

Insalata di Funghi Porcini
Porcini Mushroom Salad

3 porcini mushrooms, caps cleaned with a damp cloth and thinly sliced, dirt on the stem can be removed with a paring knife, stem thinly sliced or diced
the juice of 2 lemons
3 tablespoons extra virgin olive oil
Salt and freshly ground black pepper
Carp or freshly chopped parsley

1. Place all the ingredients together and serve with parmigiano Reggiano shavings

First Courses

Primi

Zuppa alla frantiana o Ribollita
Olive Pressers Style Soup (Ribollita)

Leftover Ribollita can be frozen to up 2 months.

1 cup extra-virgin olive oil

3 medium carrots, minced

2 celery stalks, minced

1 dove garlic, minced

2 medium onions, minced

2 leeks white part only, minced

10 leaves fresh sage

8 leaves swiss chard, stalks removed and roughly chopped

1 small head savoy cabbage, roughly chopped (less)

10 leaves black kale, stalks removed and roughly chopped

6 ounces canned Italian plum tomatoes, shredded and with liquid reserved

2 celery stalks, diced

2 small carrots, diced

2 small zucchini, diced

1 bulb fennel, diced

1 cup freshly-shelled peas (if available)

2 ripe plum tomatoes, diced

3 leaves fresh basil

1 tablespoon fresh thyme

2 pounds butternut squash, seeded, peeled and cut into chunks

3 potatoes, peeled and cut into chunks

Salt and freshly ground black pepper

2 pounds dried borlotti beans, soaked overnight, drained and cooked in salted water along with 1

dove garlic, 1 red onion and sage

Pinch nutmeg (optional)

Slices of peasant style bread

1. Heat the oil in a large heavy-gauge pot over low heat. Add the minced carrot, celery, onion, garlic, leek, sage and cook, stirring frequently, until translucent, about 10 minutes. This is your base or, better, the soffritto.

2. Add the cabbage, black kale, swiss chard, peeled tomatoes and stir until well blended. Cook for 10 minutes, covered.

3. Add the remainder of the ingredients except for the salt, pepper and thyme. Increase the heat to medium, cover and cook for 1 hour, stirring occasionally.

4. Meanwhile, pass the beans and their liquid through a food mill and add the mash to the soup pot. Cook for another 1 hour over low heat and covered. Stir occasionally.

5. Check salt and pepper and if you like add some freshly grated nutmeg. Serve hot over sliced peasant style bread and drizzle generously with extra virgin olive oil.

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Handwritten notes:
add water if dried (veg)
or
Lick
Sant
8 cups
all
4-5 lbs
cook
slow

Handwritten note: Canned bean protein or ground wheat or

Handwritten notes:
Chicken Honey Nut
1 cup white bread
or more
- Skins of d.k. paper plates