



RECIPES *from*

"Christopher Columbus... his gastronomic persona"

TORTILLITAS DE CAMARONES

(Shrimp Fritters or Pancakes) Makes 10 small pancakes

3 tablespoons of olive oil	3 tablespoons finely chopped onion
2 tablespoons minced parsley	1/8 teaspoon paprika
3 tablespoons flour	7 tablespoons water
3/4 teaspoon salt	1/2 teaspoon baking powder
1/4 pound small shrimp, shelled and finely chopped	Oil for frying

Heat the 3 tablespoons of oil in a skillet. Add the onion and parsley and saute' very slowly, covered, until the onion is tender. Stir in the paprika.

In a bowl, mix together the flour, water, salt, and baking powder. Add the onion mixture and the shrimp. In a skillet, heat the frying oil, 1/4 inch deep, until it reaches the smoking point. Drop the batter by the tablespoon into the oil, flattening the pancakes into 2 1/2 -inch round with the back of a spoon that has first been dipped in the hot oil. Fry until lightly golden, turning once. Drain and serve immediately.

SALT COD FRITTERS

Servings depend on size of filets

Salt Cod filets	Flour for coating
Oil for frying	

Obtain pre-soaked, pre-cleaned salt cod - soak overnight in refrigerator. Remove remnant bones and bits of skin. Cut cod into 2 inch pieces, dry them with paper towels, dip them in flour so that all sides are coated. Deep fry them in very hot olive oil. Serve hot.

BANFI SORBET BRUT

Serves 4 - 6

1/2 cup sugar	3/4 cup water
Peel of 1 orange	Peel of 1 lemon
1 1/4 cups orange juice	1/4 cup lemon juice
3/4 cup Banfi Brut	

Stir sugar, water and fruit peels in small saucepan over medium-low heat until sugar dissolves. Bring to boil and then simmer for 30 minutes. Remove fruit peels. Add the orange juice, lemon juice and Banfi Brut and transfer to a freezer tray or ice cream machine. Serve slightly softened.

FRIED POLENTA WITH GORGONZOLA

Makes 18 sandwiches

1 cup milk	Salt to taste
1/2 cup fine cornmeal	6 ounces creamy Italian Gorgonzola
A small amount of flour	1 egg, well beaten
A small amount of fine, plain, dry breadcrumbs	6 tablespoons of butter or olive oil

Bring the milk to a boil and add salt to taste. Sprinkle in the cornmeal and cook for 30 minutes, (You may wish to use "instant" polenta in which case follow package instructions), stirring constantly, until thick. Once this has happened, continue to stir frequently to prevent it from sticking. When the polenta is thick and smooth, turn it out on to a wetted flat surface - a pastry board will do- and spread it out to a thickness of 1/4 inch. Let it cool.

Cut the polenta into small squares of equal size. Spread cheese on top of half of the squares. Take rest of squares "sandwich" over cheese. Dip each "sandwich" in flour, then in lightly salted beaten egg and finally in breadcrumbs. Melt the butter (or use olive oil) and fry the sandwiches, turning them once to brown on both sides. Serve hot. Makes 18 sandwiches.



MUSCOLI RIPIENI

(Stuffed Mussels) Serves 6

2 lbs. Mussels	1 cup Breadcrumbs
3/4 cup Principessa Gavi	1 Onion minced
2 cloves Garlic minced	4 tbls. Banfi Extra Virgin Olive Oil mixed with
1 tbl. Lemon juice	1/2cup Italian (wide leaf) parsley finely chopped
Ground pepper	

1. Preheat oven to hot (400 degrees F.)
2. Scrub mussels and then steam in a pan with the white wine, onion and freshly ground pepper to taste.
3. When the mussels open discard the top shell, place the mussels in the lower shell on a baking sheet.
4. Combine the remaining ingredients, parsley, garlic, breadcrumbs, salt and pepper. Place a generous amount of this mixture on each mussel.
5. Drizzle Banfi Extra Virgin Olive Oil on top and bake 5 to 10 minutes until crumbs are golden brown. Serve hot.

MONKFISH IN PINE NUT SAUCE

Serves 4

1 1/2 pounds of monkfish filets, cut into 2 inch pieces	3 tablespoons olive oil
1 medium onion, chopped	1 clove garlic, chopped
3 tablespoons pine nuts	2 medium tomatoes, peeled, seeded and chopped
1/8 teaspoon of saffron, ground	4 tablespoons breadcrumbs
Salt to taste	Pepper to taste

Season the monkfish with salt and pepper. Pour 1 tablespoon of the oil into a shallow casserole. Heat the remaining oil in a small skillet and saute the onion until soft. Add the garlic and nuts and saute' for one minute more. Add the tomato and cook, stirring from time to time, for about 5 minutes.

Mix the saffron with the breadcrumbs and add to the pan, mixing well. Set aside.

Heat the oil in the casserole and saute' the monkfish slices for 1 minute on each side. Add the sauce, cover and cook over low heat for another 8 minutes, or until the fish is cooked through.

