

Garden Café: Italia

NATIONAL GALLERY OF ART
OCTOBER 14, 2008 – JANUARY 25, 2009

ZUPPA DI PESCE

Created by Chef David Rogers of Restaurant Associates

Base

- 2 bulbs fennel
- 1 yellow onion
- 2 stalks celery
- 2 large carrots
- ¼ cup olive oil
- 2 qt. fish stock
- 1 bottle white wine
- 1 can San Marzano tomatoes
- 1 ounce saffron threads
- salt
- pepper
- 1 bunch Italian parsley

Seafood

- 1 lb. fish pieces, cod, halibut, or any white fish
- 10 each mussels
- 10 each little neck clams
- ½ lb. calamari (rings and tentacles)
- garnish
- rustic or French bread, toasted

Preparation

Small-dice fennel, onion, celery, and carrots. In large pot, sauté vegetables in olive oil until tender. Add crushed tomatoes, wine, fish stock, and saffron threads. Season with salt and pepper. Simmer until flavors are married.

Clean clams and mussels. Add seafood to the finished base and cook over medium heat until clams open. Portion into shallow bowls, finish with chopped parsley and a toast point made from rustic bread.

SERVES 6 – 8

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TOMATO TART WITH PECORINO ROMANO CHEESE

Tart Dough

- 3 cups all-purpose flour
- dash of salt
- ¼ cup dry thyme
- zest of 2 lemons
- 1 ½ sticks chilled butter
- 2 eggs
- 3–4 tbs. cold water

Preparation

Mix the flour, salt, dry thyme, and lemon zest in a food processor. Add the butter in pieces and pulse until the flour begins to thicken. Add eggs and water, pulse until small clumps of dough begin to form. Form two balls with the dough, flatten into disks; use the dough immediately or let it rest in the refrigerator for about 30 minutes if it is too warm.

Roll out the dough on a lightly floured surface into a thin sheet and cover the tart pan with it. Press the dough gently with your fingers onto the pan, starting at the center and moving outward. Remove any excess dough from the edges but leave an inch to wrap around the edges of the pan (this will help prevent the crust from shrinking). Prick the tart shell with a fork and let it rest in the refrigerator for at least 30 minutes or until ready to use.

Preheat the oven to 400°, line the shell with foil, and fill with beans or baking beads for about 20 minutes, just until the edges begin to get some color. If the edges get very brown you may want to cover them with foil while cooking the tart (once the filling is added).

(over)

Pompeii and the Roman Villa

ART AND CULTURE AROUND THE BAY OF NAPLES

East Building, October 19, 2008 – March 22, 2009

Tart Filling

¼ cup olive oil
2 cups sliced leeks, half moon
1 cup shredded Pecorino Romano cheese
2 tbs. fresh oregano
3 medium tomatoes
salt
pepper

Tart Assembly

Partially bake the dough, following directions above. Cook leeks in olive oil until soft, season with salt and pepper. Cool and set aside. Spread leek filling in bottom of partially cooked tart shell. Core the tomatoes and cut them in half from top to bottom. Slice the halved tomatoes ¼ inch thick and arrange on top of the cooked leek mixture. Sprinkle the Pecorino Romano on top of the finished tart and bake at 375° for 15 minutes or until golden brown. Cut into 6 wedges and arrange on a platter for service.

SERVES 12 OR MAKES TWO 9-INCH TART SHELLS

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The exhibition in Washington is made possible by The Exhibition Circle of the National Gallery of Art.

It is also made possible by Mr. and Mrs. Joe L. Allbritton.

