

# *School of Cooking*

Martin's

## **Under the Tuscan Sun**

Hosted by Chef Eileen Quinn

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**Martin's Super Markets at Heritage Square  
Mishawaka, Indiana**

### **Frittata con Scampi e Verdure**

#### **Ingredients**

3 tablespoons olive oil  
1 bunch scallions, finely diced  
1 red pepper, diced  
1 teaspoon red chili pepper flakes  
2 cloves chopped garlic  
1 teaspoon dried rosemary  
2 teaspoons dried Italian herbs  
1/2 pound small shrimp, peeled and deveined, chopped  
12 eggs, beaten and seasoned with salt and pepper  
1 cup parmesan cheese

#### **Instructions**

Preheat broiler

1. In a large sauté pan over medium heat, add olive oil.
2. Add scallions, red pepper, and garlic and sauté for 2-3 minutes.  
Add dried herbs as you go.
3. Add shrimp and continue to cook for 2 minutes, stirring constantly.
4. Add beaten eggs and stir mixture to evenly distribute ingredients.  
Cook till bottom is firm.
5. Sprinkle with cheese and broil till bubbly and golden.
6. allow frittata to rest for a few minutes when removed from oven.
7. Slice into wedges and serve.

## **Insalata con Uovo Fritto**

### **Ingredients**

2 large packages mixed green, washed and dried  
1 large seedless cucumber, diced  
1 pint grape tomatoes  
1 medium red onion, thinly sliced  
10 green olives, sliced  
1/2 cup pine nuts, toasted  
8 large eggs  
vinaigrette

### **Instructions**

1. In a large bowl, combine all salad ingredients.
2. Lightly dress salad with vinaigrette. Divide and place on individual serving plates.
3. On a griddle or a large pan, carefully crack and fry eggs, making certain not to break the yolk.
4. Carefully place one egg on top of each salad.
5. Top with salt and pepper and sprinkle with pine nuts and olives.

# Braciola di Maiale e Polenta Parmigiano

## **Ingredients**

For the brine:

- 1/2 cup salt
  - 1/3 cup sugar
  - 2 tablespoons fennel seed
  - 2 tablespoons coriander seed
  - 1 teaspoon crushed red pepper flakes
  - 3 bay leaves
  - 1 onion, diced
  - 2 carrots, peeled and diced
  - 2 ribs celery, diced
  - 4 cloves garlic smashed
  - 1 1/2 quarts cold water
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- 4 bone- in pork rib chops
  - 1 tablespoon wild fennel pollen\*

## **Instructions**

To make the brine: In a large container, add all of the ingredients and stir to combine. Submerge the pork chops in the brine and refrigerate for 3 days. After 3 days remove the chops from the brine, discarding the brine.

1. Preheat a grill or grill pan.
2. Roll the fat edge of each pork chop with the fennel pollen.
3. Place pork chops gently on the preheated grill or grill pan. After 3 to 4 minutes rotate the chops 90 degrees to create lovely grill marks.
4. Grill the chops for another 3 to 4 minutes and then turn over and repeat the process. If the chops seem to be burning, move the chops to a cooler part of the grill to allow for longer cooking time without burning.
5. Stand the chops up so the fat edge is in contact with the grill to crisp up the fat edge, this will also make the fennel pollen very aromatic.
6. Remove the chops from the grill and let rest in a warm place before serving. The doneness of the meat should be about medium to medium well and very juicy. Serve with polenta.

\*If fennel pollen is not available, toasted ground fennel seeds are an acceptable substitution

# Polenta Parmigiano

## **Ingredients**

1 1/2 cups milk  
1 1/2 cups water  
1 bay leaf  
Salt  
1 cup long cooking polenta  
1/2 cup grated Parmigiano  
1/4 cup mascarpone cheese

## **Instructions**

1. In a medium size saucepan, bring the milk, water and bay leaf to a boil. Season generously with salt, almost to the point of over seasoning.
2. When it has reached a boil, slowly whisk in the polenta in small sprinkles. Once all of the polenta has been incorporated, reduce heat to medium and immediately switch over to stirring with a wooden spoon.
3. Cook the polenta for 30 to 40 minutes, adding water if the polenta becomes too thick to loosen it up.
4. When the polenta is thoroughly cooked, it should look creamy and not feel gritty on your tongue.
5. Remove it from the heat and stir in the Parmigiano and mascarpone.
6. Serve it immediately, or place a sheet of plastic wrap right on the surface of the polenta to prevent a skin from forming on the top.

To reheat: Add a little water to the polenta and heat over low to medium heat stirring constantly to prevent burning.

## **Budino di Ricotta e Frutto Essiccata**

Puddings are very popular throughout Tuscany and all of Italy. Unlike the American "Jell-O" pudding, Italian puddings are quite different and come in a wide variety of flavors and textures. This pudding is very traditional in Tuscan cuisine and makes a great finale to almost any Tuscan dinner.

This pudding is eaten both uncooked and cooked and both variations are very good. Farmer's cheese or homemade soft cheese or yogurt cheese can be used in place of the ricotta with excellent results.

### **Ingredients**

12 ounces ricotta cheese  
4 egg yolks  
1/2 cup sugar  
2 teaspoons pure vanilla extract  
Zest of one small lemon  
1/4 cup raisins  
1/4 cup golden raisins  
2 ounces ground blanched almonds  
1 ounce minced candied orange peel

### **Instructions**

1. Preheat the oven to 350 degrees and grease a medium mold or baking dish.
2. Beat the ricotta cheese and egg yolks together until very smooth.
3. Add the sugar, vanilla, and lemon zest and beat well until incorporated.
4. Add the raisins, golden raisins, almonds, and orange peel. Mix well.
5. Pour into the prepared mold.
6. Bake for 30 minutes. Serve at warm, at room temperature, or chilled.

Makes 6 servings.