



Cook in Italy

With Teresa

Pasta Dishes

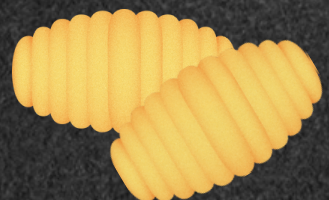
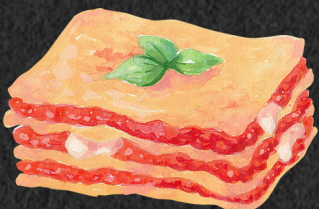
Gnocchi

Potato, ricotta, pumpkin, alla Romana, broccoli & potato

Sauces: butter & sage, tomato, sausage & tomato, cheese

Lasagna

Classic (ragù sauce), vegetable, sausage & vegetable, sausage & mushroom, sausage & radicchio, sausage & montasio cheese, asparagus, four cheeses, homemade pesto, smoked cheese & radicchio, zucchini & shrimp, pumpkin.





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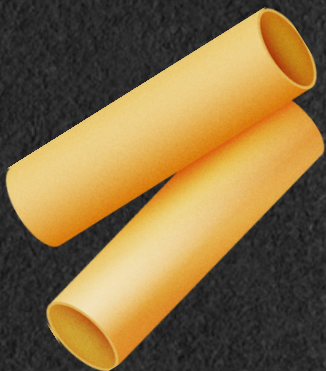
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Pasta Dishes

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

Tortellini Spinach & ricotta • Meat

Ravioli Spinach & ricotta • Ricotta &
Pecorino Romano • Meat &
Parmigiano Reggiano • Pumpkin,
Montasio cheese & pears •
Prosciutto cotto & ricotta
Sauces: tomato, cheese, butter & sage





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Handmade Pasta

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

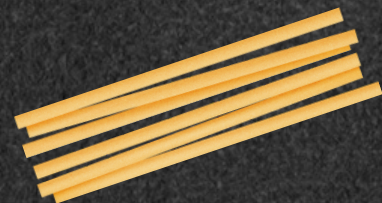
Fettuccine
Spaghetti
Bowties

"Pasta secca"
(without egg in the dough)

Fettuccine
Spaghetti
Bowties
Cavatelli
Penne

Sauces

- *Classic tomato (V MF GF EF)*
- *Tomato, ricotta & onions (V GF EF)*
- *Tomato & Sausage (chicken or pork) (EF)*
- *Garlic, Oil and Hot Spicy Pepper) (V MF GF EF)*
- *Basil Pesto (V GF EF)*
- *Meatballs*
- *Traditional carbonara*
- *Amatriciana (tomato and pancetta - spicy) (EF)*
- *Arrabbiata (tomato - spicy) (V GF EF)*
- *Cacio cheese & black pepper (V GF EF)*
- *Tomato, olive & feta (V GF EF)*





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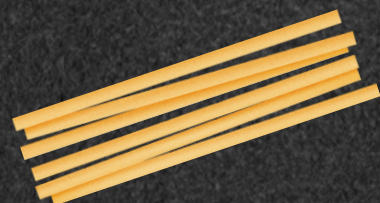
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Sauces

(continued)

- *Tomato, shallot & pine nuts (V MF GF EF)*
- *Vodka, onion, tomato & cream) (V GF EF)*
- *Leek & sausage (Poultry or Pork Sausage) (GF EF)*
- *Mushroom (V MF GF EF)*
- *Broccoli (V MF GF EF)*
- *Pumpkin - Neapolitan style (V)*
- *Shallot, turmeric & pine nuts (V MF GF EF)*
- *Zucchini (V MF GF EF)*
- *Cream, pancetta & onion (EF)*
- *Cream & prosciutto (EF)*
- *Four cheese (V)*





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Pizza Dishes

Pizza The traditional Italian style

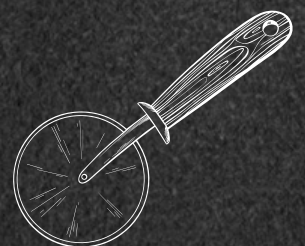
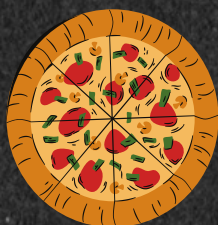
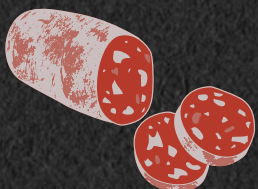


