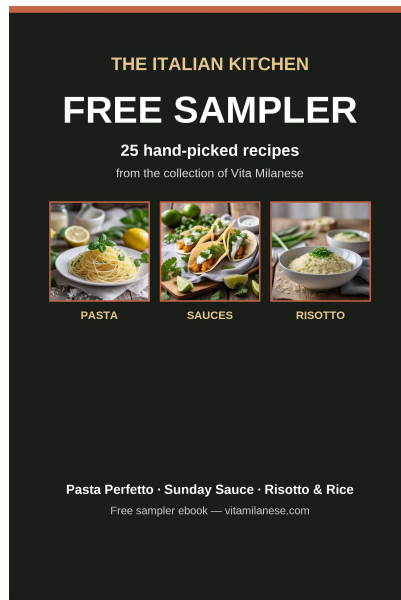




The Italian Kitchen

FREE SAMPLER

25 hand-picked recipes by Vita Milanese

Pasta Perfetto · Sunday Sauce · Risotto & Rice



1. Lemon Spaghettini

Lemon Spaghettini Lemon Spaghettini ■■ Prep 12 hr 15 min · Cook 10 min · Total 12 hr 25 min · ■■ 4
 Difficulty: Easy Bright, herbaceous, and deceptively simple — this cold-infused lemon pasta tastes like summer on a plate. ■■ Prep ■ Cook ■■ Total ■■ Servings ■ Difficulty 12 hr 15 min 10 min 12 hr 25 min 4 Easy Note: The 12-hour lemon infusion is hands-off. Active prep is 15 minutes. ■ Ingredients Lemon Water (make a day ahead) Amount Ingredient 2 Large lemons (preferably organic, unwaxed) 4 cups Cold water For the Pasta Amount Ingredient 1 lb Spaghettini or thin spaghetti Reserved Lemon water (from above) 1/3 cup Pecorino Romano, finely grated 3 tbsp Fresh mint, finely chopped 1/2 tsp Black pepper, freshly ground 1/3 cup Reserved pasta water 2 tbsp Extra-virgin olive oil ■ Equipment Vegetable peeler Large pot (6-qt) Colander Large sauté pan or skillet Microplane or fine grater ■ Preparation The Day Before: Lemon Infusion Using a vegetable peeler, remove the zest of 2 lemons in wide strips — avoid the bitter white pith. Place the strips in a pitcher with 4 cups cold water. Cover and refrigerate for at least 12 hours . Why infuse? This gentle method extracts bright lemon oil without the harsh bitterness of cooked zest. Day Of Step 1: Cook the Pasta Remove the lemon strips from the water and reserve both. Bring a large pot of generously salted water to a rolling boil. Cook the spaghettini according to package directions until firmly al dente (about 1 minute less than suggested). Pro tip: the pasta will continue cooking in the sauce. Step 2: Warm the Lemon Water While the pasta cooks, pour the infused lemon water into a large sauté pan. Bring to a gentle simmer over medium heat. Let it reduce slightly — about 3-4 minutes — until fragrant and slightly concentrated. Step 3: Bring It Together Drain the pasta, reserving 1/3 cup of the starchy pasta water. Add the drained pasta directly to the simmering lemon water. Toss vigorously for 30 seconds. Add in this order, tossing between each: 1. Reserved pasta water — loosens the sauce 2. Grated Pecorino Romano — creates a silky emulsion 3. Chopped fresh mint — adds herbal freshness 4. Freshly

ground black pepper 5. A drizzle



2. Penne alla Vodka

Penne alla Vodka Penne alla Vodka ■■ Prep 10 min · Cook 20 min · Total 30 min · ■■ 4 Difficulty: Easy The iconic pink-sauce pasta that took American restaurants by storm — rich, creamy, tomatoey, with a hint of vodka brightness. ■■ Prep ■ Cook ■■ Total ■■ Servings ■ Difficulty 10 min 20 min 30 min 4 Easy ■ Ingredients Amount Ingredient 1 lb Penne rigate 7 oz Thick-cut bacon or pancetta, diced 1 Small yellow onion, finely diced 1 cup Vodka 1 cup Crushed San Marzano tomatoes (from a 28-oz can) 2/3 cup Heavy cream 1/2 cup Grated Parmigiano-Reggiano 2 tbsp Olive oil Salt and pepper To taste Fresh parsley For garnish ■ Equipment Large pot (6-qt) Large skillet or sauté pan Colander ■ Preparation Step 1: Cook the Pasta Bring a large pot of generously salted water to a boil. Cook penne until firmly al dente (about 1 minute less than package directions). Reserve 1 cup of pasta water before draining. Step 2: Render the Bacon While the pasta cooks, warm the olive oil in a large skillet over medium heat. Add the diced bacon or pancetta and cook until crispy and the fat has rendered — about 5-6 minutes. Add the finely diced onion and cook until translucent, about 3 minutes. Step 3: Deglaze with Vodka Pour in the vodka — it will sizzle dramatically. Let it cook until reduced by half, about 2-3 minutes. The alcohol cooks off, leaving behind a subtle warmth that enhances the tomatoes. Step 4: Build the Sauce Stir in the crushed tomatoes. Reduce heat to low and simmer for 5 minutes, stirring occasionally. Pour in the heavy cream and stir until the sauce turns a beautiful salmon-pink color. Season with salt and pepper. Step 5: Combine Add the drained pasta directly to the sauce. Add 1/2 cup of reserved pasta water and the grated Parmigiano. Toss vigorously for 30-45 seconds — the starch and cheese will create a silky, clingy sauce that coats every piece of pasta. If the sauce is too thick, add more pasta water a splash at a time. Step 6: Serve Divide among warm bowls. Garnish with fresh parsley and extra Parmigiano. ■■■ Chef's Tips Use good vodka : You don't need top-shelf, but avoid the cheapest plastic-bottle stuff. Mid-range vodka

