

A photograph of a bowl of lentil soup. The bowl is white with a green and blue patterned rim. It contains a thick orange soup, brown lentils, and fresh green basil leaves. A slice of toasted bread is placed on the right side of the bowl. The background is dark and out of focus.

# Chianti cooking: pasta and first courses

daniele vannucci



To You

## Chianti recipes as we prepare in Capovento

I first arrived in the Chianti area in 1967. I was 18 years old.

That remote corner of the town of Radda in Chianti appeared to me as perhaps the New World to Columbus.

The winding road that leads to the town went through forests and fields, alongside houses of beautiful architecture and columns of cypress trees, indicated the right way; at every turn there were oaks and verdant vines, golden brambles and also stones and glittering streams hidden in the dark. We were greeted by a blue sky and flashes of light from the oblique sun that through the

vegetation, like a Morse code, launched welcome messages, but also warnings of loyalty and commitment that the places claimed from the new conquerors .... and their offspring!

.... A new world....

After many years and all the stormy contributions that Chianti has demanded from us, we finally managed to create the "Capovento" agritourism.

Capovento is a dream come true; it takes shape in the old house that was once the center of the farm, surrounded by the unspoiled countryside, rich in colours and traditions.

It was born as a pastime, but day after day has demanded greater commitment and, without realizing it, has become so binding and hard, that only new forces could bear the demands.

The participation of our children to the success of the project was essential: the irreplaceable contribution of Giulio (the first-born) during the "construction" phases of the company (the management of the early years was his), and the creativity and passion of Ettore (the second) who is currently managing the activity. Now, having crossed this life in the way Clotho and Lachesis decided, we have, along with our fathers, left the game in the hands of the two new thundering and glimmering heroes, who successfully communicate with the Gods.

I like to imagine that Dionysus himself has put in a good word in heaven to reward the determined efforts of our progeny, dedicated to this land of wine, where the Greek god is able to express his great excellence: the Chianti wine.

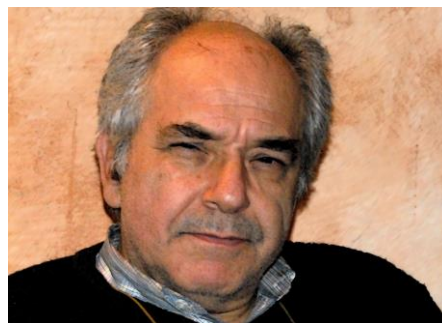
Passion and dedication, therefore, for the Chianti area, which produces one of the best wines in the world, and now offers one of the best welcome of our beautiful rural land, to which Capovento belongs.

The collection of recipes that I propose is the best of the tradition of the Chianti area in particular and of Tuscany in general, but above all is what is currently offered in Capovento, which is committed to preserve and spread old recipes of our family, friends or the taverns of our land and that are based on natural and genuine products, the same we all have had in our shopping baskets.

Old recipes which we have seen been prepared and which have left many details in our minds, like the colours and scents of the ingredients, the comments of the people involved in the preparation, the faces and stories of those who were there, the final flavour of the dish, but especially the satisfaction of the "cooks", who had prepared something that through the eyes and the palate of the guests would go directly to their hearts, to remain a lifetime.

So even Capovento plays its little "big" role as a messenger of the Italian excellence at the heart of the "word of mouth" that is spread around the world ....

And what about us? We look from afar that orderly tingling that is part of our life, waiting for Atropos to find our threads within this tangled skein.



Daniele Vannucci



# **Chianti Cooking**

## **as we prepare in Capovento**

**PASTA AND MAIN COURSES**

**Daniele Vannucci**



# Penne sulla "nana"

(Muscovy or Barbary duck = "nana muta", as it is also called in many parts of Tuscany)



## "Penne" pasta with duck sauce

Red tomatoes, dry white wine








### INGREDIENTS - (4 servings)



#### Main product:

-  1 duck, medium size
-  1 or more glasses dry white wine



#### Vegetables:

-  1 carrot
-  2 celery stalks with leaves
-  1 finely chopped onion
-  3-4 garlic cloves
-  100 g peeled tomatoes








#### Spices:

-  1 tsp cinnamon, cloves, nutmeg and pepper.
-  2 bay leaves

#### Others:

-  half cup extra virgin olive oil
-  salt to taste

### PREPARATION METHOD

-  Cook and stir olive oil, garlic and onion in a large frying pan over high heat just until translucent and fragrant.
-  In the meantime remove and discard skin cut the duck into small pieces, put in the pan and cook over high heat.
-  Add the bay leaves and half a glass of white wine, to avoid the duck sticking to the pan.
-  When browned in its gravy, add a bit of tomato and lower the heat. If necessary, you can still add a little white wine or vegetable broth to keep it fairly liquid.
-  Cover and let simmer for at least 45 minutes, then cut up the meat in smaller pieces, clean up around the large bones and put it back in the pan.
-  The sauce should not appear dense, but the right consistency for the pasta. Remove the pieces of duck from the pan and arrange them in a serving dish. Toss the cooked pasta in the pan with the sauce.
-  Since the "nana muta" will be a little fat, the most suitable side dish may be boiled vegetables, served with lemon, rather than something sautéed or fried.

#### Suggestions:

do not use too much tomato, as it may spoil the final taste. The sauce clings better to a short type of pasta (such as penne or shells). You can avoid removing the duck skin for a richer taste, but the sauce might be too greasy.

