

DINING WITH MICHELANGELO

Seasonal Tuscan Recipes

Compiled and Cooked by
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In Collaboration with
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loveSicily

for the Kickstarter Campaign in Support of
IN THE FOOTSTEPS OF GIANTS,
Michelangelo's Life and Works Revealed
by Mary Hoffman



SPRING

» ANTIPASTO «

Salvia Fritta in Pastella
Battered and Fried Sage Leaves

» PRIMO «

Pici con le Briciole
Thick, Hand-Rolled Pasta with Breadcrumb Topping

» SECONDO «

Agnello alla Maremmana
Lamb as made in Maremma

» DOLCE «

Torta di Ricotta Garfagnina
Ricotta Tart as made in Garfagnina

» WINE PAIRING «

Morellino di Scansano



SALVIA FRITTA IN PASTELLA

Ingredients

48 sage leaves

24 anchovy fillets

200 g all-purpose flour | 1½ cups US | 1¼ cups UK

A pinch of salt

120 ml ice-cold sparkling water | 4 oz

Extra virgin olive oil

Preparation

Select large sage leaves, the biggest you can find. Italians prefer to use the salvione type (Jerusalem sage) for their ample size. Wash them and pat dry carefully, then lay them out flat.

To prepare the batter, place the flour and pinch of salt in a bowl, then mix in the ice-cold sparkling water, making sure not to create lumps. Sandwich an anchovy fillet between two sage leaves. Press together and dip into the batter. Fry in 2½ cm hot oil (1 in) until they are golden brown, then place on paper towels to dry. Serve just warm and crispy.



*Pici con le Briciole
See page 4 for recipe.*

PICI CON LE BRICIOLE

Ingredients

350 g type 00 (pizza flour) | 2¾ cups US | 12 oz UK

170 g semolina flour | 1⅓ cups | 6 oz

300 g (approximately) lukewarm water | 1⅓ cups | 6 oz

Salt

Extra virgin olive oil

2 garlic cloves

200 g stale, unsalted Tuscan bread (or 7 oz thick-crust country bread)

1 chili pepper

Pici Preparation

In a large bowl, combine the two flours with a good pinch of salt. Make a well in the middle and gradually add the water (the necessary quantity can vary, but usually 300 g should be the right amount). Mix continuously until you have a firm dough. Knead for 5 to 10 minutes on a flour-dusted surface until smooth and elastic. Then wrap in plastic film and place in the fridge for about 30 minutes.

Once rested, roll the dough into a rectangle roughly ½ cm thick ($\frac{3}{16}$ in) and, using a sharp knife, cut the dough into long, ½ cm strips. Finally, lightly oil your fingers and start rolling each strip into a long, thick strand, starting from the middle and gently working outward toward the tips.

Once the pici are ready, place them on a lightly floured kitchen towel.

Bring a large pot of salted water to boil, then gently lift a few of the pici and lower them into the water. After five minutes try them to see if they are ready. They should be tender, but still al dente.* Cooking time depends on the type of flour you use and how dry the pici are.

*Al dente, in Italian, literally means “to the tooth,” and indicates that your pasta or rice be cooked but still firm in the middle.

Sauce Preparation

In a food processor, grate stale bread to make coarse breadcrumbs. Chop the chili pepper.

Heat 2½ cm of olive oil (1 in) in a small frying pan and add the chili and the two whole garlic cloves. Cook gently until light brown and then discard the garlic. (Its use here is only to flavor the oil.)

Add the breadcrumbs and fry them until they are golden brown. Put four tablespoons of the breadcrumbs aside.

Cook the remaining pici in batches, as above, because fresh pasta needs to be handled carefully or it tends to stick. Drain and add them to the pan with the breadcrumbs.

Mix well. Loosen with a bit of extra virgin olive oil and a splash of the cooking water. Serve with the remaining breadcrumbs sprinkled on top.

