



Rustic Italian Midwinter Dinner  
AAUW Dinner Group  
January 13, 2018

## Menu

Crab Cocktail

Paglia e Fieno \*  
("Straw and Hay" Linguini)

Melanzane Ripiene  
(Stuffed Eggplants)  
Spinaci alla Romana  
(Spinach with Raisins and Pine Kernal)s  
Arista Di Maiale alla Fiorentina  
(Loin of Pork with Rosemary)

Strawberries with Balsamic Vinegar

\*the pasta course is served after the appetizer,  
before the main dishes

### Assignments

Couple 1: (Host) Main Dish

Linguini

Pork Loin with Rosemary

Couple 2: Appetizer

Crab Cocktail with Dill and Mint

Couple 3: Vegetables

Stuffed Eggplant

Spinach with Raisins and Pine Kernal)s

Couple 4: Dessert

Strawberries with Balsamic Vinegar

# Recipes

## CRAB COCKTAIL WITH DILL AND MINT

(serves 8)

2/3 cup mayonnaise  
3 Tablespoons fresh lemon juice  
2 teaspoons sugar  
2 tablespoons finely chopped fresh dill  
1/2 cup whipping cream  
2 pounds fresh crabmeat cooked  
8 thin lemon slice for garnish  
24 mint leaves for garnish

In a bowl, mix the mayonnaise, lemon juice, sugar and dill. In a separate bowl whip the cream until stiff. Gently fold the whipped cream into the mayonnaise mixture.

Layer the crabmeat and cream in glasses or bowls. Garnish each one with a slice of lemon and a few mint leaves, then serve.

## PAGLIA E FIENO (translates as "Straw and Hay")

Linguini  $\frac{1}{2}$  lb. white linguini  
 $\frac{1}{2}$  lb. green linguini  
Olive oil  
Boiling salted water  
1 stick butter, room temperature  
12 medium mushrooms with stems, very thinly sliced  
 $\frac{1}{2}$  lb. prosciutto, very thinly sliced, cut into  $\frac{1}{4}$  " strips  
 $\frac{1}{4}$  cup chicken broth  
1 cup heavy whipping cream  
Salt and freshly ground pepper  
 $\frac{1}{4}$  lb. fresh parmesan, shredded  
Additional shredded parmesan for sprinkling

Cook pastas separately in pots until al dente, adding a few drops of olive oil to each pot. Drain quickly, allowing a little water to remain, and combine in one pot over very low heat.

Stir in butter, mushrooms, and prosciutto with large wooden spoons. Add chicken broth and cream, tossing gently but thoroughly. Sprinkle with the  $\frac{1}{4}$  lb. parmesan and salt and pepper to taste, mixing gently. Serve in heated bowls with additional parmesan passed separately.

**ARISTA DI MAIALE  
ALLA FIORENTINA**  
**Loin of Pork with Rosemary**  
(serves 6)

3 lb boneless pork top loin roast  
1 garlic clove, peeled and finely chopped  
1 rosemary sprig, finely chopped  
Salt and freshly ground black pepper  
2 tablespoons drippings

Preheat the oven to 400°F

Make deep incisions in the meat with a sharp knife. Mix the garlic with the rosemary, adding salt and pepper to taste. Insert this mixture into the incisions in the meat.

Place the dripping(s) and meat in a baking pan and bake in a preheated moderately hot oven (400°F) for 30 minutes. Lower the

heat to moderate (350°F) and cook for another 1 1/2 hours, turning the meat and basting with the cooking juices occasionally.

Serve the meat sliced, hot or cold, with the cooking juices poured over.

**MELANZANE RIPIENE**  
**Stuffed Aubergines (Eggplants)**  
Serves 4 (make double)

4 small eggplants, cut in half lengthways  
2 tablespoons olive oil  
1 onion, peeled and chopped  
1 cup skinned and chopped tomatoes  
1 tablespoon chopped parsley  
salt and freshly ground black pepper  
1/2 lb scamorza or mozzarella cheese, sliced  
4 hard-cooked eggs, sliced  
parsley sprigs to garnish

Preheat the oven to 350°F

Scoop out the flesh of the eggplants with a spoon, leaving 1/2 inch shells. Finely chop the flesh.

Heat the oil in a heavy pan, add the onion and fry gently for 5 minutes. Add the eggplant flesh, tomatoes, parsley and salt and pepper to taste. Stir well, then cook gently for 15 minutes.

Arrange the eggplant shells in an oiled shallow ovenproof dish and bake in a preheated moderate oven (350°F) for 10 minutes. Spoon half the tomato mixture into the eggplant shells. Cover with alternate layers of cheese and egg slices. Spoon the remaining tomato mixture over the top, then return to the oven for another 10 minutes.

Serve hot or cold, garnished with parsley sprigs.

## SPINACI ALLA ROMANA

### Spinach with Raisins and Pine Kernels

Serves 4 (make double)

2 lb spinach  
2 tablespoons olive oil  
2 tablespoons butter  
1 garlic clove, peeled and sliced  
1/4 cup pine kernels  
1/3 cup seedless raisins, soaked in lukewarm water for 15 minutes and drained  
salt and freshly ground  
black pepper

Wash the spinach, then cook in a large pan, with only the water clinging to the leaves, until just tender. Drain well and squeeze out any excess water. Heat the oil and butter in a heavy pan, add the garlic, fry gently until browned, then discard. Add the spinach to the pan with the pine kernels and raisins. Cook for 10 minutes, stirring frequently, then add salt and pepper to taste. Serve hot.

## STRAWBERRIES WITH BALSAMIC VINEGAR

(serves 8)

4 pints (8 cups) fresh strawberries, sliced  
thick  
5 tablespoons balsamic vinegar  
2 tablespoon sugar  
1/4 teaspoon freshly ground black pepper  
2 pints vanilla gelato, for serving  
Freshly grated lemon zest, for serving

Thirty minutes to an hour before serving, combine the strawberries, balsamic vinegar, sugar, and pepper in a bowl. Set aside at room temperature. Place a serving of the strawberries in a bowl with a scoop of ice cream on top and dust lightly with lemon zest.