

Laguna Farm Goes to Italy!

Sweet Pepper Pasta Toss with Kale

- 1 (8 ounce) package uncooked farfalle (bow tie) pasta
- 1 tablespoon olive oil
- 1 medium red bell pepper, chopped
- 1 medium yellow bell pepper, chopped
- OR use jar of roasted bell peppers
- 1 cup roughly chopped kale (more is better)
- 4 cloves garlic, chopped
- 1 pinch dried basil or lots of fresh basil
- 1 pinch ground cayenne pepper
- salt and ground black pepper to taste
- 8 ounces feta cheese, crumbled

1. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.
2. Heat oil in a skillet over medium heat. Stir in red pepper, yellow pepper, kale and garlic. Season with basil, cayenne pepper, salt and black pepper. Cook until vegetables are tender.
3. In a large bowl, toss cooked pasta with skillet mixture. Sprinkle with feta cheese to serve.

Buon appetito (have a good meal): (boo-on app-èt-it-oh) before a dinner with friends say this to the whole company and expect the same answer in return. it is a blessing for the meal to come.



Reviewed: Apr. 20, 2008

Very good. Grated some Parmigiano Reggiano over it instead of Feta--didn't have any. Even better the next day. Ate it cold tossed with a little Italian dressing. Next time will add more kale since I'm supposed to get more greens in my diet.

Reviewed: Dec. 12, 2007

I tried this recipe as is, and it was great. The second time I made it I cut out the pasta entirely and added sautéed mushrooms. It's a great use of kale and a wonderful side dish!

Italian Turnip and Rice Soup with Parmesan Cheese

This elegant soup has a flavor that sharpens the appetite in unexpected ways; serve hot to 6 people as a first course, most especially before pork.

2 Tablespoons butter
1 Tablespoon olive oil
1 pound of turnips peeled and cut into a 1/2-inch dice
3 pints of chicken or vegetable stock
1/2 cup of rice, Arborio if you have it
salt and pepper
Garnish: minced parsley and 3 to 4 ounces parmesan cheese plus a cup of fresh grated parmesan cheese.
Melt the butter and oil in a large saucepan and bring to froth. Toss in the turnips and sauté til brown, about 5 or so minutes. Pour in the stock, bring to a boil, reduce heat and cook, covered, for about 10 minutes. Stir in the rice and cook, covered, over medium heat for about 15 minutes. When ready to serve, stir in salt and pepper to taste, then parsley and 1 to 2 ounces of Parmesan.
Ladle into bowls and pass the extra Parmesan separately.

Turnip French Fries alla Liguria

Chop the turnip into french-fry strips and (if you wish) lightly coat with oil or spray with oil
Place on a flat baking sheet and sprinkle with salt.
Bake at 180-190 C for 20 minutes.
Try some different seasonings.....: dried parsley and basil, a little salt or a touch of cayenne and sea kelp.

Chilled Green Garlic and English Pea Soup Sips alla Portoferraio

1/4 cup cooking oil
1 cup large dice celery
1 cup chopped green garlic or scallions
4 cups vegetable stock
1 cup English peas
Salt

Heat the oil in a medium sized pot, over medium heat. Add the celery and green garlic (or scallions) to the pot and sweat until the vegetables become translucent, about 5 minutes. Add the vegetable stock and bring to a boil. Add the English peas and bring to a boil once again. Remove from the heat. Puree in a blender on low speed until smooth. Season with salt and chill.

Serve in shot glasses garnished with skewered vegetables
Examples of garnishes include: green or black olives, cooked baby potatoes, sugar snap peas, radishes or a bit of arugula.

Cin! or Alla Salute!: (cen) (alla sa-loo-teh)
the Italian toast, like saying "Cheers!"

Very Easy Italian Spinach and Carrot

- 1 lb spinach
- 1 lb carrots
- 1/2 cup Balsamic vinegar
- 1/2 teasp. Oregano
- 2 large cloves of garlic, minced
- 2 TBS Olive oil

1. Steam carrots and spinach covered, in a steamer basket over simmering water for about 5 minutes, or until carrots are crisp-tender.
2. While the veggies are steaming, combine remaining ingredients to make dressing.
3. Place hot carrots and spinach in a wide glass or pottery dish with sides and pour dressing over them immediately, tossing to coat all sides.
4. Let rest 30 minutes, tossing once or twice, for flavor to mature. Refrigerate several hours or overnight to improve flavor.

May be served at room temperature or cold. Makes 8 servings.

Dolce Fruit Dessert alla Positano

Slice any fruit you have on hand (strawberries or peaches are commonly used in Positano). Place in glass jar and cover with a good red wine and a couple tablespoons of sugar.

Cover with lid and let this ferment on your counter, stirring once or twice a day. The Italians just add fruit to this as it becomes available. Serve with a few tablespoons of the liquid poured over the fruit. **Molta Bella!**