# Pappardelle sulla lepre

## "Pappardelle" pasta with hare




As the people cook in Tuscan country-side








### INGREDIENTS

(4 servings)




#### Main product:

-  300-400 g hare, chopped boneless
-  400 g fresh pasta
-  1 glass red wine



#### Vegetables:

-  1 carrot
-  2 celery stalks with leaves
-  1 onion
-  3-4 garlic cloves
-  half tin chopped tomato (or 300 g fresh tomatoes)


#### Spices


-  1 tbsp juniper berries
-  2 bay leaves
-  2 or 3 rosemary sprigs bound together, in order to discard them later


#### Others

-  salt to taste
-  pepper

### PREPARATION METHOD

 Marinate the hare with wine, juniper berries, bay leaf, rosemary and leave at least one day before cooking it. Make a mixture with herbs and garlic and cook stirring occasionally, add the hare in pieces then add the wine and let it evaporate. Add the tomatoes, a bit of salt and cook over low heat. When cooked, let it cool a bit and then remove the bones.

 Half cook the pasta – it has to remain very firm to the bite - then pour it in a pan, add the amount of sauce that you feel appropriate, continue cooking in the same pan, stirring frequently.

 The sauce might be abundant for four servings, but it is the necessary minimum in order to reach a good result.

The hare often appeared on the tables of countryside families. In every house there was at least a hunter and his skill could contribute greatly to the family budget. There was also a housewife who often prepared pasta (not just on Sundays!), so it is easy to imagine how the combination of the two could produce a dish that is still well known and sought after.

Your Resort in Chianti

Villa di Capovento



# Fettuccine ai funghi porcini

## Fettuccine with porcini mushrooms

and fresh wild calamint



### INGREDIENTS

(6 servings)

#### Main product:

- 🍴 500 g pasta
- 🍴 600 g mushrooms (dried, frozen, fresh: see aside))

#### Vegetables:

- 🍴 4 garlic cloves salt and pepper to taste
- 🍴 a large sprig parsley
- 🍴 1 tsp vegetable stock cube

#### Spices

- 🍴 a pinch lesser calamint (wild mint, fresh is better)
- 🍴 pepper

#### Other:

- 🍴 100 g butter
- 🍴 grated cheese to taste (if desired)

### PREPARATION METHOD

🍴 Dried mushrooms: put them to soak in hot water stirring occasionally. Eventual dirt will remain on the bottom of the container. Frozen mushrooms: let them slowly thaw out and do not throw away the liquid that can be useful. Fresh mushrooms: brush them without washing, taking care to remove every damaged part. The stems can be eventually washed to be sure to remove any impurities, and dried with paper. Mix them all. Gently pour the remaining liquids into a small container, being careful not to pour the impurities, and store them.

🍴 Cook the mushrooms and the garlic over a low heat with a little oil, just to evaporate the water they contain, stirring often to prevent sticking and eventually use the liquid set aside before.

🍴 When they are cooked (it does not take long) add the chopped parsley, salt and a pinch of pepper. If you have some mushroom liquid left, pour it in the pan in which the pasta will be cooked: it adds flavour!

🍴 Drain the pasta and mix with the mushroom sauce for 2-3 minutes adding a large knob of butter.

🍴 Serve the pasta sprinkled with parmesan or pecorino cheese .... and the dish is ready.

#### SUGGESTIONS:

It is not always possible to find fresh mushrooms, but you can use dried and frozen ones.

In any case, however, I prefer to prepare the dish as "off-season" and I think that enhances the flavour and aroma of mushrooms.

I use a mixture of one third of dried mushrooms, one third of frozen mushrooms and one third of mushrooms (fresh, or even frozen).

When you find mushrooms at the market, just check that they are healthy and fresh.

As for the pasta, tagliatelle are traditionally combined with mushrooms, but they can be replaced by fettuccine or bavette, or even spaghetti, or pici (typical large spaghetti of the Siena region).

Mushrooms should not be cooked too long, the dried ones will remain firm to the bite but they give a lot of flavour, while the fresh or frozen ones give great texture and a good appearance. The final addition of parsley and cheese completes the taste, although in some areas it is said that mushrooms should not be mixed with cheese..... I advise you to try even with the shepherd's dry spicy pecorino cheese!! You'll thank me!



# Penne pomodoro e mozzarella

## “Penne” pasta with mozzarella and tomato



### Main products:

- 300 g pasta
- 1 shredded mozzarella cheese

### Vegetables

- 4 garlic cloves
- 3-4 ripe tomatoes, chopped

### Spices

- 5-6 leaves fresh basil
- A large sprig of fresh basil that will as a final addition to the pasta.

### Other:

- half a glass extra virgin olive oil
- ½ cup double cream
- pepper to taste
- salt to taste

- Fill a large pot with lightly salted water and bring to boil. Stir in pasta and return to the boil.
- Meanwhile, heat the olive oil in a large frying pan over a low heat. Add the garlic – some cloves chopped some others intact - and fry for five minutes until the smaller parts are semi roasted (amber colour).
- Increase the heat and add the chopped tomatoes, being careful of the hot oil splashes (keep the lid on hand and with two fast movements add the tomatoes and cover the pan).
- Stir it and add salt and half of the basil leaves, decrease the heat to low and simmer for no more than 4-5 minutes (ripe tomatoes become puréed tomatoes if cooked too long!).
- Drain the pasta and mix with the tomatoes.
- Pan-fry and add the remaining basil, a little pepper, the shredded mozzarella and the double cream.
- Cover and let it rest a minute before serving.

### SUGGESTIONS:

pan-frying takes some practice. If you are interested, you can practice with blended and smooth food like pancakes, then with intertwined food like spaghetti, only later with things like penne, that when pan-fried behave like the Italians at the bus stop: each one goes his/her own way, they piggyback if they can and inevitably someone is left at the bus stop.

The artistic movement of the pan is necessary only when the ingredients are fragile, such as fish sauces or delicate vegetables you wish to preserve intact. It is worth pan-frying the pasta when you want to coat it with the sauce.

