

THE FLAVORS OF TUSCANY



Frances Mayes: Sharing Her Tuscany with the World

If one person can be credited with introducing Americans to the beauty of Tuscany, it is Frances Mayes, the author of the best-selling memoirs *Under the Tuscan Sun*



(now a major motion picture), *In Tuscany* and the recently released *Bella Tuscany* (all from Random House).

For her role in sharing her love for the people, places, food and culture of Tuscany with the greater public, Barilla was delighted to honor Mayes at this year's Barilla Feast, which celebrated Tuscany's influence on world cuisine and the ways Barilla Pasta has been an enduring part of the Tuscan celebration of Italian food and culture.

No destination evokes the romance, beauty and allure of the authentic Italian experience quite like Tuscany. Ochre-tinted hills heavy with grapevines and fields of yellow sunflowers stretching as far as the eye can see are not figments of the imagination, but rather part of the familiar fabric of Tuscan life. The same is true of old storied homes with as much personality as the families who inhabit them, and cobblestoned streets leading to charming piazzas where Tuscans gather to shop, eat, gossip and celebrate communal holidays. And, of course, Tuscany is about food. Families share hearty homemade meals notable for their use of traditional Tuscan recipes and seasonal ingredients. Wholesome, substantial, and imbued with more than 125 years of family history, Barilla Pasta is an elemental component of Tuscan cuisine.



Cellantani with Duck, Onion and Garlic Sauce (For recipe, see last page)

AUTUMN LASAGNA

Serves 6

½ pound green or purple cabbage leaves (about 8)
1 ounce dried porcini (about 1 cup)
3 tablespoons unsalted butter
1 tablespoon extra-virgin olive oil
2 garlic cloves
1 sprig rosemary
1 cup red wine
4 tablespoons all-purpose flour
1 quart whole milk, heated
pinch nutmeg
1 ounce freshly grated Pecorino Romano
1 ounce freshly grated Parmigiano Reggiano
10 pieces Barilla Lasagne

Preheat oven to 375°F. Cut cabbage into thin strips. Pour boiling water over porcini and let soak for 30 minutes or until softened. Drain and chop porcini. Heat 1 tablespoon of the butter and the oil in a large skillet over moderately low heat. Add garlic, porcini and rosemary and cook until garlic is golden, about 3 minutes. Add cabbage and cook over low heat, covered for 5 minutes. Add wine and simmer until the wine is evaporated. Add ¼ cup water and cook over low heat until cabbage is tender, about 6 minutes. Discard garlic and rosemary and season cabbage with salt and pepper to taste. Melt remaining 4 tablespoons butter over moderately low heat. Add flour and cook, stirring, for 3 minutes. Add milk in a stream, whisking and bring mixture to a boil. Simmer for 5 minutes and season with salt and pepper to taste and a pinch of nutmeg. Add cabbage to sauce. Combine the 2 cheeses. Spread one third of the cabbage mixture in the bottom of a 9- x 13-inch pan. Arrange half of the lasagne in one layer on top of the cabbage and top with half the remaining cabbage mixture and half of the cheese mixture. Arrange the remaining lasagne over the cheese and top with the remaining cabbage mixture and cheese. Bake in the middle of the oven for 25 to 30 minutes or until bubbling.



"Here, thrilling changes are unfolding every day..."

The evening light over the valley is turning from the delicate lemony tints of summer to a diffused, opulent gold."

— Frances Mayes, In Tuscany

TUSCAN CUISINE: *GENUINO*

Tuscan food stirs the soul and enters the consciousness, weaving a narrative of country life most easily expressed in the kitchen. It is a robust cuisine whose hearty ingredients are enjoyed with autumn's cooler weather and damp, misty mornings. Tuscany this time of year is a tapestry of rich colors, flavors and textures that find a home in the region's unique dishes. From grapes and olives to porcini mushrooms, game, herbs, cheeses and pasta, its plentiful seasonal bounty is on display at markets all around the fertile countryside. Any given day's dinner is determined by a combination of gastronomic whim and what is fresh at the vendor's stalls. Simplicity and the freshest ingredients come together to embody the Tuscan concept of *genuino*—that all things should be fresh, elemental, rooted in the region and exceptional in their simplicity.

Autumn Lasagna





Fiorella's Ragù di Funghi Porcini

PASTA IN TUSCANY

Historically, Tuscan pasta was a mark of homemade pride, made with an abundance of eggs and often served on special occasions. But the simple flour-and-water pastas that virtually every Tuscan *nonna* has in her repertoire are equally important to the Tuscan kitchen. Prepared simply—with a dusting of Pecorino Romano cheese and pepper—or with heartier sauces containing porcini mushrooms, rabbit and wild boar—pastas was served only as a *primi contorni* (first course) but now make up the greater part of a meal, especially in autumn and winter, when light vegetables are replaced with more substantial ingredients. Shapes are simple and substantial, lending their own substance and character to Tuscan dishes. Turn the page for more details on essentials for the Tuscan kitchen.