AGNELLO ALLA MAREMMANA

Ingredients

800 g cubed lamb | 1¾ lbs

4 tomatoes

2 red bell peppers or long Italian sweet peppers

½ glass dry white wine | 50 ml | scant ¼ cup

1 onion

1 garlic clove

1 tablespoon flour

Sage

Extra virgin olive oil

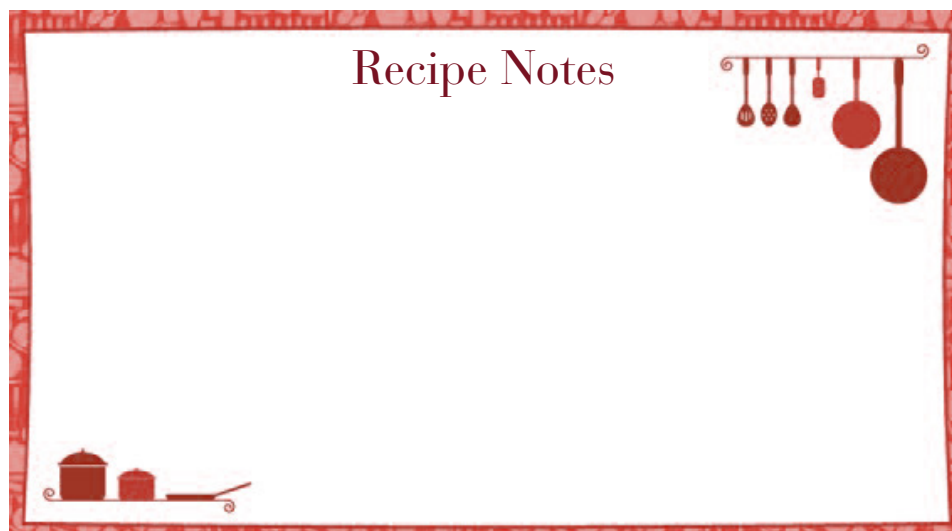
Salt

Pepper

Preparation

Chop the onion and the garlic, then sauté with the lamb cubes in 2 tablespoons of extra virgin olive oil for 10 minutes. Add the tomatoes, coarsely chopped, and the peppers cut into strips, as well as three or four sage leaves. Add salt and pepper and stir well.

Pour in the wine and let it evaporate. Blend a tablespoonful of flour with a bit of water or cooking liquid and add to the lamb. Mix well, pour a ladle of boiling water to thin the sauce, put a lid on and cook over a medium heat for half an hour. Serve immediately.



TORTA DI RICOTTA GARFAGNINA

Ingredients

250 g short crust pastry | ½ lb
500 g ricotta | 1 lb
100 g confectioners (icing) sugar | ¾ cup
4 eggs
1 tablespoon flour
30 g raisins | 1 oz
3 tablespoons Marsala wine
Zest of one lemon

SHORT CRUST PASTRY

Ingredients

225 g flour | 1 scant cup
100 g diced butter | a scant stick
Pinch of salt
2 to 3 tablespoons of water

Preparation

For the short crust pastry, sift the flour into a large bowl, then add the diced butter and rub in with your fingertips until the mixture resembles fine breadcrumbs. Stir in the salt, then add 2 to 3 tablespoons water and mix to a firm dough. Knead the dough briefly and gently on a floured surface. Wrap in plastic film and place in the fridge to chill while preparing the filling.

Soak the raisins in the Marsala wine for 30 minutes. In a bowl, pass the ricotta through a sieve (or use a food processor to make it smoother), mix in the sugar and then add the flour. Add the raisins and the Marsala to the mixture. Then incorporate the egg yolks and the lemon zest.

Once all the ingredients are well blended, beat the egg whites until stiff and fold into the mixture.