Advice on how to proceed: prepare your sauce and cook the pasta until it is very firm to the bite (al dente). The second part of the preparation will take place in the pan, along with the seasoning, where the pasta will release a bit of its starch, giving a creamy appearance to the dish as well as absorbing the sauce, becoming more tasty.



# Chianti recipes as we prepare in Capovento

MAIN COURSES














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## Gramigna salsiccia e panna

**"Gramigna" pasta with Chianti sausage and cream**

### INGREDIENTS (4 servings)

-  Main products:
-  400 g pasta "gramigna"
-  2 sausages
-  1 tbsp butter
-  Vegetables:
-  3 tbsp extra virgin olive oil
-  half small glass milk
-  1 tbsp flour
-  Spices:
-  nutmeg & parsley to taste (if desired)
-  grated parmesan cheese – be lavish with it!
-  Other:
-  250 cc double cream

### PREPARATION METHOD

Boil the water and cook the pasta while preparing the necessary ingredients. In a medium size pan heat the oil and the butter, half-cook the sausage and add the flour, stirring with a wooden spoon.

As soon as it is golden, add milk and salt. Keep stirring until the mixture has thickened (up to here, the process is very similar to the béchamel sauce). Add the nutmeg, turn off the heat and add half of the cheese.

Drain the pasta and add to the sauce, stirring rapidly and adding the double cream, the parsley and the remaining parmesan cheese.



Capovento dining room

# Chianti recipes as we prepare in Capovento

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## La Carbonara "perfetta" di Giulio

Giulio's perfect carbonara

INGREDIENTS (4 servings)

-  2 Tropea onions
-  4 eggs
-  200 g fresh bacon
-  2 cups semi matured pecorino cheese
-  600 g fresh egg pasta (recommended: spaghetti, tonnarelli, trofie)
-  salt and pepper to taste



PREPARATION METHOD

Fry the finely chopped onion in olive oil. The pan used should be a very large nonstick or porcelain one. When the onion is translucent add salt and a quarter of the bacon, cut into cubes or thin short strips, fry a bit then turn off the heat. In a small saucepan heat the oil, add the remaining bacon, cut into thin but long strips. The crispy bacon would garnish the dish.

Bring the water for the pasta to the boil, add stock cube to taste and four spoons of oil before it reaches the boiling point. Add salt and toss the pasta, which usually has a very short cooking time. After a few minutes (about a couple of minutes before reaching the cooking time indicated on the package, if you didn't have the time to make the pasta yourself) place the pan containing the sauce over medium heat again and start collecting the pasta with a perforated spoon and put it into the sauce pan. The pasta can be added only when the sauce has begun to sauté. Stir vigorously increasing the heat. After a couple of minutes add the eggs which have been beaten, mixing yolks and whites in the same container. After about 30 seconds, turn off the heat, stirring constantly. At this point the eggs are coagulated, but not too much, and the pasta has a creamy consistency, almost liquid. Add some of the reserved pasta cooking liquid, if necessary, to moisten the sauce. Add cheese and pepper.

The trick is to cook the pasta "al dente" (still firm to the bite), to not overcook the eggs, the sauce has to be still liquid in order to remain creamy after the addition of grated pecorino cheese.

Once you have made the dishes you can garnish it with the crispy bacon, fried and well drained on paper towels. The final touch is a sprinkling of freshly ground black pepper before serving.

### SUGGESTIONS:

Every expert of carbonara is sooner or later involved in experiments carried out in solitude. Work or university experiences could be the reason. My university experience has been marked by displacements, relocations, travels, changing courses, transfers ... from house to house, from town to town. Making a virtue out of necessity, some might say. That's how I became the "Prince" of carbonara. Experiments, trials and mistakes and the passion passed on by my parents – who are gourmets - allowed me to develop the "perfect recipe" ... moreover, you know, practice makes perfect!

It is an humble dish but it tastes great: eggs, cheese and bacon are the soul of this pasta recipe. Those are in fact ingredients on which, in terms of quality, you can not compromise.



# Chianti recipes as we prepare in Capovento

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## Pasta e broccoli

Pasta and broccoli

INGREDIENTS (4 servings)

PREPARATION METHOD

-  300 g broccoli
-  4 garlic cloves
-  2 tbsp extra virgin olive oil
-  salt and pepper to taste
-  50 ml vegetable broth

### SUGGESTIONS:

if the pasta has cavities where water can hide, shake vigorously the colander. The cheese, in large quantity, not only enhances the taste, but also absorbs any excess moisture and makes the sauce more creamy.

Divide the broccoli, once cleaned, and separate them from the stem. The latter can be validly used this way: cut it into short pieces of about 5 centimetres, remove and discard the outer greener part, divide in two long pieces and add to the broccoli.

Boil the broccoli for about 5 minutes. Retrieve all the pieces gently with a perforated spoon and reserve the cooking water.

Pan-fry the garlic cloves. When translucent, add the broccoli and fry over high heat for a few minutes. Add pepper, salt and a bit of broth. Turn off the heat and cover with a lid.

Bring the reserved cooking water back to the boil and add the pasta. Drain the pasta and pour everything in the broccoli pan, turning on the heat. Sauté over high heat for a few minutes, frequently stirring. Serve at once, sprinkle with olive oil and parmesan cheese.



Breakfast place

# Chianti recipes as we prepare in Capovento

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## Maltagliati alla crema di formaggi

Maltagliati pasta with sheep and goat cheese cream sauce

INGREDIENTS (4 servings)

PREPARATION METHOD

-  400 g Maltagliati pasta
-  1 kg chard leaves without ribs
-  500 g spinach
-  100 g ricotta
-  150 g fragrant goat cheese
-  150 g blue-veined "pecorino" (sheep cheese)
-  100 g grated parmesan cheese
-  100 g ham
-  80 g butter
-  1 cup white wine
-  1 tsp vegetable broth
-  1 egg yolk
-  1 golden onion
-  1 pinch nutmeg
-  salt and pepper to taste

Place the vegetables in a pan, add the white wine - no water - sprinkle with the vegetable broth powder and cover. After a while the vegetables will be ready, completely dried, lying on the bottom of the pan, but not overcooked. Wait for them to cool, then squeeze and finely chop them. In the meantime, in a frying pan, melt half the butter, add the finely chopped onion and as soon as it becomes translucent, add the chopped ham and the squeezed vegetables. Stir and cook for a few minutes. As soon as it has cooled down a little, put the mixture in a bowl, mix it well with ricotta, the two types of cheese, egg yolk, a pinch of nutmeg. Season with salt and pepper.