(\$15-20) is perfect. Pancetta vs. bacon : Panc



3. The Most Delicious Lasagna of All Time

The Most Delicious Lasagna of All Time The Most Delicious Lasagna of All Time ■■ Prep 35 min · Cook 1 hr 40 min · Total 2 hr 15 min · ■■ 8–10 Difficulty: Intermediate Layers of slow-simmered Bolognese, silky béchamel, and tender pasta — baked until golden and bubbling. It's all about the béchamel. ■■ Prep ■■ Cook ■■ Total ■■ Servings ■■ Difficulty 35 min 1 hr 40 min 2 hr 15 min 8–10 Intermediate ■■ Ingredients For the Bolognese Amount Ingredient 4 oz (about 1 cup) Diced pancetta 1 medium (1½ cups) Yellow onion, finely diced 1 medium (½ cup) Carrot, peeled and finely diced 1 stalk (■ cup) Celery, finely diced 3 cloves Garlic, minced 1 tbsp (as needed) Olive oil 1 lb Lean ground beef 1 tsp Kosher salt, plus more to taste ¼ tsp Freshly ground black pepper 2 tbsp Tomato paste ½ cup Dry white wine 1 (28-oz) can Crushed tomatoes 1 (15-oz) can Tomato sauce For the Béchamel Amount Ingredient 4 tbsp (½ stick) Unsalted butter ¼ cup All-purpose flour 2 cups Whole milk, at room temperature 1 tsp Kosher salt ■■ tsp Ground nutmeg For Assembly Amount Ingredient 15 Dried lasagna noodles (not no-boil) 2 oz (1■ cups freshly grated) Parmigiano-Reggiano, divided ■■ Preparation Step 1 — Render the pancetta Cook the diced pancetta in a Dutch oven or heavy-bottomed pot over medium heat, stirring occasionally, until the fat is rendered and the pancetta is lightly browned, 6 to 8 minutes. Step 2 — Build the soffritto Stir in the onion, carrot, celery, and garlic. Cook, stirring occasionally, until softened, 5 to 8 minutes. If the pan begins to dry out, add up to 1 tablespoon of olive oil. Step 3 — Brown the beef Add the ground beef and season with 1 teaspoon salt and ¼ teaspoon pepper. Cook, breaking the meat into smaller pieces, until cooked through, 5 to 6 minutes. Step 4 — Concentrate the tomato Stir in the tomato paste and cook, stirring occasionally, until darkened in color, 2 to 3 minutes. Pour in the white wine and cook until almost evaporated, 2 to 3 minutes. Step 5 — Simmer the sauce Stir in the crushed tomatoes and tomato sauce. Bring to a simmer, then reduce the heat to maintain a gentle simmer. Cook until the sauce has thickened slightly and

the flavors meld, about 30 minutes. Ta



4. One-Pot Sausage & Mushroom Pasta

One-Pot Sausage & Mushroom Pasta One-Pot Sausage & Mushroom Pasta Difficulty: Unrated Rich, savory, and comforting — everything cooks in a single pot for deep flavor and easy cleanup. This is the kind of weeknight dinner that feels like a special occasion but comes together with minimal fuss. Inspired by the rustic Italian tradition of *pasta e salsiccia*, this version amplifies the savory depth by browning the sausage whole before slicing, then cooking the pasta directly in the broth and tomatoes. The starches released by the pasta thicken the sauce to a silky, clingy finish without any cream. Because the sausage, mushrooms, and pasta all share the same pot, every strand absorbs layers of flavor. Best of all, there's only one pot to wash. ■■

Preparation ■ Cooking ■■ Total ■■ Servings ■ Difficulty 15 min 25 min 40 min 4 Easy ■ Ingredients Amount
 Ingredient 2 tbsp Extra-virgin olive oil 1 lb Sweet or hot Italian sausage links (about 4–5 links) 1 medium Yellow onion, diced 4 cloves Garlic, minced 8 oz Cremini mushrooms, stemmed and sliced ¼-inch thick 1 (14.5 oz) can Crushed tomatoes 1 tsp Dried basil 1 tsp Dried oregano ½ tsp Red pepper flakes (optional, for heat) 2 cups Low-sodium vegetable broth 8 oz Short pasta (rigatoni, penne, or fusilli) ½ cup Grated Parmesan cheese, plus more for serving ¼ cup Fresh flat-leaf parsley, chopped Kosher salt and black pepper To taste Use level tablespoons and standard US measuring cups. All produce is medium unless specified. ■ Equipment Large Dutch oven or heavy-bottomed pot (5–6 qt) with lid Tongs Chef's knife Cutting board Wooden spoon or heatproof spatula ■ Preparation Step 1: Brown the Sausage Heat the olive oil in a large Dutch oven over medium-high heat until shimmering. Add the sausage links in a single layer and cook, turning occasionally with tongs, until deeply browned on all sides — about 6 to 8 minutes total. The sausages should be firm enough to slice cleanly. Transfer to a cutting board and let rest 2 minutes. Slice into ½-inch-thick rounds. Return the sliced sausage to the pot and continue cooking, stirring once, until the slices are browned on the cut sides, about 2

minutes. Transfer the sausage to a plate with



5. Orecchiette with Sardines and Cherry Tomatoes

Orecchiette with Sardines and Cherry Tomatoes Orecchiette with Sardines and Cherry Tomatoes ■■ Prep 25 min · Cook 20 min · Total 45 min · ■■ 4 Difficulty: Medium A rustic Pugliese classic — ear-shaped pasta tossed with pan-seared sardines, blistered cherry tomatoes, garlic, chili, and a shower of fresh parsley in a bright, briny sauce that tastes of the Mediterranean coast. This is Puglia on a plate. Unlike the better-known Sicilian pasta con le sarde (which adds fennel, raisins, pine nuts, and saffron), this Pugliese version keeps things deliberately simple — just sweet, pan-seared sardines tangled with orecchiette in a quick tomato-and-garlic sauce. The key is buying the freshest sardines you can find (bright eyes, firm flesh, clean sea smell) and handling them gently. The sardines are butterflied and cooked in two stages: first seared crisp in a hot pan, then broken into chunks and tossed through the pasta at the very end so every forkful gets a little bit of fish. Finished with a pinch of peperoncino for warmth, a generous handful of parsley for freshness, and a slick of good olive oil. It's the kind of weeknight supper that tastes like a vacation. ■■ Prep ■ Cook ■■ Total ■■ Servings ■ Difficulty 25 min 20 min 45 min 4 Medium ■ Ingredients Amount Ingredient 1 lb (450 g) Orecchiette 1 lb (450 g) Fresh whole sardines (8–12 fish), scaled and gutted 1 pint (300 g) Cherry tomatoes, halved 3 tbsp Extra-virgin olive oil, plus extra for drizzling 2 cloves Garlic, thinly sliced 1 small Dried red chili (peperoncino), crumbled, or ½ tsp red pepper flakes ¼ cup (10 g) Fresh flat-leaf parsley, finely chopped Fine sea salt, to taste All produce is medium size unless specified. Use standard US measuring cups and spoons. ■ Equipment Large pot (6-qt) for pasta Large nonstick skillet (12-inch) Medium skillet or sauté pan (10-inch) Chef's knife and cutting board Fish tweezers or small pliers (for pin bones) Colander Paper towels ■ Preparation Step 1 — Clean and Butterfly the Sardines Rinse the sardines under cold running water. Working with one fish at a time, use a sharp knife to cut off the head just behind the gills. Run your thumbnail or a small knife along the belly fro



