



TASTE TRAVEL EXPLORE

RECIPES GUIDE

Check out these delicious
recipe ideas and suggestions
to help make your April
“Flavors Around the World”
event a big success!



ITALY AND FRANCE



SUGGESTED MENU PAIRINGS



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Use these sample menu pairing ideas from each region to inspire your culinary creations this month. The bolded dishes have recipes included in this literature.



FRENCH SAMPLE MENU

Lobster Bisque with Cognac
Baby Arugula, Goat Cheese, Toasted Almonds, Pickled Shallot, Champagne Vinaigrette
Coq Au Vin
Beef Bourguignon
Cassoulet
Haricot Vert
Potato Croquette
Beignets with Grand Marnier Chocolate Sauce



ITALIAN SAMPLE MENU

Tuscan White Bean and Sausage
Baby Arugula, Toasted Pine Nuts, Crispy Pancetta, Shaved Romano, Lemon Vinaigrette
Beef and Porcini Ragù with Gnocchi
Tilapia Piccata
Chicken Milano
Risotto
Broccoli Raab with Toasted Garlic and Red Pepper Flakes
Ricotta Cheesecake with Fresh Blueberry Compote



Coq au Vin (Chicken in Red Wine)

French

Ingredients

Olive oil

Five 6 to 8 lb. capons, cut into 8 to 10 pieces

(You can use regular chicken if you can't find a capon)

Kosher salt

All-purpose flour, for dusting

5 c. of slab bacon, cut into lardons

15 ribs celery, cut into ½-inch dice

5 large onions cut into ½-inch dice

10 cloves garlic, smashed

5 lbs cremini or white button mushrooms, quartered

2½ c. Brandy

1¼ c. tomato paste

1 gal. hearty red wine

5 c. small cipollini onions (If you can't find cipollini onions, pearl onions are a good substitute)

1½ gal. chicken stock

15 bay leaves

Fresh thyme to taste

7½ c. fingerling potatoes, cut in 1-inch slices

Fresh chives, finely chopped, for garnish

Directions

1. Coat a large Dutch oven or rondeau with olive oil and bring to a medium-high heat. Pat the capon dry and sprinkle generously with salt. Working in batches if necessary, coat the capon gently with flour and put immediately in the hot oil. Only flour the capon that you are working with in that batch, premature flouring will result in doughy, gritty, mealy capon rather than crispy. Brown on all sides, and then remove from the pan to paper towels. Remove any excess oil from the pan.
2. Reduce the heat to medium and add the bacon lardons to the pan with a tiny splash of new olive oil. Cook the bacon until it is brown and crispy. Add the celery and onions, season with salt and cook until the veggies are starting to soften. Add the garlic and cook for 1 minute. Add the mushrooms and cook until the mushrooms give off their juices. Stir in the brandy and cook until it has reduced down. Add the tomato paste and stir to combine. The mixture will become very thick-that is good! Stir in the wine and bring the mixture to a boil and cook for 4 to 5 minutes.
3. Meanwhile, bring a pot of well-salted water to a boil over medium heat. Toss in the cipollini onions, skin and all! Cook the onions for 3 to 4 minutes and then strain. When the onions are cool enough to handle, remove the skin and discard, reserving the onions.
4. Return the legs and thighs of the capon to the pan, reserving the breasts. Stir in enough chicken stock until the chicken is three-quarters covered. Add the bay leaves and thyme. Bring the mixture to a boil, and then reduce the heat to a simmer. Taste for seasoning and adjust if needed. Add the cipollini onions and the potatoes. Partially cover the pan and simmer for 20 minutes.
5. After the capon has simmered for 20 minutes, turn the legs and thighs over and add the breasts. Check the level of liquid and add more chicken stock if needed. Partially cover the pan and simmer for another 15 minutes.
6. Remove the capon from the pan and skim the sauce if necessary. If the sauce is on the thin side, reduce it down until it becomes a sauce-like consistency. Season. Transfer the capon to a serving platter, garnish with chopped chives and serve with lots of the sauce.