Cook the maltagliati until they are "al dente". Drain the pasta and mix with the vegetables mixture. Stir well but gently until cooked (approx a minute). Sprinkle with parmesan cheese and serve.

### SUGGESTIONS:

you could replace the goat cheese with Roquefort (same amount), but the recipe will change flavour, as well as the name! Have you noticed a certain affinity with the ravioli "ignudi"? Trigger your imagination! Invent!



# Chianti recipes as we prepare in Capovento

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


## Lasagne

Traditional lasagne

INGREDIENTS (4 servings)

PREPARATION METHOD

-  500 g home-made lasagne, medium thickness
-  80 g bacon
-  200 g lean pork, chopped
-  200 g minced beef
-  100 g ham
-  100 g fresh sausage
-  2 fresh spring onions
-  1 carrot
-  1 celery with leaves
-  400 g peeled tomatoes
-  1 glass red wine
-  200 ml vegetable broth
-  half a glass extra virgin olive oil
-  50 g butter
-  200 g grated parmesan cheese
-  salt and pepper to taste

Break up the sausage and chop the ham and the bacon. Chop the onions, carrots and celery and mix. Heat two tablespoons of olive oil and 30 g of butter in a large frying pan over medium heat and fry a few minutes. Then add the sausage, ham and meat, pan-frying for a few minutes over high heat. Add the red wine and allow the alcohol to evaporate. Add the tomatoes, then the broth and decrease the heat, season with salt and pepper. Simmer, covered, for about 1 1/2 hour, stirring occasionally. Sprinkle with more broth, if too dry.

Cook the pasta rectangles, a few at a time, in salted water with 2 tablespoons of oil, which stops the pieces from sticking to one another. Drain the pasta with a perforated spoon, dip immediately in cold water to stop the cooking process and lay on cloths to dry.

Prepare a fairly smooth béchamel sauce.

Grease a deep baking pan. Line the base with some pasta, cover with a few tablespoons of béchamel, spread a little meat sauce and sprinkle with a little parmesan. Cover with another pasta layer and keep repeating until all the ingredients have been used. Finish with a thin layer of béchamel mixed with the sauce, sprinkle lots of parmesan and a few flakes of butter on the surface. Preheat oven to 180 ° C and bake for about 30 minutes.

Remove from the oven, leave it to rest for 5-10 minutes and then serve directly from the pan.

### SUGGESTIONS:

a portion of this lasagne, 50s style, will provide enough calories for at least a week, and even if the preparation is not very difficult it is quite long and does not fit in with the spare time available today, not even on holidays, as those are the days in which people usually do what they have needed to do for a long time (such as changing the winter wardrobe to spring and summer, shampooing the dog, washing socks, sprawling on the couch, taking a walk in the countryside, or going to a "trattoria", etc..).

However, it's possible to decrease calories and preparation times. Here's how

Avoid frying, using the ingredients as they are and replace the butter with a little bit of olive oil. Cook it for only 30-35 minutes, avoiding the broth. The amount of sauce can be reduced by half if you introduce some egg yolk which helps to bind the ingredients.

The sauce for the lasagne can also be the Capovento ragout (much lighter). The pasta can also be made with spinach mixed to the dough (which gives a nice green colour) and instead of only meat sauce it's also possible to use an aubergine sauce (one layer each), even if with the latter the flavour would be similar to "Parmigiana".

# Chianti recipes as we prepare in Capovento

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## Lasagnetta con pere e caprino

Lasagne with pears and goat cheese

### INGREDIENTS (4 servings)

For the goat cheese cream

- 50 g goat cheese (strong smell and taste)
  - 50 g mature goat cheese
  - 100 g milk
  - 50 g flour
  - 50 g butter
  - nutmeg to taste
  - very little salt (the cheese is already salty)
  - 4-5 pine nuts (per serving)
  - grated parmesan cheese to taste
- For the pears mixture
- 4 pears (one for each serving)
  - ¼ sweet red onion
  - a pinch clove powder
  - a pinch cinnamon

### PREPARATION METHOD

Preparation of the goat cheese cream

For this recipe I prefer a mixture of mature dry goat cheese and a fragrant fresh but hard one in equal parts. Melt the fresh goat cheese with the milk. In another pan, over medium heat, melt the butter and slowly add the flour. When it starts to thicken add the milk and fresh goat cheese, the pine nuts and the nutmeg. The result will be similar to that of the béchamel sauce, only thicker.

Preparing the pears

Sauté the onions already cut into thin slices, then add the pears, cut into small cubes. Leave it over a medium heat just long enough to mix the onions with pears and spices, then turn off the heat. At the end the pears should remain hard. Stir with a little of grated parmesan cheese, to make it very creamy.

Cook the disks and strips of pasta in boiling salted water, and then let them cool on a dry cloth.

Put greaseproof paper on a baking dish and make small towers alternating pasta - creamy goat cheese and pasta - pears mixture. After the first two or three layers, it's time to use the strips to bind the cylinder in construction, so that the whole structure retains its shape (with a toothpick you can lock the two ends of the strips). Sprinkle parmesan on top, bake at 150 degrees for 20-30 minutes.

