

WORLD TABLE BOOKS

Italian Table

A taste of the Italian kitchen.

100 RECIPES / FULLY ILLUSTRATED EDITION

A PLACE AT THE TABLE

The pleasure of Italian cooking

A crisp bruschetta. A silky risotto. Pasta shared at the table, a slow Sunday braise and something sweet to finish.



Italian cooking rewards good ingredients and a little attention: a ripe tomato, well-drained cheese, pasta finished in its sauce. These one hundred recipes bring regional favorites and practical home variations into a kitchen you can enjoy every day.

Explore ten chapters, from antipasti to dessert. Every recipe gives you measured ingredients, a clear method, estimated nutrition, storage advice and four preparation photographs. Choose a dish for its flavor, then use the numbers as useful context.

Cook with care. Share with pleasure. Make room at the table.

BEFORE YOU BEGIN

Make the recipe work for you

Read once, then cook

Read the full ingredient list and method before starting. Gather the equipment and prepare ingredients in the stated form. Steps are arranged so you can work while a grain simmers or a dish bakes.

Know your portion

Serves means equal portions of the complete measured batch. For individual pastries, croquettes and breadsticks, divide the stated yield into those servings. Divide all listed sauces, toppings and side dishes between those portions.

Use cues alongside the clock

Times are estimates. Pan width, food thickness, oven behavior and batch size affect them. Check tenderness, texture and internal temperature. Chilling and resting are listed separately and need extra time.

Follow the written quantities

Photographs show preparation and serving ideas; they do not establish exact weights, portion counts or doneness. Use the ingredient list and written method when cooking.

Make a thoughtful substitution

Each recipe includes a practical swap. A substitution can change texture, cooking time, allergens and nutrition. Use a product label when you need brand-specific nutrition.

Find your next recipe

Click a chapter in the contents, a recipe on its chapter page or a title in the alphabetical finder. Use Contents in the footer to return to the main list.

MEASURE WITH CONFIDENCE

A useful kind of precision

Metric amounts are the reference. US weights and spoon measures are rounded guides; a kitchen scale gives the most consistent result.

1 US teaspoon	5 ml
1 US tablespoon	15 ml
1 US cup	240 ml, rounded for cooking
1 US fluid ounce	29.57 ml
1 ounce, weight	28.35 g
1 pound, weight	454 g, rounded

Weigh in the listed state

Weigh meat and seafood raw unless stated otherwise. Drain canned beans and seafood; retain tomato juices when listed. Weigh fruit after removing cores, stones or peel. Flour, grains and pasta are dry unless explicitly labeled cooked.

Measure small amounts sensibly

Use level spoons for fine salt, baking powder and ground spices. Salt grain size changes its volume: the spoon guide assumes fine table salt. Oil and vanilla spoon values are approximate. Weigh when precision matters.

A cup is not a universal weight

A cup of flour weighs much less than a cup of yogurt. Flour cup guides depend on the type and how loosely the cup is filled. Do not pack flour. For batter and bread recipes, use the gram amount.

COOK WITH CARE

Temperature, time and texture

Use a clean food thermometer in the thickest part, avoiding bone and the pan. Color and a browned surface cannot tell you whether the center is ready.

Chicken and turkey	74°C / 165°F
Ground beef, pork or lamb	71°C / 160°F
Whole-cut beef and pork	63°C / 145°F + 3-minute rest
Fish and shrimp	63°C / 145°F
Egg dishes	71°C / 160°F
Reheated cooked leftovers	74°C / 165°F

Cool and store promptly

Refrigerate perishable food within 2 hours, or within 1 hour if the room is hotter than 32°C / 90°F. Divide large batches into shallow containers. Keep the refrigerator at 4°C / 40°F or below; do not wait for a large pot to become completely cold on the counter.

Take extra care with cooked rice

Cool rice promptly, ideally within 1 hour, and refrigerate in shallow portions. Use within 24 hours and reheat only once, until steaming throughout. Reheating does not undo poor storage.

Keep raw and ready-to-eat foods apart

Use separate clean tools for raw meat and cold sauces. Do not rinse raw poultry. Wash produce and use pasteurized dairy. Tiramisu and other uncooked egg preparations require eggs explicitly labeled pasteurized. Follow seafood supplier instructions. Charcoal grilling belongs outdoors.

GOOD INGREDIENTS

A pantry with Italian character



Choose cheese for its job

Fresh mozzarella needs draining; low-moisture mozzarella releases less water. Ricotta must be drained where stated. Parmesan, Pecorino and Fontina differ in flavor, salt and melting behavior. Grate hard cheese finely when making an emulsion.

Pasta, rice and flour

Use the pasta shape and rice type listed. Risotto rice releases starch gradually; long-grain rice behaves differently. Coarse polenta takes patient cooking. Bread flour supports elastic dough; plain flour makes tender pastry.

Tomatoes, oil and preserved flavors

Keep canned tomatoes, passata, olive oil, capers and anchovies on hand. Olive oil for dressing can be fruity; a neutral oil suits deep frying. Rinse salt-packed ingredients and taste before adding more salt.

Fresh herbs and small finishing touches

Basil belongs off the heat in pesto and on a baked Margherita. Sage perfumes butter; parsley and lemon brighten seafood. Add only listed finishes when using the nutrition estimate.

A LITTLE PLANNING

Cook once, enjoy it well

Build a short plan around food you want to eat. A well-stored batch saves time; a refrigerator full of forgotten containers does not.

Choose two anchors

Pick one sauce or soup and one dough or braise. Scale ingredient quantities by the same factor, then use a larger pan or work in batches. Cooking times do not scale in the same way.

Work in a useful order

Start a braise, dough rise or the oven first. Wash and cut vegetables while it heats. Mix cold sauces with clean tools before handling raw meat or seafood, and refrigerate them while the hot food cooks.

