

THIRST BOSTON: SEPTEMBER 28, 2020
**AN OCEAN APART: FOOD PAIRING WITH
NEW ENGLAND FOODS & ITALIAN SPIRITS**



Italian Spirits expert Livio Lauro & Chef Carolyn Johnson

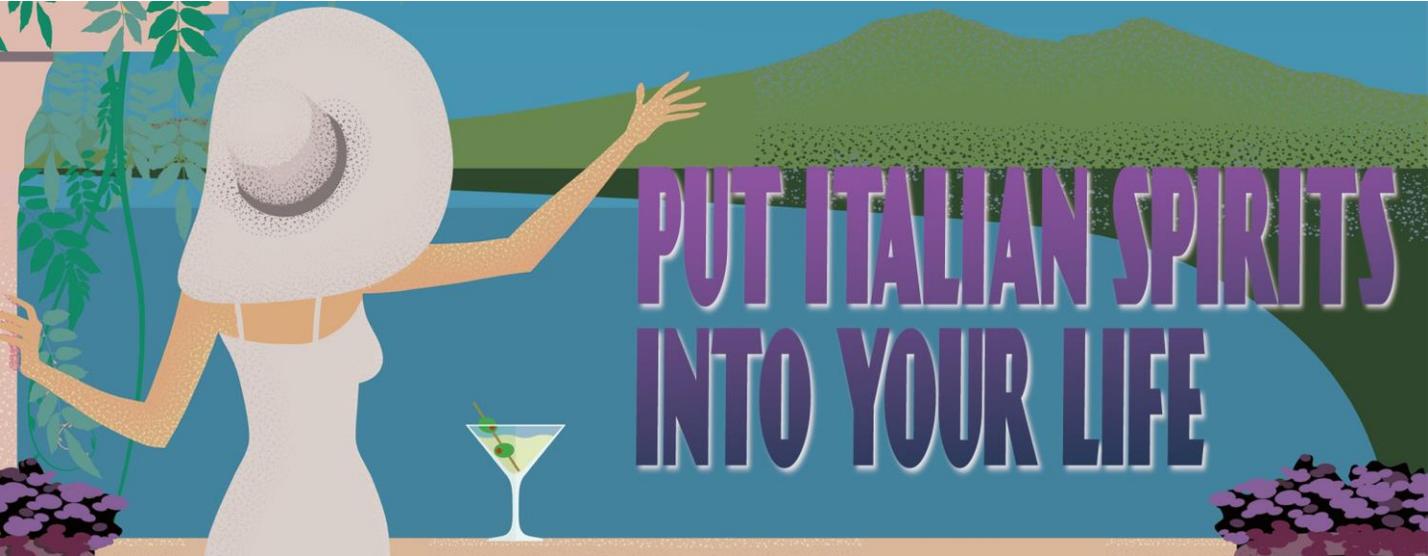
#DRINKITALIAN

#ITALIANSPIRITS



Ministry of Foreign Affairs
and International Cooperation





Oysters with Pickled Watermelon Rind and Fresh Mint

paired with

3 Aperitivi Drinks

POLINI MY SPRITZ

Pour MySpritz directly over ice with half an orange slice

SELECT SPRITZ

3 oz. Select, 2 oz. Prosecco, 1 oz. Fever Tree Soda over ice with half an orange slice

NEGRONI

1 oz. Gin, 1 oz Luxardo Bitter Rosso, 1 oz. Cocchi Vermouth di Torino with half an orange slice

