

HUB-E-ALI

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— Presented —

ITALIAN CUISINE



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Italian
CUISINE

Hot,
smooth
& tasty.





ITALIAN

— CUISINE —



ACKNOWLEDGMENT

We are truly appreciative of everyone who helped make this recipe book possible.

We are extremely grateful to the gifted cooks and chefs who so kindly offered their treasured recipes, culinary know-how, and love of food. Your inventiveness has enhanced these pages and will surely brighten many kitchens worldwide.

We sincerely thank our friends and family for their continuous encouragement and support during this trip. Your adoration and excitement motivated us to see this project through to completion.

We owe a debt of gratitude to the hardworking crew who worked behind the scenes to make this book possible, including the editors, designers, photographers, and everyone else. Your commitment and diligence have made concepts a reality.

With special gratitude to COTHM International, whose advice and support helped shape this book and ensured its excellence. Finally, we would want to express our appreciation to our readers. It is our aim that these recipes would brighten your tables with happiness, creativity, and delectable flavors, resulting in treasured memories for years to come.

I'd like to thank everyone who has joined me on this delicious adventure. You are welcome to alter this acknowledgement to highlight the particular efforts and people that worked on your recipe book.



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INTRODUCTION BACKGROUND

Of Italian cuisine

Italian food is well-known around the world for its depth of taste, wide variety of ingredients, and focus on freshness and simplicity. Italian cuisine, which has its roots in centuries of custom, differs widely from region to region and reflects the varied topography and gastronomic traditions across the nation. Every palate can find something they enjoy in Italian cuisine, from robust pasta meals to delicate seafood specialties.

Important components of Italian food consist of: Fresh Ingredients: Using top-notch, fresh ingredients is emphasized in Italian cookery. Many recipes start with staples like tomatoes, olive oil, garlic, and basil, and then add depth and flavor from seasonal produce and locally sourced meats and cheeses.

Pasta and Risotto: An essential component of Italian cooking, pasta comes in a myriad of forms and types that complement various sauces and cooking techniques. Another well-liked Italian mainstay is risotto, a creamy rice dish that is cooked gently with broth and frequently seasoned with shrimp, mushrooms, or saffron.

Regional Diversities: The cuisine of Italy is immensely varied, with each region having its own distinctive specialties and culinary customs. Italian food offers a vast array of flavors and ingredients to explore, from the deep, meaty dishes of the north to the fresh seafood of the south.

Balance and Simplicity: The emphasis on flavor balance and simplicity define Italian cuisine. Meals frequently only use a few essential ingredients so that the tastes of the food come through. Spices and herbs are used sparingly so as to complement the food, not overshadow it.

WHY CHOOSING ITALIAN CUISINE :

Popularity: Italian food is widely adored and respected, which makes it a popular option for cookbooks and cooking projects. Because of its widespread appeal, a book with Italian recipes is sure to find a home with a large readership.

Balance and Simplicity: The emphasis on flavor balance and simplicity define Italian cuisine. Meals frequently only use a few essential ingredients so that the tastes of the food come through. Spices and herbs are used sparingly so as to complement the food, not overshadow it.

Family and Tradition: Generation after generation of recipes have been passed down, making Italian food firmly entrenched in family and tradition. Food is frequently the focal point of get-togethers and festivities, where people enjoy their meals together.

Overall, Italian food is appealing to those who want to learn more about cooking and gastronomy because of its mouthwatering flavors, cultural relevance, and adaptability.





MAIN MENU

"EVERY BITE TELLS A STORY, AND EVERY DISH IS A JOURNEY THROUGH THE ARTISTRY OF CUISINE."



STARTER01

Homemade Flatbread Pizza



MAIN COURSE02

Baked Chicken Parmesan



DRINKS03

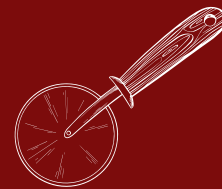
Italian Lemon Sorbet Drink



DESERT04

Creamy Vanilla Panna Cotta

STARTER



HOMEMADE FLATBREAD PIZZA

Adapted from my favorite pizza crust, this homemade flatbread pizza bakes up into a thin and chewy base for your favorite flatbread toppings. Quicker, easier, and thinner than pizza, this flatbread dough takes about 1 hour start to finish and is perfect for beginners. I always love adding garlic and Italian seasonings for extra flavor!