Butter and flour a 26 cm (10 in) tart or quiche pan with removable bottom (loose-based flan tin). Divide the dough into two sections, one larger than the other. Roll out the larger piece (about 3–4 mm thick | ⅛ in) and line the pan with the rolled-out pastry. Trim the overhanging dough, then spread the ricotta mixture over the middle of the pastry crust, smoothing it to the edges with a spatula. Roll out the smaller piece of pastry and cut into fine strips. Arrange the strips as a lattice over the ricotta. Brush lightly with an egg yolk and bake for about 55 minutes in a preheated oven to 190°C | 375°F | gas mark 5 until golden brown.

It is important that you let it cool on a wire rack before lifting the base from the tart pan and slicing the torta.

SUMMER

» ANTIPASTO «

Panzanella

Salad with Dried Bread Soaked in Water Infused with Tomato, Basil and Olive Oil

» PRIMO «

Pasta con Zucchine e Fiori di Zuccina

Pasta with Zucchini and Zucchini Flowers

» SECONDO «

Cacciucco alla Livornese

Seafood Stew as made in Livorno

» DOLCE «

Cantucci*

Sweet Almond Cookies

» WINE PAIRING «

Bolgheri Bianco

Vin Santo

**Cantucci make a great gift, especially at the holidays.*



PANZANELLA

Ingredients

8 slices Tuscan stale bread (or thick-crust country bread)

Salt

Pepper

2 or 3 ripened tomatoes

1 onion

Fresh basil leaves

4 tablespoons red wine vinegar

10 tablespoons extra virgin olive oil

Preparation

Soak the bread in water to cover for 5 to 10 minutes. Drain and squeeze out excess water.

Work the bread with your hands to break it up a bit and place in a large bowl.

Whisk together the oil, vinegar, salt and pepper. Toss with the bread.

Toss in the chopped tomatoes, onion and basil leaves and adjust the seasoning. Let it rest for at least 30 minutes before serving.

Pasta con Zucchine e Fiori di Zucchini
See page 9 for recipe.



PASTA CON ZUCCHINE E FIORI DI ZUCCHINA

Ingredients

300 g dry or fresh pasta | half pound

400 g zucchini | scant 1 lb

12 zucchini flowers, if available (squash blossoms or courgette flowers)

10 basil leaves

Extra virgin olive oil

¼ chili pepper

Salt

Pepper

Pecorino shavings

Preparation

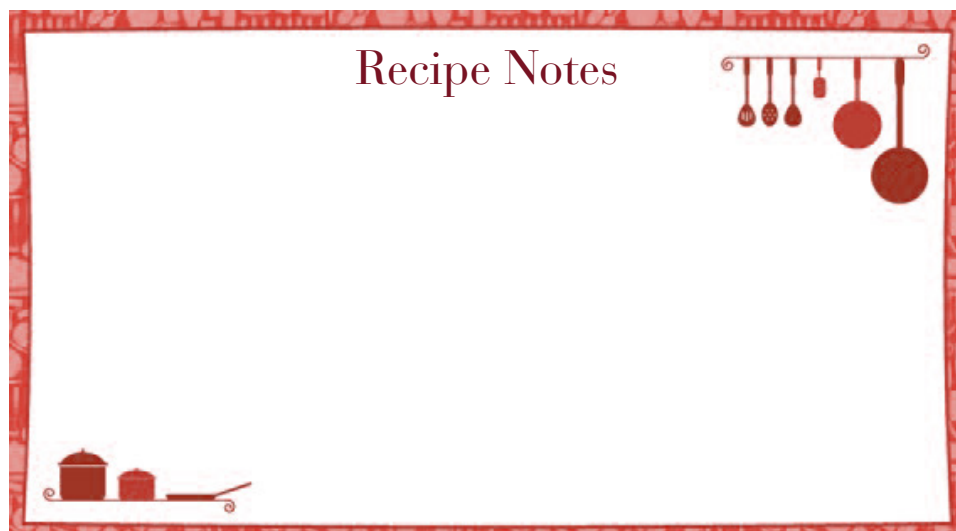
Wash the zucchini and cut into cubes or slices. Wash the flowers, remove the stamens or the pistils and cut into strips.

