BRING ITALY HOME

A dinner from Molise at home

Four courses from Molise, Italy's least-visited region, between Abruzzo and Puglia. Serves 4. Measurements are given in US cups and ounces, with metric in parentheses.

THE MENU

- **Antipasto:** Grilled caciocavallo, seared melting cheese
- **Primo:** Cavatelli al ragù, short pasta with meat sauce
- **Secondo:** Agnello cacio e uova, lamb with egg and cheese sauce
- **Dolce:** Ostie ripiene, wafers filled with almonds and honey

ANTIPASTO

Grilled caciocavallo

Seared melting cheese · 15 minutes

YOU'LL NEED

- 10 oz caciocavallo or provolone (300 g)
- 1 baguette

HOW TO MAKE IT

1. Cut the cheese into slices about ½ inch (1 cm) thick.
2. Sear in a hot pan or on the grill until browned and starting to melt.
3. Serve right away with bread.

WINE

Biferno Bianco, a white

PRIMO

Cavatelli al ragù

Short pasta with meat sauce · 2 hours

YOU'LL NEED

- 1 onion
- 14 oz ground pork and beef (400 g)
- 2 oz pecorino (60 g)
- 14 oz cavatelli pasta (400 g)
- 1 can crushed tomatoes, 14 oz (400 g)
- 3 tbsp olive oil

HOW TO MAKE IT

1. Soften the onion and brown the meat.
2. Add the tomatoes and simmer for 1½ hours.
3. Cook the pasta and toss with the sauce.
4. Serve with pecorino.

WINE

Tintilia del Molise, a red

SECONDO

Agnello cacio e uova

Lamb with egg and cheese sauce · 1½ hours

YOU'LL NEED

- 2¼ lb lamb shoulder in pieces (1 kg)
- 1 onion
- 1 lemon
- 2 oz pecorino (60 g)
- 3 eggs
- ¾ cup dry white wine (200 ml)
- 3 tbsp olive oil

HOW TO MAKE IT

1. Brown the lamb in oil and add the onion.
2. Add the wine and braise covered for about an hour.
3. Whisk the eggs, cheese and lemon juice.
4. Take the pot off the heat and stir in the egg mixture, so it thickens into a sauce without scrambling.

WINE

Tintilia del Molise, a red

DOLCE

Ostie ripiene

Wafers filled with almonds and honey · 30 minutes

YOU'LL NEED

- 1 package thin wafer cookies
- 1 cup whole almonds (150 g)
- scant ½ cup honey (100 ml)
- 1 tbsp cocoa powder

HOW TO MAKE IT

1. Toast and chop the almonds.
2. Warm the honey and stir in the almonds and cocoa.
3. Spread the filling between two wafers.
4. Let it set before serving.

WINE

Coffee

Shopping list

PRODUCE

☐ 1 onion

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☐ 1 lemon

MEAT AND DELI

☐ 14 oz ground pork and beef (400 g)

☐ 2¼ lb lamb shoulder in pieces (1 kg)

CHEESE AND DAIRY

☐ 10 oz caciocavallo or provolone (300 g)

☐ 2 oz pecorino (60 g)

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☐ 3 eggs

BAKERY

☐ 1 baguette

PANTRY

☐ 14 oz cavatelli pasta (400 g)

☐ 1 can crushed tomatoes, 14 oz (400 g)

☐ 3 tbsp olive oil

☐ ¾ cup dry white wine (200 ml)

☐ 3 tbsp olive oil

☐ 1 package thin wafer cookies

☐ 1 cup whole almonds (150 g)

☐ scant ½ cup honey (100 ml)

☐ 1 tbsp cocoa powder

WINE

☐ Biferno Bianco (antipasto)

☐ Tintilia del Molise (primo)

☐ Tintilia del Molise (secondo)

☐ Coffee (dolce)

Wines from Molise are very rare abroad. Ask for a Montepulciano or an Aglianico instead.