

# **Top Chef...**

## **OregonTuscans style**



### **Ideas to *Italicize***

### **or *Tuscanize***

## **your Thanksgiving!**

**Recipes to share from the Internet,  
the Tuscan Association of Oregon and friends**

**Nov. 18, 2012**

# **Fried Sage Leaves**

**from ItalianFoodForever.com**

**Prep Time:** 10 mins    **Cook Time:** 15 mins    **Serves:** 6

Great served warm as a little nibble along with a glass of red wine, or served alongside grilled meat. They taste a little like savory popcorn.

## **Ingredients:**

24 Large Sage Leaves  
1 Egg  
2 Tablespoons Water  
1 Cup All-Purpose Flour  
Dash Of Salt And Pepper  
Canola For Deep Frying

## **Directions:**

Rinse sage leaves and pat dry with paper towels.

In a bowl, beat the egg until well mixed, then add in the water and mix.

Sift the flour onto a large plate with the salt and pepper.

Pour the oil in a pot to a depth of about 1 inch, and heat until it reaches 375 degrees F.

Once the oil is hot, dip the leaves into the egg mixture individually, and allow the excess to drain off.

Coat with the flour mixture, carefully drop into the hot oil and fry until golden brown, about 1 to 2 minutes, turning once. (Be careful not to let them brown too much.)

Remove from the oil, and let dry on paper towels.

Continue with the remaining leaves until they have all been fried.

Once they are finished, sprinkle lightly with seasoned salt, and serve immediately while still warm.

# **Ricotta-stuffed Mushrooms**

from [ItalianFoodForever.com](http://ItalianFoodForever.com)

presented by **Ken Kane**

**Prep Time:** 20- 30 min.    **Cook Time:** 35 min.    **Serves:** 6

Ricotta cheese is hidden within the mushroom to keep it moist and tender.

## **Ingredients:**

12 Medium Sized Button Mushrooms  
2 Tablespoons Finely Chopped Pancetta or Bacon  
1 Tablespoon Olive Oil  
1/4 Cup Onion, Finely Diced  
1 Large Garlic clove, Peeled & Finely Minced  
2 Tablespoons Finely Chopped Fresh Parsley  
1/4 Cup Breadcrumbs  
3 Tablespoons White Wine  
3 Tablespoons Grated Parmesan Cheese  
Salt & Pepper

## **For The Ricotta Mixture & Baking the Mushrooms:**

1/2 Cup Ricotta Cheese  
Salt & Pepper  
3 Tablespoons Olive Oil

## **Directions:**

Wipe the mushrooms clean, and pop out the stems.

Finely dice 1/3 cup of the mushroom stems.

Preheat oven to 375 degrees F.

Heat the olive oil and cook the onion, chopped mushroom stems and pancetta until the vegetables are softened and the pancetta lightly browned. Add the garlic and cook another minute or two.

Remove from the heat and add the parsley, breadcrumbs, and grated cheese.

Season with salt and pepper and moisten with the wine.

Season the ricotta with salt and pepper.

Place the mushrooms in a baking dish and using a spoon fill each with about a teaspoonful of cheese.

Top the cheese with the breadcrumb mixture, pressing lightly with your fingers to help it adhere.

Drizzle the filled mushroom caps with the remaining olive oil, and bake for about 25 minutes or until the mushroom is softened and the topping lightly browned.

Cool 10 minutes before serving.

# **Risotto alla Zucca**

**from ItalianFoodForever.com**  
**prepared by Rae Coleman**

**Prep Time:** 10 min.    **Cook Time:** 45 min. (if squash) or 60 – 75 min. (if pumpkin)    **Serves:** 4

Risotto flavored with pumpkin or butternut squash is a great fall starter for any meal.