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Beef Bourguignon

French

Ingredients

2 lbs. bacon, coarsely chopped
15 lbs. well-trimmed boneless beef chuck
or mock tender cut into 1½-inch cubes
1 c. all-purpose flour
5 lbs. boiling onions, peeled
4 lbs. large carrots, cut into 1-inch pieces
30 large garlic cloves, peeled (left whole)
1 gal. beef broth
2½ c. Cognac or Brandy
5 750-mil. bottles red wine (Burgundy, Cabernet, Bordeaux)
6 lbs. mushrooms
1 c. chopped fresh thyme
3 tbsp. dark brown sugar
4 oz. tomato paste

Directions

1. Preheat oven to 325°F.
2. Sauté bacon in heavy large Dutch oven over high heat until brown and crisp, about 8 minutes. Using slotted spoon, transfer bacon to paper towels. Season beef generously with salt and pepper; coat with flour. Brown beef in same pot over high heat. Transfer meat to large bowl. Add onions, carrots, mushroom and garlic to same pot and sauté until light brown, about 6 minutes. Add tomato paste, cook for two minutes. Add ½ gal. of broth, Cognac and wine to pot; boil until reduced by half, scraping up browned bits.
3. Return meat to pot and add thyme, sugar and remaining broth. Bring to a boil, stirring occasionally.
4. Cover pot and place in oven. Cook until beef is tender, about 1½ to 2 hours.



Cassoulet

French

Ingredients

4 lbs. dried great northern beans
16 cloves garlic, smashed
10 onions, chopped
10 carrots, chopped
4 large ham hocks
5 lbs. pork shoulder, cut into 1-inch cubes
2½ lbs. pancetta, cubed (can substitute bacon)
20 sprigs oregano
20 sprigs thyme
5 bay leaves
5 c. whole peeled canned tomatoes
5 c. white wine
10 c. chicken broth
16 confit duck legs (optional)
5 lbs. pork smoked sausages

Directions

1. Soak beans in a 4-qt. bowl in 7½ c. water overnight. Heat olive oil in medium stock pot. Add half the garlic, onions, and carrots and cook until lightly browned, about 10 minutes. Add ham hocks along with beans and their water and boil. Reduce heat and simmer beans until tender, about 1 and a half hours.
2. Transfer ham hocks to a plate; let cool. Pull off meat; discard skin, bone, and gristle. Chop meat; add to beans. Set aside.
3. Heat olive oil in Dutch oven over medium-high heat. Add pork shoulder and brown. Add pancetta; cook for 5 minutes. Add remaining garlic, onions, and carrots; cook until lightly browned, about 10 minutes. Tie together oregano, thyme, and bay leaves with twine; add to pan with tomatoes; cook until liquid thickens, 8 to 10 minutes. Add wine; reduce by half. Add broth; boil. Reduce heat to medium-low; cook, uncovered, until liquid has thickened, about 1 hour. Discard herbs; set dutch oven aside.
4. Sear duck legs, remove from pan. Add sausages and brown in the fat, about 8 minutes. Cut sausages into ½-inch slices. Pull duck meat off bones. Discard fat and bones. Stir duck and sausages into pork stew. Heat oven to 300°F. Mix beans and pork stew in a large braiser and bake uncovered for 3 hours.

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Tilapia Piccata

Italian

Piccata Sauce

Ingredients

- 2 c. butter
- Olive oil
- 1 c. shallots, diced
- 1 jar capers
- 4 c. Pinot Grigio
- 4 c. chicken stock
- 1 c. fresh lemon juice
- 1 c. flat leaf parsley, chopped

Fish

Ingredients

White fish of your choosing

Directions

1. Sauté shallots in 1/2 c. butter & olive oil until soft. Add wine and reduce by half. Add stock, capers, lemon juice, reduce by a third. Take off heat, add parsley and whisk in remaining butter.
2. Season with salt and pepper.
3. Season any white fish filet with salt, pepper and flour. Sauté filet until golden brown, spoon sauce over.



Chicken Milano

Italian

Ingredients

- 3/4 c. and 1 tsp. butter
- 25 cloves garlic, minced
- 6 1/4 c. sun-dried tomatoes, chopped
- 12 1/2 c. chicken broth, divided
- 12 1/2 c. heavy cream
- 12 1/2 lbs. skinless, boneless chicken breast halves
- 1 1/2 c. and 1 tbsp. vegetable oil
- 1 1/2 c. and 1 tbsp. chopped fresh basil
- 6 1/4 lbs. dry fettuccini pasta