*"The sun has been tamed, softening the evening light to rose-gold.
An early fall; truffles and mushrooms and sausages will be coming."*

—Frances Mayes, *Bella Tuscany*

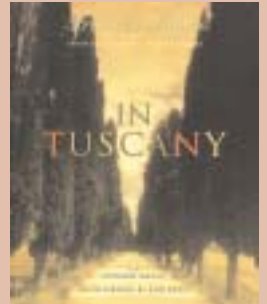
Landscape images from *In Tuscany* by Bob Krist

FIORELLA'S RAGÙ DI FUNGHI PORCINI

From *In Tuscany* by Frances Mayes

This recipe begins with odori, the earthy mix of root vegetables and parsley that is at the root of many Tuscan dishes.

Serves 6 to 8



odori:

2 carrots
2 stalks celery
1 onion
2 cloves garlic
a handful of parsley
2 tablespoons olive oil

2 Italian sausages
 $\frac{3}{4}$ pound ground veal
2 chicken livers cut in pieces
Salt
Pinch of red pepper
2 cloves garlic, minced
1 cup red wine
1 ounce dried mushrooms
1 tablespoon tomato paste
6 to 7 fresh chopped tomatoes,
or one 28-ounce can tomatoes

Saute the carrots, celery, onion, garlic and parsley in the oil to make the odori. Add the sausage, veal, liver, salt, red pepper and garlic. Saute until brown, stirring often. When the mixture begins to stick to the pan, add the red wine and stir until it evaporates. Meanwhile, put the dried mushrooms in hot water for 10 minutes.

Remove them from the water and add them to the meat, stirring well. Add the tomato paste and the tomatoes. When the sauce has come to a boil, add the water from the dried mushrooms, well filtered. Simmer slowly for about 40 minutes. Serve with fresh-cooked, al dente tagliatelle or fettucine.





THE TUSCAN KITCHEN: ESSENTIAL INGREDIENTS

CELLANTANI WITH DUCK, ONION AND GARLIC SAUCE

(as seen on page 1)

Serves 4 to 6

- 2 whole duck legs
- 1 celery stalk
- 1 carrot
- 2 bay leaves
- 1 medium onion, finely chopped
- 4 tablespoons extra-virgin olive oil
- 2 apples, finely diced
- 2 ounces bacon, diced
- 1/2 cup Marsala
- 1 pound Barilla Cellentani
- 2 tablespoons freshly grated Parmigiano Reggiano
- 1/4 cup pine nuts, toasted in a 400°F oven for 5 minutes

Remove skin and bones from duck legs reserving the bones, and cut the duck meat into fine cubes. Combine the bones, celery, carrots, 1 bay leaf and enough cold water to cover the bones by 1-inch. Bring to a simmer, skimming the scum that rises to a surface. Simmer for 2 hours, adding additional water if necessary to keep the bones covered. Strain and discard the solids. Return strained stock to saucepan and simmer until reduced by half (You should end up with 2 1/2 cups.)

Preheat oven to 400°F. Cook onion in 2 tablespoons of the oil in a large skillet over moderately low heat until the onion is golden brown, about 8 minutes. Transfer the onion mixture to a blender, add 1 cup of the stock and purée. Set aside. Toss apple with 1 tablespoon oil. Arrange in one layer on small baking pan and bake for 10 minutes or until tender. Cook bacon in remaining tablespoon oil with remaining bay leaf in skillet over moderate heat, for 3 minutes. Add cubed duck meat and cook until browned about 5 minutes. Add Marsala and simmer until it is reduced by half. Add stock and simmer 10 minutes. Add salt and pepper to taste. Cook Barilla Cellentani in a 6- to 8-quart pot of boiling salted water until al dente. Drain and toss with duck sauce. Add onion cream, diced apples and pine nuts and toss well. Sprinkle a little Parmigiano Reggiano over each portion.

PECORINO ROMANO

A sheep's milk cheese found in many Tuscan recipes in the region. Fresh varieties are aged only two months; more complex, nutty aged Pecorino ripens for six to 12 months. Find it in pastas, in soups, eaten alone, or—a particular pleasure this time of year—in place of dessert with dried fruits and nuts.

OLIVE OIL

Ideally hand-plucked from prized, centuries-old trees, in many instances Tuscan olives are taken to a communal *frantoio*, or mill, to be pressed and bottled. This brilliant-green liquid finds its way into virtually every course of the traditional Tuscan repast.

PORCINI MUSHROOMS

While Tuscans feast on fresh *funghi porcini* this time of year, the dried versions are a staple of the region's cuisine in every season. Porcini enrich soups, pasta sauces, stews and hearty vegetable dishes.

FETTUCINE

A versatile staple. Pair with anything from a light coating of olive oil and cheese to rich, tomato-based sauces laden with root vegetables.

CELLANTANI

These tightly wound corkscrews are sturdy enough to cradle tuscan sauces studded with nuts, cured meats and cheeses.

LASAGNA

In Tuscany, you'll find game, Pecorino Romano, herbs and colorful seasonal produce between layers of lasagne noodles.



BARILLA: TUSCAN FOR PASTA



From Lucca to Siena and all points in between, there is one constant in Tuscan home

kitchens: Barilla Pasta. For over 125 years, the Barilla family has been producing Italy's—and the world's—best-selling pasta. With unparalleled standards of quality, taste and variety, Barilla has become an integral ingredient in authentic Tuscan cooking. The 120 varieties of Barilla pasta help express the magical quality of Tuscan life. It is an understanding that healthy, satisfying food need not be complicated to have character; that simplicity is not only admirable, it is essential; and that when you have the best ingredients, they come together effortlessly—and deliciously—at the table.



The choice of Italy