## **Ingredients:**

### **For The Squash/Pumpkin:**

- 1 Small Butternut Squash or Sugar Pumpkin, Peeled, Seeds Removed And Cut Into 1 Inch Dice (About 3 1/2 to 4 Cups Total)
- 2 Tablespoons Olive Oil

### **For The Risotto:**

- 1 Small Onion, Peeled & Finely Diced
- 2 Tablespoons Olive Oil
- 1 1/3 Carnaroli or Arborio Rice
- 1/2 Cup White Wine
- 4 Cups Homemade Chicken Broth, Heated
- 2 Tablespoons Unsalted Butter
- Freshly Ground Black Pepper
- 1/3 Cup Grated Parmesan Cheese

### **To Serve:**

- Finely Sliced Fresh Sage Leaves
- Freshly Grated Parmesan Cheese

## **Directions:**

Preheat the oven to 400 degrees F.

Toss the squash pieces with the olive oil and spread out onto a baking sheet.

Cook until tender when pierced with a fork and lightly browned – squash could be done as quickly as 15 minutes but pumpkin will take 30 – 45 minutes. Once tender and browned, remove from the oven.

In a heavy saucepan heat the olive oil over medium low heat.

Add the onion and cook until softened.

Add the rice and stir to coat in the onion and oil, cooking it for a few minutes.

Add the wine and cook until the wine is almost absorbed.

Begin to add broth, 1/2 cup at a time, stirring continually until the rice has cooked for 10 minutes.

Add the squash, stir, and continue to add broth, stirring until each addition has been absorbed until the rice is tender but still slightly firm to the bite. Stir in the butter and 1/3 cup of the grated cheese.

Serve in individual plates sprinkled with some chopped sage.

Offer additional grated cheese at the table.

# Cranberry Sauce with Red Wine and Figs

from FoodNetwork.com and Bobby Flay ... by way of Modena!  
presented by Marlene Taevs

**Prep Time:** 10 min.    **Inactive Prep Time:** 30 min.    **Cook Time:** 15 min.    **Serves:** 12

## Ingredients

- 1 1/2 cups pinot noir or other red wine
- 12 dried figs, halved if small, quartered if large
- Base Cranberry Sauce
- 2 tablespoons high-quality balsamic vinegar

There's a recipe inside this recipe. Start by bringing the wine to a simmer in a small saucepan. Remove from the heat, add the figs and let soak until soft, about 30 minutes. Then, while the figs are soaking, prepare the Base Cranberry Sauce...

## Base Cranberry Sauce:

- 2 tablespoons canola oil
- 1 tablespoon grated ginger
- 1 large shallot, finely diced
- 3/4 cup brown sugar
- 1/2 cup honey
- 1/4 cup orange juice
- 1/2 cup granulated sugar ... 1/4 cup first, reserve the remaining 1/4 cup for later.
- Pinch kosher salt
- 1 pound fresh or frozen cranberries

Heat the canola oil in a large pot over medium heat. Add the ginger and shallots and cook, stirring, until soft and fragrant, about 3 minutes. Stir in the brown sugar, honey, orange juice, 1/4 cup granulated sugar, and salt. Cook, stirring, until sugar dissolves and mixture is nice and bubbly.

Add half the cranberries and cook, stirring occasionally, until the cranberries pop and the mixture thickens, about 5 minutes. Add the remaining cranberries and cook another 5 minutes or so. Carefully taste and add additional granulated sugar if necessary. Leave sauce in the pot, turn off the heat.

Once you've made the base cranberry sauce, it's time to Tuscanize it with the wine, figs and balsamic vinegar...

## Directions

Return to the soaking figs. Drain, then coarsely chop the figs. Add the chopped figs to the Base Cranberry Sauce and cook another minute or so. Stir in the balsamic vinegar, and, if desired, stir some of the soaking liquid into the finished sauce.

# **Fennel in Béchamel Sauce With Parmesan Cheese**

**from ItalianFoodForever.com**  
**presented by Nancy Overpeck**

**Prep Time:** 15 mins    **Cook Time:** 30 mins    **Serves:** about 8 - 10

Creamy béchamel is used to cover fennel before baking, creating a tender side dish for grilled or roasted meats.

