



Italian Dinner

Serves 4

Menu - Italian Squash and Mozzarella Caprese Salad with Roasted Bell Pepper Sauce- Chicken Saltimbocca (wrapped in Prosciutto and Basil) with Marinated Tomatoes and Fresh Burrata over Salad Greens – White Chocolate Mousse with Fresh Berries

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Shopping List

These are the ingredients you will need for class.

Protein

- 2 boneless, skinless chicken breasts, sliced in half or buy chicken cutlets
- 8 slices prosciutto

Produce

- 1 yellow squash
- 2 medium zucchini
- Fresh basil leaves
- 1-pint cherry tomatoes or 2 plum tomatoes
- 1 lemon
- Mixed salad greens
- Fresh berries, raspberries or strawberries

Dairy/Freezer

- 8-ounces fresh mozzarella cheese
- One package burrata cheese
- Heavy whipping cream
- Parmesan cheese (optional garnish for appetizer)

Pantry

- Salt and pepper
- Olive oil
- Sugar
- Balsamic vinegar or white wine vinegar
- Vanilla extract
- Powdered sugar
- Panko breadcrumbs

Dry/Canned Goods

- One 15-ounce jar roasted bell peppers

Other

- 6 ounces white baking chocolate

Equipment

Pans

- 12” heavy skillet
- Small saucepan
- Large baking sheet

Tools

- Chef’s Knife
- Cutting Board
- Mixing Bowls
- Measuring cups and spoons
- Spatula

Appliances

- Food processor or blender
- Hand mixer

Other

- 4 dessert cups

Squash Caprese with Roasted Bell Pepper Sauce

Makes 4 servings

For squash caprese:

1 yellow squash, cut diagonally in ¼” slices
2 medium zucchinis, cut diagonally in ¼” slices
2 TB olive oil
Salt and pepper
1, 8-ounce fresh mozzarella cheese, sliced into rounds then sliced into half moons
Handful fresh basil leaves
Roasted red pepper sauce (see below)
Parmesan cheese for garnish

Preheat the oven to 350° F.

Lay the squash and zucchini slices on a jelly roll pan. Brush them with olive oil and then season with salt and pepper.

Bake the vegetables 5 minutes. Remove from the oven and let cool.

To assemble: Spread sauce across the plate then layer the caprese salad on top. Begin with a zucchini slice, then a piece of cheese, followed by a basil leaf then 1 slice of squash, 1 piece of cheese, 1 basil leaf and finish with zucchini.

Garnish with shaved Parmesan cheese if desired.

For roasted bell pepper sauce:

1, 15-ounce jar roasted bell peppers, drained
2 TB chopped, fresh basil leaves
1 TB olive oil
Juice from ½ lemon
Salt and pepper to taste
(Optional – for a slightly less acidic sauce, you may add ½ TSP sugar)
Place all the ingredients except salt, pepper and sugar in a blender and process until very smooth, about 60 seconds. Taste. Add seasoning and sugar to your taste.

Chicken Saltimbocca with Burrata Cheese and Cherry Tomato Compote

Serves 4

For the chicken

2 boneless, skinless, chicken breasts, sliced in half or 4 chicken cutlets

8 slices prosciutto

16 large basil leaves – you can substitute sage leaves if you prefer

2 cups panko breadcrumbs

2 large eggs, beaten

Salt and pepper

Olive oil

Burrata cheese

Salad greens

Place the panko crumbs in a shallow bowl. Place the eggs in another shallow bowl and whisk until well blended. Set aside.

Take each chicken breast and filet it as shown below.

How to filet the chicken breasts:



Generously salt and pepper both sides of each piece of chicken. Place two herb leaves on each piece and wrap with two pieces of prosciutto. Drag the chicken pieces through the beaten egg and then into the panko breadcrumbs. Press lightly all over so the breadcrumbs adhere. Set aside on a platter.

Heat 2 TB of olive oil in a large 12” cast iron or stainless steel skillet over medium heat. Sear the first side 4 minutes, until browned. Flip over and cook another 3 minutes.

Fresh Tomato Compote

1 pint cherry tomatoes, halved (or 2 plum tomatoes, deseeded and chopped)
2 TB olive oil
2 TB balsamic vinegar (you could substitute white wine vinegar)
1 garlic clove, minced
¼ cup fresh basil, torn (you could substitute 2 TB fresh thyme)
Salt and pepper

Combine all the ingredients in a small bowl and let marinate for 15 minutes. (You can make the compote 24 hours in advance, but add the basil just before serving.)

To assemble:

Start with placing salad greens on the dinner plate. Next add the browned chicken breast. Spoon over the tomato compote. Tear the burrata cheese into quarters and serve one - two pieces per person.
Garnish with additional basil.



Quick White Chocolate Mousse

Serves 4

6 ounces white baking chocolate
1 1/3 cups heavy whipping cream, divided
1 TB powdered sugar
½ TSP vanilla extract
Fresh berries for garnish

In a small sauce pan, over medium - low heat, combine the chocolate and 1/3 cup heavy whipping cream. Continue to stir until the chocolate is melted. Remove from the stove and set aside to cool to room temperature.

In a medium mixing bowl, beat 1 cup whipping cream until soft peaks form. Add the sugar and vanilla and continue to beat until the mixture forms stiff peaks. (Be careful not to overbeat. If the texture is lumpy, you have beaten it too much.) Gradually fold the cream mixture into the cooled chocolate. Spoon or pipe the mousse into 4 individual dessert dishes. Chill 2 hours and garnish with fresh raspberries or strawberries.