MAKE THIS FLATBREAD PIZZA BECAUSE:

- you don't need many ingredients
- it's quicker than homemade pizza
- the dough yields 2 flatbreads
- 1 full recipe is perfect for 2-4 people
- it's easier to shape than regular pizza dough
- you can eat it plain or with toppings

6 INGREDIENT YEAST FLATBREAD PIZZA DOUGH

Yeast: You can use instant or active-dry yeast with zero changes. If you're new to working with yeast, I recommend reviewing my Baking with Yeast guide. I used to make flatbread with 1 and 1/2 teaspoons of yeast, but recently reduced it down to 1 teaspoon. This is plenty for a thin flatbread crust. Note that 1 teaspoon is less than 1 standard packet.

Sugar: Granulated sugar feeds the yeast. You only need 1 teaspoon.

Water: Flatbread and pizza dough are lean doughs, meaning there isn't a lot of fat present. While I make rich overnight cinnamon rolls and glazed doughnuts dough with milk, we don't need that extra fat here. We're aiming for chewy and crisp, not voluptuous and soft.

Flour: You can use bread flour or all-purpose flour. Bread flour leaves a slightly chewier texture, but the difference is barely noticeable since the crust is so thin.

Olive Oil: Adds flavor. We'll also brush the dough with olive oil before baking, too.

Salt: Adds flavor.

FLATBREAD PIZZA TOPPINGS

Or you can get creative with various toppings. Add these before baking.

1. **Tomato, Basil, & Mozzarella Flatbread:** I have this version pictured today, and with some fresh arugula on top. See recipe note.
2. **Zucchini & Herbed Ricotta Flatbread**
3. 1/2 cup goat or blue cheese per flatbread (1 cup total) and 1/2 cup fresh apple or pear slices per flatbread (1 cup total), plus a handful of fresh arugula and/or drizzle of honey after baking
4. Make a **cold veggie pizza!** (Note the dough is very slightly different in that recipe.)
5. **BBQ Chicken Pizza & Pesto Pizza toppings***
6. **Spinach Artichoke White Cheese Pizza toppings***

**If you're using toppings from my pizza recipes, you'll need about 2/3 of the amount. My pizza recipe toppings are enough for one 12-inch pizza and are more than plenty for 2 smaller flatbreads (the full recipe below).*

Pre-cook: Any meats should be pre-cooked before using as a flatbread topping. If you want to top the flatbread with vegetables, feel free to sauté or gently cook them first. I usually don't with spinach, peppers, and mushrooms, but with "harder" veggies like broccoli or cauliflower, they'll taste better if they've been slightly cooked before using as topping.

WHAT'S THE DIFFERENCE BETWEEN FLATBREAD PIZZA AND REGULAR PIZZA?

Flatbread can be made with or without yeast. My version requires yeast for the smallest bit of rise, similar to a thin crust pizza. If you want a no-yeast flatbread, I recommend searching for another recipe that's modified without its addition. (Don't simply leave the yeast out of this one!)

My regular pizza dough bakes into a thick, chewy, and soft-centered bed for your favorite toppings. It's a deeply loved recipe on this website and the only pizza dough recipe I use. Flatbread pizza is just that— flatter pizza. Since it's flatter, it doesn't require as much yeast or rise time and is perfectly manageable if you've never made homemade bread before.

This flatbread is similar to my focaccia, another simple homemade bread recipe.



MAIN COURSE



BAKED CHICKEN PARMESAN



INGREDIENTS

- 6 pieces of boneless chicken
- 2 large eggs
- 1-2 dashes black or white pepper
- 1 cup crushed salted crackers or bread crumbs*
- 3 tablespoons olive oil
- *If you use bread crumbs then add ¼-½ teaspoon of salt.

FOR THE SAUCE

- 1¼ cups tomato puree (passata)
- 1½ tablespoons olive oil
- ½ teaspoon salt
- 1 teaspoon oregano
- 1 teaspoon basil
- 1 clove garlic chopped
- ½ cup water
- 1 tablespoon butter

TOPPING

- ½ cup freshly grated Parmesan cheese
- ½ cup grated firm mozzarella

Cook Mode Prevent your screen from going dark

INSTRUCTIONS

- Pre-heat oven to 350° (180° celsius). Lightly grease a medium to large baking dish.
- In a medium bowl beat the eggs and pepper.
- On a medium plate place the cracker crumbs or bread crumbs mixed with salt.
- Roll the chicken pieces once in the egg, then roll and cover well in the crumbs.
- In a medium frying pan add the olive oil and brown the chicken. (approximately 3 minutes on each side).
- Place the chicken pieces in the prepared baking pan in a single layer.