6. Linguine with Garlic, Oil, Chili, and Shrimp

Linguine with Garlic, Oil, Chili, and Shrimp Linguine with Garlic, Oil, Chili, and Shrimp (Linguine aglio olio e peperoncino con gamberi) Difficulty: Unrated The simplest pasta that delivers the most flavor—tender linguine tossed in fragrant olive oil bloomed with garlic and chili, studded with succulent pan-seared shrimp. Ready in under 30 minutes. This is the weeknight hero you've been waiting for. A classic Italian aglio e olio base—just garlic, good olive oil, and chili—gets elevated with sweet, quickly sautéed shrimp and a splash of white wine. The technique is minimal but the payoff is enormous: glossy, garlicky noodles with pops of heat and perfectly cooked shrimp. It's proof that the best Italian cooking comes not from a long ingredient list, but from treating a few perfect ingredients with respect. We've tested every variable so you get silky strands with no clumping, shrimp that's juicy not rubbery, and garlic that's golden and fragrant—never bitter. ■■ Preparation ■ Cooking ■■ Total ■■ Servings ■ Difficulty 10 min 15 min 25 min 4 Easy ■ Ingredients Amount Ingredient 1 lb Large shrimp (21-25 count), peeled and deveined 1 lb Dried linguine 6 tbsp Extra-virgin olive oil 6 cloves Garlic, thinly sliced 1–2 tsp Red pepper flakes (to taste) ½ cup Dry white wine (such as Pinot Grigio or Sauvignon Blanc) ¼ cup Fresh parsley, finely chopped Kosher salt, to taste Black pepper, to taste ■ Equipment Large pot (6-quart or larger) for pasta Colander Large skillet (12-inch) Chef's knife Cutting board Wooden spoon or tongs Toothpick (for deveining, if needed) ■ Preparation Step 1: Prepare the Shrimp (5 minutes) If your shrimp are not already peeled and deveined, remove the carapace and head, then make a shallow slit along the back of each shrimp and lift out the dark vein using the tip of a toothpick. Rinse the shrimp under cold water and pat thoroughly dry with paper towels. Season lightly with salt and pepper. Step 2: Start the Pasta (1 minute) Bring a large pot of well-salted water (about 1½ tablespoons kosher salt per 4 quarts of water) to a rolling boil. Add the linguine and cook until just shy of al dente, about 1 minute less than the package directs. Reserve 1



7. Pasta del Carcerato (Prisoner's Pasta)

Pasta del Carcerato (Prisoner's Pasta) Pasta del Carcerato (Prisoner's Pasta) ■■ Prep 10 min · Cook 20 min · Total 30 min · ■■ 4 Difficulty: Easy The ultimate "fridge empty" peasant pasta — a deeply savory, rustic tomato sauce made from pantry staples, tossed with al dente spaghetti and finished with a shower of toasted breadcrumbs that turn crackling-crisp in the pan. This is resourcefulness on a plate, and it tastes like a million lire. Every cuisine has its poverty dish — the meal born from an empty fridge, a dwindling pantry, and a cook who refuses to give up. Italy's version is pasta del carcerato : "prisoner's pasta," so named because its ingredients are the kind anyone can keep on hand — onion, garlic, tomato concentrate, dried pasta, and stale bread. But what it lacks in extravagance, it makes up for in sheer, soul-satisfying flavor. The trick is coaxing the most out of every component: slowly caramelizing the onion to bring out its natural sweetness, cooking down the tomato concentrate until it darkens and deepens, and — the secret weapon — toasting stale breadcrumbs in the same pan until they turn into golden, crunchy nuggets that provide textural contrast against the tender pasta. At roughly 350 calories per serving, this is proof that the simplest ingredients, treated with care, make the most memorable meals. ■■ Prep ■■ Cook ■■ Total ■■ Servings ■■ Difficulty 10 min 20 min 30 min 4 Easy ■

Ingredients

Amount	Ingredient
1 lb (454 g)	Dried spaghetti or other long pasta
1	Large yellow onion
2	cloves Garlic
3 tbsp (45 g)	Tomato paste (concentrato di pomodoro)
½ cup (120 ml)	Passata di pomodoro (strained crushed tomatoes)
¼ cup (60 ml)	Extra-virgin olive oil, plus more for finishing
	Kosher salt, to taste
	Black pepper, freshly ground
¾ cup (90 g)	Stale bread, coarsely grated or crumbled (optional)

All produce is medium size unless specified. Use standard US measuring cups and spoons. ■

Equipment

Large pot (6-quart or larger)	for pasta
Large skillet (12-inch), preferably nonstick or stainless steel	
Chef's knife and cutting board	
Wooden spoon or silicone spatula	
Large colander	
Box grater or microplane (for breadcrumbs)	
Ladle or measuring cup (for	

reserving past



8. Spaghetti with Fresh Tomato & Stracciatella

Spaghetti with Fresh Tomato & Stracciatella Spaghetti with Fresh Tomato & Stracciatella ■■ Prep 20 min · Cook 12 min · Total 32 min · ■■ 4 Difficulty: Intermediate No-cook tomato sauce meets creamy stracciatella in a pasta that tastes like high summer — ready before your water even boils, if you make the sauce first. ■■ Prep ■ Cook ■■ Total ■■ Servings ■ Difficulty 20 min 12 min 32 min 4 Intermediate Note: The basil oil can be made up to 2 days ahead. The tomato sauce is best freshly made but can stand at room temperature for up to 1 hour. ■ Ingredients Fresh Tomato Sauce Amount Ingredient 2 lbs Cherry or grape tomatoes (about 6 cups) ½ tsp Kosher salt ¼ tsp Black pepper, freshly ground 8-10 Fresh basil leaves, torn Basil Oil Amount Ingredient 1 cup Fresh basil leaves, packed ½ cup Neutral oil (grapeseed or vegetable) Ice water (for blanching) For the Pasta Amount Ingredient 1 lb Spaghetti 2 tbsp Kosher salt (for pasta water) 8 oz Stracciatella cheese, torn into pieces ½ cup Reserved pasta water (plus more as needed) For Serving Amount Ingredient 2 tbsp Extra-virgin olive oil 4-6 Fresh basil leaves, for garnish Flaky sea salt For finishing ■ Equipment High-speed blender or food processor Fine-mesh sieve Cheesecloth or nut milk bag Large pot (6-qt) Colander Large skillet or sauté pan (12-inch) Medium saucepan (for basil blanching) Slotted spoon Kitchen spider or tongs ■ Preparation Step 1: Make the Basil Oil Bring a medium saucepan of water to a rolling boil. Fill a small bowl with ice water. Drop the basil leaves into the boiling water for exactly 30 seconds — this sets their bright green color. Immediately transfer with a slotted spoon to the ice bath. Let sit 1 minute, then drain and squeeze firmly with your hands to remove as much water as possible (wet basil dilutes the oil). Transfer the blanched, squeezed basil to a blender. Add the neutral oil and blend on high for 60 seconds until smooth and bright green. Line a fine-mesh sieve with cheesecloth (or use a nut milk bag) and strain the oil into a small bowl or jar, pressing gently to extract every drop. Discard the solids. Set aside. Why blanch? Raw basil turns brown in oil. A quick blanch