Focaccia Either the traditional style (crunchy) or Puglia style (soft)



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

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



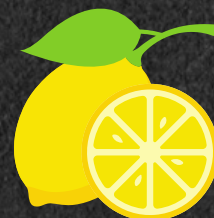
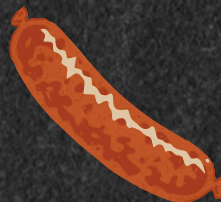


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Meat Dishes

- Turkey breast with sage and Italian seasoning
- Sausage and Lentils
- Chicken Parmesan ("Cotolette alla Palermitana")
- Chicken scaloppine with wine & mushrooms
- Chicken scaloppine with lemon
- Chicken Strips with oven baked rosemary potatoes
- Chicken curry with broccoli
- Thinly sliced beef with steamed puree (Italian mashed potatoes)
- Thinly sliced beef with parsley & garlic
- Thinly sliced beef with bacon, spinach & Parmigiano Reggiano
- Sliced pork with sage, bell peppers & potatoes
- Sliced Pork with capers & zucchini
- Sausages with bell peppers & potatoes
- Sausage with Puree (Italian Mashed Potatoes)
- Red chicken salad (bell pepper & pickled vegetables)
- Puree casserole with Cheese and Ham
- Casserole with rice, ham & cheese
- Chicken breast rolls with garlic & parsley / ham & cheese
- Fried chicken cutlets OR baked chicken cutlets (with Mozzarella)
- Chicken thighs in tomato sauce
- Chicken thighs with rosemary & thyme
- Milky chicken (chicken breast cooked with milk and capers)



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



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Fish & Seafood Dishes

Mussels Stuffed, steamed ("impepata")

Scallops Stuffed and baked (au gratin)

Trout Baked with herbs

Seabass Baked with lemon zest or herbs

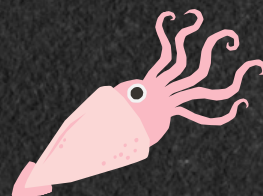
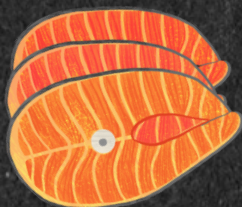
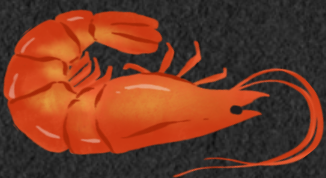
Swordfish Pan fried with pesto or sesame seeds

Salmon Baked with orange & lemon zest

Cuttlefish With potato & peas

Squid Stuffed with breadcrumbs & tomato

*Pastas &
Risottos* mixed seafood, shrimp, scallops,
clams, mussels, tuna



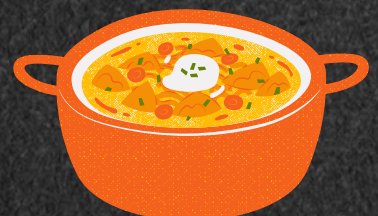
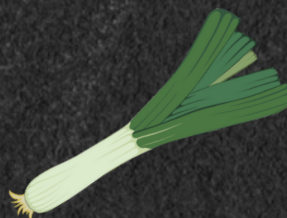


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Soups

- Pumpkin & Potato
- Lentil
- Lentil & sausage
- Chickpeas, ("pasta e ceci")
- Beans with pasta ("pasta e fagioli")
- Zucchini, potato & tomato
- Potato with paprika
- "Minestrone di Teresa"
- Leek & potato
- Onion, leek & shallot
- Crunchy pancetta & potato
- Broth from scratch





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Risotto

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





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Vegetarian dishes

- Spinach with mozzarella
- Spinach with butter
- Eggplant Parmesan
- Eggplant with garlic & parsley
- Zucchini & potato
- Sauteed zucchini
- Mushrooms, baked with Parmigiano Reggiano
- Sauteed mushrooms
- Cauliflower with paprika & garlic
- Squash & potato
- Summer tomato salad
- Asparagus & eggs
- Artichoke & potato
- Artichoke, Roman style
- Roasted pumpkin
- Pumpkin pasta – Neapolitan style



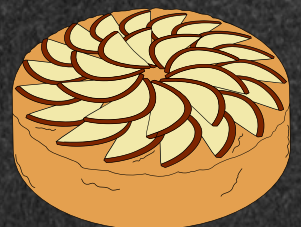


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Desserts

- 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