Portion the complete batch

Divide the finished components evenly before storing. Keep dairy sauces, crisp toppings and toast separate. Mark containers with the recipe and preparation date; follow the shorter storage limit if combining dishes.

Match the meal to the day

Rice dishes belong early in the plan because of their 24-hour refrigerator limit. Cold salads and cream desserts are best within 2 days. Freeze suitable soups promptly in individual portions if you need them later.

Reheat with care

Reheat only the portion needed. Stir microwave-heated food and check the center, not just the edges. Add cold sauce after reheating. Thaw frozen portions in the refrigerator and use promptly.

NUMBERS WITH CONTEXT

Useful estimates, honest portions

A small antipasto, a generous main and a slice of cake serve different purposes. Read the portion alongside the numbers and choose the dish for its flavor.

What the numbers include

Calories, protein, carbohydrate and fat are estimated per serving of the complete listed recipe. Sauces, grains, fruit and measured toppings are included. Extra oil, bread and unlisted garnishes are not.

Why your result may differ

Food composition varies with the brand, cut, fat level, draining and portion size. Mascarpone, ricotta, cured pork and cream can differ substantially. Use the label on the product you buy when the figures need to be more specific.

What carbohydrate means here

Carbohydrate is total carbohydrate, not net carbohydrate. Values are rounded. Calories may not exactly equal protein x 4 + carbohydrate x 4 + fat x 9 because food data use more detailed energy factors and fiber contributes differently.

Edible weights and frying fat

Bones, shells and discarded trimmings are excluded using estimated yields. For deep-fried dishes, the stated retained oil is an estimate, not the whole frying reservoir. Actual absorption can change the result.

Wine and optional additions

The estimate counts the listed wine; cooking does not guarantee that all alcohol disappears. Unlisted bread, extra cheese and optional garnishes change the meal. Check the allergen note and packaged ingredients.

CLICK TO EXPLORE

Ten chapters. A complete kitchen.

01 **Antipasti & Small Plates** 10
Recipes 001-010

02 **Salads & Vegetables** 41
Recipes 011-020

03 **Soups & Broths** 72
Recipes 021-030

04 **Classic Pasta** 103
Recipes 031-040

05 **Fresh Pasta & Oven Dishes** 134
Recipes 041-050

06 **Risotto, Rice & Polenta** 165
Recipes 051-060

07 **Meat, Poultry & The Grill** 196
Recipes 061-070

08 **Fish & Seafood** 227
Recipes 071-080

09 **Pizza, Bread & Savory Baking** 258
Recipes 081-090

10 **Dolci & Patisserie** 289
Recipes 091-100

Sample recipe finder 50

Click a chapter to begin, or choose a recipe from the alphabetical finder. Each recipe occupies three pages: ingredients, method and illustrated preparation.

CHAPTER 01

Antipasti & Small Plates



Small plates that invite people to the table: crisp bread, tender vegetables and carefully prepared fried bites.

001	Tomato Bruschetta	11
002	Caponata	14
003	Arancini al Burro	17
004	Suppli al Telefono	20
005	Fried Zucchini Blossoms	23
006	Vitello Tonnato	26
007	Polenta Crostini with Mushrooms	29
008	Farinata	32
009	Mozzarella in Carrozza	35
010	Baked Stuffed Tomatoes	38

001 / CENTRAL ITALY

Tomato Bruschetta

A thick slice of grilled bread is a useful contrast to ripe, juicy tomatoes. Rub the garlic over the toast rather than burying it in the topping; this keeps its flavor present without overwhelming the basil.

Serves 4 / 2 toasts each / Prep 15 min / Cook 6 min

245 kcal	7 g	35 g	9 g
CALORIES	PROTEIN	CARBS	FAT

ESTIMATED PER SERVING



Ingredients

Crusty bread, 8 slices
240 g / 8.5 oz

Ripe tomatoes, diced
500 g / 17.6 oz

Extra-virgin olive oil
30 ml / about 2 Tbsp

Garlic, peeled
1 clove / 4 g / 0.1 oz

Basil leaves, torn
8 g / 0.3 oz

Fine salt
3 g / about 1/2 tsp

Black pepper
0.5 g / about 1/4 tsp

Equipment: Knife, sieve, mixing bowl, grill pan

THE METHOD

Tomato Bruschetta

01 **Prepare the tomatoes**

Cut tomatoes into 1 cm / 3/8 in cubes. If very watery, drain in a sieve for 5 minutes without pressing; keep some juice to moisten the topping.

02 **Season the topping**

Mix tomatoes with 20 ml / 4 tsp oil, basil, salt and pepper. Leave for 10 minutes while preparing the bread.

03 **Heat the grill pan**

Set a dry grill pan over medium-high heat for 3 minutes. An outdoor grill may also be used over medium direct heat; charcoal equipment belongs outdoors.

04 **Toast both sides**

Brush bread with the remaining 10 ml / 2 tsp oil. Grill 2-3 minutes per side until crisp at the edges with browned marks, not blackened.

05 **Rub with garlic**

Cut the garlic in half. Swipe the cut face once or twice across each hot slice; its rough surface takes up the aroma.

06 **Top and serve**

Spoon tomatoes onto all eight slices, distributing a little juice evenly. Serve within 5 minutes before the crust softens.

COOK'S NOTE

Use ripe tomatoes and substantial bread; thin sandwich bread becomes soggy quickly.

ILLUSTRATED PREPARATION

Tomato Bruschetta



01 / Dice ripe tomatoes into even pieces



02 / Mix tomatoes with oil and torn basil



03 / Toast bread on a ridged grill pan



04 / Rub hot toast lightly with cut garlic

Make it your own: Try ripe cherry tomatoes, quartered, for the diced tomatoes. Keep the bread thick enough to stay crisp.

Storage: Keep topping refrigerated for up to 1 day. Store bread separately; toast and assemble just before serving.

