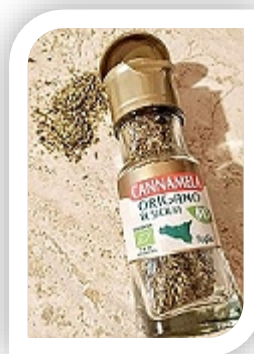


Cuisine by Corrado Tumminelli

CORRADOT

PROVANDO E RIPROVANDO....





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1. Spaghetti with sweet red pepper and crumbs of walnuts

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Spaghetti with sweet red pepper and crumbs of walnuts Vegetarian - Serving: 2 - Total time: 2 hours

Ingredients...

- 10-11 oz Sweet red pepper, well mature (300 grams)
- 10-11 oz Red onion (300 grams)
- 1/2 cup of Olive oil (120 milliliters)
- 4/5 cup of Tomato sauce, the "Passata di pomodoro" (200 milliliters)
- 7 1/2 oz of spaghetti (220 grams)
- 2 walnuts



Pictures left to right.

1. Get a sweet red pepper
2. Cut off the top to open it.
3. Clean it out, throwing away the seed and the white parts.
4. Cut it in strips/Then cut into little squares (more or less like the nail of the little finger.)

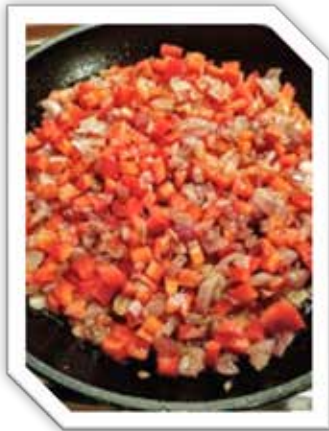
1. Spaghetti with sweet red pepper and crumbs of walnuts

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Pictures Left to right.

1. Chop the red onion in little pieces.
2. Get a large pan, 10-12 inches, pour in the olive oil and the chopped onion>
Cook at medium heat until the onion is almost transparent, not colored.
To avoid burning the onion add a glass or two of water.
3. The final onion should be transparent, not colored.



Pictures Left to Right

1. Now pour in the pan all the chopped sweet red pepper and mix together
Let cook until the sweet red pepper is tender (yes, you have to taste it).
Here also you can add a glass or two of water to prevent the burning.
When all is tender move in a blender and get a cream.
Just add water to get a fluid cream.
2. And now? Move the cream in the pan and add the "Passata".
Continue the cooking for 10 minutes.
The cream has to be well fluid, so add water to get fluidity.
Taste the result and adjust with salt. The salt has always to be added at the end of every cooking. If you are tired of all these operations, you can move the sauce in the refrigerator, covering with plastics. No more than a night, please.

1. Spaghetti with sweet red pepper and crumbs of walnuts

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OK, and now we cook the spaghetti. Twenty minutes before you serve the spaghetti you have to cook the spaghetti. The pasta (spaghetti, farfalle, fusilli, penne or whatever) has to be cooked **AL DENTE!!!**

The ones that throw the pasta on a wall to evaluate the “perfect” cooking should be shot at sunrise.

The pasta has to be “al dente”, so quite hard, for a good reason: the pasta has **ALWAYS** to be stir-fried.

When you stir-fry the pasta within your sauce you get two benefits: one, you enrich the pasta flavor at maximum, and, two, you can get the pasta tender as you want. So, never pour a sauce over a white pasta in the dish (the ones doing that deserve to be shot... etc. etc).



Pictures Left to Right

1. OK, put 3 gallons of water in a pot and add a pinch of salt. When the water is boiling, not before, add the spaghetti and cook until the pasta is “al dente”. Yes, you can taste, but to be sure you can simply watch how much the spaghetti bend. Take a fork of spaghetti and watch: if the spaghetti reluctantly bends they are “al dente” just to be stir-fried.

2. If the spaghetti appears so completely relaxed and glued to each other, you have overcooked the spaghetti (we say the pasta is “scotta”). Also, in the case you deserve to be shot... etc. etc.

1. Spaghetti with sweet red pepper and crumbs of walnuts

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Pictures Left to Right

1. Drain the spaghetti and pour them in the pan with the sauce.
Stir-fry the spaghetti at high heat for 4 or 5 minutes, continuously mixing.
If there is not sufficiently fluid add some water.
2. Now admire the result,



Chop the walnuts, not so little, just some coarse crumbs.



Strew the crumbs over your dish

And

good appetite!!!!

2. Spaghetti with yogurt, peas and saffron

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Spaghetti with yogurt, peas and saffron

Serving: 2 - Total time: 45 min

Ingredients...

- 10-11 oz Red onion (300 grams)
- 10 tablespoons of Olive Oil (150 ml)
- 8 oz of Peas (deep frozen are ok) (240 grams)
- 1 cup of Water (220 ml)
- 1/2 cup of Yogurt (125 ml)
- 1/2 teaspoon of Saffron (dust) (0,25 grams)
- 6 1/2 oz of Spaghett (180 grams)



Pictures Left to right.

