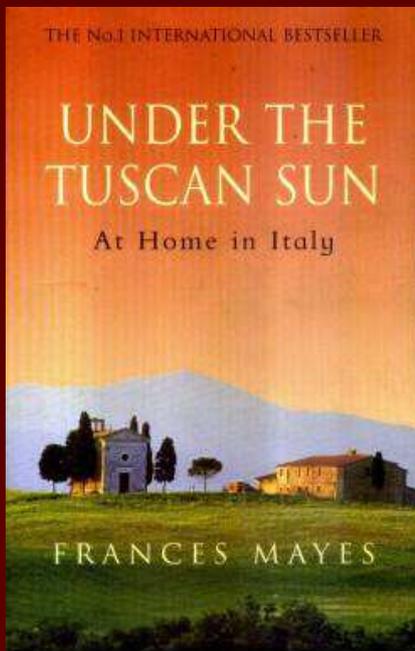


XCentric Ideas

30 April 2007
Volume 2 — Issue 5
by
ALMA PRETORIUS
alma@xcentricideas.co.za
082 499 8482

“With a poet’s economy of language, she tells of heat rising from white-washed stone, of grapes still warm from the vine, of pottery bowls of Etruscan design filled with the first wild greens of spring. “

Frances Mayes seduces you with the Tuscan way of cooking - fresh ingredients, easy recipes and a relaxed atmosphere...



Entertaining the relaxed way ...

Recipes & photos from Internet, magazines & recipe books

Italian Food Terms

Antipasti	- appetizers
Primi Piatti	- first plates
Secondi	- second course
Contorni	- side dishes
Insalata	- salad
Verdure	- vegetables
Dolci	- dessert
Funghi	- mushrooms
Odori	- herbs
Parmigiano	- fresh parmesan cheese
Mangetout	- sugar peas, snow peas
Bruschetta	- toasted bread roll slices



(Photos – my own)

Antipasti...

Bruschetta a la Tomato

Hot dog rolls
Fresh tomatoes, chopped
Fresh basil, chopped
Salt
Fresh garlic glove, cut

Slice rolls into rounds. Toast on both sides in oven. Rub garlic onto one side, pile tomatoes on top, season and garnish with basil.



www.primafesta.com

Marinated Olives

500g green olives
1 tbsp coriander seeds, lightly
toasted and crushed
1-2 cloves garlic, sliced thinly
4-5 thin slices lemon, quartered

Stir together olives, coriander seeds, garlic and lemon. Spoon into glass jar with lid and marinate overnight in fridge.



Bruschetta a la Mangetout

Fresh mangetout (sugar peas)
Olive oil, few drops
Fresh basil, chopped
Salt

Mince everything together in mixer and pile on top of bruschetta.



Primi Piatti...

Spaghetti Carbonara

Spaghetti
Diced bacon
Fresh cream
Fresh chopped rocket
Parmigiano

Cook spaghetti. Fry the bacon till nice and brown. Add cooked spaghetti to fried bacon, stir in the cream and rocket. Grate fresh Parmigiano on top and eat huge mounds.



www.aaanetserv.com



www.bigoven.com

Spaghetti Odori

2 Carrots
3 Gloves garlic
Fresh basil & parsley
2 Stalks celery
Spaghetti
Parmigiano

Finely chop carrots, celery and garlic. Sauté in olive oil till cooked but still crunchy. Scissor basil and parsley into mixture, add 2 tbsp of olive oil and cook on low for 2-3 min. Mix 4 tbsp grated Parmigiano into the Odori mixture. Drain pasta and mix 2 tbsp of pasta water and little olive oil into pasta. Toss with spaghetti.



www.hort.purdue.edu

Tagliatelle con Funghi Porcini

Tagliatelle pasta
Mushrooms, sliced
Olive oil

Cook pasta. Fry the mushrooms, add seasoning and add to pasta.



Secondi...

Lemon, Basil Chicken

6 Chicken pieces
1/2 Cup chopped spring onions
1/2 Cup chopped basil leaves
Juice of 1 lemon
Salt and pepper

Mix spring onions and basil in large bowl. Add lemon juice, salt & pepper. Mix and rub onto chicken pieces and place in well-oiled oven pan. Dribble with little olive oil. Roast, uncovered at 180 oC for about 30 min till cooked. Garnish with basil leaves and lemon slices.



www.hort.purdue.edu



www.jamondepatanegra.com

Rustic Chicken Casserole

Chicken pieces
Tomatoes
Chorizo sausage
Tin of butter beans
Onions and seasoning

Fry onion and chicken till brown. Add quartered tomatoes, sliced sausage and drained butter beans. Season and simmer. Enjoy with Woolworths' Italian Bread.

Insalata, verdure...

Caprese Salad

Tomatoes sliced thickly and served with fresh basil leaves and mozzarella. Drizzle lightly with olive oil and balsamic vinegar.



www.foodnetwork.com



Green Beans

Green beans
Butter
Parmigiano

Top and tail the beans. Steam quickly – must still be crunchy. Heap on plates and top with butter(!) and Parmigiano.

Baby potatoes

Small potatoes
Olive oil
Fresh rosemary

Scrub potatoes. Place in oven dish. Dribble with olive oil, add rosemary branches in-between and bake in oven till soft.



www.heartycatering.com

Verdure...

Fried Tomato

Thick tomato slices Flour
Fresh cream Black pepper, salt
Thyme/oregano

Pour flour on waxed paper and turn tomato slices to coat them lightly. Fry them on both sides with sunflower oil in hot pan. Turn heat to low, pour on cream to cover bottom of pan. Shake to blend, grind lot of black pepper over tomatoes, salt to taste and add little thyme/oregano.



Oven Asparagus

Asparagus spears
Olive oil
Black pepper, salt

Arrange asparagus in single layer in pie or cake pan. Trickle oil over and season. Roast for 5 min at 200 oC.

Balsamic Onions

Almost peeled onions Olive oil
Balsamic vinegar Salt and pepper

Arrange onions – leave layer or 2 of papery skin – in non-stick baking dish. Cut large X-shaped gash in top. Sprinkle liberally with vinegar and oil. Season. Roast for 40 min at 175 oC. Check few times – add more vinegar and oil if they look dry.



Dolci...

Folded Peach Tart with Mascarpone

Favourite crust
1 Cup mascarpone
¼ Cup toasted almond slices

4/5 Peaches
¼ Cup sugar

Roll out the crust a little larger than you normally do for a pie pan. Slide to nonstick cookie sheet / baking dish. Slice the peaches. Mix mascarpone, sugar and almond slices. Combine this gently with peaches. Spoon into centre of crust and flop pastry edges over, pressing them down a bit into the fruit mixture. Don't seal over the top. Bake at 180°C for about 20 min.



Pears in Mascarpone Custard

6 Medium pears/peaches/apples
4 Tbsp butter
1 Egg
2 Tbsp flour

1 Tsp sugar
½ Cup sugar
2/3 Cup mascarpone

Peel and slice the pears/peaches/apples and arrange in buttered baking dish. Sprinkle with 1 tbsp sugar. Cream the butter and ½ cup sugar until light. Beat in the egg, then the mascarpone. Lastly, stir in the flour and mix well. Spoon over the fruit. Bake at 180 °C until just set, about 20 min.

