

BRING ITALY HOME

An Alpine dinner from the Dolomites

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Trentino-Alto Adige

Four courses from Trentino–Alto Adige, where Italy meets the Austrian Alps. Serves 4. Measurements are given in US cups and ounces, with metric in parentheses.

THE MENU

- **Antipasto:** Speck and rye bread, smoked, air-dried ham
- **Primo:** Canederli in brodo, bread dumplings in broth
- **Secondo:** Goulash with polenta, paprika beef stew
- **Dolce:** Strudel di mele, apple strudel

ANTIPASTO

Speck and rye bread

Smoked, air-dried ham · 10 minutes

YOU'LL NEED

- 5 oz speck (150 g)
- 1 loaf rye bread
- 1 jar pickles
- 1 jar prepared horseradish

HOW TO MAKE IT

1. Slice the speck thinly.
2. Arrange on a board with the bread and pickles.
3. Serve with horseradish.

WINE

Gewürztraminer, a white

PRIMO

Canederli in brodo

Bread dumplings in broth · 45 minutes

YOU'LL NEED

- 1 bunch chives
- 9 oz day-old white bread (250 g)
- 3½ oz speck (100 g)
- 2 eggs
- ¾ cup milk (200 ml)
- 6 cups beef broth (1.5 liters)
- 3 tbsp all-purpose flour

HOW TO MAKE IT

1. Cube the bread and speck. Pour over the milk and let it soak for 15 minutes.
2. Add the eggs, flour and chives, and mix into a dough.
3. Shape eight balls with wet hands.
4. Simmer the dumplings gently in the broth for about 15 minutes.
5. Serve the dumplings in the broth.

WINE

Teroldego Rotaliano, a red

SECONDO

Goulash with polenta

Paprika beef stew · 2½ hours

YOU'LL NEED

- 2¼ lb beef stew meat (1 kg)
- 3 onions
- 2 tbsp butter
- 2 tbsp paprika
- 1 tsp caraway seeds
- 2 tbsp tomato paste
- 2 cups beef broth (500 ml)
- 1 package instant polenta

HOW TO MAKE IT

1. Soften the sliced onions in butter.
2. Add the cubed meat and brown it.
3. Add the paprika, caraway and tomato paste, then the broth.
4. Braise covered for about 2 hours.
5. Cook the polenta as directed and serve with the stew.

WINE

Lagrein, a red

DOLCE

Strudel di mele

Apple strudel · 1 hour

YOU'LL NEED

- 4 apples
- 1 lemon
- 3½ tbsp butter (50 g)
- 1 package puff pastry or phyllo dough
- ⅓ cup raisins (50 g)
- 3 tbsp pine nuts (30 g)
- ⅓ cup sugar (80 g)
- 1 tsp cinnamon
- 3 tbsp breadcrumbs

HOW TO MAKE IT

1. Heat the oven to 375°F (190°C).
2. Peel and slice the apples. Mix with the sugar, cinnamon, raisins, pine nuts and lemon juice.
3. Roll out the dough thin and sprinkle with breadcrumbs toasted in butter.
4. Spread the filling, roll up and brush with melted butter.
5. Bake for about 40 minutes until golden.

WINE

Moscato Giallo, sweet

Shopping list

PRODUCE

- ☐ 1 bunch chives
- ☐ 3 onions
- ☐ 4 apples
- ☐ 1 lemon

MEAT AND DELI

- ☐ 5 oz speck (150 g)
- ☐ 3½ oz speck (100 g)
- ☐ 2¼ lb beef stew meat (1 kg)

CHEESE AND DAIRY

- ☐ 2 eggs
- ☐ ¾ cup milk (200 ml)
- ☐ 2 tbsp butter
- ☐ 3½ tbsp butter (50 g)

BAKERY

- ☐ 1 loaf rye bread
- ☐ 9 oz day-old white bread (250 g)

FROZEN

- ☐ 1 package puff pastry or phyllo dough

PANTRY

- ☐ 1 jar pickles
- ☐ 1 jar prepared horseradish
- ☐ 6 cups beef broth (1.5 liters)
- ☐ 3 tbsp all-purpose flour
- ☐ 2 tbsp paprika
- ☐ 1 tsp caraway seeds
- ☐ 2 tbsp tomato paste
- ☐ 2 cups beef broth (500 ml)
- ☐ 1 package instant polenta
- ☐ ⅓ cup raisins (50 g)
- ☐ 3 tbsp pine nuts (30 g)

- ☐ ⅓ cup sugar (80 g)
- ☐ 1 tsp cinnamon
- ☐ 3 tbsp breadcrumbs

WINE

- ☐ Gewürztraminer (antipasto)
- ☐ Teroldego Rotaliano (primo)
- ☐ Lagrein (secondo)
- ☐ Moscato Giallo (dolce)

Gewürztraminer and Lagrein from Alto Adige are often in good wine shops. Otherwise, ask for an Alpine white or a light red.