In a frying pan, heat the chili over medium heat, then add the zucchini and cook together for five minutes. Add the flowers and five basil leaves, then season with salt and pepper.

Boil the water for the pasta, add salt, and cook until al dente.* Drain the pasta and transfer it to the pan with the zucchini mixture. Add a couple of tablespoons of extra virgin olive oil, a pinch of pepper, stir well, and serve.

Add pecorino shavings to taste.

*Al dente, in Italian, literally means “to the tooth,” and indicates that your pasta or rice be cooked but still firm.



CACCIUCCO ALLA LIVORNESE

Ingredients

800 g fish with bones such as sea robin (sometimes called tub gurnard) and scorpion fish. (You can substitute red snapper and monkfish)

200 g John Dory

300 g cuttlefish (or squid) and octopus

150 g uncooked shrimp

400 g tomato paste | a 12 oz can plus a tablespoon

4 garlic cloves

1 chili pepper

Extra virgin olive oil

1 glass red wine | 100 ml | ½ cup

Salt and pepper to taste

Thick-crust country bread

Preparation

Clean the octopus and wash under running water for 3 to 4 minutes. Boil a large pot of water and add a teaspoon of salt. Hold the octopus over the pot and dip the tentacles three times in the boiling water. The tentacles will curl up. Then lower the octopus into the water and let it simmer, uncovered, for 20 minutes, skimming foam that forms. Then turn off the heat, cover, and leave the octopus in the water for 20 minutes before draining.

Cut the octopus into pieces. Clean and cut the cuttlefish or squid and the fish with bones into big pieces (two or three pieces per fish).

Pour 100 g of extra virgin olive oil (about a half cup) into a large wide pan, a terracotta one, if possible. Heat to medium and add as much chili as you like, the cloves of garlic, and then the cuttlefish or squid. Reduce the heat to low. Once the cuttlefish or squid turns white, add the octopus, raise the heat to high and pour in the wine.

Once the wine has evaporated, add the tomato paste and a glass of water, then reduce the heat again. After 15 minutes add the shrimp and the John Dory. Let them cook for another 20 minutes, then add the chunks of fish with bones, continuing to cook over low heat for 15 to 20 minutes longer.

Add more water or the octopus cooking water, if necessary.

Cut and toast the slices of bread, rub with garlic, and put in deep plates before serving the soup on the bread.

CANTUCCI

Ingredients

100 g soft butter | scant stick
500 g flour | 4 cups US | 18 oz UK
250 g unblanched almonds | 1½ cups
4 eggs + 1 yolk
250 g sugar
½ teaspoon baking powder

Preparation

Mix the flour, butter, sugar, and four eggs, then add the almonds, previously toasted in the oven for about 5 minutes at 180°C | 350°F | gas mark 5.

Use your hands to mix all the ingredients together. It will be ready in just a few minutes.

Form the dough into a long roll, 2 cm (¾ in) width, and brush all over with egg yolk.

Place the dough in the oven for about 20 minutes at 190°C | 375°F | gas mark 5 until golden brown.

Cut the rolls into small slices, but be careful because the cookie dough is delicate and tends to crumble. Bake the slices for a further 15 minutes at 170°C | 340°F | gas mark 4/5.

Let them cool and serve with Vin Santo.

AUTUMN

» ANTIPASTO «

Fichi con Prosciutto di Parma
Figs with Parma Ham

» PRIMO «

Risotto ai Porcini
Rice Topped with Porcini

» SECONDO «

Pollo alla Cacciatora
Hunter-Style Chicken

» DOLCE «

Schiacciata con l'Uva
Sweet Focaccia with Grapes

» WINE PAIRING «

Brunello di Montalcino



FICHI CON PROSCIUTTO DI PARMA

Ingredients

500 g figs | 1 lb

250 g Parma ham, sliced thin | ½ lb

Arugula (rocket)

Balsamic vinegar

Preparation

Wash the figs, peel them, and cut in half. Place each half on a thin slice of Parma ham and roll. Place them on a serving platter with the greens and drizzle with balsamic vinegar.



