



Cook in Italy

With Teresa

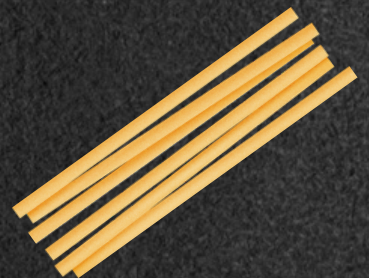
Handmade Pasta

"Pasta all'uovo" *(with egg in the dough)*

- *Fettuccine*
- *Spaghetti*
- *Bowties*
- *Penne*

"Pasta fresca" *(without egg in the dough)*

- *Fettuccine*
- *Spaghetti*
- *Bowties*
- *Cavatelli*
- *Orecchiette*
- *Penne*



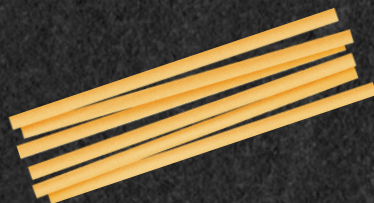


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Sauces

- Classic basic tomato V GF EF DF
- Tomato puree, ricotta & onions V GF EF
- Tomato puree & sausage EF
- Garlic, Oil and Hot Spicy Pepper V GF EF DF
- Basil Pesto V GF * frozen basil if fresh isn't available
- Meatballs with tomato puree
- Traditional Carbonara
- Amatriciana (tomato puree and guanciale - spicy)
- Arrabbiata (tomato puree - spicy) V GF EF DF
- Ragù Bolognese style with tomato puree, ground pork and beef
- Ragù with ground beef and tomato puree GF EF
- Vegetarian Ragù V GF EG DF
- Cacio & pepe V GF EF



V = vegetarian, GF = gluten free, EF = egg free, DF = dairy free



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...more Sauces

- Cherry tomato & olive V GF EF DF
- Cherry tomato & shallot V GF EF DF
- Vodka, onion, tomato puree & cream V GF EF
- Leek & sausage DF EF
- Three onions – leek, shallot, yellow onion V GF EF DF
- Mushroom & garlic V GF EF DF
- Broccoli & garlic V GF EF DF
- Pumpkin Neapolitan style V EF
- Potato Neapolitan style V EF
- Shallot & turmeric V GF EF DF
- Zucchini V GF EF DF
- Cream, pancetta & onion EF
- Cream & prosciutto EF
- Four cheese GF EF
- Gorgonzola and walnuts V GF EF
- Asparagus and eggs V GF *only if in season
- Artichokes V GF EF DF *frozen if not in season



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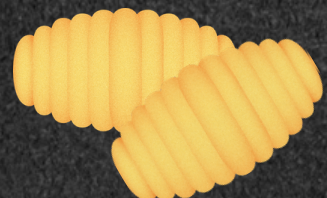
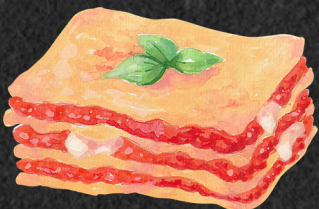
Gnocchi

- Potato
- Ricotta
- Pumpkin
- Gnocchi Rome style
- Broccoli & potato
- Spinach
- Carrot

GF option available upon request

SAUCES OPTIONS

- *Butter & sage V EF GF*
- *Basic Tomato V EF GF DF*
- *Tomato puree & Sausage EF*
- *Montasio cheese DOP V EF GF*
- *Gorgonzola cheese DOP & Walnuts V EF GF EF*



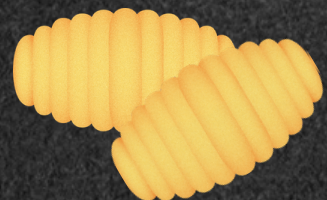
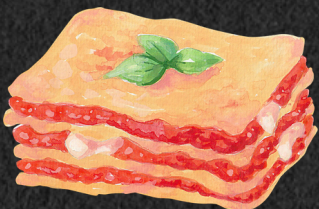


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Lasagna

- Classic (ragù sauce)
- Mixed vegetables
- Sausage & tomato sauce
- Mushroom
- Sausage & smoked cheese
- Sausage & Montasio cheese, Asparagus
- Four cheeses
- Pesto
- Smoked cheese & radicchio, Zucchini & shrimp
- Pumpkin
- Pumpkin & Smoked Ricotta





