

BEEF TENDERLOIN IN CREAMY PORCINI SAUCE



Ingredients for 6 persons:

- 1 ounce dried porcini mushrooms
- 1 cup hot water
- 2 tablespoons butter
- 6 tablespoons olive oil, divided
- 1 small red onion, finely chopped
- 1 teaspoon finely minced garlic
- 1 cube beef bouillon
- salt and black pepper to taste
- 1/2 cup heavy cream
- 2 pounds new potatoes
- 2 pounds beef tenderloin medallions
- 1/2 teaspoon crushed dried thyme

Method

Soak dried mushrooms in a small bowl of hot water.

Heat butter and 2 tablespoons olive oil. Stir in the onion and garlic; cook until the onion is transparent. Add beef bouillon cube, mushrooms with water. Season with salt and pepper. Mix in cream; simmer for 5 minutes.

Place whole potatoes in a pan, bring to a boil for 5 minutes. Drain. When potatoes are cool, cut them in half. Heat 2 tablespoons olive oil in a skillet, fry potatoes until golden. Season with salt and thyme.

Preheat oven to 200 C.

Season beef medallions with salt and pepper. Heat 2 tablespoons olive oil in a wok. Brown medallions on both sides. Remove and place medallions in the center of a roasting dish.

Cover them with porcini sauce. Arrange potatoes around. Cover dish with aluminum foil. Roast for 15 minutes.

| Nutritional values per serving | | | |
|--------------------------------|--------|---------------------|--------------|
| Proteins | Fats | Total carbohydrates | Energy value |
| 38,6 g | 27,8 g | 26 g | 503,5 Kcal |

Level of difficulty: easy

CANNELLONI AL FORNO



INGREDIENTS FOR 4 PERSONS

2 boxes of "cannelloni"

2 bottles of tomato purée

400 g. of minced veal

400 g. of minced pork

400 g. of minced turkey or chicken

250 g. of cooked ham

4 eggs

Grated Parmesan cheese to taste

Nutmeg to taste

1 cup of white wine

1 scoop of granular nutmeg

Oil (extra virgin olive oil) to taste

2 cloves of garlic

METHOD: the "cannelloni" are not precooked, so it is important to cover completely with sauce before baking.

1) Chop the ham and set aside.

- 2) Prepare the meat filling with heating a little extra virgin oil.
- 3) Add 2 cloves of garlic and as soon as you smell the garlic (and see the colour) take them off.
- 4) Add the minced meat and turn them a bit with a wooden spoon.
- 5) Let them cook a bit turning slowly and occasionally to brown them evenly.
- 6) When they have browned, add a glass of white wine, raise the flame and let it evaporate.
- 7) Mix well and add a scoop of granular nutmeg.
- 8) Stir well again , and when the meat is well colored switch off fire and let it rest and cool.
- 9) When the meat is warm drain to remove the fat that melts during cooking, then pour into a bowl.
- 10) Add the previously cooked ham, chop a generous sprinkle of nutmeg , 2 eggs and Parmesan cheese.
- 11) Mix ingredients, then add another egg and more grated Parmesan cheese, mix again and end the last egg and more Parmesan cheese.
- 12) Take the hot sauce and "cannelloni" and add half (or more) sauce.
- 13) Turn the sauce to melt the white sauce.
- 14) Put a little sauce in an ovenproof dish, covering the bottom well.
- 15) Begin stuffing the "cannelloni" filling them with meat mixture.
- 16) Arrange the "cannelloni" side by side in a baking dish.
- 17) When you have completed the layer cover completely with the sauce.
- 18) Sprinkle with Parmesan cheese and some béchamel
- 19) With this amount you will fill a large baking dish
- 20) Bake the "cannelloni" in a preheated oven at 180 °C for half an hour.
- 21) After this time, turn the oven off, open it and still leave the "cannelloni" in the oven to let them thicken.

| Nutritional values per serving | | | |
|---------------------------------------|-------------|----------------------------|---------------------|
| Proteins | Fats | Total carbohydrates | Energy value |
| 55,26 g | 27,7 g | 53,7 g | 682,5 Kcal |

LEVEL OF DIFFICULTY: MEDIUM



MOSTACCIOLI

INGREDIENTS FOR 4 PERSONS:

- 1kg of flour
- 500 g. of bran flour and 500 g. of plain flour
- 500 g. of almonds
- 300 g. of honey
- 400 g. of sugar
- 120 g. of seed oil
- 4 eggs
- 20 g. of ammonia for sweets
- 1 orange
- 200 g. of bitter cocoa
- 15 g. of mixed spices (cinnamon, nutmeg, clove-tree, vanilla)
- 6/7 cups of coffee
- 1 kg of bitter chocolate for the top
- Sour black cherry jam for the filling



METHOD

Pour the flour, make the fountain and put the cocoa, sprinkle with cinnamon, orange peel, crushed cloves. Add eggs, honey, ammonia. Stir all the ingredients and work the mixture until smooth.

Pick up a piece of dough at a time, with a rolling pin, roll it out in a strip about half a centimeter thick, put on many piles of black cherry jam and cover with another strip.

Cut with a "mostaccioli" rhomboid mould , close the edges, arrange on a greased and floured baking dish, bake for about 10 minutes. Meanwhile, place the oil in a pan, add the chocolate and melt gently at bain-marie. Take "mostaccioli" off the oven, let them cool

Dip into chocolate that should be kept at bain-marie.

Put the "mostaccioli" so covered on a wire rack and let them dry.

| Nutritional values per serving | | | |
|---------------------------------------|-------------|----------------------------|---------------------|
| Proteins | Fats | Total carbohydrates | Energy value |
| 8,2 g | 18,4 g | 50,3 g | 386,9 Kcal |

LEVEL OF DIFFICULTY : DIFFICULT

OCTOPUS WITH ROCKET



Ingredients for 4 persons:

800 grams of octopus

500 grams of rocket

200 ml balsamic vinegar

Parsley

Salt and oil to taste

Method

Boil the octopus in hot water with salt and oil. Then clean octopus, let cool and cut into cubes. Arrange the rocket on a dish and lay the octopus on it. Then garnish with balsamic vinegar and parsley.

| Nutritional values per serving | | | |
|--------------------------------|--------|---------------------|--------------|
| Proteins | Fats | Total carbohydrates | Energy value |
| 4 g | 31.2 g | 5.5 g | 564.8 Kcal |

LEVEL OF DIFFICULTY: EASY

RICE WITH TRUFFLES



Ingredients for 6

350 g of rice

70 g of butter

1 onion

90 g of truffle paté

1 glass of white wine

80 g of Parmesan cheese

2 l of lean meat broth

Fresh cream

Salt and pepper



Method

Let brown the minced onion with butter on low flame. When butter is melted add the rice and let it toast mixing with spoonful. Then wet with wine and let it evaporate. Salt and let rice cook little by little with the broth. Just before taking off the flame, add the paté of truffle mixed with some tablespoons of fresh cream, Parmesan cheese and with pieces of butter. Taste salt and serve with pepper.

| Nutritional values per serving | | | |
|--------------------------------|------|---------------------|--------------|
| Proteins | Fats | Total carbohydrates | Energy value |
| 12 g | 17 g | 66 g | 480 Kcal |

LEVEL OF DIFFICULTY : EASY