Allergens: wheat. Check packaged ingredients.

CHAPTER 02

Salads & Vegetables



Vegetables with character, bright salads and generous sides that make a complete Italian table.

011 Insalata Caprese 42

012 Panzanella 45

013 Fennel and Orange Salad 48

014 Insalata di Fagioli 51

015 Peperonata 54

016 Zucchini alla Scapece 57

017 Carciofi alla Romana 60

018 Melanzane alla Parmigiana 63

019 Cicoria Ripassata 66

020 Roasted Fennel with Parmesan 69

011 / CAMPANIA

Insalata Caprese

Caprese asks for good ingredients rather than elaborate cooking. Choose ripe tomatoes and fresh mozzarella, drain away excess brine and season shortly before serving so the plate stays fresh rather than watery.

Serves 4 as a starter / Prep 15 min / Cook 0 min

313 kcal	18 g	8 g	24 g
CALORIES	PROTEIN	CARBS	FAT

ESTIMATED PER SERVING



Ingredients

Ripe tomatoes
600 g / 21.2 oz

Fresh mozzarella, drained
300 g / 10.6 oz

Extra-virgin olive oil
30 ml / about 2 Tbsp

Basil leaves
10 g / 0.3 oz

Fine salt
3 g / about 1/2 tsp

Black pepper
0.5 g / about 1/4 tsp

Equipment: Sharp knife, sieve, platter

THE METHOD

Insalata Caprese

01 **Drain the cheese**

Remove mozzarella from its brine and drain in a sieve in the refrigerator for 15 minutes. Pat lightly with a clean towel without squeezing.

02 **Prepare tomatoes**

Wash and dry tomatoes. Remove hard cores and cut crosswise into 7 mm / 1/4 in slices with a sharp knife.

03 **Slice mozzarella**

Cut cheese into slices similar in thickness to the tomatoes. Wipe the knife between cuts if the cheese clings.

04 **Arrange the plate**

Alternate tomato and mozzarella slices on a platter, keeping them partly overlapped. Distribute any uneven end pieces among the portions.

05 **Season at the end**

Sprinkle salt over tomatoes, then drizzle the measured oil across the whole plate. Tear basil over it and add pepper.

06 **Serve promptly**

Divide into four equal portions and serve within 10 minutes. Keep prepared cheese refrigerated until assembly; do not leave the platter standing for hours.

COOK'S NOTE

Fresh mozzarella is the reference; low-moisture pizza cheese does not give the same texture.

ILLUSTRATED PREPARATION

Insalata Caprese



01 / Drain mozzarella in a sieve



02 / Slice ripe tomatoes evenly



03 / Cut mozzarella into thick slices



04 / Arrange alternating tomato and cheese slices

Make it your own: Use burrata instead of fresh mozzarella for a softer salad; add it just before serving.

Storage: Best assembled fresh. Refrigerate prepared components separately for up to 1 day.

Allergens: milk. Check packaged ingredients.

CHAPTER 03

Soups & Broths



Beans, greens, bread and pasta become warming bowls through patient simmering and good stock.

021	Minestrone	73
022	Ribollita	76
023	Pasta e Fagioli	79
024	Pasta e Ceci	82
025	Stracciatella alla Romana	85
026	Zuppa di Farro	88
027	Pappa al Pomodoro	91
028	Acquacotta	94
029	Passatelli in Brodo	97
030	Zuppa di Lenticchie	100

021 / ACROSS ITALY

Minestrone

Minestrone is a flexible vegetable soup, but different ingredients need different cooking times. Here potatoes start before zucchini and greens so every component reaches tenderness without turning the entire pot to puree.

Serves 4 / Prep 20 min / Cook 45 min

384 kcal	17 g	60 g	10 g
CALORIES	PROTEIN	CARBS	FAT

ESTIMATED PER SERVING



Ingredients

Olive oil
30 ml / about 2 Tbsp

Onion, finely diced
100 g / 3.5 oz

Carrot, finely diced
80 g / 2.8 oz

Celery, finely diced
60 g / 2.1 oz

Garlic, minced
2 cloves / 8 g / 0.3 oz

Low-salt vegetable stock
1.2 L / 5.1 US cups

Salt
4 g / about 5/8 tsp

Black pepper
0.5 g / about 1/4 tsp

Canned cannellini beans, drained
240 g / 8.5 oz

Potatoes, peeled, 1 cm cubes
250 g / 8.8 oz

Zucchini, 1 cm cubes
200 g / 7.0 oz

Green beans, 2 cm pieces
150 g / 5.3 oz

Canned chopped tomatoes
300 g / 10.6 oz

Small pasta, dry
80 g / 2.8 oz

Spinach
100 g / 3.5 oz

Parmesan for serving
30 g / 1.1 oz

Equipment: Heavy 4 L / 4 qt pot, ladle, knife

THE METHOD

Minestrone

01 Prepare all ingredients

Cut vegetables to the sizes listed. Drain canned beans before weighing. Measure grains dry; wash leafy greens and drain them well. Keep ingredients for the finish aside.

02 Sweat the vegetables

Heat oil in a heavy 4 L / 4 qt pot over medium-low heat. Cook onion, carrot and celery for 8 minutes, stirring, until soft. Add garlic for the last 30 seconds without browning it.

03 Build the soup

Add tomatoes, potatoes, green beans and stock. Bring to a gentle simmer; cover partially and cook for 12 minutes.

04 Simmer to tenderness

Add zucchini and beans; simmer 8 minutes. Add pasta and cook for its package time, usually 8-10 minutes, stirring often so it does not settle.

05 Finish the texture

Stir in spinach for the final 2 minutes. If the soup is too thick, loosen with up to 150 ml / 5.1 US fl oz hot water. Divide Parmesan among the bowls.

06 Taste and portion

Add the listed salt gradually, tasting because stock varies, then add pepper. Divide the complete soup into 4 bowls. If holding leftovers, transfer to shallow containers to cool promptly rather than leaving the pot on the stove.

