, skin on, for around 20min or until cooked through. Peel the potato and set aside. Meanwhile season the squash with salt, pepper and the herbs and cover with aluminum foil. Bake in the oven for 30min. Unwrap the cooked pumpkin and remove the herbs, then mash together with the potato, parmigiano, ricotta, salt and pepper. Taste the mixture and adjust seasoning as required.

TO MAKE THE RAVIOLI:

2

Preparation

Roll out the dough as for tagliatelle, then create two strips 10cm (3.9") wide. Place spoonfuls of filling along the middle of one sheet leaving at least 2cm (.8") either side of the fillings in order to close the ravioli later. Then take the other pasta sheet and lay it upon the fillings, matching the edges with the bottom sheet as closely as possible. Push down around the fillings to shape them and remove any air inside. Cut evenly between each filling leaving enough space for the final seal. Take a fork and press around the edge of the ravioli with enough pressure to squash the two layers together. Cook the ravioli in salted boiling water (3-4 minutes from when they start to float), then sauté them in the sauce.



Tiramisu'

INGREDIENTS*

1 fresh egg
1tbsp of sugar
100g (3.5oz) of Mascarpone cheese
Savoirdi biscuits
Plain dark coffee (unsweet) to deep
the biscuits, as needed
Unsweetened cocoa powder

PREPARATION

Whisk the mascarpone to make it a little bit creamier and less solid.

Separate the yolks from the egg whites.

Add the sugar to the egg yolks and beat until the sugar is dissolved and you have smooth creamy consistency. Then incorporate the mascarpone. Not all at once, but in three different times. In this way mixing the ingredients is going to be better and easier.

Whip the egg whites until they're stiff.

With a rubber spatula, fold the whites into the mascarpone cream, a third of the egg whites at a time. Better to do this^A by hand, or you will lose the air from the whites.

Now is time to start making layers!

Sift a little of cocoa powder on the bottom of a tray or a deep dish, then cover with the cream.

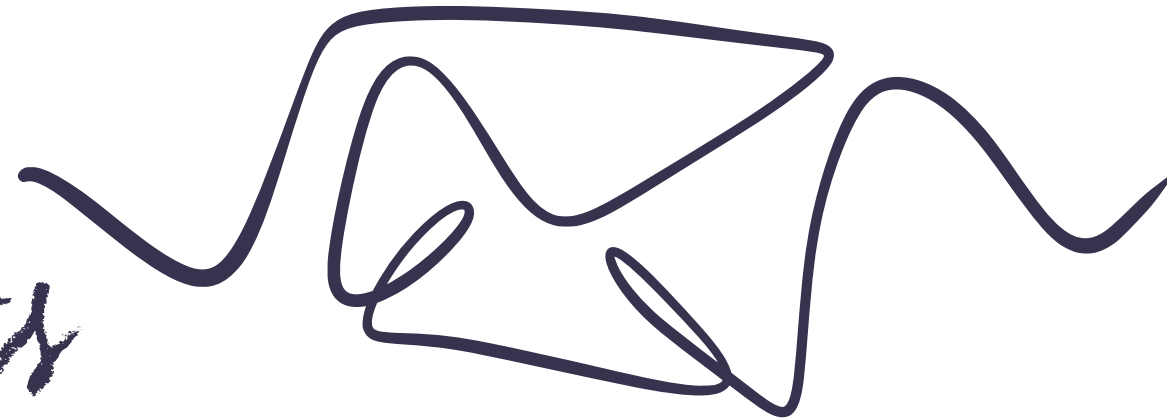
Dunk the biscuits quickly in the coffee and place them on the cream until it's well covered.

The first layer is complete; now repeat the steps at least another time or as many as you need to fill up the container. Finish with cocoa powder and store in the fridge two hours prior to serving.

**For 1 person*



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