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Pompeii, Villa of T. Siminius Stephanus, *Plato's Academy*, 1st century BC – 1st century AD, mosaic, Soprintendenza Speciale per i Beni Archeologici di Napoli e Pompei, Museo Archeologico Nazionale di Napoli

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BABÀ CAKE

Yeast cake soaked in Rum syrup

Created by Chef Arturo Iengo of Ristorante Pascalucci in Benvenuto, Italy

Yeast Cake

1 ounce fresh yeast
12 ounces all-purpose flour
pinch of salt
9 ounces butter
5 large eggs, beaten
1 ½ tbs. sugar
¼ cup light cream

Preparation

Mix yeast with a little warm water. Add a few tablespoons of the flour and mix to a smooth paste. Leave to rise for about an hour in a warm place. When mixture has doubled, combine with remaining flour, salt, butter, and eggs. Mix vigorously to a dough, kneading with your hands until dough moves away from the sides of the bowl. Add sugar and cream. Continue kneading for a few minutes, then transfer to a high-sided buttered babà mold. The dough should not fill more than one-third of the mold's height. Leave to rise again for about 2 hours in a dry, draft-free place. Bake in preheated oven at 400° for 20 minutes, until golden.

(over)

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BRACIOLONE ALLA NAPOLETANA

Pork roulade with prosciutto, Parmesan, and parsley

Created by Chef Arturo Iengo of Ristorante Pascalucci in Benvenuto, Italy

2 ¾ lbs. pork filet or boned shoulder of pork
7 ounces lean ground pork
5 ounces prosciutto or pancetta, chopped
1 ounce Parmesan cheese, grated
1 ¾ ounces golden raisins
1 ¾ ounces pine nuts
1 hard-boiled egg, chopped
1 garlic clove, finely chopped
handful of fresh flat-leaf parsley leaves, picked and chopped
1 ¾ ounces dried breadcrumbs
1 tsp. olive oil
1 ¾ ounces lard
1 onion, cut into fine wedges
2 cups red wine
1 lb 2 ounces ripe tomatoes, peeled, seeded, and diced
pinch of sugar (optional)
salt and freshly ground black pepper

(over)

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Preparation

Cut meat into thin slices lengthwise. (Alternatively, slit pork lengthwise down the middle, about halfway through.) Using a smooth meat mallet or wooden rolling pin, pound the meat to flatten slightly if necessary. Trim away rough edges. Arrange the pieces in a row, one next to the other, slightly overlapping the edges. Make a stuffing using the ground pork, prosciutto or pancetta, Parmesan, golden raisins, pine nuts, hard-boiled egg, garlic, parsley, and breadcrumbs. Season with salt and black pepper. Combine all ingredients thoroughly and spread the stuffing over the meat. Roll meat up firmly and tie in place with butcher's string, securing in enough places along the length of the roulade to keep meat in a tight roll and stuffing in place. Also tie each end like a sausage so contain the stuffing.

Heat oil and lard in a deep-sided heavy frying pan over medium heat. Brown roulade on all sides with the onion—allow meat to color before it starts cooking in the sauce. Pour over the red wine and allow to reduce for 10 minutes. Add the tomatoes, cover the pan, and cook for about an hour, turning the meat from time to time. Toward the end of the cooking time, season the sauce with salt and black pepper, and perhaps a little sugar to cut the tartness of the tomatoes. Cut the pork into thick slices and serve with green beans and roast potatoes, or other vegetable side dishes.

SERVES 4 – 6

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Rum Syrup

3 ½ ounces sugar
7 fl ounces rum or limoncello

Bring 1 ½ cups water to a boil with the sugar and rum or sugar and limoncello. Remove the babà from the oven and pour the syrup over the cake, allowing syrup to soak in. Let cool.

Glacé Icing (optional)

4 ounces confectioners' sugar
3–4 tbs. rum or limoncello

Put confectioners' sugar in a bowl and mix in the rum syrup or limoncello syrup, 1 tablespoon at a time until icing is smooth and runny. The icing will set once on the cake.

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PANNA COTTA WITH TUILE GARNISH AND STRAWBERRY SALAD

Created by Chef Fabio Salvatore of Café Milano, Washington, DC

4 sheets gelatin
1 qt. heavy cream
2 vanilla beans
160 grams / 5 5/8 ounces sugar
2 tsp. Myers rum
Saba to garnish

Soak gelatin sheets in ice water to soften. Pour cream into a saucepot with sugar. Split vanilla beans and scrape out seeds. Add seeds and pods to the cream. Bring cream just to a boil over medium heat, stirring occasionally to prevent scorching. Remove from heat. Squeeze excess water from gelatin sheets and add them to the cream. Stir in rum.