COOK'S NOTE

For make-ahead soup, cook pasta separately and add to each serving; pasta continues absorbing liquid in storage.

ILLUSTRATED PREPARATION

Minestrone



01 / Dice onion carrot and celery evenly



02 / Sweat the aromatic vegetables



03 / Simmer the main ingredients in a pot



04 / Finish the soup and ladle into bowls

Make it your own: Use drained canned borlotti instead of cannellini beans; keep the same drained weight.

Storage: Refrigerate promptly in shallow containers at 4°C / 40°F or colder; use within 3 days. Reheat cooked leftovers to 74°C / 165°F. Refrigerate within 2 hours, or 1 hour above 32°C / 90°F.

Allergens: wheat, milk, celery. Check packaged ingredients.

CHAPTER 04

Classic Pasta



Finish pasta in its sauce, save the cooking water and let a few well-chosen ingredients do their work.

031	Spaghetti al Pomodoro	104
032	Spaghetti alla Carbonara	107
033	Bucatini all'Amatriciana	110
034	Spaghetti Cacio e Pepe	113
035	Rigatoni alla Gricia	116
036	Penne all'Arrabbiata	119
037	Spaghetti Aglio Olio e Peperoncino	122
038	Pasta alla Norma	125
039	Trofie al Pesto	128
040	Orecchiette con Cime di Rapa	131

031 / ACROSS ITALY

Spaghetti al Pomodoro

A simple tomato sauce needs enough simmering to lose its raw taste and enough pasta water to coat the strands. Finishing the pasta in the pan gives a more cohesive result than spooning sauce over plain noodles.

Serves 4 / Prep 15 min / Cook 25 min

457 kcal	16 g	74 g	12 g
CALORIES	PROTEIN	CARBS	FAT

ESTIMATED PER SERVING



Ingredients

Spaghetti, dry
320 g / 11.3 oz

Water for pasta
3 L / 12.7 US cups

Salt for pasta water
20 g / about 3 3/8 tsp

Tomato passata
700 g / 24.7 oz

Olive oil
35 ml / about 2 Tbsp + 1 tsp

Garlic, crushed
2 cloves / 8 g / 0.3 oz

Basil
12 g / 0.4 oz

Fine salt for sauce
3 g / about 1/2 tsp

Pepper
0.5 g / about 1/4 tsp

Parmesan for serving
30 g / 1.1 oz

Equipment: Large pasta pot, wide skillet, tongs or spoon

THE METHOD

Spaghetti al Pomodoro

01 **Prepare before boiling**

Crush garlic lightly and tear basil just before it is needed. Keep Parmesan separate for serving. Bring the measured pasta water to a boil in a large pot and add its salt. Keep a wide pan and tongs ready.

02 **Make the flavor base**

Heat oil over medium-low heat and cook garlic for 45 seconds. Add passata, sauce salt and pepper; simmer uncovered for 20 minutes, stirring. Remove garlic if desired.

03 **Cook the pasta**

Add pasta to boiling water and stir for the first minute. Cook 1 minute less than the package al dente time; do not add oil to the water.

04 **Reserve starchy water**

Before draining, scoop out 300 ml / 1.3 US cups cooking water. Drain pasta briefly without rinsing so the surface starch stays available to help the sauce cling.

05 **Combine with care**

Add pasta and 60 ml / 1/4 US cup reserved water to tomato sauce. Toss over medium heat for 1 minute until just tender; add water in tablespoons if necessary. Turn off heat and add basil. Divide Parmesan over servings.

06 **Serve four portions**

Divide the entire pasta and sauce between four warmed bowls. Serve immediately; sauces based on cheese or oil thicken quickly as they cool. Extra garnishes are optional and outside the listed estimate.

COOK'S NOTE

Passata is strained tomato, not concentrated tomato paste.

ILLUSTRATED PREPARATION

Spaghetti al Pomodoro



01 / Prepare the sauce ingredients



02 / Build the sauce in a wide pan



03 / Lift pasta while reserving cooking water



04 / Toss pasta until the sauce clings

Make it your own: Use whole-wheat spaghetti if preferred; cook to the package time and expect a firmer texture.

Storage: Refrigerate promptly in shallow containers at 4°C / 40°F or colder; use within 3 days. Reheat cooked leftovers to 74°C / 165°F. Refrigerate within 2 hours, or 1 hour above 32°C / 90°F.

Allergens: wheat, milk. Check packaged ingredients.

CHAPTER 05

Fresh Pasta & Oven Dishes



Fresh dough, filled pasta and generous oven dishes for a kitchen with a little more time.

041	Fresh Egg Tagliatelle with Butter and Sage	135
042	Tagliatelle al Ragu Bolognese	138
043	Lasagne alla Bolognese	141
044	Spinach and Ricotta Ravioli	144
045	Potato Gnocchi with Tomato Sauce	147
046	Gnocchi alla Romana	150
047	Cannelloni di Ricotta e Spinaci	153
048	Tortellini in Brodo	156
049	Pumpkin Tortelli	159
050	Pasta al Forno	162

041 / NORTHERN ITALY

Fresh Egg Tagliatelle with Butter and Sage

Fresh egg pasta starts with a firm dough that becomes supple after kneading and resting. A kitchen scale is especially useful: eggs vary in size, and a small adjustment is better than adding an unmeasured cup of flour.

