

BRING ITALY HOME

A Calabrian dinner at home

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Calabria

Four courses from Calabria, the toe of Italy, known for its spicy 'nduja. Serves 4. Measurements are given in US cups and ounces, with metric in parentheses.

THE MENU

- **Antipasto:** 'Nduja on toast, spicy spreadable salami
- **Primo:** Pasta alla 'nduja, pasta with tomato and 'nduja
- **Secondo:** Pesce spada alla ghiotta, swordfish with tomato, olives and capers
- **Dolce:** Tartufo di Pizzo, ice cream ball with a chocolate center

ANTIPASTO

'Nduja on toast

Spicy spreadable salami · 10 minutes

YOU'LL NEED

- 1 baguette
- 5 oz 'nduja (150 g)
- 2 oz pecorino (50 g)

HOW TO MAKE IT

1. Toast slices of bread.
2. Spread with a thin layer of 'nduja.
3. Grate a little pecorino on top.

WINE

Cirò rosato, a rosé

PRIMO

Pasta alla 'nduja

Pasta with tomato and 'nduja · 30 minutes

YOU'LL NEED

- 1 red onion
- 3½ oz 'nduja (100 g)
- 2 oz pecorino (60 g)
- 14 oz paccheri or rigatoni (400 g)
- 1 can crushed tomatoes, 14 oz (400 g)
- 2 tbsp olive oil

HOW TO MAKE IT

1. Soften the red onion in the oil.
2. Add the 'nduja and let it melt.
3. Add the tomatoes and simmer for 15 minutes.
4. Cook the pasta and toss with the sauce. Serve with pecorino.

WINE

Cirò rosso, a red

SECONDO

Pesce spada alla ghiotta

Swordfish with tomato, olives and capers · 30 minutes

YOU'LL NEED

- 1½ lb swordfish or tuna steaks (600 g)
- 10 oz cherry tomatoes (300 g)
- 2 garlic cloves
- 1 bunch flat-leaf parsley
- 1 jar olives
- 2 tbsp capers
- 4 tbsp olive oil

HOW TO MAKE IT

1. Soften the garlic, then add the tomatoes, olives and capers. Simmer for 10 minutes.
2. Add the fish steaks to the sauce and cook about 4 minutes per side.
3. Sprinkle with parsley.

WINE

Cirò bianco, a white

DOLCE

Tartufo di Pizzo

Ice cream ball with a chocolate center · 30 minutes, plus freezing

YOU'LL NEED

- 1¾ oz dark chocolate (50 g)
- 2 tbsp cocoa powder
- 1 pint chocolate ice cream
- 1 pint hazelnut ice cream

HOW TO MAKE IT

1. Let the ice cream soften a little.
2. Shape a ball of hazelnut ice cream and press a piece of chocolate into the middle.
3. Cover with chocolate ice cream and freeze.
4. Roll in cocoa powder just before serving.

WINE

Greco di Bianco, sweet

Shopping list

PRODUCE

- ☐ 1 red onion
- ☐ 10 oz cherry tomatoes (300 g)
- ☐ 2 garlic cloves
- ☐ 1 bunch flat-leaf parsley

MEAT AND DELI

- ☐ 5 oz 'nduja (150 g)
- ☐ 3½ oz 'nduja (100 g)

SEAFOOD

- ☐ 1½ lb swordfish or tuna steaks (600 g)

CHEESE AND DAIRY

- ☐ 2 oz pecorino (50 g)
- ☐ 2 oz pecorino (60 g)

BAKERY

- ☐ 1 baguette

FROZEN

- ☐ 1 pint chocolate ice cream
- ☐ 1 pint hazelnut ice cream

PANTRY

- ☐ 14 oz paccheri or rigatoni (400 g)
- ☐ 1 can crushed tomatoes, 14 oz (400 g)
- ☐ 2 tbsp olive oil
- ☐ 1 jar olives
- ☐ 2 tbsp capers
- ☐ 4 tbsp olive oil
- ☐ 1¾ oz dark chocolate (50 g)
- ☐ 2 tbsp cocoa powder

WINE

- ☐ Cirò rosato (antipasto)
- ☐ Cirò rosso (primo)

☐ Cirò bianco (secondo)

☐ Greco di Bianco (dolce)

Cirò can be hard to find. Ask your wine shop for a southern Italian red, such as a Primitivo or a Nero d'Avola.