locks in that viv



9. Pasta with Spinach and Taleggio

Pasta with Spinach and Taleggio Pasta with Spinach and Taleggio ■■ Prep 5 min · Cook 15 min · Total 20 min · ■■ 4 Difficulty: Easy Pasta con spinaci e taleggio Tender pasta tossed in a silky, molten Taleggio cream sauce with bright green spinach and a whisper of garlic — this is a 20-minute weeknight pasta that tastes like a Northern Italian trattoria secret. This is one of those recipes that feels almost too simple to be this good — and that's precisely its genius. The technique is straightforward: you gently bloom garlic in olive oil until fragrant and golden, then pile in fresh spinach and let it collapse into a tender, emerald heap. While the spinach wilts, your pasta boils to al dente perfection in well-salted water. The real magic happens when you introduce the Taleggio — a soft, washed-rind cheese with a distinctively earthy, mushroomy funk and an impossibly creamy melt. Cubed and stirred into the hot spinach pan, it dissolves into a velvety sauce with just a splash of starchy pasta water to coax it into silky suspension. The pasta goes in, everything gets a vigorous toss, and in seconds you have a dish that tastes like it simmered for an hour: rich, vegetal, subtly funky, and utterly satisfying. At roughly 450 calories per serving, it's a weeknight staple that delivers far more than the sum of its parts. ■■ Prep ■■ Cook ■■ Total ■■ Servings ■■ Difficulty 5 min 15 min 20 min 4 Easy ■■ Ingredients Amount Ingredient 3 tbsp Extra-virgin olive oil 3 cloves Garlic, thinly sliced 10 oz (280 g) Fresh spinach, washed and stems trimmed ½ tsp Kosher salt, plus more for pasta water 1 lb (450 g) Short pasta (penne, rigatoni, or fusilli) 8 oz (225 g) Taleggio cheese, rind removed, cut into ½-inch cubes ½ cup (120 ml) Reserved pasta cooking water ¼ tsp Black pepper, freshly ground Use level tablespoons and standard US measuring cups. All produce is medium unless specified. ■■ Equipment Large chef's knife Cutting board Large skillet or sauté pan (12-inch) Large pot (6-quart or larger, for pasta) Colander Measuring cups and spoons Slotted spoon or tongs Wooden spoon or heat-proof spatula ■■ Preparation Step 1 — Bloom the Garlic and Wilt the Spinach (8 minutes) Heat 3 tablespo



10. Fish Taco Sauce

Fish Taco Sauce Fish Taco Sauce The sauce that makes a fish taco sing — a creamy, tangy, gently spiced blend of mayonnaise, sour cream, fresh lime, and hot sauce that comes together in one bowl and delivers the perfect hit of heat and acidity with every bite. Every great fish taco needs its foil: a sauce that cuts through the richness of fried or grilled fish, cools the heat of salsa, and ties the whole thing together. This is that sauce. The combination of creamy mayonnaise and tangy sour cream provides a lush base, while fresh lime juice cuts the fat with bright acidity. Ground cumin adds an earthy warmth, and a shot of Mexican-style hot sauce (Valentina or Cholula) brings gentle heat without overwhelming. The secret? Time. A two-hour rest in the fridge transforms a simple stir-together into a deeply integrated, complex condiment that tastes far more than the sum of its parts.

■ Prep ■ Cook ■ Total ■ Servings ■ Difficulty 5 min 0 min 2 hr 5 min 4 (about $\frac{3}{4}$ cup) Easy Amount

Ingredient $\frac{1}{2}$ cup (120 ml) mayonnaise $\frac{1}{4}$ cup (60 ml) sour cream 3 tbsp (45 ml) freshly squeezed lime juice (from about $1\frac{1}{2}$ medium limes) 1 tbsp (15 ml) hot sauce, such as Valentina or Cholula $\frac{1}{2}$ tsp (2 g) ground cumin $\frac{1}{2}$ tsp (3 g) kosher salt

Ingredient notes: Use full-fat mayonnaise and sour cream for the richest, most stable sauce. Light or fat-free versions contain stabilizers that can turn the sauce watery as it sits. For the hot sauce, Valentina (original, not extra-hot) or Cholula are ideal — they provide tangy heat without the vinegar-forward punch of Tabasco or the sweetness of Sriracha. Medium mixing bowl Whisk or fork Citrus juicer or reamer Fine-mesh strainer (optional, for straining lime juice) Chef's knife and cutting board (for limes) Airtight jar or container with lid

Juice the limes (2 min). Roll the limes firmly on the counter under your palm to release the juices, then cut them in half and squeeze through a reamer or citrus juicer. Strain out any seeds. Measure 3 tablespoons. Combine the ingredients (3 min). In a medium bowl, combine the mayonnaise, sour cream, fresh lime juice, hot sauce, ground cumin, and kosher salt. Whisk until the mixture is completely smooth, uniformly p



11. Classic Homemade Mayonnaise

Classic Homemade Mayonnaise Classic Homemade Mayonnaise (Easy Method) A creamy, stable, foolproof mayonnaise made in under 60 seconds with an immersion blender — this emulsified wonder requires just four ingredients, no gradual oil-drizzling, and delivers a rich, velvety, perfectly balanced result that puts any store-bought jar to shame. Homemade mayonnaise is one of those things that seems intimidating until you try it — and then you wonder why you ever bought the jarred stuff. This immersion blender method is the ultimate shortcut: you simply pile all the ingredients into a tall container, plunge the blender to the bottom, and let physics do the work. In seconds, the oil and egg transform into a thick, glossy, golden emulsion that's stable, luscious, and infinitely more flavorful than anything from a shelf. The secret is starting the blender at the very bottom, where the yolk, acid, and oil sit in a concentrated layer — the blender head creates an instant emulsion that pulls the rest of the oil into its wake as you slowly lift. No pouring in a thin stream, no whisking until your arm aches. Just perfect mayonnaise, every time. ■■■ Prep ■ Cook ■■ Total ■■ Servings ■ Difficulty 5 min 0 min 5 min 4 (about 1 cup) Easy Amount Ingredient 1 large whole egg, at room temperature 200 ml (about ¾ cup plus 2 tbsp) vegetable oil (sunflower or peanut oil preferred) 10 ml (2 tsp) fresh lemon juice or white wine vinegar 3 g (¾ tsp) kosher salt 1 tsp (5 g) Dijon mustard (optional, but recommended) Ingredient notes: Room-temperature eggs are critical — a cold egg will slow the emulsion and can cause it to break. Use a neutral-flavored oil like sunflower, peanut, or light olive oil. Extra-virgin olive oil works but produces a much stronger, grassier flavor (reserve it for Mediterranean-style mayonnaise). The mustard is optional but helps stabilize the emulsion and adds a subtle savory sharpness. Immersion (stick) blender Tall, narrow beaker or jar (the beaker that came with your immersion blender is ideal — the head must fit snugly at the bottom) Rubber spatula Small bowl (if you need to rescue a broken emulsion) Airtight jar or container for storage Assemble the

ingredients (2 mi



12. 2-Ingredient Browned Butter Umami Sauce

2-Ingredient Browned Butter Umami Sauce 2-Ingredient Browned Butter Umami Sauce A two-ingredient sauce that delivers more depth than any ten-ingredient recipe has any right to — nutty, golden browned butter meets savory, mushroomy vegetarian oyster sauce in a velvety emulsion that transforms vegetables, noodles, tofu, and proteins into an umami bomb in under 3 minutes. This is the sauce you didn't know you needed but will reach for every week. Browned butter brings the nutty, toasty, almost caramelized richness that only carefully cooked milk solids can provide. Vegetarian oyster sauce (made from mushrooms rather than oysters) contributes a deep, savory, slightly-sweet umami backbone that clings to every surface. Whisked together off the heat, they form a glossy, cohesive sauce that's exponentially more than the sum of its parts. Spoon it over steamed asparagus, toss it with roasted broccoli, slick it over seared tofu or noodles, or brush it onto salmon or chicken in the final minutes of cooking. The ratio is 1:1 by volume, the technique takes 90 seconds of active time, and the result is a condiment that makes everything taste like you spent hours in the kitchen. ■■ Prep ■ Cook ■■ Total ■■ Servings ■ Difficulty 1 min 3 min 4 min 2 to 4 (makes 2 to 4 tbsp) Easy Amount Ingredient 1 tbsp (14 g) unsalted butter 1 tbsp (15 ml) vegetarian oyster sauce (such as Roland, KLDSCP, Best of Thailand, or Megachef Premium Mushroom Sauce) For larger batches: For 12 oz vegetables, use 1½ tbsp each butter and oyster sauce. For 1 lb vegetables, use 2 tbsp each. Ingredient notes: Unsalted butter is essential — salted butter will make the sauce too salty once combined with the oyster sauce. Do NOT use regular oyster sauce (containing oysters) if you want to keep this vegetarian, but regular oyster sauce works fine otherwise. The best vegetarian oyster sauces are mushroom-based and deliver a clean, deep umami without the fishy notes of the original. Small light-colored skillet (stainless steel or nonstick) Heatproof silicone spatula or wooden spoon Small heatproof bowl Whisk or fork Measuring spoons Brown the butter (2 to 3 min). Place the unsalted butter in

