



**Italian at Home
with
Chef Brian West**

Menu

Tomato and Bread Salad with Pesto

Potato Gnocchi with Bacon and Three Cheese Fondue

Carnival Ricotta Fritters

Paired with
Antinori Villa Toscana 2016

TOMATO-BREAD SALAD WITH PESTO

Yield: 4 Portions

Ingredients	Amounts
Sour Dough Bread	1 loaf
Red onion	1 ea.
Cucumber	1 ea.
Tomatoes	4 ea.
Basil leaves	½ cup
Salt	to taste
Ground black pepper	to taste
Extra virgin olive oil	½ cup
Pesto Sauce	4 Tbsp.
Pesto Sauce	
Garlic Clove	1 each
Fresh basil	1 cup
Walnuts	1 floz
Parmesan cheese	1 floz
Lemon Juice	1 tablespoon
Olive oil	1 ½ floz

Method

1. Dice the bread into roughly 1-inch pieces. Place in a large mixing bowl.
2. Slice the onion and cucumber very thinly and add them to the bread. Cut the tomatoes into small wedges and add them to the bread, reserving a few to top the salad when serving it. Tear the basil in small pieces directly into the bowl. Season the salad with salt and pepper and dress it with the olive oil, tossing gently to blend. Keep the salad at room temperature if you will be serving it within an hour ; otherwise, cover the salad and store it in the refrigerator.
3. Just before serving the Salad, add the pesto and blend it into the salad. Serve the Salad with additional fresh basil and the reserved tomato wedges on top.
4. To make Pesto Sauce Place everything except Olive Oil into a blender. Blend together and with it running slowly stream in the oil.

POTATO GNOCCHI WITH 3 CHEESE AND BACON FONDUE

Yield: 4 Portions

Ingredients	Amounts
Idaho potato, peeled, large dice	1 ½ lb.
Salt	to taste
All-purpose flour	1 cup
Egg	1 ea.
Egg yolk	1 ea.
Parmesan, grated	½ cup
Nutmeg, grated	1 pinch
Apple Wood Bacon	¼ cup
Heavy Cream	1 cup
Fresh Mozzarella Cheese	2 oz
Gruyere Cheese	1 oz
Gorgonzola Cheese	1 oz

Method

1. Put the potatoes in a pot and add enough cold water to cover them by about 2 inches. Add enough salt to make the water taste salty and bring it to a gentle boil over medium-high heat. Cook until the potatoes are easy to pierce with a wooden skewer (the time will depend on the size of the potatoes). Drain the potatoes and dry them in the pot over low heat, about 3 minutes. Puree through a food mill or potato ricer onto a lightly floured work surface.
DEMO
2. Gather the potatoes into a mound and make a well in the center. Surround the well with half of the flour. Add the egg, egg yolk, Parmesan, ½ teaspoon salt, and nutmeg to the well.
3. Mix the ingredients to form a soft dough. If necessary, add more of the flour, a little at a time, until the dough has the correct consistency. Make a few test gnocchi, and adjust the dough if necessary with additional flour or seasoning.
4. Roll the dough into 2-inch-thick ropes and cut 1-inch-long gnocchi. Once shaped, the gnocchi can be reserved on a floured baking sheet, loosely covered, in the refrigerator for up to 8 hours.
5. To cook the gnocchi, fill a deep pot two-thirds full with cold water and place over high heat. Add salt to taste and bring the water to a boil.
6. While the water is coming to a boil heat the butter in a small sauté pan over medium heat render dice bacon and pour off fat. Remove from the heat and reserve.
7. To make the sauce add heavy cream to a sauce pot and slowly stir in mozzarella and gruyere cheese until melted and set aside.
8. Add the gnocchi and cook uncovered at a gentle boil until they rise to the surface and are cooked through, 2 to 4 minutes depending upon their size. (To be certain, taste one.) Use a slotted spoon to lift the cooked gnocchi out of the water.
9. Serve the gnocchi in a heated serving bowl or on individual pasta plates topped with the fondue sauce and top with bacon and blue cheese.

CARNIVAL RICOTTA FRITTERS

Yield: 8 Portions

Ingredients	Amounts
Ricotta	1 cup
Eggs	4 ea.
Sugar	½ cup
Marsala/Port	¼ cup
Orange zest	1 Tbsp.
Lemon zest	1 tsp.
Baking powder	1 tsp.
Salt	1 pinch
All-purpose flour	2 cups
Powdered sugar (for dusting)	as needed

Method

1. Mix all ingredients except the flour together and mix to combine. Add the flour and mix to combine. Add additional flour if necessary, to make a batter that is “spoonable”.
2. Pre-heat a deep fryer to 350°F.
3. Using a tablespoon, carefully drop the fritters into the hot oil. It is best to work in batches. Let cook for 5 minutes, or until lightly brown and cooked through.
4. Remove the fritters from the oil and let drain on paper towels.
5. Dust with powdered or granulated sugar and serve hot.

SHOPPING LIST

Ingredients	Amounts
Dairy	
Egg	6 ea.
Fresh Mozzarella Cheese	2 oz
Gorgonzola Cheese	1 oz
Gruyere Cheese	1 oz
Heavy Cream	1 cup
Parmesan cheese	4 oz
Ricotta	1 cup
Produce	
Basil leaves	2 cups
Cucumber	1 ea.
Garlic Clove	1 each
Idaho potato	1 ½ lb.
Lemon Juice	1 each
Orange	1 each
Red onion	1 ea.
Tomatoes	4 ea.
Meats	
Apple Wood Bacon	¼ cup
Pantry	
All-purpose flour	4 cup
Baking powder	1 tsp.
Extra virgin olive oil	½ cup
Ground black pepper	to taste
Marsala/Port	¼ cup
Nutmeg, grated	1 pinch
Olive oil	1 ½ floz
Powdered sugar (for dusting)	1 oz
Salt	1 cup
Sour Dough Bread	1 loaf
Sugar	½ cup
Walnuts	1 floz
Wine	
Antinori Villa Toscana 2016	1 Bottle