## **Ingredients:**

6 Fennel Bulbs  
1/2 Cup Grated Parmigiano  
2 Cups Béchamel Sauce (Recipe Below)  
2 Tablespoons Butter To Finish

## **Béchamel Sauce:**

4 Tablespoons Of Butter  
1/4 Cup All-Purpose Flour  
2 Cups Milk  
Salt & Pepper  
Dash of Nutmeg

## **Directions:**

To make the béchamel, melt the butter in a heavy saucepan over low heat. Once it has completely melted and is bubbling, add the flour and mix well with a wooden spoon. Cook for a minute or two until the flour just begins to take on some color. Slowly start adding the milk, whisking continuously to prevent lumps from forming. Continue to simmer over low-to-medium heat until the sauce begins to thicken, stirring often. It will take 15 minutes or so to get the sauce to thicken. Season with a pinch of salt, white pepper and nutmeg.

Wash the fennel, strip away the outer layer of leaves if they're tough, slice the bulbs into thin wedges about 1/2 inch thick.

Use a sharp knife to cut out core pieces.

Boil the sliced fennel for about 7 minutes in salted water, or until just tender when pierced with a fork.

Drain.

Preheat your oven to 400 F (200 C).

Butter an oven-proof casserole dish, and transfer fennel to the dish.

Pour the béchamel sauce over the fennel, and then sprinkle with the grated cheese.

Dot the top with the remaining butter and bake until bubbly and golden brown, about 20 minutes.

Serve warm.

# Sweet & Sour Roasted Beets and Onions

from [ItalianFoodForever.com](http://ItalianFoodForever.com)

prepared by Ken Kane

**Prep Time:** 15 min.    **Cook Time:** about 90 - 105 min.    **Serves:** 4

A great side dish for roasted meats, or to be used on an antipasti platter.

## Ingredients:

6 Medium Beets (leave whole, with skins on) – you can use any combination of red, golden or chiongia beets

2 Medium Red Onions (leave whole, with skins on)

## Dressing:

1/3 Cup Olive Oil

2 Tablespoon Red Wine or Balsamic Vinegar

2 Tablespoons Honey ... or more, depending your taste

2 Teaspoons Capers

Salt & Pepper

1/4 Cup Chopped Fresh Parsley

## Directions:

Preheat oven to 365 degrees F.

Wash the beets and place beets and onions in a casserole dish.

Cover, and bake until fork tender about 1.5 to 1.75 hours.

Cool.

Peel the beets while warm and cut into 1/2 inch wide strips.

Peel the onions, and cut into 1/3 inch slices.

Mix together the beets and onions in a serving bowl.

Mix the dressing ingredients in a separate bowl until well blended.

Pour the dressing onto the beets and toss until mixed.

Serve at room temperature.

# Sweet Italian Sausage and Mozzarella Stuffing

from About.com

prepared by Carol Morris

**Prep Time:** 45 - 60 min.    **Cook time:** 45 minutes in a casserole dish    **Serves:** 16

This will give your food processor or chef knives a workout, but it is worth all the chopping. This savory dressing with a cheesy Italian flair stands on its own – no gravy required!

## Ingredients

- 10 cups white bread cubes
- 1/3 cup olive oil, plus 2 tablespoons
- 1 pound sweet Italian turkey (chicken) sausage, casing removed
- 2 large onions, minced
- 5 medium celery stalks, chopped
- 2 cloves garlic, minced
- 8 ounces thinly sliced mushrooms
- 1/3 cup cream sherry
- 3 ounces Genoa salami, cut into matchsticks
- 12 ounces mozzarella cheese, cut into 1/4-inch cubes
- 1/4 cup of grated Pecorino Romano ... or more
- 2 cups chicken broth
- 1 1/2 teaspoons dried Italian seasoning
- 1 1/2 cups finely chopped fresh parsley
- No-stick cooking spray