Sprinkle goat cheese cream and garnish with pine nuts.

### SUGGESTIONS:

Make the pasta using the method described to make the tortellini. Once stretched, cut many disks, recovering and reusing the remaining pieces to get new sheets.

Cut strips 2 fingers wide and 3 cm longer than the circumference of the disks: they will be used as an outer edge around each vertical disks tower.

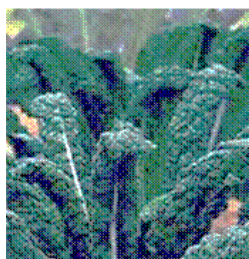
The preparation of this "lasagne" is similar to that of the classic lasagne, only the ingredients have been replaced: instead of the béchamel sauce a goat cheese sauce is used, and instead of the meat sauce a mixture with pears. No tomato.



# Chianti recipes as we prepare in Capovento

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## La Ribollita

Traditional Ribollita

INGREDIENTS (4 servings)

PREPARATION METHOD

- 300 g stale bread
- 5 small red tomatoes
- 500 g dried cannellini beans
- 400 g Tuscan kale cabbage
- 300 g savoy cabbage
- 1 onion
- 1 leek
- 2 celery ribs with leaves
- 2 carrots
- 2 garlic cloves
- 1-2 thyme sprigs (or "peporino" in Tuscany)
- 1 cup extra virgin olive oil
- salt and pepper to taste

### SUGGESTIONS:

the bread soup will be good if we consider some factors that are important for the best final result.

The beans should be cooked separately and over low heat, if not they'll lose their consistency. The water must be abundant and seasoned in the Florentine way, i.e. with a lot of extra virgin olive oil, 1 tomato, 1 garlic clove and a sprig of sage. The Tuscan kale and the savoy cabbages have to be sliced, the ribs discarded. The Tuscan bread has to be cut into slices 1 cm thick and has to be very dry. It is important that the bread soup is prepared the day before serving it as "Ribollita".

Let's start with the preparation of the bread soup.

First, cook the beans over medium heat, in plenty of water (it's also possible to add two sage leaves and a bit of salt).

In a large saucepan cook the chopped onion and garlic, then add the finely sliced leek, celery and carrots, then the chopped tomatoes, thyme, salt, pepper and cabbages reduced to strips, frying all gently.

Take about half of the beans already cooked and mash it directly inside the cooking water, keep the rest, intact and drained, apart. Add the bean soup to the vegetables mixture and cook for about an hour until the Tuscan kale cabbage is well cooked. Add, then, the other intact beans.

Slice the bread and place it on the bottom of a vessel, which can also be an earthenware one.

Cover with a little of vegetables mixture and broth, then place another layer of bread and then again vegetables and broth. Keep it up until you have finished the bread or the soup. If some bread remains use it to make a "Pappa al pomodoro" for the evening, if the soup remains use it to make a pastina soup.

The bread soup has to rest at least one day (in the refrigerator) before it could be used for the Ribollita.

Once, this soup was a way to use the bread left over from the previous week bakery, before baking new bread. Nothing was thrown out at that time and also the few products that the garden produced in wintertime, such as the cabbage and the little tomatoes that were stored under the beam, were used. This bread soup was prepared in large quantities to "fill the belly", and was often the only hot meal at the end of a hard day's work. The addition of extra virgin olive oil helped to give strength after a long day and gave the dish a special flavour.

### Authentic Ribollita

Next day there was still the "same soup", which the housewives took care to disguise in some ways to avoid the popular revolt! And so they chopped many garlic cloves, added a few cubes of fat, bacon or lard and cooked everything again adding an aromatic herb collected in the fields: the thyme. Fresh raw onions or small leeks were used as side dish. But the real secret was to drizzle with a lot of olive oil!

# Chianti recipes as we prepare in Capovento

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## Pappa al Pomodoro

**Bread tomato soup**

INGREDIENTS (4 servings)

PREPARATION METHOD

-  1 kg ripe tomatoes, preferably the "costoluto fiorentino" variety
-  1-2 slices Tuscan bread
-  1 cup extra virgin olive oil
-  4 garlic cloves
-  1 meat stock cube to taste
-  a large basil sprig
-  salt and pepper to taste
-  chilli to taste

Fry the garlic and chilli over very high heat and add the tomatoes previously cut to pieces, cook for no more than 10 minutes. Then add the nut, a bit of salt and turn off the heat. Slice the Tuscan bread, remove the crust, chop it in small pieces and add it to the sauce, which until now had enough liquid released by the tomatoes. Mix well. Remove from heat when the bread is fairly well mixed. Serve with olive oil and basil.



Panorama from Capovento (oil on canvas – daniele Vannucci – 2007)

# Chianti recipes as we prepare in Capovento

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## Risotto con i fegatini

Risotto with livers

INGREDIENTS (4 servings)

-  300 g Carnaroli rice 250 g rabbit liver
-  1 celery with leaves
-  1 carrot
-  1 onion
-  5-6 sage leaves
-  ½ cup olive oil
-  pepper to taste
-  salt to taste
-  a sprinkle nutmeg
-  1 litre chicken broth
-  50 g butter
-  1 cup cognac
-  4 tbsp (or more!) parmesan cheese

PREPARATION METHOD

Finely chop onion, celery and carrot together. Remove the gristle and excess fat from the livers and chop coarsely. In a pan fry the oil with the sage leaves.

Add the livers and sauté for 5-6 minutes, after which the livers will be well browned, add the cognac and let it evaporate. Meanwhile, in another pan sauté with oil the chopped onion, carrot and celery.

Pan-fry a bit and then add the rice. Toast and cook it for a while, until the grains appear translucent. When it dries sprinkle with a little chicken broth. Meanwhile, check if the livers are cooked, then turn off the heat and remove the sage leaves.

