



Emilia-Romagna cooking class 3/26/2022

Insalata di sedano con Parmigiano-Reggiano e noci

Celery Salad with Parmigiano-Reggiano and Walnuts

Italy is a great place to enjoy fresh vegetables and quite often Italian people like to eat fresh vegetable course with pasta-heavy meals. No matter the time of year you visit Italy, markets are always abundant with onions, leafy greens and my personal favorite, fresh celery hearts. The salad we will be making uses crisp, light, and thinly sliced celery paired with salty shavings of Parmigiano-Reggiano and crunchy walnuts. Everything is drizzled with a few generous tablespoons of Simo's favorite vinaigrette which includes Balsamic vinegar from Modena. This salad is versatile and available year-round. The Parmigiano-Reggiano is really what makes it super special and very Bolognese.

Ragù alla Romagnola

Romagna-Style Ragù; meat sauce



This traditional Romagna-style ragù consists of ground pork, beef and veal that are sautéed alongside onions, carrots, celery, salt, pepper, canned tomatoes, and white wine. Though similar to the *ragù alla Bolognese*, according to the Italian Academy of Cuisine, ragù alla Romagnola does not employ cream or milk.

The sauce is typically served over various types of pasta such as tagliatelle or penne.

Tagliatelle fresche

Fresh Pasta



Emilia-Romagna is the region that gave the world classic pasta shapes like tagliatelle, farfalle and tortellini and recipes such as tagliatelle al Ragù and lasagna! Tagliatelle have a rougher, more porous surface and therefore are better suited to meat sauces.

According to legend, this pasta has a rather romantic origin. There is a story that tagliatelle was invented in 1487, when Giovanni II of Bentivoglio, at the time Lord of Bologna, asked his chef to prepare a banquet in honor of Lucrezia Borgia. Lucrezia was due to visit the city on her way to Ferrara to marry Duke Alfonso D'Este. Bentivoglio wanted to honor the bride-to-be. It seems that the chef took inspiration from the bride's blond hair.

Ciambella Romagnola

Bundt cake



Ciambella romagnola, despite its name, which literally means “donut cake” is not actually donut-shaped. It is in fact a kind of loaf cake. Tradition has it that it was once prepared at home in the days leading up to Easter. Today, there is no need to wait for a special occasion to make it. My favourite aunt is from Emilia-Romagna and she used to make this for us when we were kids! It is moist and delicious, made with simple ingredients such as eggs, flour, sugar, milk and butter. It is normally served in slices and perfect for

breakfast or an afternoon snack! It goes very well with a fresh glass of milk! And, it can be modified as you wish, you can make it just vanilla or vanilla and chocolate chips! Use your imagination!

Shopping list:

10 medium stalk celery (~4 cups), finely diced
1/2 cup + 2 tbsp shaved Parmigiano Reggiano cheese
1/3 cup chopped walnuts
1 onion, finely diced
3 small carrots, finely diced
9 cloves garlic, roughly chopped
1 lb meatloaf ground meat – pork, beef and veal
2 tablespoons tomato paste
2/3 cup dry white wine
1 28-ounce can San Marzano tomatoes, hand crushed
Hand full of basil, chopped
Salt and freshly ground black pepper
extra virgin olive oil
2 cups flour 00 (Anna Napoletana) or you want you can use all-purpose (AP) flour*
1 cup semola rimacinata flour or Semolina Flour* (Bob's Red Mill Semolina Pasta Flour)
8 eggs
balsamic vinegar (di Modena)
1 cup granulated sugar
2 sticks + 2 Tbsp unsalted butter, melted and cooled down
4 cups unbleached AP flour
1 lemon, zest
1 cup + 2 Tbsp milk
3 tsp baking powder
1 tsp vanilla extract
6 Tbsp Dutch-process cocoa
1 tsp espresso powder, optional – it enhances the cocoa flavor and color
Powder sugar

* You can sub the 00 flour and the semolina with a flour mix for pasta if you find it at the store. Local Rockville Dawson's Market, Whole food and Safeway have the best selection. You can also shop at <https://www.kingarthurbaking.com/> or amazon for a pasta flour mix.

<https://shop.kingarthurbaking.com/items/pasta-flour-blend>

Equipment:

1. A 10-inch Bundt cake mold
2. Standup mixer such as kitchen Aid with pasta attachment or manual pasta machine or a rolling pin
3. Pasta drying rack: optional, but very helpful. You can use also a broom stick with clean kitchen towel if you want
4. A hand mixer