Risotto ai Porcini
See page 14 for recipe.



RISOTTO AI PORCINI

Ingredients

320 g carnaroli rice | 1½ cups

200 g porcini mushrooms | ½ lb (Can substitute 25 g, about an ounce, dried porcini, soaked in hot water)

¼ onion

1 or 2 garlic cloves

50 g butter | half stick

1 dl white wine | 3 oz

5 dl meat or vegetable stock | 2 cups

30g grated Parmesan cheese | ¼ cup | 1 oz

Parsley

Salt

Ground black pepper

Preparation

Clean and chop the onion and let it sweat in a pan with 20 g (²/₅ stick) of butter. Add rice and sauté for two more minutes until the grains are translucent, then pour in the white wine and keep stirring to evaporate the alcohol. Add warm stock a ladleful at a time, stirring often. Add more stock as needed, until the rice is *al dente*.★

In the meantime, clean and slice the porcini mushrooms. Sauté the garlic in 20 g (²/₅ stick) of butter, add the mushrooms, and cook over high heat for 2 to 3 minutes. Season with salt and pepper, and sprinkle with a handful of chopped parsley.

Add the mushrooms and another handful of parsley to the rice and let it cook for a few more minutes.

Turn off the heat, stir in the remaining butter and serve with grated Parmesan cheese and freshly ground pepper.

★Al dente, in Italian, literally means “to the tooth,” and indicates that your pasta or rice be cooked but still firm.

POLLO ALLA CACCIATORA

Ingredients

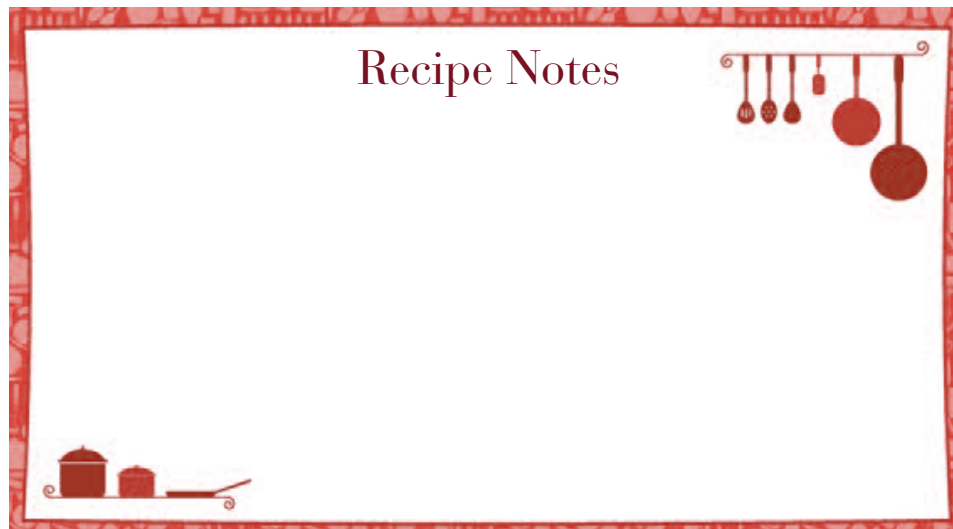
2 kg chicken | 4½ lbs cut into pieces (or use the equivalent amount of chicken parts)
Freshly ground black pepper
Sea salt
8 bay leaves
2 sprigs of fresh rosemary
4 garlic cloves with the peel on
½ bottle of red wine
1 teaspoon dry oregano
1 teaspoon dry thyme
1 tablespoon tomato paste
Flour, for dusting
Extra virgin olive oil
A handful of green olives, pitted
800 g good-quality canned plum tomatoes | 35 oz | 2 lb, 3 oz

Preparation

Season the chicken pieces with salt and freshly ground black pepper and put them into a bowl. Add the bay leaves and rosemary sprigs and cover with the wine. Marinate for at least an hour, but preferably overnight in the fridge.

