

Show 41: ... on the Town with Foggia: Foggia to the Rescue!!

Fresh Baked Italian Bread

Ingredients:

1 pkg. Dry Yeast
1Tbsp. Sugar
1 Tbsp. Salt
1 ¾ Cups Water
¼ Cup Olive Oil
4 ½ Cups Flour
1 egg white

Instructions:

Heat water to between 100* and 110*. In a small bowl, combine the following: Heated Water, Yeast, Sugar, Salt and Olive Oil. Whisk these ingredients together.

Put the flour in a large bowl if mixing bread by hand, or in the mixer bowl if using an electric mixer. Slowly add the liquid ingredients and mix slowly until the flour has achieved an elastic consistency and easily forms into a ball. Remove dough ball to a lightly floured flat surface and knead by hand for approximately 10 minutes to allow the gluten in the dough to be released.

Form dough into a ball and put into a lightly oiled bowl. Cover with plastic wrap or a damp towel. Place bowl in a warm, dry, non-ventilated location and allow to rise for approximately 1 – 1 ½ hours.

Remove dough from bowl and punch it down. Knead it once more, just a bit, and form into loaves. Put loaves onto a baking sheet, cover again and let sit for another 25 – 30 minutes. During this time, the loaves should rise and double in size.

At this time, toppings may be added. If using toppings, first brush the top of each loaf with an egg white mixture. This will be the glue that holds the toppings on. Apply your choice of toppings. Examples are sesame seeds, poppy seeds, minced dried onion bits, or you can simply dust the top of the loaf with semolina flour, which will give it a “rustic” look when baked.

Bake in a 400* oven for approximately 40 minutes. Allow to cool slightly. Slice and enjoy!

Whole Roasted Garlic Appetizer

Ingredients:

Whole Bulbs of Garlic
Olive Oil

Instructions:

Slice the tops off of the bulbs of garlic. Put the bulbs into a baking dish and drizzle with olive oil, using at least 2 Tbsp. of olive oil per bulb.

Bake in a 400* oven for 45 minutes – 1 hour. The longer the bulbs are baked, the softer the garlic cloves will be. The cloves will easily pop out of the paper skins once they are roasted.

The roasted garlic cloves can be eaten as is, chopped for use in recipes, or mashed into a paste to make a spread for bread and crackers or to use as a meat rub for roasts. The uses for fresh roasted garlic are endless. Be creative. And remember . . . Garlic fixes everything!!

Balsamic Vinaigrette Dressing

Ingredients:

1 Cup Olive Oil
¼ Cup Balsamic Vinegar
2 Tbsp. minced garlic or softened fresh roasted garlic
1 Tbsp. each of fresh minced basil and oregano. (may be substituted with dry herbs)
Pinch of Salt and Pepper
2 Tbsp. Fresh Grated Parmesan Cheese

Instructions:

Whisk all of the above ingredients together in a bowl. You may add more salt and pepper to taste if desired. Pour over fresh mixed greens as a salad dressing, or you may use it as a dip for fresh baked bread.

Prosciutto Stromboli

Ingredients:

1 ¼ lb. Ball of Bread Dough
1 Cup Marinara Sauce
1/8 lb. thinly sliced Prosciutto
1/8 lb. Thinly sliced Hot Calabrese
1/3 lb. Thinly sliced Mozzarella Cheese
¼ Cup Chopped Sun-Dried Tomatoes
½ Cup Minced Garlic or Fresh Roasted Garlic
1 Tbsp. each of Fresh Basil and Oregano (may be substituted with dry herbs)
1 egg white

Instructions:

On a lightly floured surface, roll out dough to ¼" thickness and into an 18" x 14" rectangle. Leaving a 1" border around the edges, apply marinara sauce. Next layer your ingredients in the following order: Prosciutto, Hot Calabrese, Mozzarella Cheese, Sun-Dried Tomatoes, Garlic, and Fresh Herbs.

Roll the whole thing up. Pinch the ends together. Brush an egg white mixture along the seams to seal the edges and then brush egg white over the entire top of the Stromboli.

Bake in a 350* oven for approximately 30 minutes or until golden brown. Allow to cool slightly before slicing.

Note: You may substitute the above ingredients with any ingredients of your choice. One thing to remember . . . if using fresh vegetables inside your Stromboli, use them sparingly. The water that escapes the vegetables during the baking process can make your Stromboli soggy.

Stuffed Pears Milanese Style

Ingredients:

½ cups Almonds, chopped
1 Tbsp. Butter
1 (20 ounce) Can of Pear Halves
½ Cup Sugar
¼ tsp. Almond Extract
6 Maraschino Cherries, chopped
½ Cup Sweet White Wine

Instructions:

Combine almonds with butter in a small cup; toast in microwave, stirring occasionally, until light brown. Drain pear halves and arrange in a circular dish with the large ends of the pears around the outer edge of the container. Mix together the almonds, sugar, almond extract and cherries. Spoon into pear cavities. Pour 1 tsp. Wine into each pear cavity, then pour remaining wine in dish.

Bake, covered, in microwave on HIGH for 4 minutes. This dish can be served hot or cold. It is a light finish dessert to a rich Italian dinner.