Serves 4 / Prep 50 min / Cook 8 min / Rest 30 min

495 kcal	17 g	60 g	20 g
CALORIES	PROTEIN	CARBS	FAT

ESTIMATED PER SERVING



Ingredients

Italian 00 or all-purpose flour
300 g / 10.6 oz

Eggs, weighed without shells
3 large / 150 g / 5.3 oz

Extra water only if needed
5-15 ml / 1-3 tsp

Flour for dusting
20 g / 0.7 oz

Butter
60 g / 2.1 oz

Sage leaves
8 g / 0.3 oz

Parmesan
50 g / 1.8 oz

Salt for pasta water
20 g / about 3 3/8 tsp

Water for pasta pot
3 L / 12.7 US cups

Equipment: Scale, board, pasta machine or rolling pin, knife, pot, skillet

THE METHOD

Fresh Egg Tagliatelle with Butter and Sage

01 **Form the dough**

Put 300 g flour on a board or in a bowl. Make a wide well, add weighed eggs and beat with a fork, drawing flour inward gradually. If dry crumbs will not join, add water 5 ml / 1 tsp at a time.

02 **Knead and rest**

Knead 8-10 minutes until smooth and firm, using pressure from the heel of your hand. Wrap and rest at room temperature for 30 minutes, then use promptly.

03 **Roll thin sheets**

Divide into four pieces, keeping unused dough covered. Flatten one piece, pass through the widest pasta-machine setting and fold twice; reduce settings gradually to about 1 mm / 1/32 in thick.

04 **Cut the ribbons**

Dust lightly from the measured extra flour. Let sheets dry 5 minutes, then fold loosely and cut 7 mm / 1/4 in ribbons, or use a cutter. Shake strands apart and form loose nests.

05 **Make sage butter**

Heat butter and sage in a wide skillet over medium-low heat for 3-4 minutes until butter smells nutty and has pale brown specks. Remove from heat before the specks burn.

06 **Cook and toss**

Boil salted water. Cook ribbons 2-3 minutes, until tender but intact. Reserve 150 ml / 5.1 US fl oz water, drain and toss in sage butter with 30-60 ml water. Add Parmesan off heat and serve four portions.

COOK'S NOTE

The dough should be firmer than bread dough. Excess flour makes rolling and sealing difficult; add it only as needed.

ILLUSTRATED PREPARATION

Fresh Egg Tagliatelle with Butter and Sage



01 / Bring eggs and flour into a shaggy dough



02 / Knead pasta dough until smooth



03 / Roll thin sheets through a pasta machine



04 / Cut sheets into even tagliatelle ribbons

Make it your own: Use thyme instead of sage in the butter; warm gently without browning the herb.

Storage: Refrigerate raw pasta promptly and cook within 1 day, or freeze in separated nests. Refrigerate cooked leftovers for up to 2 days.

Allergens: wheat, egg, milk. Check packaged ingredients.

CHAPTER 06

Risotto, Rice & Polenta



Stir, taste and watch the texture: creamy risotto and soft polenta reward attention at the stove.

051	Risotto alla Milanese	166
052	Mushroom Risotto	169
053	Asparagus Risotto	172
054	Pumpkin Risotto	175
055	Lemon Risotto	178
056	Risotto ai Frutti di Mare	181
057	Risi e Bisi	184
058	Risotto al Radicchio	187
059	Soft Polenta with Cheese	190
060	Polenta Taragna	193

051 / LOMBARDY

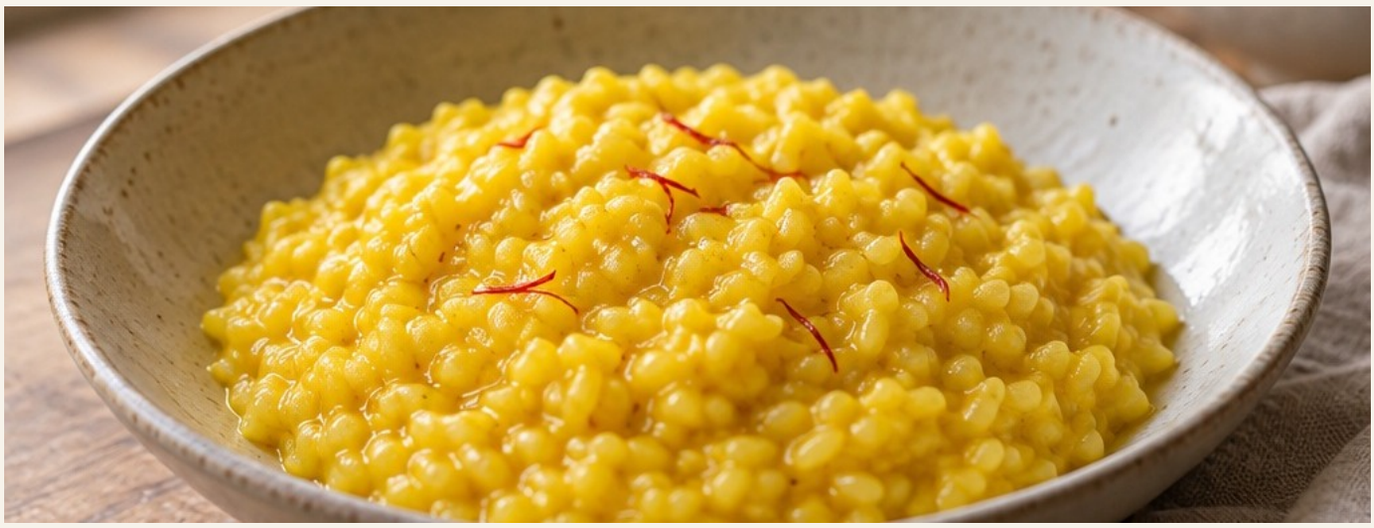
Risotto alla Milanese

Saffron gives this home adaptation its golden color. Traditional versions may include bone marrow; this one uses butter and Parmesan, keeping the saffron visible rather than masking it with a long list of extras.