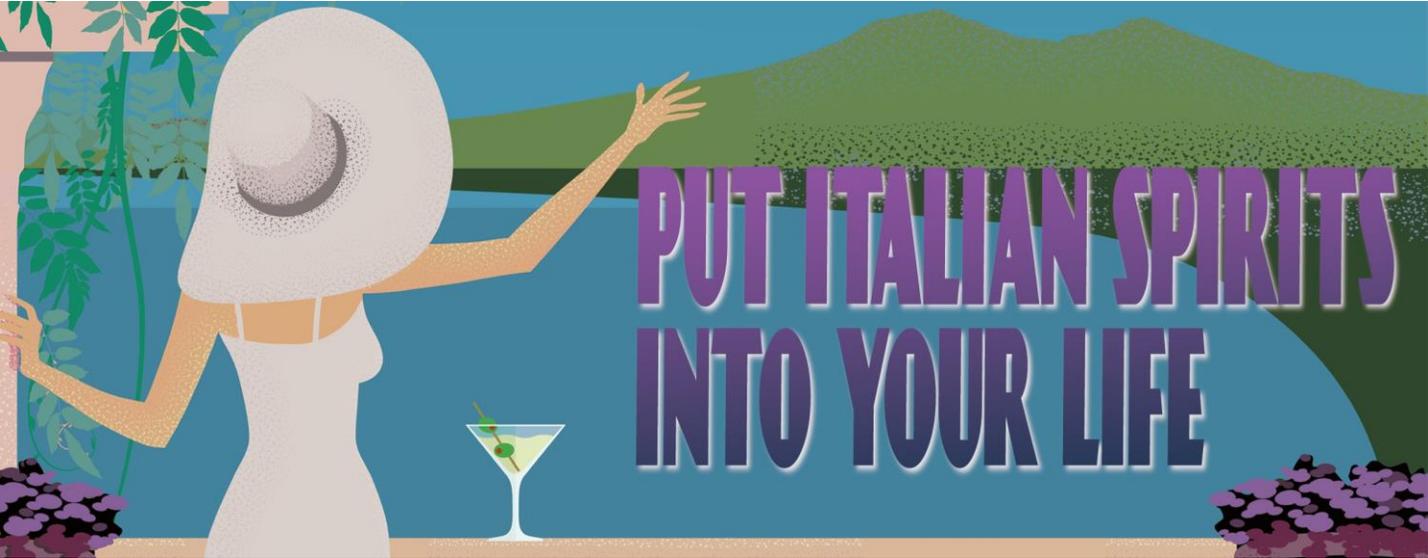
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Pumpkin Agnolotti with Lobster and Apples

paired with

1 Amaro Drink

PIRLO AMARO

3 oz. Crisp White Wine, 1 oz. of Amaro, 1 oz. *Fever Tree* Soda

Featured Amari:

Amaro Lucano

Amaro Meletti

Amaro Ramazzotti

Amaro dell'Erborista Varnelli

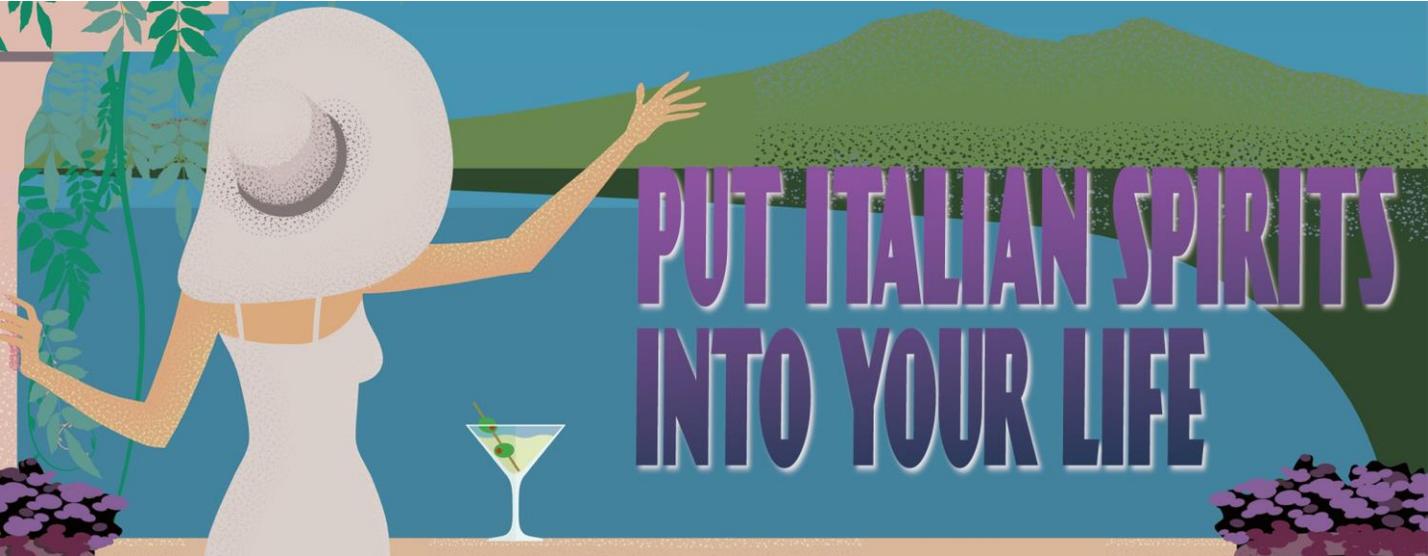
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Grilled Bass with Squid, Beans & Garden Herbs

paired with

1 Sgroppino Drink, 4 Ways

SGROPPINO AFFOGATO

1 scoop of Italian Lemon Sorbet drowned with 1.5 oz. Prosecco,
1.5 oz. of Italicus Rosolio