1. Chop the red onion in little pieces.
2. Get a little pot (around 6-7 inches), pour in the olive oil and the chopped onion.
Cook at medium heat until the onion is almost transparent, not colored.
To avoid burning the onion add a little water.
3. The final onion should be transparent, not colored.

2. Spaghetti with yogurt, peas and saffron

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Now for the spaghetti & the peas: Put 3 gallons of water in a pot and add a pinch of salt. When the water is boiling, not before, add the spaghetti.

Now add the peas to the cooked onions and the listed cup of water. Let cook at medium heat 3-4 min. See how fluid the result has to be in the picture below. Add a good pinch of salt and stir.

Turn off the heat and wait the spaghetti.



Notice how fluid the result is, when you have added the peas to the cooked onions.



The pasta has to be "al dente", so quite hard. The only rule is: you have to taste. The ones that throw the pasta on a wall to evaluate the "perfect" cooking should be shot at sunrise.

So, when the spaghetti is finished "al dente" drain them and pour in the pot with the peas.

2. Spaghetti with yogurt, peas and saffron

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Now add the yogurt and the dust of saffron.



Energetically stir

Finished!!!

Serve & Enjoy.

3. Seabass, White Wine and Almonds

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Seabass, White Wine and Almonds

Serving: 2 - Total time: 8 min, or less

Ingredients....

- 10-11 oz Seabass filets (300 grams) -- Seabass is the more delicate, but you can use gilthead bream, or fresh cod, or whatever fish in filets. Deep frozen is OK, only wait until they are at room temperature.
- 1 nut of butter
- 5 tablespoons of vegetable oil (peanuts is better), or, even, olive oil, provided that has to be a delicate olive oil.
- 1/2 cup of white wine (125 ml)
- Some almonds (slices are good)
- A few parsley

A large spatula (8-9 inches is perfect) to use for this recipe



Get the fish filets at room temperature.

- **Get a large pan, sufficient to contain the two filets.**
- **Add the nut of butter and the tablespoons of oil.**
- **Use a moderate heat. When the pan is hot put the filets, on the skin side.**

3. Seabass, White Wine and Almonds

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Let cook for no more than two minutes (120 seconds), so that the fish will remain tender.

While it is cooking you can get the white wine ready. You will need the wine for the next step.

Next, turn over the filets (caution, do not break the filets, use a large spatula to turn them over).

This side is more delicate, so cook for no more than one minute (60 seconds).

Note: *Cooking fish for a long time, or at very high temperature tends to dry the fish, with loss of healthy vitamins.*



Now turn up the heat to maximum (only for a quick use of the white wine) and pour the white wine.

Wait until you'll see the bubbles (few seconds) and immediately remove the pan from the fire.

Note: *Use a real wine, not these horrible aromatized mixtures. And the wine to be used in cooking fishes should not be too strong. Otherwise the wine will prevail on the delicate fish. An ordinary, inexpensive wine will be good.*

3. Seabass, White Wine and Almonds

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Now just put the filets on the dishes (Don't forget to use the spatula!)

Scatter the almond slices across, add a few parsley (or more than few) and serve.

The salt will be added by everyone on its dish.



If you don't like the skin take it off, it's easy.

Just insert half of a fork under the skin and rotate, just like when you roll up the spaghetti.

Good appetite - Enjoy!

4. Sliced meat "alla Pizzaiola"

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On the recipe name...

This is the REAL, original, recipe of meat "alla pizzaiola", how cooked in Napoli (Naples). Pizzaiola because the Pizza was born in Naples and with this recipe the meat has almost the same flavor and scent of a Pizza. But the real, original Pizza, not the horrors I saw in US. And anyway: Pizza ==> Pizzaiola where "iola" is "just like" or "in the same way of".



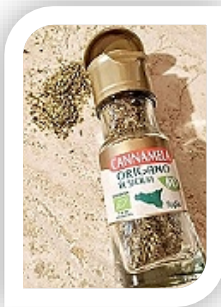
Sliced meat "alla Pizzaiola"

Serving: 1 Total time: 30 min, or less

Ingredients...

- 2/3 oz of little fresh tomato (300 grams)
- 1/2 lb of sliced beef (220 grams) But you can also use chicken breast or turkey breast. Cooking time will vary
- 6 tablespoons of olive oil
- 1 or 2 tablespoons of dry oregano leaves (minced)
- 1 or 2 tablespoons of capers, conserved under salt if possible

MANDATORY ingredients: Without these two ingredients do not try to realize the recipe.



"Oregano" - Oregano (Origano in Italy) is an aromatic herb whose leaves, dried and minced, are used to aromatize pizza and many other food.

"Capers" (Capperi in Italy). The best come from Pantelleria, an isle near Sicily, in the middle of Mediterraneo sea. The capers are conserved under salt, you should search these capers under salt, but you can also find capers under vinegar. These under vinegar are not the ideal, but you can use.

4. Sliced meat “alla Pizzaiola”

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Another little note: TOMATOES

The best tomatoes for every italian recipe are the “pomodorini”, so the little tomatoes. Fresh, if possible. The freshness of tomato is the 80% of the success of an italian recipe. Sure, you can use the canned tomato, but is not, absolutely, the same. Of course if you don't find the fresh tomato you can (sigh...) use the canned ones.

