

VEGETARIANO

400 Regional Italian Recipes



Slow Food Editore

RIZZOLI
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Cappellacci di magro / CHEESE CAPPELLACCI

*Giuliana D'Este, Ferrara, Emilia-Romagna***Serves 4****3⅓ CUPS UNBLEACHED
ALL-PURPOSE FLOUR****6 LARGE EGGS****1½ CUPS GRATED
GRANA PADANO,
PLUS MORE FOR SERVING****SALT TO TASTE****FRESHLY GRATED NUTMEG
TO TASTE****BUTTER FOR SERVING
SAGE LEAVES FOR SERVING**

Cappellacci are like large tortellini. Like all fresh egg pasta, they cook in a flash, so keep an eye on the pot and scoop them out as soon as they float to the surface.

Shape the flour into a well on the work surface and add 4 eggs to the center of the well. With a fork, gently beat to break up the eggs. Begin pulling in flour from the sides of the well until you have a crumbly dough. Knead the dough until it is smooth and compact. Let the dough rest (covered with an overturned bowl) for 30 minutes.

In a bowl combine the 1½ cups grated cheese and the remaining 2 eggs. Season with salt and nutmeg.

Roll out the dough into a sheet less than ⅓ inch thick. Cut into disks 2½ inches in diameter. Place about 1 teaspoon of the cheese mixture in the center of one square and fold it into a half moon. Seal the edges with your fingertips. Pinch the two corners of the half-moon together. Repeat with remaining disks and filling.

Bring a large pot of water to a boil and cook the pasta. While the pasta is cooking, melt butter in a large skillet with the sage leaves. When the pasta rises to the surface, gently remove it with a slotted spoon or skimmer and add it to the skillet. Toss over low heat to combine, then sprinkle with grated Grana Padano and serve immediately.



Parmigiana di melanzane / EGGPLANT PARMIGIANA WITH TOMATO SAUCE

*Osteria Nunzia, Benevento, Campania**Serves 4 to 6*3½ POUNDS (2 TO 3
MEDIUM) EGGPLANT

SALT TO TASTE

1 MEDIUM YELLOW
ONION, MINCEDEXTRA-VIRGIN OLIVE OIL FOR
SAUTÉING AND FRYING3½ POUNDS PLUM
TOMATOES, DICEDUNBLEACHED ALL-PURPOSE
FLOUR FOR DREDGING6 LARGE EGGS,
LIGHTLY BEATEN

LEAVES OF 1 SPRIG BASIL

1½ POUNDS FIOR DI LATTE
MOZZARELLA, CUT INTO
SMALL DICE½ CUP GRATED
PARMIGIANO REGGIANO

Parmigiana should be served either at room temperature or completely cooled. In the Napoli area, the eggplant slices are dredged in flour but not egg before frying, and in some places it's traditional to include a small amount of melted chocolate between the layers.

Cut the eggplant the long way into slices about ¼-inch thick. Salt and place in a colander to drain. In a pot, sauté the onion in some olive oil until soft. Add the tomatoes and cook for 30 minutes, then process through a food mill to make a tomato sauce. Set aside.

Line a baking sheet with paper towels. In a pot with high sides, bring a generous amount of oil to frying temperature. Dredge the eggplant slices first in flour, then in beaten egg (reserve any leftover beaten egg), then fry in the hot oil until golden. Work in batches if necessary to keep from crowding the pan. Remove with a slotted spatula or skimmer and drain briefly on the prepared pan.

Preheat oven to 350°F.

Cover the bottom of a baking pan with some of the tomato sauce and a few of the basil leaves. Arrange some of the eggplant in a layer, overlapping slightly. Make a layer of mozzarella. Sprinkle with Parmigiano. Repeat layers in the same order until you have used up all of the eggplant and mozzarella and still have a little tomato sauce, a little Parmigiano, and some basil leaves. Mix together any remaining beaten egg (left over from the dredging) and the remaining tomato sauce and pour it over the top. Sprinkle on the remaining Parmigiano and basil leaves. Bake in the preheated oven until cheese has melted and the casserole is hot, about 30 minutes. Allow to cool before serving.