1 scoop of Italian Lemon Sorbet drowned with 1.5 oz. Prosecco,
1.5 oz. of Pallini Limoncello

1 scoop of Italian Lemon Sorbet drowned with 1.5 oz. Prosecco,
1.5 oz. of Strega Liqueur

1 scoop of Italian Lemon Sorbet drowned with 1.5 oz. Prosecco,
1.5 oz. of Toschi Nocello

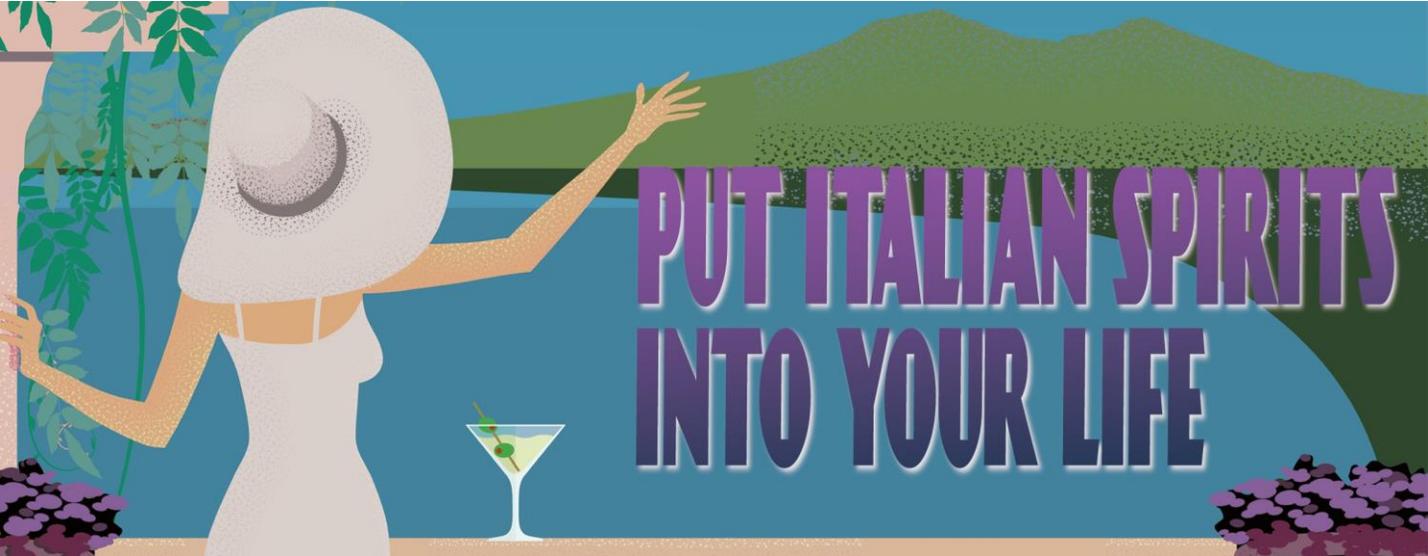
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**AN OCEAN APART: FOOD PAIRING WITH
NEW ENGLAND FOODS & ITALIAN SPIRITS**

FOOD RECIPES & PREPARATION

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THE EXTRAORDINARY
ITALIAN TASTE



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ITCA[®]
ITALIAN TRADE AGENCY

Oysters with Pickled Watermelon Rind and Fresh Mint

Serves 4

24 ea local oysters, well scrubbed
¼ watermelon rind pickle, minced
12 leaves fresh mint, thinly sliced
Crushed ice for serving

1. Open the oysters and nestle into a platter of crushed ice.
2. Top each oyster with ½ teaspoon of watermelon pickle.
3. Follow with a sprinkle of mint.
4. Eat immediately!