## Directions

1. Preheat the oven to 325°F .
2. Spread the bread cubes in a roasting pan large enough to hold them in a single layer. Drizzle with 1/3 cup of the olive oil, tossing to coat the bread evenly. Toast the cubes in the oven about 15 minutes, stirring occasionally until lightly browned.
3. Meanwhile, cook the sausage in a large skillet on medium-high heat, crumbling into small pieces until lightly browned. Remove sausage with a slotted spoon and place in a large bowl. Combine sausage and the toasted bread cubes.
4. Add the remaining 2 tablespoons oil to the sausage drippings in the skillet. Return to medium-high heat. Add onions, celery and garlic. Cook and stir 10 minutes, or until tender. Stir in the sliced mushrooms and sherry. Continue to cook about 7 minutes or until most of the liquid has evaporated. Stir the vegetables into the bread and sausage mixture until combined.
5. Stir the salami and mozzarella into the stuffing. Pour in enough chicken broth to make the stuffing begin to bind together. Season with Italian seasoning, parsley, salt and pepper.
6. Stuff the turkey cavities immediately before roasting. Place any remaining stuffing in a casserole dish coated with cooking spray. Bake 40 to 45 minutes or until browned and crispy. The casserole dish should bake uncovered.

## **Wild or Mild Italian Sausage**

**from and presented by Jack Huffstetler**

**Prep time:** 10 min.

**Cook time:** 5 min.

**Makes:** 20 four-ounce patties

### **Ingredients:**

5 lbs. ground pork ... store-bought bulk ground pork works just fine!

1 - tablespoon garlic powder

1 – tablespoon salt

1 – tablespoon red pepper flakes

½ - tablespoon paprika

½ – tablespoon black pepper

½ - tablespoon onion powder

1 – teaspoon nutmeg

1 zest of a lemon

Mix all ingredients together. Fry up a patty to check for flavoring, then season to taste.

If you want more heat add more red pepper flakes.

# Jack's Basic Focaccia ... and Pizza Dough!

From and presented by Jack Huffstetler

**Prep time:** a couple of hours for dough to rise twice

**Cook time:** 12 - 15 min.

**Makes:** 16 - 24 pieces

This bread isn't meant to stand alone, but rather to bring out the flavors of what is being served alongside it. That's why it works well as a pizza dough, too.

## **Ingredients:**

2 tablespoons yeast

4 cups bread flour

1 1/2 cups warm water

1 teaspoon salt

1/4 cup olive oil

## **Directions:**

Mix together until a dough forms, then place in to a oiled bowl and let rise until it doubles in size.

Then oil baking sheets, mold dough into pans, let rise again till doubled in size,

Preheat oven to 400 degrees.

Using your fingers, press into dough, leaving little indentations.

Then oil the bread with olive oil and sprinkle with Parmesan cheese.

Bake for about 12 - 15 minutes or until golden brown.

# Gino's "Anything But Turkey!" Tuscan Sausage Frittata

from and presented by Gino Pieretti

Prep Time: 10 min. Cook time: 10 min. Serves: 2 – 4

A frittata is an Italian dish which contains eggs and a tasty filling. It can be served for breakfast, lunch or dinner. Unlike an omelet, it requires no fancy panwork. Frittatas are best served hot, but chilled or room temperature frittatas can be cut into wedges or squares and served as an appetizer. Also, many Italians use it as a filling for a sandwich, preferably made with salt-free Tuscan bread.