Pour mixture into demitasse cups (or similar containers) and stir often to keep the vanilla beans from settling. (If planning to turn dessert out of the cups to serve, spray cups first.) Refrigerate until set, about 2 hours.

Tuile Garnish
500 grams butter, softened
500 grams / 2 1/8 cups sugar
500 grams / 2 1/8 cups egg white
620 grams / 2 3/4 cups all-purpose flour
1 tsp. vanilla
1/2 tsp. salt

(over)

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LASAGNA TARTUFATA AI PORCINI Porcini mushroom lasagna with truffle essence

Created by Chef David Rogers of Restaurant Associates

Filling
2 lbs. frozen porcini mushrooms
2 lbs. cremini mushrooms
2 lbs. black trumpet mushrooms
1/4 cup fresh thyme
3 shallots
1/4 cup tomato paste
1/4 cup red wine
1/2 cup San Marzano tomatoes

Béchamel Sauce
10 tbs. butter
8 tbs. all-purpose flour
8 cups milk
4 tsp. salt
1 tsp. freshly grated nutmeg

In a medium saucepan, heat butter over medium-low heat until melted. Add flour and stir until smooth. Over medium heat, cook until mixture turns a light, golden sandy color, about 6 to 7 minutes.

Meanwhile, heat milk in a separate pan until just about to boil. Add hot milk to butter mixture 1 cup at a time, whisking continuously until very smooth. Bring to a boil. Cook 10 minutes, stirring constantly, then remove from heat. Season with salt and nutmeg, and set aside until ready to use.

(over)

Pompeii and the Roman Villa

ART AND CULTURE AROUND THE BAY OF NAPLES

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Preparation

2 lbs. fresh ricotta cheese
fresh pasta sheets
shredded Parmesan cheese
2 qt. béchamel sauce

Clean and cut mushrooms. Pick and chop fresh thyme. Dice shallots. In large pot sauté mushrooms and shallots until caramelized. Add tomato paste and cook 2 minutes. Deglaze with red wine, add San Marzano tomatoes and fresh thyme. Continue cooking 15 minutes until sauce consistency is achieved. Set aside and cool. Spray hotel pan with Pam® spray. Blanch pasta sheets in salted water. Layer blanched pasta first in pan, with pasta sheets overhanging pan by 2 inches on each side. Then add a layer of the mushroom ragout, followed by dollops of fresh ricotta. Layer more blanched pasta; repeat until pan is full. Fold overhanging pasta over top of lasagna. Cover with plastic wrap and aluminum foil and bake in a 350° oven for 30 to 40 minutes. Cool. Once lasagna has cooled, cut into pieces. Add 2 ounces each of béchamel sauce in individual ceramic dishes, then portion lasagna into dishes. For service, drizzle a very small amount of truffle oil over lasagna as garnish.

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Cream butter, sugar, salt, and vanilla until light and fluffy. Add egg whites and flour alternately, scraping bowl and blending just until a smooth paste is formed.

Use a purchased stencil or make your own by cutting the desired shape from a plastic lid. Using an offset spatula or plastic scraper, spread paste thinly over the stencil placed on a silicone baking mat. Lift off stencil and repeat to make desired number of garnishes.

To make very small tuile cups, stencil paste in 3-inch circles. Bake 2 to 3 minutes, just until paste is dry but not colored. Take out of oven; set each circle into a small foil or ceramic cup to shape. Return to oven to finish baking.

Bake in a moderate oven (325 to 350°) until lightly browned, about 5 minutes. Cookies must be protected from humidity but can be stored in an airtight container at room temperature indefinitely. (If they turn soft, return them to the oven for a minute or two to recrisp.) Tuile paste will keep for two weeks stored in refrigerator.

