



Cooking Class with Chef Paolo Monti

The **Cucina Italiana**, also known as Mediterranean Cuisine (it's UNESCO Heritage too!), is one of the most delicious in the world and has a couple of secrets: the ingredients (as extra virgin olive oil, fresh vegetables, tomatoes, herbs, pasta...) and the cooks!

We have had the chance to meet **Chef Paolo Monti** who, in Carignano (few kms from Lucca) is an excellent Chef in his restaurant and a passionate teacher in his cooking school.

He will be the **“cuisine hero”** during the live broadcast: following his instructions, we will learn how to prepare some of his tastiest and easiest Italian recipes and we are sure he will reveal his cooking secrets. Using easy techniques and short cooking times we will make amazingly delicious, beautiful and healthy dishes!



Paolo always says: “cooking isn't difficult, anybody can do it and, above all.. cooking is fun!”





Recipes

THIS IS WHAT WE WILL MAKE WITH PAOLO:

Antipasti / Starters

1) Carpaccio di verdure, con salsa alla rucola e yogurt
Vegetable carpaccio with a rucola and yogurt sauce

2) Mozzarella fresca al frullato di pomodoro
Fresh Mozzarella with a raw tomato sauce

Primi / First Courses

3) Ragù vegetariano
Mixed vegetable sauce for pasta

Secondi / Main Dishes

4) Tofu all'aceto balsamico ed uva
Tofu with grapes red wine, balsamic vinegar and truffles

5) Seitan alla pizzaiola
Seitan with tomato sauce, olives capers, origano and hot chilli

Dolci / Desserts

6) Zabaione ai frutti di bosco
Zabaon with fresh berries



Recipes

100%
VEGETARIAN

1) Carpaccio di verdure, con salsa alla rucola e yogurt Vegetable carpaccio with a rucola and yogurt sauce.

Ingredients:

2 large ripe tomatoes

1 green tomato

1 avocado

1½ small Pineapple

1 small white onion

1 small bunch rucola

Yogurt 150 ml

1 small bunch basil

Juice of 1 lemon

3 tablespoons extravirgin olive oil salt and pepper to taste.

Method:

Remove the seeds from the tomatoes and dice them, cut all the other vegetables the same size, mix in a bowl, add the lemon juice, salt and plenty of pepper, 2 tablespoons olive oil and half the basil cut up roughly.

Brush with oil 4-5 little bowls or cups, fill with the diced vegetable, and press with the back of the spoon or a glass. Refrigerate until needed. Remove from refrigerator, drain off any liquid that has formed, turn over gently onto a plate, keeping the shape.

Put the yogurt in the blender, the chopped rucola and the rest of basil, salt and 1 table spoon olive oil. Blend until you get light green smooth sauce, Pour around the mound of vegetables, serve any remaining sauce on the side. Decorate with the pineapple, tomato and basil

Recipes

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VEGETARIAN

2) Mozzarella fresca al frullato di pomodoro

Fresh Mozzarella with a raw tomato sauce

Fresh buffalo mozzarella 350 gr. 7 oz

Red salad tomato 250 gr 9oz

1 small scallion or spring onion

1 stick celery heart without leaves 2 teaspoons chopped fresh chives Fresh basil leaves

Extra virgin olive oil 6 tablespoon. White wine vinegar 1 tablespoon.

Method:

Cut the tomato, spring onion, celery and chives, place in the food processor with the vinegar and a pinch of salt. Blend until smooth, add olive oil a little at the time to make a smooth sauce.

Spoon out onto a plate, place sliced mozzarella over it, cut a julienne of basil and sprinkle over each slice of mozzarella, pour a little extra virgin olive oil over the top, decorate with chives stems.

Recipes

100%
VEGETARIAN

3) Ragù vegetariano Vegetarian pasta sauce

Ingredients: .

1½ litre (1 pt) vegetable stock made with celery, carrot, onion, zucchini, leek, basil and one tomato 1 tablespoon each of chopped celery, carrot and onion for the “soffritto”

1 clove crushed garlic

1 diced zucchini

1 diced yellow or red pepper

1 medium eggplant

2 tablespoons chopped parsley

1 sprig of rosemary

10 oz fresh very ripe cherry tomatoes or very ripe Roma tomatoes Salt and pepper to taste

1½ cup white wine

4 oz grated parmigiano reggiano

4 tablespoons extra virgin olive oil
vegetable stock

Method:

Fry the finely chopped celery carrot and onion, the garlic and rosemary at low heat for about 5 minutes, add diced celery and carrot. Stir and fry for 2 minutes then add the peppers and zucchini.

Fry for 3- minutes and add the wine. Evaporate and add the diced tomato, and about 1½ cup vegetable stock.

Simmer until the carrots are cooked but not too soft. Add more stock if the sauce gets too dry.

Add your favorite freshly cooked pasta, the Parmigiano cheese, stir gently and serve

Recipes

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VEGETARIAN

4) Tofu all'aceto balsamico ed uva Tofu with balsamic vinegar, grapes and truffles



Ingredients: grammes oz

Tofu 400 15

1½ litre red wine

4 tablespoons balsamic vinegar (aceto Balsamico di Modena) 1 small bunch of white grapes

4 tablespoons marsala wine

8-10 drops white truffle oil

Salt and pepper to taste

Method:

Marinate the tofu with a little garlic, fresh rosemary, salt, pepper and olive oil

Wash and cut the grapes in half. Boil the wine until it is reduced by 2/3, add the Marsala, reduce for 2 minutes, add the balsamic vinegar, stir and add a teaspoon of butter mixed with a teaspoon of flour, mix in with a fork to thicken the sauce, add the grapes, cook for 3 minutes, take off the fire.

In a skillet grill the tofu to your liking.

Place some sauce on the plate, top with the sliced tofu, pour some sauce and grapes over it, add the truffle oil, decorate the plate with bay leaf or thyme and serve

Recipes

100%
VEGETARIAN

How to make seitan

Ingredients

1 kg plain flour

1½ liter water, mix water and flour into a dough, form a ball.

Place in a bowl of cold water and knead in the water until cloudy. Discard water, place in a bowl of hot water and knead until cloudy.

Repeat the process until the water is almost clear. You will have a slightly sticky dough, much less than the original size because we lost almost all the starch. Let it drain in a colander for 30 minutes.

Slice it and boiling sock. The result will be a bit like veal scaloppine.

5) Seitan alla Pizzaiola

Seitan with pizzaiola sauce

Place olives, capers, chilies and olive oil in the pan, fry for 2 minutes, add garlic, white wine, add the tomato sauce, add oregano, salt and pepper and stock if sauce is oily. .

Simmer for 5 minutes. Add seitan slices and simmer another 10 minutes

Recipes



6) Zabaione ai frutti di bosco Zabayon with fresh berries

Ingredients:

4 egg yolks,
4 teaspoons sugar
4 tablespoons marsala wine 400 gr berries
50 gr sugar for the berries

Method:

Wash the berries, place in a bowl and marinate with the sugar
Place a bowl on top of a lightly simmering pot of water, **the bowl must not touch the water.**

Place 4 egg yolks 4 tablespoons marsala and 4 teaspoons sugar in the bowl and whisk the a hand whisk or electric whisk (recommended!) Whisk for about 4- 5 minutes until the mixture is nice an fluffy, pour in 4 martini glasses or bowls and sprinkle the fresh berries on top.