

Nutritious
and easy to
cook... what
more could you
want?



A TASTE OF TRATTORIA

Conjure up a picture of sitting around a table with friends enjoying good, honest, simple food served with local wine. Savour the flavour of these wonderful Italian eateries in your own home by trying these delicious recipes. *Bella!*

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Pasta with meat sauce and pomegranate jewels

Serves 4-6

This is the classic rich meat sauce from Bologna from which our very own British spagbol evolved; the minced steak, boar or venison and finely chopped vegetables are cooked oh-so-slowly in full-fat milk and the resulting sauce served with either tagliatelle or rigatoni.

Ingredients

- 500g minced steak, shoulder of wild boar or venison
- 1 bunch of parsley, finely chopped
- 1 stick of celery, finely chopped
- 1 small carrot, finely chopped
- 1 small onion, finely chopped
- 50g pancetta, finely chopped
- Handful wild mushrooms soaked in milk for an hour and squeezed dry
- Olive oil
- Salt and pepper
- Glass of red wine
- 750ml full-cream milk
- 2 tablespoons tomato purée
- 1 bay leaf
- Nutmeg
- 500ml stock

To serve

- 500g tagliatelle
- 2 pomegranates cut into wedges
- 100g freshly grated parmesan

- 1 Heat enough olive oil to cover the base of a large pan, add the pancetta and chopped vegetables and fry until translucent.
 - 2 Add the minced meat and fry on high heat until browned all over. Add the soaked wild mushrooms and wine and evaporate. Add enough milk to cover the meat, the tomato purée, the bay leaf, salt and pepper and the nutmeg. Stir well, cover and cook over low heat for at least two hours.
 - 3 Top up with stock as needed. Rest for 20 minutes or overnight.
 - 4 When ready to serve, cook the tagliatelle in salted boiling water until *al dente*.
 - 5 Drain and add the sauce and plenty of grated Parmesan and stir well. Transfer to a serving dish.
 - 6 Separate the pomegranate jewels from half the wedges, taking care to discard the fine white pith around the jewels before scattering over pasta. Put a pomegranate wedge on the side of each serving.
- Per portion: Energy 1,161Kcal, Fat 40g, of which Saturates 17g, Carbohydrates 135g, of which Sugars 17g, Salt 2.6g*



Chicken with marjoram, white wine and tomato

Serves 4

This is a simple Italian country recipe from near Rome, where I lived for many years. It has long been a favourite with my family. It fills the house with its mouth-watering aromas as it cooks and I think you will agree when you try it that chicken rarely tastes this good. The chicken should nestle in its juices rather than swim in sauce.

Ingredients

- 100g finely chopped home-cured streaky bacon or pancetta
- Handful of fresh marjoram or flat-leaf parsley, finely chopped
- 8 chicken thighs
- 75ml Frascati or other dry white wine
- 400g tin of whole Italian plum tomatoes: thoroughly drained, squeezed to remove excess water and seeds, and then roughly chopped
- Olive oil
- Coarse sea salt
- Extra chopped herbs for serving

- 1 Put a large sauté pan on medium heat. When the pan is hot, add a couple of tablespoons of extra-virgin olive oil and the finely chopped streaky bacon or pancetta

- and herbs; fry until transparent (5 minutes).
 - 2 Add the chicken joints to the pan skin-side down, sprinkle with a pinch of coarse salt and fry until golden (10 minutes).
 - 3 Turn and fry on the other side. When golden, increase the heat and sprinkle the white wine over the chicken joints, turning them while the wine evaporates.
 - 4 Add the tomatoes - it is very important that they are prepared as described in the ingredients list. Cover the pan and cook over low heat for 20-30 minutes until the chicken is cooked through.
 - 5 Leave to stand for 10 minutes, or leave to cool and reheat when required. Sprinkle with chopped herbs
- Per portion: Energy 344Kcal, Fat 24g, of which Saturates 6g, Carbohydrates 3.5g, of which Sugars 17g, Salt 1.5g*

Enrol for Lindy's course on Trattoria Classics at the WI Cookery School on 5-7 August. For details, visit www.denmancollege.org.uk/courses/trattoria-classics/11368



Caramelised oranges

Serves 4

Ingredients

- 6 large oranges, un-waxed
- 300g granulated sugar
- 300ml water

1 Zest two oranges. If using a potato peeler, cut the zest into matchstick strips and put in a small pan with enough cold water to cover and bring to the boil. Strain and repeat the process twice and then

reserve the strained orange zest.

2 Cut all the remaining pith and skin away from the two zested oranges and the remaining four whole oranges. Make sure you trim off all the bits of skin.

Cut the oranges into slices horizontally, discarding the pips and the central core, and arrange the orange slices in a shallow serving bowl.

3 Put the sugar and water in a pan and stir over a low heat until the sugar dissolves.

Increase the heat to medium and continue cooking without stirring until the sugar turns caramel coloured.

4 Take off the heat and leave to cool for a minute, then add the strips of orange zest and stir well.

5 Using a slotted spoon, arrange the orange zest on top of the orange slices and pour the caramel over the top.

Per portion: Energy 384Kcal, Fat and Saturates 0g, Carbohydrates 99g, of which Sugars 98g