RAPE CON PATATAS

(Monkfish with Potatoes) Serves 4

1 1/2 pounds of monkfish filets, cut into 2 inch pieces	plain (all-purpose flour for dredging)
4 tablespoons olive oil	2 medium onions, chopped
4 medium tomatoes, peeled, seeded and chopped	1 1/2 pounds of potatoes, peeled and cut into 1/2 inch slices
1 cup fish stock or water	1 sweet red (bell) pepper, peeled, seeded and sliced
Salt to taste	Pepper to taste

Pat the monkfish dry with paper towels. Season with salt and pepper and dredge in flour, shaking to remove the excess. Heat the oil in a casserole and saute the fish over moderate heat for 1 minute on each side. Lift out and set aside.

In the oil remaining in the casserole and saute the onions until soft. Add the tomatoes and cook, stirring from time to time, for about 5 minutes.

Add the potatoes and enough stock or water barely to cover. Cover and simmer until the potatoes are almost tender. Add the fish and any liquid that has collected, cover and cook until the fish is cooked through, about 5 minutes. Serve garnished with sweet red pepper strips.

TORTA DI RISO E SPINACI

(Rice and Spinach cake) Serves 8

1 lb. fresh or 10 ounces frozen whole leaf spinach	1 cup Arborio Rice
Salt	1 onion, chopped
1 tablespoon oil	2 tablespoons butter
3 eggs	4 tablespoons grated Parmigiano Reggiano
Pepper	
A good pinch of nutmeg	

Wash the spinach and remove the stems. Cook until it softens (frozen spinach need only to be defrosted), then drain and chop fine. Boil the rice in salted water for about 10 minutes until nearly done, throw the spinach in with the rice, stir well and drain at once.

Fry the onion in oil until golden and put it in a bowl with the rice and spinach. Add the butter, eggs, cheese, pepper and nutmeg. Mix well and press into a buttered non-stick mold or cake tin. Bake in a 400F oven for about 25 minutes or until golden.

Turn out and serve hot. It is also good cold.



LAMB CHOPS WITH BROILED RED PEPPERS

Serves 4

4 red bell peppers
2 tablespoons olive oil
12 1/2 to 3/4-inch-thick lamb rib chops trimmed
Paprika

Char peppers over gas flame or in broiler until blackened. Transfer to paper bag; let stand 10 minutes. Peel peppers. Working over bowl, halve peppers lengthwise, reserving juices. Discard seeds. Cut peppers into strips. Set in pan with juices and 1 tablespoon oil (Can be made 1 day ahead. Cover and chill.)

Preheat broiler. Rub lam with salt, pepper and paprika. Brush with remaining 1 tablespoon oil. Broil to desired doneness, about 3 minutes per side for rare. Divide lamb among plates. Bring peppers t to simmer. Spoon over lamb.

TOCINO DEL CIELO

(Rich Caramel Custard) Makes 16 - 2 inch squares

2 1/4 cups cold water
1 1/2 cups sugar
Peel of 1 lemon
10 egg yolks
2 whole eggs
1 teaspoon almond liqueur (optional)

CARAMELIZED SUGAR

1/4 cup sugar
2 teaspoons hot water
1 teaspoon lemon juice

To caramelize the sugar, mix the sugar, water and lemon juice in an 8-inch square baking pan. Place the pan over a high flame, stirring the dissolved sugar constantly, until it turns a light caramel color. This will take less than a minute; watch carefully. Remove immediately from the flame and tilt the pan so that the sugar coats the entire bottom. Cool

To make the custard, in a saucepan mix 1 1/2 cups of the cold water with the sugar and lemon peel. Bring to a boil over a medium flame. Add the remaining 3/4 cup of water and cook to the string stage (about 20 minutes). Remove from the flame and cool slightly. Discard the lemon peel.

In a bowl, beat the egg yolks and the whole eggs with a wire whisk until smooth but not foamy. Pour in the sugar syrup very slowly, beating constantly. Pour the mixture into the caramelized pan. Cover tightly with foil and place the pan in a larger pan of hot water. The water should reach halfway up the sides of the custard pan. Place on top of the stove, bring the water to a boil, and cook over medium heat for 12 minutes.

Heat the oven to 350 degrees F. Place the custard pan (in the pan of water) in the oven and bake 13 minutes. Remove from the oven and let the custard sit in the water until the water cools. Loosen the edges of the custard with a knife and turn onto a dish. Cut into 2-inch squares. Transfer the squares to a dry serving dish and refrigerate until ready to serve.

Strain the caramelized sugar that has remained and mix with the almond liqueur. When ready to serve, pour this syrup over the custard squares.

BOILED SALT COD with OIL and SPICES

Serving depends of size of filets

Salt Cod Filets
Extra Virgin Olive Oil for garnish
Pepper to taste

Obtain pre-soaked, pre-cleaned salt cod - soak overnight in refrigerator - remove leftover bones and skin. Then place fish in a pan filled with cold unsalted water - cook at low flame - when the liquid starts boiling continue for two more minutes - then turn off heat, leave pan to cool for about 1/2 hour then flake meat with a fork, removing any remaining bones and bits of skin. Drizzle extra virgin olive oil plus a generous amount of pepper.