Serves 4 / Prep 15 min / Cook 30 min

511 kcal	13 g	70 g	17 g
CALORIES	PROTEIN	CARBS	FAT

ESTIMATED PER SERVING



Ingredients

Carnaroli or Arborio rice, dry
320 g / 11.3 oz

Onion, finely diced
70 g / 2.5 oz

Butter, divided
60 g / 2.1 oz

Dry white wine
100 ml / 3.4 US fl oz

Hot low-salt vegetable stock
1.2 L / 5.1 US cups

Parmesan, finely grated
70 g / 2.5 oz

Salt
3 g / about 1/2 tsp

Black pepper
0.5 g / about 1/4 tsp

Saffron
0.15 g / a generous pinch of threads

Equipment: Broad heavy pan, stock saucepan, ladle

THE METHOD

Risotto alla Milanese

01 Prepare the flavoring

Steep saffron in 60 ml / 1/4 cup hot stock for 10 minutes. Keep stock hot in a separate saucepan. Prepare all ingredients before starting the rice so it is not left unattended.

02 Soften the onion

Melt 25 g butter in a broad heavy pan over medium-low heat. Cook onion for 5 minutes until translucent without deep browning.

03 Toast and deglaze

Add rice and stir for 2 minutes until grains are hot and edges slightly translucent. Add wine and simmer 1-2 minutes, stirring, until mostly evaporated.

04 Add stock gradually

Add about 200 ml / 6.8 US fl oz hot stock, keeping a gentle simmer. Stir frequently, especially across the base. Add more in 100-150 ml portions as the previous addition is mostly absorbed; do not let the pan become dry.

05 Finish the rice

Cook 16-20 minutes from the first stock addition, checking the package and a grain: it should be tender with a tiny firm center, not chalky. Add saffron liquid after the first 10 minutes of rice cooking. Use extra hot water if stock runs out before tenderness.

06 Emulsify off heat

Remove from the burner. Fold in remaining 35 g butter and Parmesan; season gradually with salt and pepper. Rest 2 minutes, then loosen with hot stock or water until it flows gently when the pan is shaken. Divide into four warmed bowls.

COOK'S NOTE

Start with good saffron threads; turmeric is a different flavor and should not be presented as the same dish.

ILLUSTRATED PREPARATION

Risotto alla Milanese



01 / Toast rice with softened onion



02 / Add hot stock to the gently simmering rice



03 / Stir while rice absorbs stock



04 / Fold butter and cheese in off heat

Make it your own: Use a full-flavored vegetable stock; mushroom stock will darken the saffron color.

Storage: Cool cooked rice promptly, ideally within 1 hour, in shallow containers. Refrigerate at 4°C / 40°F or below and use within 24 hours. Reheat only once to 74°C / 165°F. Cooking wine does not guarantee removal of alcohol.

Allergens: milk; stock may contain celery; wine may contain sulfites. Check packaged ingredients.

CHAPTER 07

Meat, Poultry & The Grill



From quick veal cutlets to slow braises, these dishes make a generous centerpiece.

061 Pollo alla Cacciatora 197

062 Saltimbocca alla Romana 200

063 Ossobuco alla Milanese 203

064 Spezzatino di Manzo 206

065 Polpette al Sugo 209

066 Cotoletta alla Milanese 212

067 Arrosto di Maiale al Latte 215

068 Abbacchio al Forno 218

069 Tagliata di Manzo 221

070 Arrosticini 224

061 / CENTRAL ITALY

Pollo alla Cacciatora

Cacciatora varies between households and regions. This tomato version uses bone-in thighs, aromatic vegetables and rosemary; a gentle covered simmer cooks the meat while preserving a substantial sauce.

Serves 4 / Prep 20 min / Cook 60 min

625 kcal	38 g	18 g	42 g
CALORIES	PROTEIN	CARBS	FAT

ESTIMATED PER SERVING



Ingredients

Bone-in chicken thighs
1.2 kg / 2.6 lb

Olive oil
30 ml / about 2 Tbsp

Onion, diced
150 g / 5.3 oz

Carrot, diced
100 g / 3.5 oz

Celery, diced
80 g / 2.8 oz

Garlic, crushed
2 cloves / 8 g / 0.3 oz

Canned chopped tomatoes
500 g / 17.6 oz

Dry red wine
120 ml / 4.1 US fl oz

Low-salt chicken stock
150 ml / 5.1 US fl oz

Rosemary
1 sprig / 3 g / 0.1 oz

Salt
6 g / about 1 tsp

Pepper
1 g / about 3/8 tsp

Equipment: Heavy broad lidded pot, thermometer

THE METHOD

Pollo alla Cacciatora

01 **Prepare the chicken**

Pat thighs dry without washing raw poultry. Season with salt and pepper. Prepare vegetables on a separate board from ready-to-eat foods.

02 **Brown in batches**

Heat oil in a broad heavy pot over medium heat. Brown thighs skin-side down 5-6 minutes, then turn for 3 minutes. Transfer to a plate; this browning does not fully cook them.

03 **Cook the aromatics**

Cook onion, carrot and celery in the pot for 8 minutes. Add garlic and rosemary for the final minute, stirring so garlic does not burn.

04 **Deglaze the pot**

Add wine and simmer 3 minutes, scraping up browned bits. Add tomatoes and stock, then return chicken with its juices, skin side upward.

05 **Braise until cooked**

Cover loosely and simmer gently for 35-45 minutes until thighs reach at least 74°C / 165°F in the thickest meat away from bone. Turn once and add water if the sauce dries too soon.

06 **Reduce and serve**

Lift out chicken. Simmer sauce uncovered 5-10 minutes if watery, remove rosemary stems and spoon over four equal portions of chicken.

COOK'S NOTE

Wine is optional: substitute the same volume of stock. Cooking does not guarantee complete alcohol removal.

ILLUSTRATED PREPARATION

Pollo alla Cacciatora



01 / Brown chicken thighs skin-side down



02 / Soften diced aromatic vegetables



03 / Return chicken to tomato herb sauce



04 / Check a thigh with a food thermometer

Make it your own: Use boneless chicken thighs if preferred; begin checking temperature earlier.