FOR THE SAUCE

- In a medium pot add olive oil, garlic, puree, water, salt, oregano and basil, stir to combine, bring to a boil then lower heat to low-medium and continue to cook until thickened, stirring occasionally (approximately 10-15 minutes). Stir the in butter.
- Pour the sauce over the chicken, sprinkle with the Parmesan cheese.
- Cover with foil and bake for 30 minutes, remove cover, top with grated mozzarella cheese and continue to bake for approximately 10 minutes. Serve immediately. Enjoy!

EQUIPMENT

- 1 medium to large baking pan
- 1 Medium – large pot

NOTES

- Store any leftovers in an airtight container in the fridge. It will keep for up to 3-4 days in the refrigerator. You can reheat it in the oven or microwave.
- Place the completely cooled chicken parmigiana in a freezer container and freeze. It will keep for up to three months in the freezer. Thaw in the fridge and re-heat in the oven or microwave.

NUTRITION

- Calories: 290kcal | Carbohydrates: 18g | Protein: 10g | Fat: 20g | Saturated Fat: 6g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 10g | Trans Fat: 0.1g | Cholesterol: 82mg | Sodium: 669mg | Potassium: 177mg | Fiber: 2g | Sugar: 3g | Vitamin A: 448IU | Vitamin C: 1mg | Calcium: 180mg | Iron: 2mg



DRINKS



**ITALIAN LEMON
SORBET DRINK**



INGREDIENTS

- 3/4 cups + 2 tablespoons lemon juice (fresh squeezed) (200 ml)
- 3/4 cup + 2 tablespoons water (200 ml)
- 2 egg whites **
- 1/3 cup granulated sugar (66 grams)
- 1/4 cup powdered / icing sugar (50 grams)
- 2 tablespoons vodka (if desired)
- peel of 1 lemon (no white part)

NUTRITION

Calories: 85kcal | Carbohydrates: 18g | Protein: 1g | Sodium: 17mg | Potassium: 47mg | Sugar: 16g | Vitamin C: 11.8mg | Calcium: 2mg

INSTRUCTIONS

- In a small pot boil water and granulated sugar on low heat, stirring constantly until the sugar dissolves completely and the mixture is clear, approximately 5 minutes. Add the peel, stir and let cool completely. (the syrup)
- In a large bowl beat egg whites and powdered sugar until stiff, fold in a little at a time the lemon juice, syrup and vodka if using.
- Pour into a plastic or freezer safe bowl and freeze for at least 8 hours, stirring 2-3 times to combine.
- Before serving blend in a blender and serve immediately. Pour any left overs in a bottle, keep in freezer and shake well before serving. Enjoy!



DESERT

Creamy Vanilla Panna Cotta

INGREDIENTS

- 1 tablespoon gelatine powder
- 2 tablespoons milk (I used 2 %)
- 2 cups cream whole/whipping or heavy cream with at least 30% fat content
- 6 tablespoons granulated sugar
- 1½ teaspoons vanilla

BERRY TOPPING

- 1 cup assorted frozen berries of choice (blueberries, raspberries, strawberries etc)
- ¼ cup granulated sugar
- 1 tablespoon corn starch
- 2 tablespoons water
- 2 teaspoons lemon juice

INSTRUCTIONS

- In a medium pot add the cream and sugar, heat on medium / low heat just until the cream starts to boil, immediately remove the pot from the heat.
- In a small pot add the 2 tablespoons of milk and sprinkle the gelatine on top, let stand one minute, then place the pot on low heat and heat just until the gelatine has dissolved (1-2 minutes), do not boil, then immediately remove from heat.
- Add the gelatine mixture and the vanilla to the cream mixture, combine well with a whisk. Pour into 4 molds or glasses, let the mixture cool then refrigerate for at least 5 hours or over night or until the panna cotta is firm.
- If using molds then dip the mold into boiling water for about 3-4 seconds, gently slide the tip of a knife around the edge of mold and invert onto a plate. Top with the berry topping and serve. If using a glass then add the berry topping to the top of the panna cotta. Enjoy!

**"CUISINE IS
THE POETRY OF
THE SENSES,
WHERE EACH
DISH IS A
STANZA, AND
EVERY FLAVOR,
A VERSE."**

Italian CUISINE

