



# 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:

**1) Salsa di pomodoro**  
**Tomato sauce**

**2) Salsa di pomodori ciliegini**  
**Sauce made with fresh cherry tomatoes, garlic and basil**

**3) Tagliatelle ai gamberetti e zucchine**  
**Fettuccine with shrimps and zucchini**

**4) Fettuccine ai funghi e Marsala**  
**Pasta with mushrooms, cream and Marsala**

**5) Spaghetti alla carbonara**  
**With egg, pancetta and parmigiano reggiano**

**6) Pasta all'amatriciana**  
**With pancetta, tomato, onion and marjoram**





# Recipes

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## Brodo di verdure Vegetable stock



### Ingredients:

- 1 medium carrots
- 1 sticks of celery with leaves
- 1 medium onion
- 1 medium ripe tomato,
- 4 liter water (4 quarts)
- 1 bay leaf
- 1 clove garlic, 1/2 teaspoon whole peppercorns

### Method:

Wash vegetables thoroughly, peel the onion and cut in half, peel carrots and cut in half, cut the celery sticks in 10 cm long pieces.

Place all ingredients in a pot with cold water, add the tomato cut in half, bring to the boil, reduce the heat and simmer for 30 minutes.

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# Recipes



## 1) Salsa di pomodoro



### Tomato Sauce

**Ingredients for 4 persons:** gr    oz.

Italian peeled tomatoes    1 kg   2 lb.

1 medium onion

1 small bunch fresh basil

Extra virgin olive oil 4 table spoons.

### Method:

Use canned Italian peeled tomatoes of the best quality.

Chop the onion and fry with olive oil until transparent, add the peeled tomatoes, cook over low heat for 30-45 minutes stirring occasionally. It is ready when the tomatoes start breaking up easily under your spoon. Add the fresh basil on the branch and stir in the extra virgin olive oil until absorbed by the sauce.

You can use it as it is over pasta, you can add more extra virgin olive oil and fresh basil, or you can put it through a food mill and use it as a base for other sauce. It keeps several days in the refrigerator.

***Yes, you do not need anything else!***





# Recipes

100%  
VEGETARIAN

## 2) Salsa di pomodori ciliegini

Sauce made with fresh cherry tomatoes, garlic and basil

### Ingredients for 4 persons:                      gr      oz.

Fresh pasta    400    16

Fresh cherry tomatoes                              600    24

1 clove garlic

Extra virgin olive oil 8 tablespoons

1 bunch basil

Freshly grated Parmigiano Reggiano 150 gr – 6 oz.

Salt and pepper to taste

### Method:

This is a dish that is good in the summer when the tomatoes are ripe. If you can use nice ripe cherry tomatoes or vine ripened tomatoes, cut cherry tomatoes in half or the larger ones in quarters, no need to peel them. Smash the garlic with the flat of the knife, and simmer in a sauce pan with some olive oil and the tomatoes at the same time. Cover and cook at medium-low heat for about 15 minutes, stirring frequently. Add the chopped basil add the remaining olive oil and stir well. The end result will be a hearty thick tomato sauce. Add your freshly cooked pasta, simmer it together with the sauce for 2-3 minutes then, off the fire add the Parmigiano and mix gently, serve with the rest of the Parmigiano on top.





# Recipes

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## 3) Tagliatelle gamberetti e zucchini Tagliatelle with zucchini and shrimps sauce

### Ingredients for 4 persons

200 gr - 8 Oz shrimps

200 gr - 8 Oz zucchini 1 clove garlic

4-6 cherry tomatoes

1½ cup white wine

1½ cup veg stock

1 tablespoon butter, 1 tablespoon extra virgin olive oil, 1 tablespoon  
chopped parsley

### Method:

cut zucchini in half and in half lengthwise, slice, place oil and butter in the pan, add the zucchini, sauté on medium heat for one minute add shrimps, crushed garlic sauté for one minute, add wine and stock, add parsley, salt and pepper, cook for 2-3 minutes and add salt and pepper and serve.

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# Recipes

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## 4) Salsa ai funghi e Marsala

Mushrooms, marsala and cream sauce

### Ingredients for 4 persons:

3/4 lb fresh button mushrooms

3/4 pt fresh cream

6 oz grated parmigiano cheese

4 tablespoons Dry Marsala wine

1½ cup chicken stock

1 clove garlic

2 tablespoon chopped parsley

2 oz butter 2 oz e.v. olive oil

### Method:

Dice pancetta and slice the mushrooms fairly thin. Place butter and oil in the pan and sizzle pancetta on medium heat for 2 –3 minutes, add the sliced mushrooms, sauté for 2-3 minutes and add the stock, after 2 minutes add the cream and cook for about 3 more minute to reduce the cream, Add parsley, salt and pepper, pour the freshly cooked pasta in the sauce, mix, add the Marsala wine and cook for about 1-2 minutes, turn off the fire and sprinkle parmigiano cheese, mix and serve.

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# Recipes

## 5) Spaghetti carbonara

### Ingredients for 4 persons

4 whole eggs

4 yolks

1 cup grated parmigiano reggiano

1 teaspoon ground black pepper

6 oz pancetta cut into strips

300 gr spaghetti

2 tablespoons olive oil

1/2 cup vegetable or chicken stock

2 table spoons fresh cream

### Method:

fry the pancetta until crispy add stock and turn off fire.

Beat eggs, pepper cheese and cream together.

Boil spaghetti until “al dente”.

Add to the pan with the pancetta and stock and sauté on medium heat until the stock has been absorbed by the spaghetti. Turn off the fire and add the egg mixture. Mix well and serve.





# Recipes

## 6) Spaghetti all'amatriciana Spaghetti with tomato and Italian bacon

Ingredients:	grammes	oz
Spaghetti	300	11
Italian pancetta	200	7
(Streaky bacon)		
2 dried chilies		
1 tablespoon chopped onion		
tomato sauce	300	11
Splash white wine		
Romano cheese	50	2

### Method:

Cut the pancetta in strips 1/2 cm wide and 1/4 cm thick, sauté with the onions and chopped chilies, when the pancetta is cooked add a splash of wine, evaporate, add the tomato sauce and a splash of chicken stock, simmer for 3-4 minutes, add the freshly cooked spaghetti and grated pecorino or romano cheese, sauté briefly to mix and serve.