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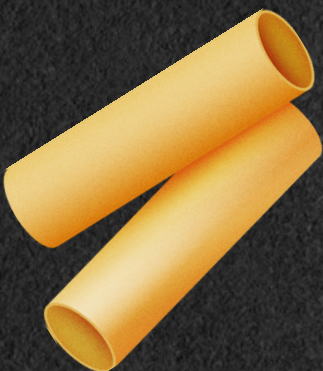
With Teresa

Stuffed Pasta

- Tortellini*
- Spinach & ricotta
 - Meat & Cheese
 - Pecorino Romano DOP & Ricotta cheese

- Ravioli*
- Spinach & ricotta
 - Ricotta & Pecorino Romano DOP
 - Pork & Parmigiano Reggiano
 - Pumpkin
 - Montasio cheese & pears
 - Prosciutto cotto & ricotta

Sauces: Butter & sage OR Tomato



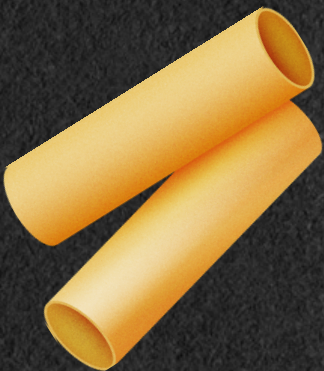


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Pasta Dishes

Cannelloni Meat with Parmigiano Reggiano
DOP Cheese • Spinach & Ricotta
Sauces: *tomato, bechamel*



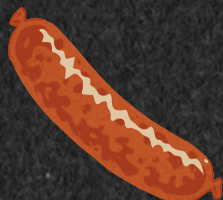


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Risotto

- Alla Parmigiana (basic risotto) EF GF
- Sausage EF GF
- Asparagus V GF
- Zucchini V EF GF
- Montasio Cheese EF GF
- Mushrooms V EF GF
- Pumpkin V EF GF
- Pumpkin & sausage EF GF
- Leek & shallot V EF GF
- Radicchio EF GF
- Smoked cheese & sausage EF GF
- Gorgonzola & walnuts EF GF
- Carrots V EF GF
- Peas V EF GF
- Peas & pancetta EF GF



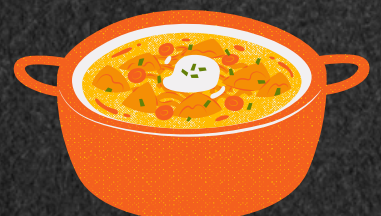


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Soups

- Pumkin & Potato, with Pancetta GF EF DF
- Lentil V GF EF DF
- Lentil & sausage EF DF
- Chikpeas ("pasta e ceci") V EF DF
- Beans with pasta ("pasta e fagioli") V EF DF
- Zucchini, potato & tomato V GF EF DF
- "Minestrone di Teresa" V GF EF DF
- Leek & potato V GF EF DF
- Meat Broth from scratch EF GF DF
- Vegetable broth V EF GF DF
- Boiled rice with carrots V EF GF DF





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Frico • Montasio Cheese DOP & Potato

Cheeseballs • Ricotta and ...

Meatballs • Ground beef and ...

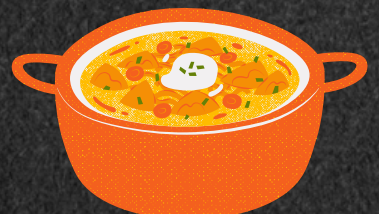
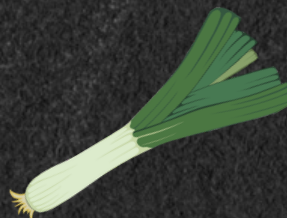
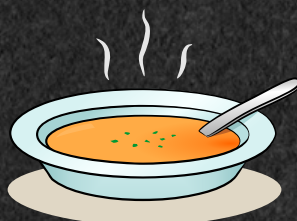
Casserole • Puree with Cheese and Ham
• Rice, ham & cheese

Quiche • Your fav ingredients

Lamb • Baked
• with Tomato puree

Rabbit • Stewed

Spezzatino • Stewed pork with tomato puree and potatoes





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Pizza Dishes

Pizza Handmade traditional Italian style

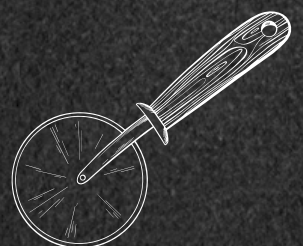
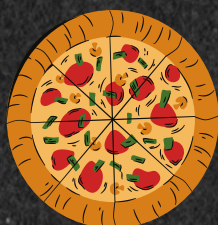
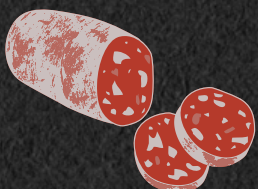