a small, light-colored sk



13. New York-Style Pizza Sauce

New York-Style Pizza Sauce New York-Style Pizza Sauce A velvety, uncooked tomato sauce that defines New York pizza — bright, balanced, and intensely savory, this no-cook sauce relies on hand-crushed San Marzano tomatoes, a whisper of garlic, and a long, slow infusion with onion and basil to deliver the signature sweet-tangy depth that makes every slice unforgettable. This is the sauce that separates a great slice from a merely good one. Unlike cooked sauces that simmer for hours, New York-style pizza sauce is a study in restraint: whole peeled tomatoes are crushed by hand (never puréed smooth), combined with gently bloomed garlic, oregano, and red pepper flakes in olive oil and butter, then slowly infused with halved onion and fresh basil over the lowest possible heat for a full hour. The result is a sauce that is simultaneously bright and rich, with a texture that is rustic and substantial — never watery, never pasty. It clings to the cheese and crust without soaking through, delivering a clean tomato flavor that is the hallmark of every great New York pizzeria. ■■ Prep ■ Cook ■■ Total ■■ Servings ■ Difficulty 10 min 1 hr 5 min 1 hr 15 min Makes about 1 cup (enough for 2 large pizzas) Medium Amount Ingredient 1 (28-oz / 794 g) can whole peeled tomatoes (preferably San Marzano) 1 tbsp (15 ml) extra-virgin olive oil 1 tbsp (14 g) unsalted butter 2 medium cloves garlic, grated on a Microplane (about 2 tsp / 6 g) 1 tsp (2 g) dried oregano Pinch red pepper flakes to taste kosher salt 1 medium yellow onion, peeled and split in half 2 (6-inch / 15 cm) sprigs fresh basil, with leaves attached 1 tsp (4 g) sugar Ingredient notes: San Marzano tomatoes are the gold standard here — they are naturally sweeter, less acidic, and meatier than standard plum tomatoes. If unavailable, use the best-quality whole peeled tomatoes you can find. Do NOT use crushed or diced tomatoes; they contain calcium chloride which prevents them from breaking down properly. The onion and basil are steeped and then discarded, so do not chop them — the halved onion and whole basil sprigs infuse the sauce without becoming part of it. Food mill, food processor, or immersion blender Medium

saucepan (stai



14. Mornay Sauce

Mornay Sauce The classic French cheese sauce — béchamel enriched with melted Gruyère and Parmigiano-Reggiano, silky, golden, and irresistibly creamy, the essential base for croque monsieur, gratins, and the ultimate macaroni and cheese. Mornay sauce is what happens when you take a perfectly smooth béchamel and stir in good melted cheese — it transforms from a simple white sauce into something luxurious, nutty, and golden. Named after the Duc de Mornay, it is one of the most useful sauces in the French repertoire: use it to bind a croque monsieur, blanket a cauliflower gratin, or make the grown-up mac and cheese that will haunt your dreams. The choice of cheese matters: Gruyère provides nuttiness and superior melting, while Parmigiano adds sharp, salty depth. A pinch of nutmeg is the traditional finishing touch. ■■ Prep ■ Cook ■■ Total ■■ Servings ■ Difficulty 10 min 15 min 25 min Makes about 1 cup (240 ml) Easy to Moderate Amount

Ingredient 2 tbsp unsalted butter 2 tbsp all-purpose flour 1½ cups (360 ml) whole milk, warm ½ cup (50 g) Gruyère cheese, finely grated ¼ cup (25 g) Parmigiano-Reggiano, finely grated ¼ tsp freshly grated nutmeg Salt and white pepper

Preparation Make the roux: Melt butter in a saucepan over medium heat. Whisk in flour and cook for 1 to 2 minutes until pale and foamy — do not let it brown. Add milk: Gradually whisk in warm milk. Bring to a gentle simmer, whisking constantly, until thickened — about 3 minutes. Add cheese: Remove from heat. Stir in grated Gruyère and Parmigiano until fully melted and smooth. Season: Add nutmeg, salt, and white pepper. Use immediately, or press plastic wrap onto the surface to prevent a skin.

Chef's Tips Use freshly grated cheese — pre-shredded contains anti-caking agents that make the sauce grainy. Keep the heat moderate — boiling can cause the cheese to separate. For a richer sauce, replace ½ cup (120 ml) milk with heavy cream.

Storage Method Refrigerator Store in an airtight jar for up to 1 week. Per Serving (2 tbsp / 30 ml) Calories 120 Fat 11 g Carbohydrates 3 g Protein 2 g Nutrition values are approximate. Volume:

V02_Sunday_Sauce Categories: Sauces, Condiments Cuisine: International Main



15. Meuniere Sauce

Meuniere Sauce The simplest and most elegant French butter sauce — brown butter sizzled with fresh lemon juice and parsley, poured over delicate fish fillets for a dish that is greater than the sum of its three ingredients. À la meunière ('in the style of the miller's wife') is one of the great French preparations: a delicate fillet of fish, lightly dredged in flour, pan-fried in butter, and finished with a simple sauce of brown butter, lemon, and parsley. The sauce itself is the star — the butter is cooked just until it turns a light hazelnut brown, developing a deep, nutty aroma that pairs perfectly with the bright acidity of fresh lemon and the clean, grassy notes of parsley. It is the classic preparation for sole meunière, but also works beautifully with trout, flounder, or any delicate white fish. The entire dish, sauce included, comes together in under 10 minutes. ■■ Prep ■ Cook ■■ Total ■■ Servings ■ Difficulty 10 min 15 min 25 min Makes about 1 cup (240 ml) Easy to Moderate Amount

Ingredient 4 tbsp (55 g) unsalted butter 2 tbsp fresh lemon juice 2 tbsp fresh parsley, finely chopped 1 tbsp capers (optional) Salt and white pepper

Preparation Brown the butter: Melt butter in a small skillet over medium heat. Cook, swirling frequently, until the butter turns a light hazelnut brown and smells nutty — about 2 to 3 minutes. Add lemon: Immediately remove from heat and stir in lemon juice (it will sizzle and bubble vigorously). Finish: Stir in parsley and capers if using. Season with salt and white pepper. Spoon over pan-fried fish immediately. Chef's Tips Watch the butter carefully — it goes from brown to burnt in seconds. Serve immediately — the emulsion is unstable and will separate as it cools. Add a pinch of smoked paprika for a subtle depth. Storage Method Refrigerator Store in an airtight jar for up to 1 week. Per Serving (2 tbsp / 30 ml) Calories 120 Fat 11 g Carbohydrates 3 g Protein 2 g Nutrition values are approximate. Volume: V02_Sunday_Sauce Categories: Sauces, Condiments Cuisine: International Main Ingredient: Various Keywords: homemade sauce, classic sauce, condiment Recipe from "The Italian Kitchen" by Vita Milanese —