Watermelon Rind Pickle

Rind of one large watermelon
1 sweet onion (such as Vidalia), thinly sliced
½ cup kosher salt
1 quart granulated sugar
1 quart malt or cider vinegar
1 Tablespoon mustard seeds
1 Tablespoon coriander seeds
1 teaspoon chili flake
2 cloves

1. Remove and discard all of the hard green shell of the watermelon rind. Place the remaining white rind in a bowl with the onion and salt. Toss well to coat.
2. Place the salted rind and onion in a colander to drain in the fridge overnight (or at least 6-8 hours and up to 24).
3. Discard any accumulated liquid from the rind and rinse well under running water. Transfer to a large jar or other heat-proof container.
4. Put a saucepan on medium heat. Add the cloves, mustard and coriander seeds and toast 1-2 minutes until aromatic.
5. Add the rest of the ingredients and 1 pint water to the pan. Bring to a boil and then simmer for 10 minutes.
6. Pour the hot liquid over the watermelon rind and agitate to ensure even distribution.
7. Let cool to room temperature and then refrigerate. Best when let to pickle for at least 3-4 days, will keep 2-3 months in the fridge.

Pumpkin Agnolotti with Lobster and Apples

Serves 4

Pumpkin Agnolotti

1 small sugar pumpkin or other winter squash (red kuri or buttercup are nice options)

1 cup sliced leeks, well washed

1 Tablespoon minced ginger

2 Tablespoons butter

¼ cup apple cider salt and pepper

2 sheets fresh pasta

1 egg, beaten

1. Wash the pumpkin well, cut in half and remove seeds. Rub the pumpkin all over with butter, season with salt and pepper.
2. Place on a sheet pan and roast in a 375F oven for 30 minutes, or until tender and collapsing.
3. When cool enough to handle, scoop out the roasted flesh.
4. Melt the butter in a small saucepan, add the leeks and ginger; cook until just tender. Add the roasted pumpkin and cider. Season with salt and pepper to taste.
5. Cook over low heat until fairly dry.
6. Spread into a bowl or pan in a thin layer and let cool completely. Once cold, put the mixture into a piping bag.
7. Lay the pasta sheet on a lightly floured surface. Cut in half the long way. Pipe a line of pumpkin filling along the bottom third of the cut piece. Brush egg wash in a line above the filling.
8. Fold the bottom of the pasta sheet over the pumpkin and press into the egg wash. Use your fingers to divide the line of filling into small mounds.
9. Roll the filled pasta over again, and using a pizza cutter, cut between the mounds - making little pillows of stuffed pasta.
10. Spread onto a sheet pan or plate dusted with flour or semolina.

Lobster

2 ea chicken (1#) live lobsters

1. Bring a large pot of salted water to a rapid boil.

2. Quickly submerge live lobsters.

3. Cook for 6 minutes, turn the heat to a simmer if the pot comes back to a boil.

4. Plunge the lobsters into ice water.

5. When cool, remove from shells, leaving tails and claws intact.

Pumpkin Agnolotti with Lobster and Apples

Serves 4

Assembly

1 small apple, peeled and diced
1 shallot, minced
8 sage leaves
2 Tablespoons toasted pepitas
1 Tablespoon apple cider vinegar
1 cup lobster stock
3 oz butter
20 pieces pumpkin agnolotti
Meat of 2 lobsters

1. Bring a large pot of salted water to a boil.
2. Heat the lobster stock in a small saucepan, bring it up to steaming but below simmering. Add the lobster meat and 1 Tablespoon butter. Keep heat low to warm the lobster gently.
3. Melt the remaining butter in a saute pan (that is big enough to fit the agnolotti) over med-high heat.
4. When the butter stops foaming, add the sage leaves and fry until starting to become translucent. Remove to a paper towel and sprinkle with salt.
5. Drop the agnolotti into the boiling water.
6. Let the butter turn dark brown, carefully add the shallots, apple and pepitas. Be careful, it will splatter!
7. Swirl the pan a few times and season with salt and pepper. Add the vinegar off heat.
8. Scoop the cooked agnolotti out of the water and into the brown butter sauce.
9. Cook for one minute, swirling the pan to prevent sticking.
10. Ladle the lobster and broth into bowls.
11. Spoon the agnolotti and butter sauce over the lobster.
12. Top with the fried sage leaves.