Directions

1. In a large saucepan over low heat, melt butter; add garlic and cook for 30 seconds. Add the tomatoes and 9 1/4 c. of the chicken broth; increase to medium heat and bring to a boil. Reduce heat and simmer, uncovered, for about 10 minutes or until the tomatoes are tender. Add the cream and bring to a boil while stirring. Simmer over medium heat until the sauce is thick enough to coat the back of a spoon.
2. Sprinkle the chicken with salt and pepper on both sides. In a large skillet over medium heat, warm oil and sauté chicken. Press on chicken occasionally with a slotted spatula. Cook for about 4 minutes per side until the meat feels springy and is no longer pink inside. Transfer to a board; cover and keep warm. Discard the fat from the skillet.
3. In the same skillet over medium heat, bring 3 1/4 c. chicken broth to a boil: stirring the pan juices. Reduce slightly and add to the cream sauce; stir in basil and adjust seasonings to taste.
4. Meanwhile bring a large pot of lightly salted water to a boil. Add fettuccine and cook for 8 to 10 minutes or until al dente; drain, transfer to a bowl and toss with 3 to 4 tbsp. of the sauce.
5. Cut each chicken breast into 2 to 3 diagonal slices. Transfer the pasta to serving plates; top with chicken and coat with the cream sauce and serve.

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Beef and Porcini Ragù with Gnocchi

Italian

Beef and Porcini Ragù

Ingredients

½ c. olive oil
10 c. chopped onions
1 lb. pancetta or bacon, finely chopped
12 oz. prosciutto, finely chopped
8 oz. chopped garlic
10 lbs. chuck beef, chopped small
1 gal. plus 4 c. beef stock
6 oz. dried porcini mushrooms, broken into small pieces
4 tbsp. dried sage leaves
30 oz. can tomato paste
2 #10 can crushed tomatoes
1 bottle Chianti

Gnocchi

Ingredients

20 small russet potatoes (6½ - 7 lbs. total), peeled, cut into ½-inch pieces
5 large egg
5 oz. whipping cream
2 tbsp. salt
½ tsp. ground nutmeg
7½ c. (about) all-purpose flour

Serving Ingredients

1 lb. butter
wedge of Parmesan cheese
fresh sage sprigs, fried

Directions

1. Heat oil in heavy large pot over medium heat. Add onions, pancetta, prosciutto, and garlic and sauté until mixture begins to brown, about 10 minutes. Add chuck beef and cook until brown, about 5 minutes. Add Chianti and cook until most of the liquid is evaporated. Add 5 c. of stock, mushrooms, and sage. Simmer until liquid is almost absorbed. Add remaining stock. Mix in tomato paste, then crushed tomatoes. Simmer until meat is very tender, stirring occasionally and thinning with about water if needed, about 1 and a half hours (sauce will be medium-thick consistency).
2. Steam potatoes over boiling water until tender, about 12 minutes. Working in batches, press warm potatoes through ricer into large bowl (or place warm potatoes in large bowl and mash finely with potato masher). Cool until lukewarm, about 10 minutes. Add egg, cream, salt, and nutmeg and blend well. Add 1½ c. flour and mix until soft and slightly sticky dough forms, adding more flour by tablespoonful if too moist.
3. Turn dough out onto lightly floured work surface. Divide into 6 equal portions. Gently roll 1 dough portion between hands and work surface to ¾-inch-thick rope about 20-inches long. Cut into ¾-inch long pieces.
4. Roll each piece over wires of slender whisk or dinner fork to make grooves in gnocchi. Arrange gnocchi in single layer on floured baking sheet. Repeat with remaining 5 dough portions.
5. Cook one third of gnocchi in large pot of boiling generously salted water until gnocchi rise to top and are cooked through and tender, about 5 minutes (check at 4 minutes). Using large strainer or slotted spoon, transfer gnocchi to large baking pan; arrange gnocchi in single layer. Cook remaining gnocchi in 2 batches. (Gnocchi can be prepared ahead. Let stand 1 hour at room temperature, or cover and refrigerate up to 2 days.)

Serving

Melt butter in large skillet over medium heat. Add gnocchi and cook until heated through, tossing often, about 8 minutes. Meanwhile, rewarm ragù over medium-low heat, stirring occasionally. Season to taste with salt and pepper. Ladle ragù into large shallow bowls. Spoon gnocchi over. Using vegetable peeler, shave Parmesan cheese over gnocchi & top with fried whole sage leaves.