

BRING ITALY HOME

A Bologna dinner at home



Four courses from Emilia–Romagna, Italy’s food capital, around Bologna, Parma and Modena. Serves 4. Measurements are given in US cups and ounces, with metric in parentheses.

THE MENU

- **Antipasto:** Parmigiano, Parma ham and mortadella, the region’s three famous names
- **Primo:** Lasagne verdi alla bolognese, green spinach lasagna with ragù
- **Secondo:** Cotoletta alla bolognese, breaded cutlets with ham and cheese
- **Dolce:** Zuppa inglese, layered custard and cookie dessert

ANTIPASTO

Parmigiano, Parma ham and mortadella

The region's three famous names · 10 minutes

YOU'LL NEED

- 3½ oz Prosciutto di Parma (100 g)
- 3½ oz mortadella (100 g)
- 7 oz Parmigiano Reggiano (200 g)
- 1 bottle balsamic vinegar of Modena

HOW TO MAKE IT

1. Break the Parmigiano into chunks with a knife.
2. Arrange the ham and mortadella on a board with the cheese.
3. Drip a few drops of balsamic vinegar on the cheese.

WINE

Lambrusco, a sparkling red

PRIMO

Lasagne verdi alla bolognese

Green spinach lasagna with ragù · 3½ hours

YOU'LL NEED

- 1 onion
- 1 carrot
- 1 celery stalk
- 14 oz ground beef (400 g)
- 3½ oz pancetta (100 g)
- 3½ oz Parmigiano Reggiano (100 g)
- 4 cups milk (1 liter)
- 5½ tbsp butter (80 g)
- 1 package spinach lasagna sheets
- 2 tbsp tomato paste
- scant ½ cup dry white wine (100 ml)
- ½ cup all-purpose flour (60 g)

HOW TO MAKE IT

1. Soften the chopped vegetables and pancetta. Add the beef and brown it.
2. Add the wine, tomato paste and ¾ cup (200 ml) of the milk. Simmer gently for 2 hours.
3. For the béchamel, melt the butter, stir in the flour and whisk in the rest of the milk. Cook until thick.
4. Layer ragù, pasta, béchamel and cheese in a baking dish.
5. Bake at 350°F (180°C) for about 40 minutes.

WINE

Sangiovese di Romagna, a red

SECONDO

Cotoletta alla bolognese

Breaded cutlets with ham and cheese · 40 minutes

YOU'LL NEED

- 4 veal or pork cutlets
- 8 slices Prosciutto di Parma
- 3 oz Parmigiano Reggiano (80 g)
- 2 eggs
- 4 tbsp butter (60 g)
- $\frac{3}{4}$ cup breadcrumbs
- $\frac{3}{4}$ cup beef broth (200 ml)

HOW TO MAKE IT

1. Pound the cutlets thin, dip in egg and breadcrumbs.
2. Fry in butter until golden on both sides.
3. Top each with ham and shaved cheese.
4. Pour the broth into the pan and cover until the cheese melts.

WINE

Sangiovese di Romagna Riserva, a red

DOLCE

Zuppa inglese

Layered custard and cookie dessert · 1 hour, plus chilling

YOU'LL NEED

- 1 lemon
- 6 egg yolks
- 3½ cups milk (800 ml)
- ¾ cup sugar (150 g)
- ½ cup all-purpose flour (60 g)
- ⅓ cup cocoa powder (30 g)
- 1 package ladyfingers, about 7 oz (200 g)
- scant ½ cup Alchermes or cherry liqueur (100 ml)

HOW TO MAKE IT

1. Whisk the yolks, sugar and flour. Add the hot milk and lemon zest and cook into a thick custard.
2. Split the custard in two and stir cocoa into one half.
3. Dip the ladyfingers in liqueur mixed with water.
4. Layer ladyfingers, plain and chocolate custard in a bowl.
5. Chill for at least four hours.

WINE

Albana di Romagna passito, sweet

Shopping list

PRODUCE

- ☐ 1 onion
- ☐ 1 carrot
- ☐ 1 celery stalk
- ☐ 1 lemon

MEAT AND DELI

- ☐ 3½ oz Prosciutto di Parma (100 g)
- ☐ 3½ oz mortadella (100 g)
- ☐ 14 oz ground beef (400 g)
- ☐ 3½ oz pancetta (100 g)
- ☐ 4 veal or pork cutlets
- ☐ 8 slices Prosciutto di Parma

CHEESE AND DAIRY

- ☐ 7 oz Parmigiano Reggiano (200 g)
- ☐ 3½ oz Parmigiano Reggiano (100 g)
- ☐ 4 cups milk (1 liter)
- ☐ 5½ tbsp butter (80 g)
- ☐ 3 oz Parmigiano Reggiano (80 g)
- ☐ 2 eggs
- ☐ 4 tbsp butter (60 g)
- ☐ 6 egg yolks
- ☐ 3½ cups milk (800 ml)

PANTRY

- ☐ 1 bottle balsamic vinegar of Modena
- ☐ 1 package spinach lasagna sheets
- ☐ 2 tbsp tomato paste
- ☐ scant ½ cup dry white wine (100 ml)
- ☐ ½ cup all-purpose flour (60 g)
- ☐ ¾ cup breadcrumbs
- ☐ ¾ cup beef broth (200 ml)
- ☐ ¾ cup sugar (150 g)

- ☐ ½ cup all-purpose flour (60 g)
- ☐ ⅓ cup cocoa powder (30 g)
- ☐ 1 package ladyfingers, about 7 oz (200 g)
- ☐ scant ½ cup Alchermes or cherry liqueur (100 ml)

WINE

- ☐ Lambrusco (antipasto)
- ☐ Sangiovese di Romagna (primo)
- ☐ Sangiovese di Romagna Riserva (secondo)
- ☐ Albana di Romagna passito (dolce)

Lambrusco is easy to find. For a Sangiovese di Romagna, any medium-bodied Sangiovese works.