16. Chimichurri Sauce

Chimichurri Sauce Yogurt Gochujang Fusion Sauce (Salsa yogurt + gochujang) A creamy, spicy, umami-packed Korean-Italian fusion dipping sauce that comes together in 30 seconds — Greek yogurt provides a cool, tangy base while gochujang delivers fermented chili depth, creating a perfectly balanced condiment that bridges East and West with every dip. This is the kind of sauce that makes you wonder why you ever settled for plain ranch or boring ketchup. At its heart, it is a two-ingredient wonder: the cool, thick creaminess of Greek yogurt meets the bold, funky, spicy-sweet intensity of gochujang, the fermented Korean chili paste that has become a pantry staple in kitchens around the world. A squeeze of lemon and a pinch of salt are all it takes to wake up the flavors and bring them into perfect harmony. The result is a sauce that is simultaneously cooling and warming, tangy and savory, creamy and bright — an unlikely fusion that somehow makes perfect sense on the palate. Use it as a dip for crispy chicken nuggets, spring rolls, or fresh vegetables, and watch it disappear before your eyes. It takes longer to set out the serving bowl than to make the sauce itself. ■■ Prep ■ Cook ■■ Total ■■ Servings ■ Difficulty 2 min 0 min 2 min 4 (about ½ cup) Very Easy Amount Ingredient 100 g (about ½ cup plus 2 tbsp) plain Greek yogurt (full-fat or 2%) 1 tsp (5 g) gochujang (Korean chili paste) to taste freshly squeezed lemon juice (about ½ to 1 tsp) pinch kosher salt Ingredient notes: Use a good-quality, thick Greek yogurt — Fage Total, Chobani Plain, or any full-fat or 2% Greek yogurt will work beautifully. Avoid non-fat yogurt, which can be thin and lack the body to stand up to the gochujang. Gochujang brands vary in heat level and sweetness; Tae Kyung, Chung Jung One, and Sempio are widely available and reliable. If your gochujang is very thick, stir it vigorously in its container before measuring. Lemon juice should be freshly squeezed — bottled lemon juice has a flat, metallic flavor that dulls the sauce. Start with a small squeeze and add more to taste. Small mixing bowl Whisk or small fork Measuring spoons Citrus reamer or juicer (for fresh lemon) Serving

bowl Combine the



17. Salsa Verde

Salsa Verde Korean Ssamjang (Ssamjang Coreano) A thick, savory Korean ssam (wrap) sauce — fermented soybean paste, gochujang, sesame oil, garlic, and scallions, for lettuce wraps, grilled meat, rice bowls, and ssambap. ■■ Prep ■ Cook ■■ Total ■■ Servings ■ Difficulty 10 min 15 min 25 min Makes about 1 cup (240 ml) Easy Amount Ingredient ¼ cup (60 g) doenjang (Korean soybean paste) 2 tbsp gochujang (Korean chili paste) 1 tbsp sesame oil 1 tbsp honey or sugar 1 garlic clove, minced 2 scallions, finely chopped 1 tsp toasted sesame seeds Preparation Combine doenjang, gochujang, sesame oil, honey, and garlic in a bowl. Mix until smooth. Fold in scallions and sesame seeds. Serve at room temperature. Volume: V02_Sunday_Sauce Categories: Sauces, Condiments Cuisine: International Main Ingredient: Various Keywords: homemade sauce, classic condiment Recipe from "The Italian Kitchen" by Vita Milanese — Volume 2: Sunday Sauce



18. Chicken Gravy

Chicken Gravy Thai Sweet Chili Sauce (Salsa agrodolce thai) The iconic Thai sweet chili sauce — garlic, red chili, sugar, and rice vinegar, thickened to a glossy, sweet-spicy perfection. The universal dipping sauce for spring rolls, chicken wings, fish cakes, and fried wontons. ■■ Prep ■ Cook ■■ Total ■■ Servings ■ Difficulty 10 min 15 min 25 min Makes about 1 cup (240 ml) Easy Amount Ingredient 1 cup (200 g) granulated sugar $\frac{3}{4}$ cup (180 ml) water $\frac{1}{2}$ cup (120 ml) rice vinegar 4 garlic cloves, minced 2 Thai red chilies, finely chopped (or 1 tsp red pepper flakes) 1 tbsp fish sauce 2 tsp cornstarch mixed with 2 tbsp water Preparation Combine sugar, water, rice vinegar, garlic, and chilies in a saucepan. Bring to a boil, stirring to dissolve sugar. Reduce heat and simmer for 10 minutes. Stir cornstarch slurry, add to sauce, and simmer for 2 minutes until glossy. Remove from heat. Stir in fish sauce. Cool completely. Volume: V02_Sunday_Sauce Categories: Sauces, Condiments Cuisine: International Main Ingredient: Various Keywords: homemade sauce, classic condiment Recipe from "The Italian Kitchen" by Vita Milanese — Volume 2: Sunday Sauce



19. Leek Risotto

Leek Risotto (Risotto ai Porri) Leek Risotto (Risotto ai Porri) A delicate, creamy risotto where sweet, slowly-cooked leeks melt into Carnaroli rice — proof that the simplest ingredients make the most elegant Italian first course. There is a quiet magic in leek risotto. Where other risottos shout with saffron, truffle, or seafood, this one whispers: leeks cooked until they are butter-soft and sweet, folded into rice that has been toasted, deglazed with white wine, and slowly coaxed with hot broth into a creamy, all'onda texture. It is the risotto of northern Italian home cooking — humble, generous, and deeply comforting. A generous hand with Parmigiano in the final mantecatura is all it needs. ■■ Prep ■ Cook ■■ Total ■■ Servings ■ Difficulty 10 min 20 min 30 min 4 Easy Amount Ingredient 1½ cups (320 g) Carnaroli rice 2 medium (250 g) leeks, white and pale green parts only 4 cups (1 l) vegetable broth, hot ½ cup (100 ml) dry white wine 3 tbsp (45 g) butter, for the leeks 3½ tbsp (50 g) butter, for the mantecatura ½ cup (50 g) Parmigiano Reggiano, grated kosher salt, to taste freshly ground black pepper, to taste Ingredient notes: Use only the white and pale green parts of the leeks — the dark green leaves are tough and bitter. Slice them thinly so they soften evenly. Carnaroli is ideal for its creamy texture and firm bite; Arborio is a fine substitute. The butter appears twice — once to cook the leeks, once for the final mantecatura — so don't skimp on either. Large, heavy-bottomed sauté pan or Dutch oven Medium saucepan (for keeping the broth hot) Wooden spoon or heatproof spatula Chef's knife and cutting board Fine grater or Microplane (for Parmigiano) Prepare the leeks (5 min). Trim off the dark green tops and root ends. Slice the leeks in half lengthwise, rinse well under cold water to remove any grit, then slice thinly crosswise. Soften the leeks (5 min). Melt 3 tablespoons of butter in the pan over medium heat. Add the leeks and cook, stirring occasionally, until tender and lightly golden — about 5 minutes. Season with a pinch of salt. Toast the rice (2 min). Add the Carnaroli rice and stir constantly for 2 minutes until the grains turn translucent at the e