Focaccia Either the traditional style (crunchy) or Puglia style (soft)



Toppings *The sky is the limit! Some classics include:*

- *Diavola (spicy sausage)*
- *Sausage & Radicchio*
- *Rucola, Prosciutto & Parmigiano Reggiano*
- *Four cheeses*





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Fish & Seafood Dishes

EF DF

Mussels Stuffed or steamed ("impepata")

Scallops Baked (au gratin)

Trout Baked with herbs

Seabass Baked with lemon zest or herbs

Swordfish Pan fried with pesto or sesame seeds

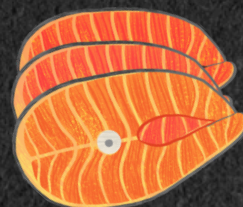
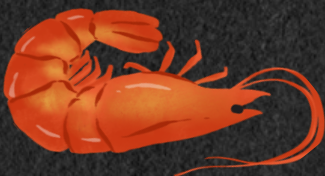
Salmon Baked with orange & lemon zest

Cuttlefish With potato & peas

Squid Stuffed with breadcrumbs & tomato

*Pasta &
Risotto*

- mixed seafood
- shrimp
- scallops
- mussels
- Clams





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Meat & Poultry

- Turkey breast with sage and Italian seasoning
- Chicken Parmesan ("Cotolette alla Palermitana")
- Chicken scaloppine with wine & mushrooms
- Chicken scaloppine with lemon
- Chicken Strips with potato and rosemary
- Chicken curry with broccoli
- Thinly sliced beef with parsley & garlic and Italian mashed potato
- Thinly sliced beef with pancetta, spinach & Parmigiano Reggiano
- Sliced pork with sage, bell peppers & potatoes
- Sliced Pork with capers, zucchini
- Sausages with bell peppers & potatoes
- Sausage with Potato Puree (Italian Mashed Potato)
- Chicken breast rolls with garlic & parsley / ham & cheese
- Fried chicken cutlets
- Baked chicken cutlets with Mozzarella
- Chicken thighs or drums in tomato sauce
- Chicken thighs or drums with onions, rosemary & thyme
- Milky chicken breast with milk and capers



(Chicken can be substituted with pork or turkey or veal)



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Vegetarian dishes

- Spinach with mozzarella GF EF
- Spinach with butter and Parmigiano Reggiano DOP Cheese EF GF
- Bell peppers and potato EF GF DF
- Eggplant Parmesan EF
- Zucchini & potato EF GF DF
- Sauteed zucchini EF GF DF
- Zucchini Parmesan GF
- Mushrooms, baked with Parmigiano Reggiano DOP and garlic EF
- Sauteed mushrooms EF GF DF
- Cauliflower with paprika & garlic EF GF DF
- Squash & potato EF GF DF
- Summer tomato salad EF GF DF
- Asparagus & eggs GF
- Artichoke & potato EF GF DF
- Artichoke, Roman style EF GF DF



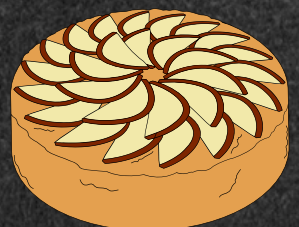


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Desserts

- Almond "Cantucci" biscotti
- Chocolate chip biscotti
- Coconut and cocoa truffles
- Panna Cotta with homemade berry sauce
- Crepes with homemade berry sauce
- Crepes with homemade hazelnut & chocolate spread
- Torta di mele – apple cake
- Torta allo yogurt – yogurt cake
- Ciambella – bundt cake
- Ciambella al cacao – cocoa bundt cake
- Italian muffins
- Puff pastries with apples
- Puff pastries with jam or chocolate chips
- Gelato – strawberry, chocolate, vanilla or stracciatella





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Desserts - Tiramisù

- Traditional with espresso coffee
- Strawberry milk
- Raspberry milk
- Chocolate milk
- Mixed berries
- Espresso coffee & milk – cappuccino style
- Coconut
- Nutella
- Pumpkin
- Pistachio
- Stracciatella
- Pineapple

GF option available upon request