Drain the chicken, reserving the marinade, and pat dry with paper towels. Dust the chicken pieces with flour and shake off any excess. Heat a frying pan, add a splash of olive oil, fry the chicken pieces until browned lightly all over, and put to one side.

Place the pan back on the heat and add the garlic cloves, frying gently until golden brown, then add the herbs, olives, tomato paste (diluted with some of the marinade) and the chicken pieces with the rest of the marinade. Bring to a boil and cover with a lid or a double thickness layer of foil for 45 to 60 minutes.



SCHIACCIATA CON L'UVA

(CICCIA OR CIACCIA CON L'UVA, IN DIALECT)

Ingredients

1 kg black grapes | 2¼ lbs
350 g flour | ⅔ cup | 14 oz
20 g dry yeast | 2½ tablespoons
1 cup water
8 tablespoons sugar
Extra virgin olive oil
Pinch of salt

Preparation

Dissolve the yeast in a bit of tepid water. Prepare the focaccia dough by mixing the flour, with the yeast, one cup of water, 4 tablespoons sugar, 4 tablespoons of olive oil and a pinch of salt in a bowl, then put the mixture on a floured surface and knead briefly by hand.

When you obtain the smooth and soft classic texture of bread dough, form a ball and place it back in the bowl, covered with plastic wrap (or a clean damp cloth), and then let it rise for a one hour, until it doubles its volume.

Then divide the dough in two parts, a bigger piece for the bottom side of the focaccia and a slightly smaller one for the top layer.

Wash the grapes and let them dry.

Roll out the dough (about 1 cm thick | ⅜ in) and lay it on a rectangular baking tray previously greased with oil. It is important that the pastry overflows from the edges of the tray. Fill the base of the cake with two-thirds of the grapes. Sprinkle all over with 2 tablespoons of sugar and 2 tablespoons of olive oil.

Then cover with the remaining dough rolled out thinly, and fold the edges of the lower layer inward to seal the focaccia. With your fingertips, press down to create small dimples on the dough making sure not to pierce it. Spread the remaining grapes over the top and sprinkle with 2 more tablespoons of sugar and 2 tablespoons of olive oil. Bake at 180°C | 350°F | gas mark 4 for 50 to 60 minutes. It is better to let it cool before you eat it, and even better the next day.

WINTER

» ANTIPASTO «

Crostini di Fegatini di Pollo
Chicken Liver Crostini

» PRIMO «

Ribollita
Cabbage Soup

» SECONDO «

Baccalà alla Fiorentina
Florentine-Style Cod with Onions and Tomatoes

» DOLCE «

Cenci di Carnevale
Sweet Fritters for Carnival Season

» WINE PAIRING «

Chianti



CROSTINI DI FEGATINI DI POLLO

Ingredients

8 slices country bread
350 g chicken livers | 12 oz
3 anchovies preserved in olive oil
1 tablespoon capers
½ onion
Extra virgin olive oil
Butter
1 glass meat or vegetable stock | 100 ml | 3½ oz
Salt
Pepper
Sage

Preparation

Clean the livers to remove any green spots and veins, then chop. Chop the onion. In a skillet, sauté the onions in olive oil until soft, then add the livers, capers, anchovies and three or four sage leaves, chopped.

Add the stock and cook on high heat, then finish off with the butter, salt, and pepper to taste.

In a food processor, mix everything to form a paste.

Toast the sliced bread. Spread each slice with the liver pâté, place on a serving dish and top with a drizzle of extra virgin olive oil.



Ribollita
See page 19 for recipe.