Look how beatiful are the fresh tomatos.

Now let's start with the execution....



Cut the tomatoes in little pieces. Use a sawtoothed kinife, beacuse the tomato skin is resilient and a normal knife can slip and injure your fingers. Ok, we have 10 fingers, but....



Put the olive oil in a pan, add the meat slice and cook at medium-low heat for 4-5 minutes on every side. Of course the time depends from the thickness of the slice and many other factors.

4. Sliced meat “alla Pizzaiola”

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We want to get the meat half-cooked, because we will have to do a second cooking with the remaining ingredients. Look an example of half cooking. Yes, horrible photo.



Now transfer the meat on a dish and pour the tomato pieces on the pan. Add also a teaspoon of sugar to contrast the natural acidity of tomatoes.. Cook at medium heat for 5-7 minutes. If the tomatoes are poor of juice just add a half glass of water.



After, mince the tomatoes in a mixer, or use a minipimer.

Pour the sauce in the pan, add the meat slice and let cook ad medium-low heat for 5-6 minutes, turning the meat one time. After the first couple of minutes add the capers and the oregano. Of course the capers have to be well washed!!!



OK, finished.

Put the the meat and the sauce on the dish, sprinkle with a good pinch of origano and serve.

This recipe is very tasteful.

Good appetite - Enjoy!

5. From the South of Italy: Pasta e Patate

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Pasta e Patate

Serving: 2 - Total time: 40 min

Ingredients....

- Potatoes 13 oz (375 grams)
- White (or red) Onions 8 oz (230 grams)
- Uncured Bacon 2 1/2 oz (65 grams)
- Spaghetti 5 oz (140 grams)
- Rosemary (freeze-dried) 3 tablespoons (3 cucchiari da cucina)
- Olive oil 1/3 of cup (80 ml)
- A saucepan or a pot, diameter 9 or 10 inches (24-26 cm)

On the recipe: A first course for the south of Italy, with only three main ingredients: Potatoes, Onions, Bacon.

And, of course Pasta, here the traditional Spaghetti. In Italy we use the remainders of different pasta formats, but in this recipe we use the chopped spaghetti. Interesting, is one of the few recipes to be eaten with the spoon. Easy to realize and delicious.

Yes, it's not low carb, but for a time....



MANDATORY ingredient

Rosemary (Rosmarino) - freeze-dried, or lyophilized

5. From the South of Italy: Pasta e Patate

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Let's start peeling and chopping the onions.



And peel and chop the potatoes, dimension around half inch or less more.



After, let's cut the uncured bacon in little pieces.

Take a saucepan or a pot, pour in it the olive oil and the bacon pieces. Let's cook at medium heat for 4-5 minutes.

Now we have all the ingredients ready to cook. Let's start.



After, add the chopped onions and let cook for 5-7 minutes, or until they are transparent and NOT colored. Stir one or two times.



Now add the potatoes and let cook for 5 minutes. Remember to stir frequently.

After the 5 minutes add 5 cups of water and let boil until the potatoes are tender. Taste and adjust with salt.

Now take a fork and mash half potatoes, so to get a mix of potatoes cream and potatoes pieces.

5. From the South of Italy: Pasta e Patate

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Last Step Before you can enjoy your Pasta e Patate



After that, split the spaghetti in four pieces and add them in the pot.

Cover the spaghetti with water and let cook until the spaghetti are tender. Look often in the pot and if you see all is drying add some water and stir.

Turn off the heat, taste and adjust of salt. Sprinkle with the rosemary, stir vigorously and serve. Delicious!!!!

Good appetite!!!!



Someone add some grated cheese on the dish, it's your choice.

6 Stuffed Peppers - Peperoni ripieni

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Stuffed Peppers - Peperoni ripieni

Serving: 2 - Total time: 40 min



Ingredients

- Red or yellow Peppers: 2 big or 3 medium size White (or red)
- Onions 5 oz (50 grams)
- Minced meat 1 pound (450 grams)
- Bacon 2 oz (65 grams)
- Bread (even stale bread) 4 oz (120 grams) Milk 1 cup (200 ml)
- Egg 1
- Olive oil 1/3 of cup (80 ml) Oven at 350 °F



Put the chopped bread in a bowl. Pour the milk on it and let it soak.



Open the peppers and clean their inside, throwing away the seeds and the placenta.



Peel and chop grossly the onion.

6 Stuffed Peppers - Peperoni ripieni

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Take a saucepan or a pot, pour in it the olive oil, and add the chopped onion and the bacon pieces. Let's cook at medium heat for 7-10 minutes, or until they are transparent and NOT colored.
Stir frequently.



Now add the minced meat and let cook for at last 10 minutes, stirring frequently



In the meantime squeeze the soaked bread and pass it in a mixer. After the meat is cooked add the mixed bread and one egg.

Add two big pinches of salt and stir vey well.

6 Stuffed Peppers - Peperoni ripieni

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With a spoon abundantly stuff the peppers

Cook in the oven for about 15-20 minutes, or until you see a little colored crust.

Tender and tasteful. Good appetite!!!