When the rice is half cooked, add salt, pepper and nutmeg and then the livers and cook it all together, sprinkling with the broth and gently stirring. Once cooked, turn off and add parmesan cheese and a knob of butter. Leave it to rest for a few minutes and serve.

### SUGGESTIONS:

the variety of rice used is very important. In this case I prefer Carnaroli, but Arborio could be used as well.



Santa Maria in Colle alla Badiola (Capovento)

# Chianti recipes as we prepare in Capoverde

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## Fagottini di pasta fresca alla crema di formaggio

“Fagottini” of fresh pasta with cream cheese






INGREDIENTS (4 servings)

PREPARATION METHOD

For the “fagottini”

-  fresh egg pasta such as tortellini or ravioli
-  8 tbsp Capoverde sauce
-  a knob butter
-  a pinch nutmeg
-  2 tsp chives, chopped
-  chives for garnish
-  kitchen twine

For the sauce, the seasoning and the garnish:

-  100-150 g gorgonzola cheese
-  100 g ricotta
-  50 g grated pecorino cheese
-  100 g cream
-  some cumin seed, crushed

Roll out the dough and cut disks large enough to contain at least one cup of sauce (12-15 cm of diameter?).

Mix the Capoverde sauce to butter, nutmeg and chopped chives. Divide the mixture into many small balls, put each one of them in the centre of each circle of dough – holding them on the palm of your hand.

Tie the top with the kitchen twine, making several turns but not too tight. Dip the “fagottini” into boiling water and cook for 4 to 5 minutes. To make the operation easier, use a very large pan with just the right amount water to cover each piece, which must touch the bottom of the pan. Drain with a perforated spoon. Tie the top of each “fagottini” with chives (do not remove the string). With the same kind of pasta make some small spaghetti.

While the “fagottini” and the small spaghetti are cooking, melt the cheese and the cream in a small saucepan, then add the cumin.

Place two “fagottini” for each dish, partially cover with a pinch of small spaghetti to garnish.

Pour the cream over the pasta and serve.





# Chianti recipes as we prepare in Capovento

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## Sugo finto

**Fake sauce**

INGREDIENTS (4 servings)

PREPARATION METHOD

-  400 g peeled tomatoes
-  all herbs: red onion, carrot, celery with leaves, ...
-  1 bunch parsley
-  ½ cup broth (including stock tube)
-  ½ cup red wine
-  1 cup olive oil
-  salt and pepper to taste

Chop herbs and parsley, medium size. Sauté with oil. When the onion begins to be translucent, add the wine. As soon as the wine has evaporated add the tomatoes. Add salt and pepper and continue to cook, uncovered. If too dry, slowly add a little of broth. Cook for at least 30 minutes.

### SUGGESTIONS:

With fresh ripe tomatoes, preferably "Costoluto" variety, the sauce will be better. If you add a stock cube directly with the wine, you just have to add, if necessary, only hot water. Remember to dress the pasta with extra virgin olive oil and parmesan. In the countryside, this sauce is also called "escaped sauce".



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## Ravioli di patate

Potato ravioli

INGREDIENTS (4 servings)

PREPARATION METHOD

- 🍳 For the filling
- 🍳 1 kg potatoes
- 🍳 200 g grated parmesan cheese
- 🍳 a sprinkle nutmeg
- 🍳 garlic and parsley to taste
- 🍳 extra virgin olive oil to taste
- 🍳 For the Pasta
- 🍳 8 eggs
- 🍳 1 kg flour type 00

Cook the potatoes in their skins. Meanwhile, prepare the dough as usual, keeping aside about 2 cups of flour that you'll need when kneading. Knead until the mixture is smooth and soft and doesn't stick to your hands.

Wrap in cling film (so it'll not dry) and let it rest for half an hour. Then flatten the dough into long strips of about 2 mm thick.

When the potatoes are cooked, peel and mash them in a purée, then add parsley, garlic, nutmeg, parmesan cheese and oil as needed.

Put the filling mixture balls (a bit larger than a hazelnut) one after the other on the strips of pasta, leaving a small space between them. Then fold the empty half of the dough over the bottom to cover completely, pinch the edges of the dough together, forcing out any air bubbles. If a bit of air is left inside, don't worry: make a small hole with a toothpick, let the air out and then close the hole again. Shape the ravioli by "artistically" cutting the edges and reinforcing the borders.

Try to avoid them sticking to one another (a bit of the flour set apart will do) and when they are ready, cook in boiling water for approximately 2 minutes.

The dressing can be made according to your tastes, but I think it is worth the experience to start with a good "pomarolina" (a Tuscan tomato sauce) with marjoram or thyme.



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## Tordelli della Versilia

**Tordelli of Versilia**

INGREDIENTS (4 servings)

PREPARATION METHOD

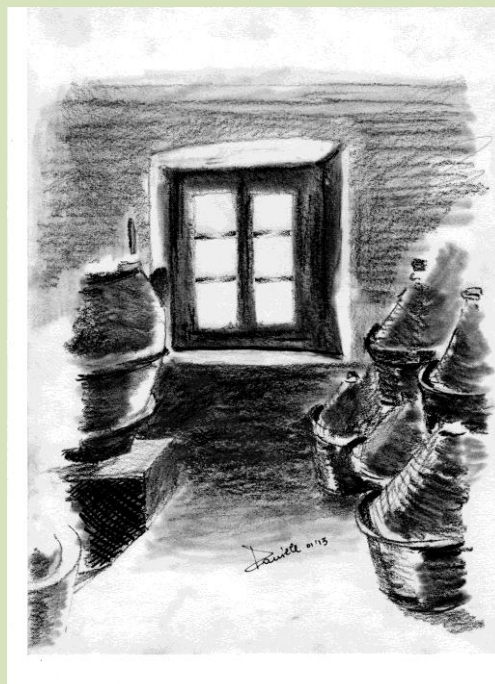
- 🐔 150 g lean minced beef
- 🐔 250 g lean minced pork
- 🐔 250 g chard, leaves only
- 🐔 2 stale bread, crumble guts
- 🐔 half a glass extra virgin olive oil
- 🐔 half cup vegetable broth
- 🐔 half a glass dry white wine
- 🐔 2 tbsp parmesan cheese
- 🐔 4 tbsp pecorino cheese
- 🐔 2 whole eggs
- 🐔 1 pinch cinnamon
- 🐔 1 pinch nutmeg
- 🐔 1 pinch "peporino" (thyme)
- 🐔 parsley and basil to taste
- 🐔 salt and pepper to taste