Storage: Refrigerate promptly in shallow containers at 4°C / 40°F or colder; use within 3 days. Reheat cooked leftovers to 74°C / 165°F. Refrigerate within 2 hours, or 1 hour above 32°C / 90°F.

Allergens: celery; wine may contain sulfites. Check packaged ingredients.

CHAPTER 08

Fish & Seafood



Fresh seafood, gentle heat and bright finishing flavors, with clear preparation and doneness cues.

071 Spaghetti alle Vongole 228

072 Impepata di Cozze 231

073 Cacciucco 234

074 Branzino al Forno 237

075 Orata all'Acqua Pazza 240

076 Calamari Ripieni 243

077 Fritto Misto di Mare 246

078 Grilled Swordfish with Salmoriglio 249

079 Baccala in Umido 252

080 Sarde a Beccafico 255

071 / CAMPANIA

Spaghetti alle Vongole

Clam liquor flavors the pasta, but sand must be filtered out before it reaches the pan. Buy live clams from a reputable supplier, keep them cold and follow the supplier’s purging guidance rather than improvising a long warm soak.

Serves 4 / Prep 25 min / Cook 20 min / Purging extra if advised

457 kcal	18 g	63 g	12 g
CALORIES	PROTEIN	CARBS	FAT

ESTIMATED PER SERVING



Ingredients

Spaghetti, dry
320 g / 11.3 oz

Live clams, shell-on
1 kg / 2.2 lb

Olive oil
45 ml / about 3 Tbsp

Garlic, sliced
3 cloves / 12 g / 0.4 oz

Dry white wine
100 ml / 3.4 US fl oz

Parsley, chopped
15 g / 0.5 oz

Chili flakes
0.5 g / about 1/4 tsp

Salt for pasta water
15 g / about 2 1/2 tsp

Pasta water
3 L / 12.7 US cups

Equipment: Covered pot, wide pan, fine sieve and paper filter, pasta pot

THE METHOD

Spaghetti alle Vongole

01 **Inspect and clean clams**

Discard cracked shells and clams that stay open when tapped. Scrub under cold running water. Follow refrigerated purging instructions from the supplier if required; do not keep live clams in airtight water-filled containers.

02 **Open in a covered pot**

Heat half the oil with half the garlic for 30 seconds. Add wine and clams, cover and cook over medium-high heat for 5-7 minutes, shaking the pot, until shells open and flesh is firm. Discard any that do not open.

03 **Filter the liquor**

Lift clams out with a slotted spoon. Pour their liquid through a fine sieve lined with a damp paper filter into a bowl; do not pour sandy sediment back into the sauce.

04 **Cook pasta**

Boil spaghetti in measured salted water for 1 minute less than package al dente time. Reserve 300 ml / 1.3 US cups cooking water before draining.

05 **Finish in the pan**

Warm remaining oil, garlic and chili in a wide pan. Add filtered clam liquid and pasta; toss 1-2 minutes. Add pasta water only as needed because clam liquor is salty.

06 **Add clams and parsley**

Fold in hot clams and parsley briefly. Divide all pasta and edible clam meat among four bowls; keep shell fragments out of the food.

COOK'S NOTE

Shell-on weight is not edible meat weight. Cooking does not make shellfish harvested from unsafe waters safe.

ILLUSTRATED PREPARATION

Spaghetti alle Vongole



01 / Scrub and inspect closed clam shells



02 / Open clams in a covered pot



03 / Filter clam liquor through a lined sieve



04 / Toss spaghetti with clean clam liquor

Make it your own: Use commercially cooked clam meat if live clams are unavailable; follow reheating instructions.

Storage: Refrigerate cooked leftovers promptly and use within 1 day; reheat to 74°C / 165°F. Follow supplier advice for storing live clams.

Allergens: wheat, mollusks; wine may contain sulfites. Check packaged ingredients.

CHAPTER 09

Pizza, Bread & Savory Baking



Dough worth making: airy pizza, olive-oil breads and savory pastries to share.

081	Home Oven Pizza Margherita	259
082	Pizza Marinara	262
083	Rosemary Focaccia	265
084	Focaccia Barese	268
085	Piadina Romagnola	271
086	Calzone with Ricotta and Spinach	274
087	Schiacciata Toscana	277
088	Grissini	280
089	Torta Pasqualina	283
090	Panzerotti	286

081 / CAMPANIA

Home Oven Pizza Margherita

A domestic oven does not reproduce a wood-fired Neapolitan oven, but a properly preheated stone or steel and restrained toppings can still make an excellent pizza. This method gives a same-day dough with explicit water and flour quantities.

Makes 4 pizzas / Serves 4 / Prep 45 min / Cook 8-12 min each / Rise 3 h

737 kcal	30 g	99 g	24 g
CALORIES	PROTEIN	CARBS	FAT

ESTIMATED PER SERVING



Ingredients

Strong white bread flour
500 g / 17.6 oz

Water, lukewarm
325 ml / 11.0 US fl oz

Instant yeast
3 g / about 1 tsp

Fine salt for dough
10 g / about 1 5/8 tsp

Olive oil for dough
15 ml / about 1 Tbsp

Flour or fine semolina for dusting
30 g / 1.1 oz

Tomato passata
240 g / 8.5 oz

Fresh mozzarella, drained and torn
240 g / 8.5 oz

Basil
12 g / 0.4 oz

Olive oil for topping
20 ml / about 1 Tbsp + 1 tsp

Salt for tomato
2 g / about 3/8 tsp

Equipment: Scale, bowl, peel, rated stone or steel, oven

THE METHOD

Home Oven Pizza Margherita

01 **Mix and knead**

Mix flour with instant yeast, add 325 ml water and stir until no dry patches remain. Add dough salt and oil; knead 8-10 minutes until elastic. The dough will be slightly tacky, not dry.

