

BRING ITALY HOME

An Umbrian dinner at home

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Umbria

Four courses from Umbria, the green heart of Italy between Rome and Florence. Serves 4.
Measurements are given in US cups and ounces, with metric in parentheses.

THE MENU

- **Antipasto:** Torta al testo with prosciutto, flatbread with air-dried ham
- **Primo:** Strangozzi al tartufo nero, pasta with black truffle
- **Secondo:** Porchetta, crispy herb-stuffed pork roast
- **Dolce:** Rocciata, apple and walnut pastry spiral

ANTIPASTO

Torta al testo with prosciutto

Flatbread with air-dried ham · 30 minutes

YOU'LL NEED

- 5 oz prosciutto (150 g)
- 2½ cups all-purpose flour (300 g)
- 2 tsp baking powder
- 3 tbsp olive oil

HOW TO MAKE IT

1. Mix the flour, baking powder, oil, salt and about ⅔ cup (150 ml) water into a dough.
2. Pat into two flatbreads.
3. Cook in a dry cast-iron pan until done on both sides.
4. Split and fill with prosciutto.

WINE

Orvieto Classico, a white

PRIMO

Strangozzi al tartufo nero

Pasta with black truffle · 25 minutes

YOU'LL NEED

- 2 garlic cloves
- 14 oz fresh pasta, such as tagliatelle (400 g)
- 1 jar black truffle paste
- scant ½ cup olive oil (100 ml)

HOW TO MAKE IT

1. Warm the oil and garlic over low heat without browning.
2. Stir in the truffle paste.
3. Cook the pasta and toss in the sauce with a splash of pasta water.

WINE

Montefalco Rosso, a red

SECONDO

Porchetta

Crispy herb-stuffed pork roast · 3½ hours

YOU'LL NEED

- 3¼ lb pork belly with skin, or pork shoulder (1.5 kg)
- 4 garlic cloves
- 2 sprigs rosemary
- 2 tbsp fennel seeds
- salt and black pepper

HOW TO MAKE IT

1. Crush the fennel, garlic, rosemary, salt and pepper into a paste.
2. Spread it on the inside of the meat, roll up and tie with string.
3. Roast at 325°F (160°C) for about 3 hours.
4. Turn the heat up to 450°F (230°C) at the end until the skin is crisp.

WINE

Sagrantino di Montefalco, a red

DOLCE

Rocciata

Apple and walnut pastry spiral · 1 hour

YOU'LL NEED

- 3 apples
- 1 package puff pastry
- $\frac{3}{4}$ cup walnuts (80 g)
- $\frac{1}{3}$ cup raisins (50 g)
- 5 tbsp sugar (60 g)
- 1 tsp cinnamon

HOW TO MAKE IT

1. Heat the oven to 375°F (190°C).
2. Mix the sliced apples, chopped walnuts, raisins, sugar and cinnamon.
3. Spread over the pastry, roll up and coil into a spiral.
4. Bake for about 40 minutes.

WINE

Sagrantino passito, sweet

Shopping list

PRODUCE

- ☐ 2 garlic cloves
- ☐ 4 garlic cloves
- ☐ 2 sprigs rosemary
- ☐ 3 apples

MEAT AND DELI

- ☐ 5 oz prosciutto (150 g)
- ☐ 3¼ lb pork belly with skin, or pork shoulder (1.5 kg)

FROZEN

- ☐ 1 package puff pastry

PANTRY

- ☐ 2½ cups all-purpose flour (300 g)
- ☐ 2 tsp baking powder
- ☐ 3 tbsp olive oil
- ☐ 14 oz fresh pasta, such as tagliatelle (400 g)
- ☐ 1 jar black truffle paste
- ☐ scant ½ cup olive oil (100 ml)
- ☐ 2 tbsp fennel seeds
- ☐ salt and black pepper
- ☐ ¾ cup walnuts (80 g)
- ☐ ⅓ cup raisins (50 g)
- ☐ 5 tbsp sugar (60 g)
- ☐ 1 tsp cinnamon

WINE

- ☐ Orvieto Classico (antipasto)
- ☐ Montefalco Rosso (primo)
- ☐ Sagrantino di Montefalco (secondo)
- ☐ Sagrantino passito (dolce)

Orvieto is fairly easy to find. For Sagrantino, ask your wine shop, or try a Montefalco Rosso.