RIBOLLITA

Ingredients

250 g savoy cabbage ½ lb	1 carrot
250 g kale ½ lb	1 celery stalk
150 g stale bread 5 oz	120 g leeks ¼ lb
100 g extra virgin olive oil 3½ oz	1 garlic clove
200 g cherry tomatoes about ½ lb	2 bay leaves
250 g potatoes ½ lb	1 sprig rosemary
250 g dried cannellini beans ½ lb	1 pinch pepper
200 g Swiss chard scant ½ lb	Salt
1 onion	

Preparation

Soak the beans in cold water overnight. Rinse under running water, drain, and pour into a saucepan. Cover with water, add the bay leaves, and cook over low heat for 1 hour. Once soft, strain and set aside, but reserve the cooking water to cook the ribollita.

In the meantime, clean and slice the leeks.

Prepare a classic Italian soffritto of celery, carrot, and onion. Soffritto is the essential base of Italian soups, stews and some sauces, often referred to as “the holy trinity.” It is simply a combination of chopped onion, celery and carrot, gently sautéed in butter or olive oil to create a flavor base for other ingredients.

Halve the tomatoes, peel the potatoes and chop them into cubes. Chop the chard and the kale, making sure you remove the ribs first, then choose the most tender cabbage leaves and chop them.

In a heavy-bottomed pot, sauté the garlic clove in 60 g (¼ cup) extra virgin olive oil in a large saucepan over medium heat. Once it is golden discard it, then add the soffritto of onion, carrot, and celery, stirring occasionally. Finally, add the leeks, cook for two or three minutes more, and then the remaining vegetables.

Season with salt and pepper, reduce the heat, and add bean broth a little at a time. Cover and cook for at least 2 hours, checking from time to time to see if it requires more liquid, and adding bean stock when necessary.

When the vegetables are soft and ready to fall apart, add the cannellini beans. Continue to add bean stock if needed, and simmer for about 1 hour. Some of the beans will almost dissolve, leaving the ribollita thick and creamy.

Pour the ribollita in a bowl and cover with plastic wrap. Let it reach room temperature before storing in the refrigerator overnight.

Ribollita means boiled twice, so the next day, pour the ribollita back into the saucepan, add coarsely chopped stale bread, and set it very low heat until it gently boils. Then lower the heat more and allow the ribollita to simmer for another 15 to 20 minutes.

Serve in bowls on top of slices of toasted ciabatta bread. Garnish with chopped rosemary and a drizzle of olive oil.

BACCALÀ ALLA FIORENTINA

Ingredients

800 g dried cod previously soaked (about 600 g | 1 lb, 5 oz dried, salted cod)

500 g canned tomatoes | 18 oz)

1 clove garlic

1 onion

4 sage leaves

1 sprig of fresh parsley

1 sprig fresh rosemary

Flour

1 tablespoon extra virgin olive oil

Salt

Pepper

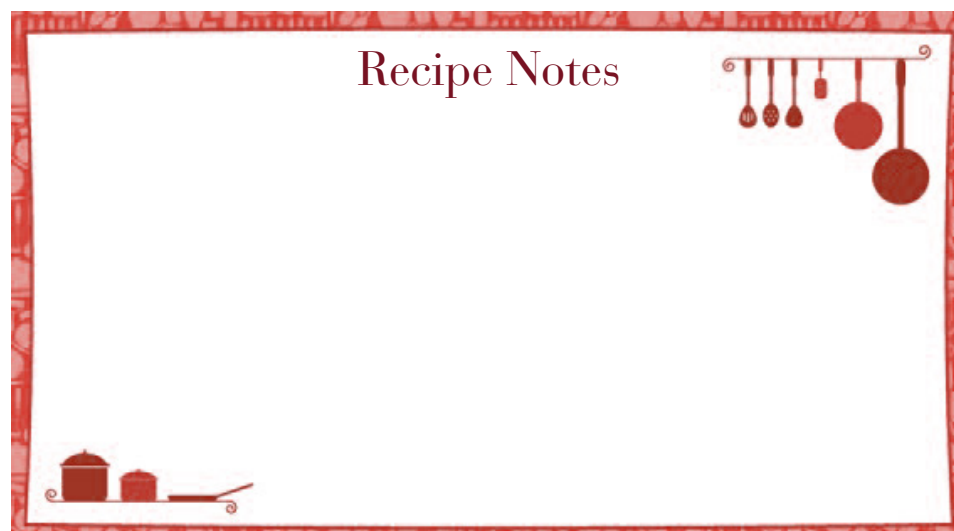
Preparation

Dried cod needs three days of soaking to eliminate the salt. Submerge the cod in water in a covered container and store in the fridge, changing the water every eight hours.