Cook the spinach and squeeze when cold. Pan-fry in olive oil the finely chopped basil, parsley, thyme then add salt and pepper. Add the meat, the bread soaked in the broth and cook over low heat. When it starts to gently fry add the wine and let it evaporate. Turn off the heat and add the cheese and the cinnamon, stirring well, and then the chard.

Tordelli, like ravioli, must be cooked for a short time in boiling salted water (when they are ready they start floating). Mix pasta and sauce and serve it topped with plenty of grated cheese.

### SUGGESTIONS:

I'm going to explain just how to make the filling, since the dough is the same used for the classic tortellini, and the seasoning can be either meat sauce (as they make it in Versilia), but also tomato, olive oil and cheese, butter and sage, etc..



Vinsanto of Capovento

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## Ravioli di Castagne

**Chestnut ravioli**







INGREDIENTS (4 servings)

PREPARATION METHOD

For the pastry:

-  250 g white flour type 0
-  100 g chestnut flour
-  3 eggs
-  salt

For the filling:

-  500 g chestnut flour
-  milk as needed
-  150 g sheep's ricotta
-  2 eggs
-  4 tbsp grated parmesan cheese
-  salt and pepper

Dilute the chestnut flour in slightly warm milk and let it rest for a while. It has to be quite thick.

Make the dough with chestnut flour, white flour, eggs, water and a bit of salt, make a ball and let it rest for at least 30 minutes. Add ricotta, eggs, parmesan cheese, salt and pepper to the chestnut flour and milk mixture. Let it rest for another half an hour, then roll out the pasta and make circles about 6 inches in diameter, cover to create half-moon like pasta. Boil it in salted water and toss in a bowl with melted butter and grated parmesan or pecorino cheese.



Preparing pasta in Capovento



# Chianti recipes as we prepare in Capovento

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## Ravioli “ignudi”



**Ravioli with butter and sage**

### INGREDIENTS (4 servings)

For the ravioli dough

-  500 g ricotta (drained for at least 2 hours)
-  400 g spinach seared and well drained
-  250 g grated parmesan cheese
-  2 egg yolks
-  nutmeg to taste
-  salt and pepper to taste
-  250 g flour (only to roll ravioli and prevent them from sticking to one another during cooking)

For the dressing

-  2 or 3 sage leaves per serving
-  butter quantity needed to gently fry the sage

### SUGGESTIONS:

They are called “ignudi” (= naked) because they are not dressed with pasta, as the traditional ravioli are.

### PREPARATION METHOD

How to make the dough

Chop the spinach and the ricotta together, add parmesan, egg yolks and nutmeg. Mix and let rest in the fridge for at least 20 minutes. Then make many small balls of the size of a walnut or a little smaller with the chilled pasta dough. Roll the balls into the flour until their shape resembles that of a rugby ball.

In a pot of boiling water add 4 or 5 tablespoons of oil and then dip 7 or 8 balls at a time and cook for about 4 minutes, pull them out with a perforated spoon and serve immediately with oil and sage (see below).

How to make the gravy

Put the butter in a large pan, heat gently and then add the sage. The sage should only wither without drying or becoming dark.

Dress the ravioli with this mixture of butter and sage, add a few fresh leaves as a garnish. If you want you can also add a tablespoon of tomato sauce.

You will get best results if you can serve the ravioli directly on the plate of each guest, adding plenty of cheese.



San Giusto in Salcio

# Chianti recipes as we prepare in Capovento

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## Zuppa di Farro

Farro soup

INGREDIENTS (4 servings)

PREPARATION METHOD

-  250 g farro (emmer)
-  200 g beans (preferably cannellini)
-  50 g bacon
-  2 or 3 sage leaves
-  4 garlic cloves
-  1 red onion
-  2 carrots
-  1 celery stick with leaves
-  1 cup extra virgin olive oil
-  a pinch thyme leaves, preferably fresh
-  salt to taste

Soak farro and beans for at least one night in different containers. Boil the beans with garlic, sage and a bit of salt, but not much water, so that at the end the cooking liquid is a bit thick. When cooked, discard the sage and garlic, smash half of the beans to a purée and add the thyme.

In a separate pan put a little oil, fry the bacon and immediately add all the chopped vegetables. When the sauce is ready, put in everything and cook the farro in this soupy mixture for at least 20 minutes. Season with extra virgin olive oil.

**SUGGESTIONS:** the beans should be added only at the end, to keep them intact: they are beautiful to look at. In the last 10 minutes, you can add some cherry tomato cut in four pieces. They should not overcook, but retain their shape as much as possible. It will give a nice touch of colour to the final dish.

The sage gives a pleasant taste. If you want you can also try to replace it with 2 bay leaves, or with a pinch of Santolina (a species belonging to the sunflower family, native to Tuscany).



"Buoi Chianini"

# Chianti recipes as we prepare in Capovento

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## Zuppa di cipolle

Onion soup

INGREDIENTS (4 servings)

-  4 large sweet red onion (Tropea are perfect)
-  4 slices (about 50 g) bacon
-  2 sausages
-  1 litre vegetable broth
-  ½ cup olive oil
-  salt and pepper to taste
-  4 large slices stale Tuscan bread
-  grated cheese to taste

PREPARATION METHOD

Pan-fry the sliced onions, the sausages, skinned and chopped, and the diced bacon.

