

Pesce e Indivia

Fish and Bitter Herbs

Serves 4-6

½ cup olive oil + oil for pan
2 lbs. curly endive or part escarole, Belgian endive
2 onions chopped or thinly sliced
3 Tbl. capers, rinsed
½ cup Mediterranean-style black olives, halved or coarsely chopped
Salt and Pepper to taste
1½ lbs fish fillets
½ cup white wine
Lemon wedges for serving

For baking, preheat oven to 350 degrees F. Oil a 9x12 inch baking dish.

Trim and boil the greens – remove core of endive and stems of other greens. Cut into 2 inch strips.

Heat 2-3 Tbl. oil in a saute pan and sauté onions over medium heat for 5-8 min.

Add greens and sauté till tender, 5 min.

Stir in capers, olives and season with S&P. (salt not really needed)

Layer half the greens in the prepared pan.
Top with fish. Sprinkle with pepper.
Cover with remaining greens.

Pour the remaining oil and wine over the top.

Cover dish. Bake in oven till fish is cook through, about 25 min.

Serve with lemon wedges.

Pasticco Di Cavofiore

Cauliflower Pie

Serves 6 to 8

1 large white cauliflower
5 Tbl olive oil
2 cloves garlic
Salt & Pepper
2 eggs slightly beaten
2 Tbl unbleached flour
4 Tbl coarse bread crumbs

Separate cauliflower flowerettes and discard core.

Boil in salted water till just tender. Drain and mash.

Heat 3 Tbl oil in skillet, add garlic, and cook 1 min or so – do not burn.

Add mashed cauliflower, season with salt and pepper.

Stir over high heat till moisture has evaporated.

Remove from heat, cool 10-15 min.

Add eggs and flour and mix to combine.

Pour into an oven proof, oiled pan and sprinkle with some of the bread crumbs.

Spread evenly with spatula, top with remaining bread crumbs.

Bake on 450 degree oven for 30 min or until top begins to brown.

Patate e Pomodori in Forno

Baked Potatoes and Tomatoes

Serves 6

X

8 large baking potatoes
2 cloves garlic, minced fine
2 Tsp salt
½ Tsp black pepper
½ Tsp dried Rosemary leaves
½ cup olive oil
6 large, ripe tomatoes, peeled
1 Tbl chopped Italian parsley

Peel potatoes and cut lengthwise into wedges.

Place in a bowl with half the garlic, half the salt, half the pepper and ALL the rosemary.

Add ¼ cup oil and toss to distribute the dressing evenly.

Cut each peeled tomato into 6 or 8 wedges, place into another bowl.

Season with remaining garlic, salt, pepper and oil. Add parsley and mix well.

Spread potatoes in large, ungreased baking dish.

Top with tomatoes.

Bake, uncovered, 375 degrees, for 1 hour.

Butternut Squash Spinach Lasagna

www.kingarthurflour.com/recipes/butternut-squash-harvest-lasagna-recipe

This lasagna is gold, green, and deep brown, the rich colors of the fall harvest. And with its layers of spinach noodles, roasted butternut squash, caramelized onions/sautéed mushrooms, and cheese, it's just as tasty as it is attractive. Note this isn't a typically sloppy, gooey, over-the-top meat-and-cheese lasagna. Rather, it's a delicate layering of paper-thin noodles and roasted vegetables, with the cheese acting as accent, rather than main ingredient. Enjoy!

Note: *We did not make the noodles but added some wilted spinach (water pressed out) to the butternut layer. We suggest NOT using the no-cook noodles because it is not a wet lasagna.*

We also drained the cooking liquid from the mushrooms (they sit in a bowl while you cook the onions) and substituted it for an equal amount of some of the milk in the sauce.

We reduced the Parmesan cheese in the sauce and put grated Mozzarella cheese in the cheese layer and on top.

Noodles

half of a 10-ounce package frozen chopped spinach,

thawed and squeezed dry (1/2 cup packed)

2 large eggs

1/2 teaspoon salt

2 1/4 cups [King Arthur Unbleached All-Purpose Flour](#)

1 to 2 tablespoons cold water

Squash filling

2 tablespoons butter

2/3 cup water

1/4 teaspoon salt

6 cups peeled, cubed butternut squash

Mushroom & onion filling

1 pound white or portabella mushrooms, sliced or diced

2 tablespoons olive oil, divided

1/8 teaspoon salt

1 medium-large sweet onion, peeled and sliced

White sauce

1/4 cup (4 tablespoons) butter

1/3 cup [King Arthur Unbleached All-Purpose Flour](#)

1/2 teaspoon salt

3 cups whole milk

1 1/2 cups grated Parmesan cheese, divided

Cheese filling

1 pound ricotta cheese, whole milk or part skim

1 large egg

1/4 teaspoon salt

Directions

- 1) To make the pasta: Combine the spinach and eggs in a blender or food processor; process until the spinach is finely chopped.
- 2) In a bowl or mixer (or continue in the processor), add the salt and then the flour. Add enough water to bring the dough together, with no dry bits of flour remaining. Knead the dough, by hand or in a mixer, until smooth. (In a processor, process for 60 seconds, using the dough blade.)
- 3) Wrap the pasta in a lightly oiled piece of plastic wrap or waxed paper, and set it aside for at least 1 hour, for the gluten to relax.
- 4) To prepare the squash: Place water, butter, and salt in a large frying pan. Add the squash; it should be in a single layer. Cover the pan, and simmer for 5 minutes, or until the squash is starting to soften. Remove the cover, increase the heat, and cook, tossing occasionally, until the water evaporates and the squash browns, about 15 minutes. Remove it from the pan, and set it aside.
- 5) To prepare the mushrooms and onions: Using the same pan, if desired, sauté the mushrooms in 1 tablespoon of the oil, with the salt, until they've released their liquid, and are browned. Remove them from the pan, and set them aside. Add the remaining 1 tablespoon oil to the pan, and sauté the onions until they're golden brown, 20 to 25 minutes.
- 6) Divide the dough into six pieces, and shape each piece into a short log. Working with one piece at a time, use a pasta machine to roll the logs into long, thin sheets, as thin as possible (setting 9 on most pasta machines). Cut the sheets in half; each half should be about 13" long. You'll end up with 12 noodles, with some leftover trimmings — feel free to cut these into fettucine and boil them up for a snack, with a bit of garlic oil. Cover the noodles with plastic wrap while you make the cheese filling.
- 7) To prepare the cheese filling: Melt the butter in a large saucepan. Stir

in the flour and salt.

8) Whisk in the milk, stirring constantly, until all the milk is added and no lumps remain. Cook over medium heat, stirring frequently, until the sauce thickens.

9) Remove the sauce from the heat, and stir in 3/4 cup of the Parmesan cheese (see "tips," at left).

10) To assemble the lasagna: Pour about 1 cup of the white sauce into the bottom of a lightly greased 9" x 13" pan, or similarly sized casserole dish. Place three noodles on top.

11) Arrange the squash on top. Top the squash with three more noodles.

12) Spread the ricotta cheese over the noodles. Add three more noodles, and another cup of the sauce.

13) Spread the mushroom/onion mixture evenly over the sauce. Add the last three noodles, and top with the remaining sauce. Sprinkle with the remaining grated Parmesan.

14) Cover the lasagna, and bake it in a preheated 375°F oven for 45 minutes. Remove the cover, and bake for an additional 40 to 45 minutes, or until the top of the lasagna is nicely browned.

15) Remove the lasagna from the oven, and let it rest for 15 minutes before serving.

Yield: about 8 to 12 servings.