## Ingredients:

- 13 oz. Italian sausage, either hot or sweet depending on your preference, homemade or store bought
- 1 large red, yellow, or orange pepper (or 1/3 – 1/2 of each) thinly or medium sliced
- 1 quarter zucchini thinly or medium sliced
- 6 medium sized brown crimini mushrooms or chanterelles, if available and affordable
- 1/4 tsp (or to personal taste) salt
- 1/4 tsp (or to personal taste) ground black pepper
- 4 medium thin slices of havarti cheese or any of your personal favorite cheeses that easily melt, such as cheddar, fontina, tomla, carucolo, asiago, etc.
- 2 garlic cloves, crushed (optional)

## Directions:

1. Into a 10-inch non-stick skillet with ovenproof handles pour enough extra virgin olive oil to lightly cover the bottom of the skillet.
2. Break the sausage into enough bite sized pieces to cover about 1/2 – 3/4 of the bottom of the skillet with a little breathing space between the pieces of sausage. If you use links, rather than bulk sausage, use two dinner-sized links. Cut the link sausages down the middle of the long side and peel off the casing. Break the sausage into pieces as described above.
3. When the sausage has barely browned, add the mushrooms, peppers, and zucchini. Occasionally stir until the vegetables and the mushrooms are a little more than al dente and the sausage is almost entirely cooked.
4. Beat six eggs with salt, pepper in a bowl. Pour the eggs over the mixture in the skillet. Make sure the bottom of the skillet is evenly covered with egg. Cook the eggs until they are barely runny on the top.
5. Spread 4-5 pieces of medium thin sliced cheese on top of the eggs, essentially covering most of the top of the mixture. Place the skill under a preheated broiler about three inches below the heat for just enough time for the cheese to melt, probably about 40 seconds, but you must watch it closely. You do not want the cheese to burn to a crisp.
6. Allow the frittata to stand in the pan for about 4-5 minutes before serving.

## Comments:

The filling for a frittata can be any combination of meat, mushrooms, vegetables, and cheese that sounds good to you on that particular day. You can add to or eliminate any portion of the filling to suit your taste and hunger that day. Use your imagination and try new fillings. The main requirement for the filling is to add good ingredients. If you don't make your own sausage, I prefer Issernio sausage. It is available at Trader Joes, Costco, and other stores. Many butcher shops make fresh Italian sausage every day. Sheridan Fruit sausage is \$4.49/lb; New Seasons bulk sausage is \$5.99/lb. Pastaworks sausage is \$7.50/lb; Zupans Sausage is \$4.99/lb.

If you don't have a broiler, you can put the frittata in the oven rather than under a broiler. The oven should be set at 350 degrees and the frittata should be placed in the upper 1/3 of the oven. Let it cook for about 2-4 minutes. In a pinch, you can probably just put the cheese on the top of the filling and let it cook on the stovetop without placing it either under a broiler or in the oven. You would just have to make sure that the cheese is blended into the filling.

# Mama Palandrani's Cuggenette

from and presented by her loving son, Frank Palandrani

**Prep Time:** about 30 - 60 min.    **Cook Time:** about 20 min.    **Serves:** 16 – 24

1 1/2 lbs. boiled chestnuts (chopped)\*  
2 cups honey  
16 oz. semi-sweet chocolate bar (coarsely grated)  
2 oz. brandy or rum  
1/2 lb. chopped walnuts  
1 1/2 cups citron or other dried fruit (chopped)  
pre-made pastry or phyllo dough as required

\*If you use fresh chestnuts, boil them in water for 30 minutes, then peel them. You can buy canned chestnuts that are already boiled and peeled.

Place a layer of dough on bottom of 9 x 13 Pyrex baking dish.

Add a 1/2 inch layer of the mixture on top of dough.

Add a layer of dough on top of mixture.

Place in 350 degree oven until brown.

Remove from oven and dust with powdered sugar.

Let cool and cut into squares.

# Rustic Jam Crostata

from [ItalianFoodForever.com](http://ItalianFoodForever.com)

presented by Jeri Krier

**Prep Time:** 45 min.      **Cook Time:** 20 - 30 min.      **Serves:** 8

Use your favorite flavor of jam in this crostata but homemade works best!