02 **Let the dough rise**

Cover in a lightly oiled bowl and stand about 2 hours at 22-25°C / 72-77°F until roughly doubled. Divide into four equal balls, cover and proof 1 hour until relaxed; cooler kitchens need longer.

03 **Preheat and prepare topping**

Heat oven to its safe maximum, commonly 250-275°C / 480-525°F, with a rated pizza stone or steel for at least 45 minutes. Mix passata with topping salt. Drain mozzarella in a sieve in the refrigerator for at least 30 minutes and pat dry; wet cheese floods the center.

04 **Shape without flattening the rim**

Work with one ball at a time on a lightly dusted board. Press the center outward, leaving the outer rim thicker; stretch to about 26 cm / 10 in. Avoid a rolling pin if you want an airy border.

05 **Top and transfer**

Spread a quarter of the tomato and topping oil on each base, leaving a 2 cm / 3/4 in border. Add a quarter of the dry mozzarella; add basil after baking. Transfer to a dusted peel or parchment rated for the oven temperature; do not use low-temperature parchment above its limit. Slide onto the hot surface.

06 **Bake, finish and repeat**

Bake 8-12 minutes until the underside is browned, rim expanded and center cooked; time varies by oven. Bake remaining pizzas one at a time, allowing the stone to recover between them. Add one quarter of the fresh basil to each baked pizza. Serve one pizza per portion.

COOK'S NOTE

If no stone is available, preheat a heavy metal tray and expect a different base texture. Check equipment temperature limits.

ILLUSTRATED PREPARATION

Home Oven Pizza Margherita



01 / Mix weighed flour yeast and water



02 / Divide risen dough into four relaxed balls



03 / Stretch pizza while leaving a thicker rim



04 / Add restrained toppings before baking

Make it your own: Use drained low-moisture mozzarella if fresh cheese is too wet; add basil after baking.

Storage: Refrigerate leftover pizza promptly for up to 2 days. Unbaked dough may be refrigerated up to 24 hours in a covered container; allow to relax before shaping.

Allergens: wheat, milk. Check packaged ingredients.

CHAPTER 10

Dolci & Patisserie



Coffee, citrus, ricotta, almonds and chocolate bring the meal to a sweet, considered finish.

091	Tiramisu	290
092	Panna Cotta with Berries	293
093	Cannoli Siciliani	296
094	Crostata di Marmellata	299
095	Cantucci	302
096	Torta Caprese	305
097	Torta della Nonna	308
098	Baked Ricotta Cheesecake	311
099	Zeppole di San Giuseppe	314
100	Lemon Olive Oil Cake	317

091 / VENETO-ASSOCIATED

Tiramisu

This uncooked tiramisu uses pasteurized eggs and a measured coffee dip. A quick dip keeps the biscuits distinct beneath the mascarpone cream; soaking them deeply can turn the entire dessert watery.

Serves 8 / Prep 35 min / Cook 0 min / Chill 6 h

459 kcal	9 g	40 g	30 g
CALORIES	PROTEIN	CARBS	FAT

ESTIMATED PER SERVING



Ingredients

Mascarpone
500 g / 17.6 oz

Pasteurized eggs, separated
4 large / 200 g / 7.1 oz

Sugar, divided
100 g / 3.5 oz

Savoiardi ladyfingers
250 g / 8.8 oz

Strong coffee, brewed and cooled
300 ml / 10.1 US fl oz

Unsweetened cocoa powder
15 g / 0.5 oz

Equipment: Bowls, mixer, 20 x 25 cm dish, sieve

THE METHOD

Tiramisu

01 **Prepare safely**

Use eggs explicitly labeled pasteurized because this dessert is not cooked. Separate whites and yolks into clean bowls; keep mascarpone cold until mixing. Brew coffee and cool fully.

02 **Make the yolk cream**

Beat yolks with 60 g sugar for 3-4 minutes until pale and thick. Fold in mascarpone gently in several additions until smooth; excessive beating can split it.

03 **Whip the whites**

With clean dry beaters whip whites until foamy. Add remaining sugar gradually and whisk to stable medium peaks. Pasteurized whites may take longer; avoid a dry grainy foam.

04 **Fold without deflating**

Fold one third of whites into mascarpone to lighten it, then fold remaining whites gently with a broad spatula, sweeping from the bottom upward.

05 **Layer with quick dips**

Use a 20 x 25 cm / 8 x 10 in dish. Dip half the biscuits in coffee for about 1 second per side and arrange one layer. Spread half cream; repeat with remaining biscuits and cream. Stop dipping before biscuits fall apart; unused coffee need not be poured in.

06 **Chill and finish**

Cover and refrigerate at 4°C / 40°F or colder for at least 6 hours. Sift cocoa on top just before cutting eight portions; keep the dish chilled between servings.

COOK'S NOTE

If pasteurized eggs are unavailable, choose a separately validated cooked-egg or egg-free method rather than assuming raw eggs are safe.

ILLUSTRATED PREPARATION

Tiramisu



01 / Beat pasteurized yolks with sugar



02 / Fold mascarpone cream with whipped whites



03 / Dip ladyfingers briefly in cooled coffee



04 / Layer biscuits and cream in a rectangular dish

Make it your own: Use decaffeinated coffee if preferred; cool it completely before dipping biscuits.

Storage: Keep continuously refrigerated; use within 2 days. Do not leave at room temperature for prolonged serving.

Allergens: milk, egg, wheat. Check packaged ingredients.

Sample recipe finder

Ten complete recipes, one from every chapter. Click a title to open it.

Fresh Egg Tagliatelle with Butter and Sage 27

Home Oven Pizza Margherita 43

Insalata Caprese 15

Minestrone 19

Pollo alla Cacciatora 35

Risotto alla Milanese 31

Spaghetti al Pomodoro 23

Spaghetti alle Vongole 39

Tiramisu 47

Tomato Bruschetta 11

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