Strawberry Salad

fresh strawberries, diced
lemon zest, finely grated
sugar as needed

Presentation

Place cup containing panna cotta on larger plate. (If you wish to serve the dessert unmolded, dip container into hot water and turn the panna cotta out onto the plate.) Place tuile cup next to panna cotta and fill with strawberry salad. Drizzle panna cotta and strawberry salad with a little Saba. Place tuile cookie on top of panna cotta, garnish strawberry salad with a mint sprig, and dust the edges of the plate with cocoa powder.

MAKES SEVEN 4-OUNCE SERVINGS

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SFORMATINO DI PASTA CON MELENZANE E RAGÚ DI VITELLO

Timbale of Pasta with Eggplant and Veal Ragout

Created by Chef Fabio Salvatore of Café Milano, Washington, DC

- 2 Italian baby eggplant (or substitute Japanese eggplant)
- flour and oil for frying
- extra virgin olive oil
- 3 ounces ground veal
- 1 tbs. minced onion
- 5 ounces short penne pasta
- 3 ounces tomato sauce (recipe follows)
- 1 ounce Parmesan, grated
- 4 tiny basil leaves, fried, for garnish
- 1 ounce grated smoked mozzarella, for garnish

ONE DAY AHEAD

Prepare Eggplant Strips

Slice eggplant lengthwise, about $\frac{1}{16}$ inch thick. Finely dice the parts of the eggplants that cannot be made into nice slices and reserve. You will need about 24 good slices. Heat the deep-frying oil to 350° . Dredge sliced eggplant in flour. Fry slices very briefly, about 15 seconds; they will brown slightly but not become crisp. Drain and rest overnight between layers of paper towels to absorb excess oil.

Tomato Sauce

- extra virgin olive oil
- 1 garlic clove (peeled, whole)
- 3 ounces onion, minced
- fresh basil
- dried oregano
- 2 leaves fresh sage
- $\frac{1}{2}$ can San Marzano plum tomatoes, pureed

over

In a sauté pan, heat a little extra virgin olive oil with the garlic clove. Add onion, basil, oregano, and sage leaf. When onions begin to brown, discard the garlic clove. Add the pureed tomatoes. Season to taste with salt and pepper. Simmer sauce for about 5 minutes, until desired consistency is reached.

TWO TO THREE HOURS BEFORE SERVING

Filling and Assembling Timbales

Heat extra virgin olive oil in sauté pan. Add minced onion, veal, and finely diced eggplant (the leftovers from making the slices). Season to taste. Sauté for a few minutes, just until onions begin to turn golden—do not overcook. Add some tomato sauce and continue to cook another 2 minutes. (Reserve remaining tomato sauce to accompany timbales.) Meanwhile, cook pasta in abundant boiling salted water. Drain once it reaches al dente stage. Add pasta to sauté pan with veal sauce. Sauté additional 2 minutes and remove from heat. Stir in Parmesan cheese. Taste and adjust seasoning if necessary. Lightly spray four 4-ounce foil cups with oil. Each mold will require about 6 slices of the prepared eggplant. Place first strip into mold so that one end is in center and strip trails up and out over the side of the cup. Place end of the next strip so that it covers the end of the first at the center and overlaps the long edge of the first. Continue until mold is fully lined—it will look like a starfish in a cup. All strips should overlap at the center without gaps. Spoon filling into lined mold, pressing down with the back of the spoon to compact filling (this will prevent timbales from falling apart). Fold eggplant tails over the top to close molds and press again. At this point, you may refrigerate timbales for several hours. Return to room temperature before baking.

JUST BEFORE SERVING

Bake Timbales

Bake at 350° for 4 minutes, just to warm through. Timbales may be held in warmer in hotel pans until needed.

Finish Tomato Sauce for Plate

Reheat remaining tomato sauce. In a sauté pan, heat a little extra virgin olive oil and add some fresh basil. Cook for a few minutes to infuse the oil with the basil. Combine with the tomato sauce and blend until smooth.

Presentation

Plate timbales by spreading about 1 tbs. of warm tomato sauce on each plate. Invert timbale onto center of plate and remove foil cup. Sprinkle grated smoked mozzarella around the rim of the plate, place one small fried basil leaf on timbale, and serve immediately.