When the onions have softened, add the hot broth and cook uncovered for about 45 minutes.

Cut the slices of bread into cubes and fry in oil. Serve them nice and crispy with the soup, adding the grated cheese to taste.



Volpaia (Radda in Chianti)

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## Zuppa di Lampredotto

Lampredotto soup

INGREDIENTS (4 servings)

PREPARATION METHOD

-  400 g Lampredotto (a typical Florentine tripe)
-  2 red onions
-  1 white onion
-  3 celery ribs with leaves
-  2 carrots
-  2 medium potatoes
-  1 can of 200 g peeled tomatoes
-  1 cup extra virgin olive oil
-  salt and pepper to taste
-  half tbsp Worcestershire sauce
-  3 cups dry white wine (of which, the last kept very cool)
-  1 litre hot vegetable broth

Finely cut the “lampredotto” into strips. Cut the thicker parts (there will always be some) also crosswise, forming small pieces. Finely chop the red onion, slice the white one. Keep them separate. In the meantime, chop the other vegetables. Cut the potatoes in bigger pieces.

Sauté the red onion over a high heat. When translucent add the “lampredotto” and cook it well, stirring constantly. When everything starts to dry, add all the other vegetables and the first glass of white wine. Stir well. When dry add the second cup of wine and stir. Add salt and pepper.

After a little while add the chopped tomatoes and a bit of broth (half), the white onion and the Worcestershire sauce, then decrease the heat to low.

Cook for at least 40-45 minutes. The rest of the broth will be used to give the soup the perfect consistency (ideally it should be.... "brodosina 'on dimorto pane!": soupy with a lot of bread!).

The result should be that of a vegetable soup, quite soupy, intense colour and very fragrant.

Now, you'll ask “ what about the third glass of wine?” But ..... heck! It's for the cook who really deserves it!



San Fedele (Radda in Chianti)



# Chianti recipes as we prepare in Capovento

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## Zuppa di fagioli con bruschetta

Beans soup with bruschetta

INGREDIENTS (6 servings)

PREPARATION METHOD

-  1 litre water
-  2 garlic cloves
-  4 basil leaves
-  2 red onions
-  2 stock cubes
-  400 g white beans fresh (or 200 grams if dried)
-  4 ripe tomatoes
-  1 bunch parsley, chopped
-  1 celery stalk with leaves
-  salt and pepper to taste
-  1 tsp cumin seeds
-  6 slices Tuscan bread
-  extra virgin olive oil to taste
-  dry pecorino cheese or parmesan cheese

Wash all the vegetables, cut them in large pieces, (remove seeds from the tomatoes). Preheat the oil in a large saucepan, add garlic and onion and fry gently. When translucent, add the chopped vegetables and increase the heat to high, constantly stirring. Add the water and the cumin seeds. Cook for at least 15 minutes.

Remove the vegetables from the liquid (using a strainer) and put the broth on the fire again adding the beans. Cook over low heat. If you use dried beans soak them for at least one night.

When on boil again, add the vegetable stock cube and a bit of salt. Once cooked, the broth should be a bit thick. Before serving, prepare the garlic bread to go with the soup. Remember

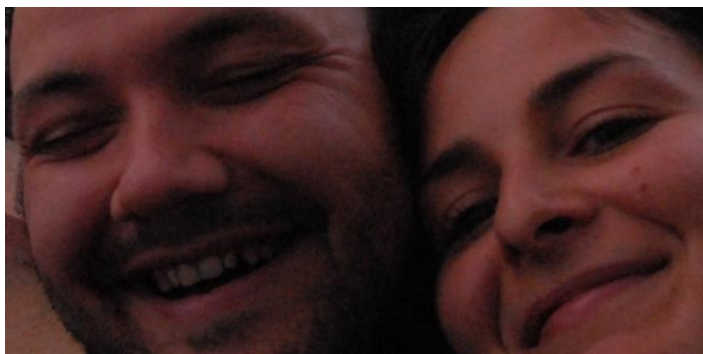
to serve it with a sprinkle of the best olive oil, and leave a lot of grated cheese at the disposal of the guests.



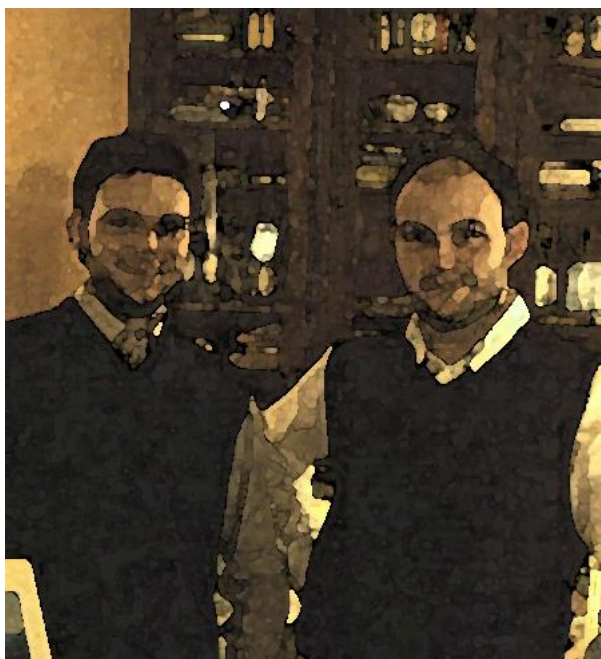
Capovento Extra Virgin Olive Oil  
DOP Chianti Classico



Panorama from Capovento



Ettore & Stella



Giulio and Ettore



Ettore