20. Porcini and Truffle Risotto

Porcini and Truffle Risotto Porcini and Truffle Risotto (Risotto Funghi e Tartufo) The essence of the forest in a bowl — earthy porcini mushrooms, creamy Carnaroli rice, and shavings of fresh black truffle. The most luxurious risotto in the Italian repertoire, and one of the most memorable. This is the risotto that defines Italian luxury. Fresh porcini mushrooms are sautéed with a whisper of garlic, then folded into rice that has been toasted and slowly cooked to creaminess. The final flourish — thin shavings of fresh black truffle — fills the room with an aroma that is earthy, musky, and utterly intoxicating. It's a dish for celebrations, yet the technique is the same patient risotto method you already know: toast, wine, broth, mantecatura. The ingredients do the rest. ■■ Prep ■ Cook ■■ Total ■■ Servings ■ Difficulty 20 min 30 min 50 min 4 Medium Amount Ingredient 1¾ cups (340 g) Carnaroli rice 1 small white onion, finely chopped ½ glass (75 ml) dry white wine 1¾ tbsp (25 g) butter, for the onion 4 cups (1 l) vegetable broth, hot ½ cup (50 g) Parmigiano Reggiano, grated fresh parsley, chopped salt, to taste freshly ground black pepper, to taste 10 oz (300 g) fresh porcini mushrooms 1¾ tbsp (25 g) butter, for the mushrooms 1 clove garlic, peeled and lightly crushed salt and pepper, for the mushrooms 1.8 oz (50 g) fresh black truffle Ingredient notes: Fresh porcini are the soul of this dish — look for firm, fragrant specimens at Italian grocers or specialty markets in autumn. Cremini or mixed wild mushrooms are an excellent substitute. Fresh black truffle (*Tuber melanosporum* or *uncinatum*) is the classic finish; white truffle is even more intense. Truffle oil is a poor substitute — use it only as a last resort, and add it at the very end. Large, heavy-bottomed sauté pan or Dutch oven Medium frying pan (for the mushrooms) Medium saucepan (for the hot broth) Wooden spoon or heatproof spatula Chef's knife and cutting board Truffle shaver or Microplane Clean the mushrooms (5 min). Trim the base of the porcini stems. Wipe clean with a damp cloth — never wash them under running water. Slice them. Sauté the mushrooms (5 min). Heat the butter in a frying

pan with the garl



21. Shrimp Risotto

Shrimp Risotto (Risotto ai Gamberi) A luxurious risotto where sweet shrimp are cooked twice — once in their own shells to build a golden fumetto, once in the pan — so every grain of rice tastes intensely of the sea. This is risotto at its most theatrical: the shells, heads, and legs of the shrimp are slowly simmered into a fumetto, a concentrated shellfish stock that becomes the soul of the dish. The rice is toasted, deglazed with white wine, and coaxed to creaminess with that golden liquid, while the shrimp themselves are sautéed separately in butter until pink and sweet. Whole shrimp crown each bowl — a restaurant touch that makes it special enough for company, yet simple enough for a Friday night. ■■ Prep ■ Cook ■■ Total ■■ Servings ■

Difficulty 40 min 60 min 1 hr 40 min 4 Medium Amount Ingredient 11 oz (320 g) Carnaroli rice 20 Argentine shrimp (or large shrimp) ¼ cup (50 g) dry white wine ½ cup (110 g) butter 1 cup (100 g) Parmigiano Reggiano, grated ½ onion, finely chopped 1 onion, quartered (for the fumetto) 3 carrots 2 stalks celery 1 clove garlic ¼ cup (50 g) brandy 2 qt (2 l) cold water 3 tbsp (30 g) extra-virgin olive oil 3½ tbsp (35 g) tomato concentrate 1 sprig parsley

Ingredient notes: Argentine red shrimp are large, sweet, and ideal here, but any good raw shrimp works. The "fumetto" — a shellfish stock made from the shells — is what separates this risotto from a good one. Keep 4 whole shrimp for the garnish; cut the rest into ½-inch pieces. Large, heavy-bottomed saucepan (for the fumetto) Second pan or large skillet (for the risotto) Fine-mesh strainer or colander Wooden spoon Chef's knife and cutting board Clean the shrimp (15 min). Remove the heads, peel the shells, and devein. Reserve the heads and shells for the fumetto. Keep 4 whole shrimp aside; cut the rest into ½-inch pieces. Refrigerate until needed. Build the fumetto (60 min). Slice the carrots, quarter the onion, and cut the celery into 1-inch pieces. Heat the olive oil in the saucepan, add the vegetables and garlic, and sauté a few minutes. Stir in the tomato concentrate and cook 4-5 minutes. Add the shrimp shells and heads and cook 5 minutes more. Deglaze with

the brand



22. Saffron Risotto

Saffron Risotto Saffron Risotto (Risotto allo Zafferano) The golden classic — Carnaroli rice perfumed with saffron, toasted and deglazed with white wine, cooked creamy with vegetable broth, and mantecato with butter and Parmigiano. Saffron risotto is the gold standard of the Italian risotto family — and the base of the legendary risotto alla Milanese. Saffron is added early, so its color and aroma permeate every grain, turning the risotto a beautiful golden yellow. Garlic and onion build the soffritto, white wine adds brightness, and a simple mantecatura of butter and Parmigiano brings it to a silky finish. Elegant enough for a holiday table, simple enough for a Tuesday. ■■ Prep ■ Cook ■■ Total ■■ Servings ■ Difficulty 10 min 20 min 30 min 4 Easy

Amount Ingredient 10½ oz (300 g) risotto rice (Carnaroli) 2 garlic cloves 1 onion 2 saffron sachets (plus a few extra strands) 3¾ cups (900 ml) hot vegetable broth ¾ cup (200 ml) dry white wine 1 tbsp + 1½ tbsp butter 2¾ oz (80 g) Parmigiano Reggiano, grated fine salt, black pepper

Ingredient notes: Saffron comes in sachets of ground powder or in strands (pistils). Using both — as this recipe does — gives maximum color and aroma. For the deepest flavor, steep the strands in a few tablespoons of hot broth for 10 minutes before adding. Large saucepan (for the risotto) Chef's knife and cutting board Wooden spoon Ladle Small bowl (for steeping the saffron) Warm the broth (5 min). Heat the vegetable broth and keep it hot. If using saffron strands, steep them in a few tablespoons of hot broth for 10 minutes. Soffritto (3 min). Melt 1 tbsp of butter in a large saucepan. Soften the minced garlic and finely chopped onion until translucent. Toast the rice (3 min). Add the rice and toast, stirring, until the grains turn translucent. Deglaze (2 min). Pour in the white wine and let it reduce almost completely. Add the saffron (1 min). Stir in the saffron (powder and/or steeped strands with their liquid) so the color spreads through the rice. Cook the risotto (20 min). Add the hot broth a little at a time, stirring often, keeping the rice just covered. Cook over low heat until creamy and al dente. Manteca (2 min). Off the heat, stir