Grilled Bass with Squid, Beans & Garden Herbs

Serves 4

Marinated Squid

- 1 fresh squid, cleaned, tubes and tentacles
- 1 pint cherry tomatoes
- 2 cloves garlic, minced or microplaned
- ¼ teaspoon chili flake
- zest of 1 orange, microplaned
- 1 teaspoon fennel seeds, toasted and crushed
- 1 teaspoon coriander seeds, toasted and crushed
- 2 Tablespoons olive oil

1. Inspect the squid thoroughly to check for mantles and beaks, remove if necessary.
2. Slice the cherry tomatoes in half.
3. Combine the rest of the ingredients, separate into two bowls.
4. Add the squid to one bowl and mix to evenly coat. Let sit (in the fridge!) for 2-8 hours to marinate.
5. Add the tomatoes into the second bowl, toss well and season with sea salt. Spread onto a sheet pan and roast at 250F for 45 minutes, or until soft and shriveled and starting to caramelize.
6. Light your grill, start a fire in your grill or turn a grill pan to med-high heat.
7. Season the squid with salt and pepper. Grill quickly over medium-high heat. Be careful to avoid flare-ups. Turn when you start to see a nice char developing. The squid is done when it turns opaque. Be careful to not overcook.
8. Slice the tubes into rings and combine the grilled squid with the roasted cherry tomatoes.

Beans

- 1 cup fresh shell beans (or sub dried cranberry/borlotti beans, soaked overnight in cold water)
- ½ cup fennel, diced
- ½ cup leeks, diced and well washed
- 3 cups vegetable or fish stock
- 1 bay leaf
- 2 Tablespoons olive oil

Grilled Bass with Squid, Beans & Garden Herbs

Serves 4

1. Heat the olive oil in a saute pan over medium heat.
2. Add the fennel and leeks. Cook for 3-4 minutes, the veggies will just be starting to get a translucent edge.
3. Add the drained beans and bay leaf. Stir to evenly coat.
4. Add the stock, the beans should be covered by at least half an inch of liquid.
5. Once the beans come to a boil, turn down to a low simmer. Stir occasionally, add more stock if they seem to be getting dry.
6. Fresh beans will take approximately half an hour to cook, dried beans will take longer. Once they appear to be plump start tasting to test for doneness - they should be soft and tender.
7. When the beans are tender, add salt to taste and set aside to cool.

Roasted Chili Aioli

¼ pound fresh assorted hot peppers

2 egg yolks

1 Tablespoon dijon mustard

1 Tablespoon vinegar

1 teaspoon paprika

1 large clove garlic, microplaned

1 Tablespoon kosher salt

½ cup vegetable oil

½ cup EVOO

1. Wash the chilis well and char them on a grill, over a stove burner or under the broiler; until turning black and the skin is blistered.
2. Place in a bowl and cover tightly with plastic wrap. Leave until completely cool.
3. Remove the stems and skin from the peppers. Leave the seeds if you want your aioli to be very spicy, remove some or all for a more mild sauce. Roughly chop the peppers.
4. Place yolks, mustard, chopped peppers, garlic, paprika, vinegar and salt in the bowl of a food processor. Puree until smooth.
5. Slowly add the vegetable oil to make an emulsion. Add a bit of ice water if mixture is very thick.
6. Pour in the EVOO with machine still running. Process until all oil is emulsified, the result should look thick and creamy.

Grilled Bass with Squid, Beans & Garden Herbs

Serves 4

Final Assembly

4 ea 4 oz pieces of skin-on local bass

1 teaspoon vegetable oil

8 oz garden greens & herbs (or sub baby greens/herbs as available)

1 cup cherry tomatoes, sliced or halved

1 Tablespoon good vinegar

3 Tablespoons EVOO

Salt & pepper

Cooked beans

Marinated squid

Roasted Chili Aioli

1. Let the fish sit at room temperature for 15-20 minutes to let temper, this will help with even cooking.
2. Drain the beans of any excess liquid and remove the bay leaf. Put into a large bowl.
3. Add the grilled squid and roasted tomatoes to the bowl of beans.
4. Season the fish with salt and pepper to taste, rub with the vegetable oil.
5. Place on a medium-hot grill, skin-side down. Do not move until you see that the skin is starting to char and the flesh closest to the grill is starting to turn opaque. Rotate the fish 90 degrees and continue cooking.
6. When the fish is almost completely opaque, gently flip it onto the flesh side. Finish cooking for one minute. Remove from the grill and let rest briefly.
7. Toss the greens and sliced cherry tomatoes with the vinegar and EVOO. Season with salt and pepper. 8. Smear a large spoonful of aioli onto a plate. Spoon the bean and squid mixture on top of aioli. Top with greens and fish.

BUON APPETITO
&
SALUTE!

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