To cook, cut the cod into pieces about seven centimeters long ($2\frac{3}{4}$ in). Flour them and fry lightly in a pan with two tablespoons of extra virgin olive oil, sage leaves, and rosemary. When the pieces turn golden brown on both sides, drain on paper towels and put aside.

In a saucepan, sauté onion and finely chopped garlic. When the onion begins to brown, add the canned tomatoes, salt, and pepper, and cook for about 20 minutes. Once the water of the tomatoes has been boiled off, add the cod to the sauce, and cook for another 15 to 20 minutes.

Serve hot with a sprinkling of chopped fresh parsley.



CENCI DI CARNEVALE

Ingredients

500 g flour | 4 cups US | 18 oz UK

40 g butter | $\frac{2}{5}$ stick

2 eggs

80 g sugar | $\frac{1}{3}$ cup

$\frac{1}{2}$ glass cognac | 50 ml | scant $\frac{1}{4}$ cup

Vegetable oil for deep frying

50 g confectioners (icing) sugar | $\frac{2}{5}$ cup

Preparation

In a bowl, mix the egg and the sugar, then incorporate the soft butter and cognac. Finally, add the flour little at the time, and knead until the dough becomes soft. If it feels too sticky, add a little more flour.

Dust a work surface with a little flour. Roll the dough out reasonably thin, about 2 mm ($\frac{1}{16}$ inch), and cut it into a series of triangles with edges roughly 10 cm (4 in) long or rectangles (4 cm x 8 cm | $\frac{1}{8}$ x $\frac{5}{16}$ in).

Heat the oil in a deep pan and fry the cenci in small batches. When they are golden all over, remove from the oil and drain well on paper towels.

Before serving, sprinkle with the powdered sugar.

About the Authors



Katia Amore, former Editor-in-Chief of Italy Magazine, grew up nurturing a passion for fine regional Italian cuisine – including traditional Tuscan specialties – at the side of her mother and grandmother. After living, traveling, and cooking throughout Italy (and beyond) as a young woman, she recently returned to her roots, the beautiful baroque town of Modica, Sicily. There, she founded **loveSicily**, a cooking school boasting a unique blend of flavors.

For Katia and her family, food is a social activity: you create it with and for others. Her mission is to keep this gourmet tradition alive by welcoming hungry travelers into her beautifully restored ancestral home. Here, she guides her guests through the culture of Sicilian cuisine with hands-on, relaxed cooking courses.

LoveSicily culinary vacations include visits to local producers, nearby towns, and nature locations. For more information and to book your delectable holiday, contact: www.lovesicily.com.



After years working her way around the world as an English language and literacy educator, **Sarah Towle** now combines her passions for storytelling and travel as Founder & Managing Director of **Time Traveler Tours & Tales**. This digital-first, multiformat publishing company aims to put the Story back in History and empower youth – and the young at heart – to discover the past with those who made it.

Time Traveler Tours are story-driven treasure hunts to historical locations. They marry the traditional power of first-person narrative with the magic of the touchscreen to create portals to the past for family and educational travelers. **Time Traveler Tales** are their print, e-, and audio book cousins.

The mission of **Time Traveler Tours & Tales** is to ensure that no young person says, "History is boring!" ever again. Learn more about the company's upcoming interactive StoryApp Tour of Renaissance Florence, *In the Footsteps of Giants, Michelangelo's Life and Works Revealed*, for which this recipe book was created. Visit www.timetravelertours.com.

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loveSicily

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