23. Cacio e Pepe Risotto

Cacio e Pepe Risotto — Silky Pecorino Method Cacio e Pepe Risotto — Silky Pecorino Method (Risotto Cacio e Pepe) The Roman classic reborn as risotto, where the genius is in the temperature: a Pecorino cream built separately at 55–60°C, folded in off the heat for a gloss you can't get any other way. Rice, Pecorino, black pepper — nowhere to hide. There is nowhere to hide in this recipe: rice, Pecorino Romano, and black pepper are the protagonists. The difference between silky and stringy is entirely in the emulsification — so instead of tossing grated Pecorino into a boiling pan (the classic mistake), the cheese becomes a cream first: warm stock whisked into finely grated Pecorino at a controlled 55–60°C, then folded into the risotto off the heat. Toasted pepper, a whisper of white wine, and a cold-butter mantecatura complete a dish of startling elegance. ■■ Prep ■ Cook ■■ Total ■■ Servings ■ Difficulty 10 min 25 min 35 min 4 Medium Amount Ingredient 11¼ oz (320 g) Carnaroli rice 4 cups (1 L) light vegetable stock, kept hot ½ cup (100 ml) dry white wine 4¼ oz (120 g) Pecorino Romano, finely grated 1 oz (30 g) unsalted butter, cold and diced 1 tsp (5 g) black peppercorns, coarsely crushed ¾ tsp (4 g) fine sea salt, plus more as needed Ingredient notes: Pecorino Romano is the only cheese — sharp, salty, and essential. Grate it finely so it melts into a cream. Use a light, only moderately salted stock: cacio e pepe is about Pecorino and pepper, and a strong stock would compete with both. Wide pan (for the pepper and rice) Small bowl (for the Pecorino cream) Wooden spoon Ladle Warm serving plates Toast the black pepper (60-90 sec). Place the crushed black pepper in a wide dry pan and toast over medium heat, shaking frequently, until intensely aromatic. Remove about one-third and reserve it for finishing — gentle toasting releases the pepper's volatile aromatics for a deeper flavor than grinding over the finished dish. Toast the rice (2 min). Add the Carnaroli to the pan with the remaining pepper and toast dry about 2 minutes, stirring frequently, until the grains are hot and slightly translucent at the edges. Deglaze (1 min). Add the white wine

and let it reduce almo



24. Lemon, Parmigiano & Basil Risotto

Lemon, Parmigiano & Basil Risotto Lemon, Parmigiano & Basil Risotto (Risotto al Limone, Parmigiano e Basilico) A bright, elegant risotto where lemon brings freshness without a hint of sourness — zest added off the heat to preserve its aromatic oils, a silky Parmigiano mantecatura, and vivid drops of basil oil for color and perfume. This is the risotto that photographs like a dream: ivory rice, bright green basil oil, and yellow lemon zest on a clean white plate. The technique is what makes it special — the lemon juice is added gradually (lemons vary wildly in acidity), and the zest goes in only during the off-heat mantecatura, so its volatile citrus oils stay fresh and fragrant instead of turning bitter in the stock. A blanched-basil oil keeps its intense green. Bright, clean, and quietly luxurious. ■■ Prep ■ Cook ■■ Total ■■ Servings ■ Difficulty 15 min 25 min 40 min 4 Easy

Amount Ingredient 11¼ oz (320 g) Carnaroli rice 4 cups (1 L) light vegetable stock, kept hot ■ cup (80 ml) dry white wine 1½ oz (40 g) shallot, finely minced 1 tbsp (15 ml) extra-virgin olive oil 1 organic lemon, zest finely grated 1½ tbsp (20 ml) fresh lemon juice, strained ½ cup (70 g) Parmigiano Reggiano, finely grated 2¾ tbsp (40 g) unsalted butter, cold and diced ¾ tsp (4 g) fine sea salt, plus more as needed ¼ tsp (1 g) black pepper, freshly ground For the basil oil 1 oz (30 g) fresh basil leaves, stems removed ■ cup (80 ml) extra-virgin olive oil ¼ tsp (1 g) fine sea salt

Ingredient notes: Use an organic lemon — you're grating the zest, so you want unwaxed fruit. The basil oil is blanched first so it stays intensely green. Don't skip the straining for a restaurant-style finish; the oil is what makes the plate pop. Small saucepan (for blanching) Blender (for the basil oil) Fine sieve Wide saucepan (for the risotto) Wooden spoon Ladle Warm serving plates Make the basil oil (10 min). Bring a small saucepan of water to a boil. Blanch the basil 10 seconds, then transfer immediately to ice water. Drain and dry the leaves very thoroughly. Blend with the olive oil and salt until intensely green and smooth — strain through a fine sieve for a restaurant finish. The blanching deactivates the enz



25. Carbonara Risotto

Carbonara Risotto Carbonara Risotto (Risotto alla Carbonara) The Roman Carbonara reborn as risotto — guanciale, Pecorino Romano, egg yolks, and black pepper — where the crucial technique is adding the egg mixture off the heat, letting residual heat create a glossy emulsion without scrambling the yolks. This is Carbonara translated into rice: guanciale rendered slowly from a cold pan until golden and crisp, rice toasted in the rendered fat with black pepper, and a Carbonara cream of egg yolks, Pecorino, warm stock, and crispy guanciale folded in completely off the heat. No wine, no cream, no butter — the richness comes from guanciale fat, yolks, Pecorino, and the rice's own starch. Golden, glossy, and unmistakably Roman. ■■ Prep ■ Cook ■■ Total ■■ Servings ■ Difficulty 15 min 25 min 40 min 4 Medium Amount Ingredient 11¼ oz (320 g) Carnaroli rice 4 cups (1 L) light chicken or vegetable stock, kept hot 4¼ oz (120 g) guanciale, cut into 8 mm strips 2¾ oz (80 g) Pecorino Romano, finely grated 4 egg yolks (about 2½ oz / 70 g), at room temperature ¾ tsp (4 g) black peppercorns, coarsely crushed ½ tsp (3 g) fine sea salt, plus more as needed For finishing ¾ oz (20 g) Pecorino Romano, finely grated ¼ tsp (1 g) black pepper, freshly ground Ingredient notes: Guanciale is cured pork jowl — the true Roman ingredient; pancetta is the closest substitute. The egg yolks must be at room temperature. Because Pecorino and guanciale are already salty, keep the stock only lightly seasoned. There is no wine and no butter in this version — by design. Wide pan (for the guanciale and rice) Slotted spoon Small bowl (for the Carbonara cream) Whisk Wooden spoon Ladle Warm serving plates Render the guanciale (6-8 min). Place the guanciale in a cold, wide pan. Set over medium-low heat and cook 6-8 minutes — the fat should render slowly while the guanciale becomes golden and crisp. Starting cold lets the fat render gradually before the exterior darkens. Remove the crispy guanciale with a slotted spoon and reserve. Keep about 1 oz (30 g) of the rendered guanciale fat in the pan. Toast the pepper (30-45 sec). Add the crushed black pepper to the guanciale fat and

toast until fragrant. Toast the r