

BRING ITALY HOME

An Abruzzo dinner at home



Four courses from Abruzzo, between the Apennine mountains and the Adriatic Sea. Serves 4. Measurements are given in US cups and ounces, with metric in parentheses.

THE MENU

- **Antipasto:** Pallotte cacio e ova, cheese and egg balls in tomato sauce
- **Primo:** Spaghetti alla chitarra, egg spaghetti with meat sauce
- **Secondo:** Arrosticini, lamb skewers
- **Dolce:** Parrozzo, almond and chocolate dome cake

ANTIPASTO

Pallotte cacio e ova

Cheese and egg balls in tomato sauce · 45 minutes

YOU'LL NEED

- 1 bunch fresh basil
- 5 oz pecorino (150 g)
- 3 eggs
- $\frac{2}{3}$ cup breadcrumbs
- 1 can crushed tomatoes, 14 oz (400 g)
- scant $\frac{1}{2}$ cup oil for frying (100 ml)

HOW TO MAKE IT

1. Mix the grated cheese, eggs and breadcrumbs into a dough.
2. Roll into small balls and fry them in oil until browned.
3. Heat the tomatoes with basil into a sauce.
4. Simmer the balls in the sauce for 10 minutes.

WINE

Trebbiano d'Abruzzo, a white

PRIMO

Spaghetti alla chitarra

Egg spaghetti with meat sauce · 1½ hours

YOU'LL NEED

- 1 onion
- 10 oz ground meat (300 g)
- 2 oz pecorino (60 g)
- 14 oz spaghetti alla chitarra or thick spaghetti (400 g)
- 1 can crushed tomatoes, 14 oz (400 g)
- 3 tbsp olive oil

HOW TO MAKE IT

1. Soften the onion, add the meat and brown it.
2. Add the tomatoes and simmer for an hour.
3. Cook the pasta and toss with the sauce.
4. Serve with grated pecorino.

WINE

Cerasuolo d'Abruzzo, a rosé

SECONDO

Arrosticini

Lamb skewers · 30 minutes, plus marinating

YOU'LL NEED

- 1³/₄ lb lamb (800 g)
- 1 baguette
- skewers
- flaky sea salt
- 3 tbsp olive oil

HOW TO MAKE IT

1. Cut the meat into small cubes, about ½ inch (1 cm), and thread tightly onto skewers.
2. Brush with oil.
3. Grill fast over high heat, about 2 to 3 minutes per side.
4. Salt only after grilling, and serve with bread.

WINE

Montepulciano d'Abruzzo, a red

DOLCE

Parrozzo

Almond and chocolate dome cake · 1 hour

YOU'LL NEED

- 4 eggs
- 1½ cups almond flour (150 g)
- ¾ cup sugar (150 g)
- ⅓ cup semolina (50 g)
- 5 oz dark chocolate (150 g)

HOW TO MAKE IT

1. Heat the oven to 340°F (170°C).
2. Whisk the yolks and sugar. Add the almond flour and semolina.
3. Whip the whites and fold them in.
4. Bake in a dome-shaped or round bowl pan for about 40 minutes.
5. Cover the cooled cake with melted chocolate.

WINE

Ratafià, a cherry liqueur

Shopping list

PRODUCE

- ☐ 1 bunch fresh basil
- ☐ 1 onion

MEAT AND DELI

- ☐ 10 oz ground meat (300 g)
- ☐ 1¾ lb lamb (800 g)

CHEESE AND DAIRY

- ☐ 5 oz pecorino (150 g)
- ☐ 3 eggs
- ☐ 2 oz pecorino (60 g)
- ☐ 4 eggs

BAKERY

- ☐ 1 baguette

PANTRY

- ☐ ⅔ cup breadcrumbs
- ☐ 1 can crushed tomatoes, 14 oz (400 g)
- ☐ scant ½ cup oil for frying (100 ml)
- ☐ 14 oz spaghetti alla chitarra or thick spaghetti (400 g)
- ☐ 1 can crushed tomatoes, 14 oz (400 g)
- ☐ 3 tbsp olive oil
- ☐ skewers
- ☐ flaky sea salt
- ☐ 3 tbsp olive oil
- ☐ 1½ cups almond flour (150 g)
- ☐ ¾ cup sugar (150 g)
- ☐ ⅓ cup semolina (50 g)
- ☐ 5 oz dark chocolate (150 g)

WINE

- ☐ Trebbiano d'Abruzzo (antipasto)
- ☐ Cerasuolo d'Abruzzo (primo)
- ☐ Montepulciano d'Abruzzo (secondo)

☐ Ratafià (dolce)

Montepulciano d'Abruzzo is one of the easiest Italian reds to find, and great value.