## Ingredients:

9 Tablespoons Unsalted Butter, Softened

1/2 Cup Granulated Sugar ... or more

1 Large Egg

1 Large Egg Yolk

1 Teaspoon Cinnamon

1 1/2 Cups All-purpose Flour

1/2 Cup Finely Ground Cornmeal

1/2 Teaspoon Salt

2 Teaspoons Baking Powder

2 Cups Fruit Jam

## Directions:

Mix together the butter and sugar with a hand mixer (or at slower speeds of a stand mixer) until well blended. Add the egg and egg yolk and continue to mix until smooth.

In a separate bowl, mix the flour, cornmeal, salt, baking powder and cinnamon.

Add the dry ingredients to the butter mixture and mix just until the dough comes together.

Take about 3/4 of a cup of the dough mixture and set it aside.

Preheat oven to 375 degrees F.

Press the remaining dough into the bottom and up the sides of a 10-inch tart pan with a removable bottom or a spring form pan.

Spoon the jam into the crust and use a spoon to smooth across the bottom crust.

Using your fingers, break up the remaining crust mixture into small pea sized pieces and drop along the outer edges of the tart, leaving the center section of jam uncovered.

Bake the tart in the preheated oven for about 20 to 30 minutes or until it is lightly browned.

Remove from the oven and allow to come to room temperature before serving.

To store, simply cover with plastic wrap and refrigerate for 4 to 5 days.

Allow to return to room temperature before serving.

# Turkey Breast Stuffed with Spinach & Prosciutto

from [ItalianFoodForever.com](http://ItalianFoodForever.com)

**Prep Time:** 25 min.    **Cook Time:** 100 min.    **Serves:** 6

Stuffed turkey breast with spinach and prosciutto is a great alternative to a whole turkey at Thanksgiving.

## Ingredients:

1 (4 Pound) Turkey Breast Boned  
Salt & Pepper  
1 Package Frozen Spinach, Thawed And Squeezed Dry  
1/2 Small Onion, Finely Diced  
6 Pieces Thinly Sliced Prosciutto  
1/2 Cup Grated Parmesan Cheese  
6 Tablespoons Olive Oil  
Salt & Pepper to Taste  
1 Teaspoon Italian Seasoning Mix  
1/2 Cup Dry White Wine  
1 1/2 Cups Chicken or Turkey Broth  
1 Teaspoon Fresh Thyme  
2 Tablespoons Flour

## Directions:

Heat 2 tablespoons of oil and saute the onions until they are tender, then remove the onions and place in a small bowl.

Add 2 more tablespoons of oil to the pan, and saute the spinach until heated through.

Season with salt and pepper, then add the spinach to the onions, and mix well.

Add the grated cheese and mix.

Butterfly the breast and lay flat open, pounding with a meat mallet to create even thickness throughout.

Spread the spinach mixture across the breast, leaving a 1 1/2 inch border all around.

Lay the prosciutto slices over the spinach layer.

Beginning at one end, firmly roll up the turkey breast, and secure well with twine.

Place into a small roasting pan and rub the surface with the remaining oil, and season with Italian seasonings, salt and pepper.

Roast in a preheated 365 degree oven for about 1 hour 20 minutes, or until the turkey breast reaches an internal temperature of 150 degrees F. Remove the breast roll from the pan and cover with a tent of foil.

Remove the pan from the oven, and drain off all the excess oil.

Place the pan on your stovetop, and add the white wine, scraping up all the browned bits from the bottom, and cook until it has reduced by half. Remove a few spoonfuls of the broth to a separate cup, and pour the rest into your roasting pan with the fresh thyme, and mix well.

Mix together the flour and remaining broth, and whisk this mixture into your gravy.

Season with salt and pepper and strain through a sieve.

Cut off the twine around the turkey, and slice your into 1/2 inch slices and arrange on a platter.

Serve, offering a little sauce or gravy on the side.