

Italian Cookbook: Traditional Italian Recipes Made Easy & Mexican Cookbook: Traditional Mexican Recipes Made Easy

Pages: 289
Format: pdf, epub
Language: English

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CONCLUSION Introduction I want to thank you for choosing this book, *'Italian Cookbook: Traditional Italian Recipes Made Easy'*. If you were to ask people what's their favorite stress busting activity, more often than not, you would hear 'cooking' as the answer. The best part about cooking is you get to enjoy the results of your hard work almost instantly. The texture of various ingredients, the sound of sizzling and popping when baking or frying, the colors and smells of the food and, of course, the taste of the finished dish - all of these will tantalize your taste buds. Most people love food and the idea of cooking and are open to experimentation with various cuisines from different parts of the world. Of all the countries and their special cuisine, one country that stands out in the culinary department is Italy. The first thing that comes to mind when we speak of Italy is the delicious and hearty Italian food, which is loved by young and old ones alike across the world. People often think Italian cooking and cuisine is all about pastas and pizzas and all that goes in an Italian dish are tomatoes, herbs and cheese. Although these ingredients do form a major part of Italian cuisine, it does not revolve around them. There is much more to this glorious cuisine than a cheesy pasta or a hearty pizza. Although traditional, Italian cooking is quite flexible as well. The dishes are often quite simple and can be cooked with minimal ingredients. These recipes are soft on the palette with a burst of flavors of the prime ingredients. Some of these ingredients are only available in certain seasons and expert cooks know how to and when to use them to make the dishes pop. Italian cuisine is extremely rich and often calls for fresh vegetables and herbs. However, thanks to its flexible nature, it is possible to use canned foods in these traditional recipes too. Generous use of herbs, vegetables and olive oil makes this cuisine extremely healthy. Italian recipes are so colorful, that your plate will often end up looking like a rainbow. Italian cuisine is often divided into southern cuisine and northern cuisine. Although both of these use almost similar ingredients, the taste can be quite different. The Italian food that is available outside of Italy is often an amalgamation of both these cuisines. In Italy, each holiday has its own special recipe. These recipes often call for special, seasonal ingredients. Finding these ingredients outside of Italy can be quite difficult. However, you can always replace them with other ingredients to give a new twist to the age-old recipes. Remember, Italian cooking is all about flexibility, experimentation and inclusion. The intent of this book is to acquaint you with traditional Italian recipes and make Italian cooking easy for novice cooks. The best part about this book is it contains a perfect blend of new and old, traditional and modern, authentic and fusion recipes, making it a perfect read for anyone who wants to taste authentic Italian flavors. The recipes are divided into different sections for the ease of readers. To make it simple for you, optional or alternate ingredients are mentioned next to ingredients difficult to procure in local supermarkets. The recipes in this book are simple, easy to make and delicious. Anyone with a rudimentary knowledge of cooking can use this book to make delicious Italian delicacies. All the recipes are tried, tested and tasted so you can be rest assured of the final product, as long as you follow the recipes properly. As said earlier, Italian cooking is all about flexibility so if you do not like a particular ingredient, you can change it or replace with another ingredient, which is similar in texture or taste. To add a fusion twist to the recipes, you can even experiment with ingredients of your choice but, before you do that, try to create the original recipe. Without any further ado, let us get started. Thank you once again for choosing this book. I sincerely hope you have fun cooking and

serving these Italian recipes to your near and dear ones. **Chapter One: Italian Breakfast**

Recipes Italian Sausage Egg Bake Serves: 6**Ingredients:**

- 4 slices white bread, cubed
- 1 cup sharp cheddar cheese, shredded
- 5 large eggs, lightly beaten
- ½ teaspoon dried oregano
- ½ teaspoon dried basil
- ½ pound mild Italian sausage links, discard casings, sliced
- 1 cup part skim mozzarella cheese
- 1 ½ cups 2% milk
- ½ teaspoon fennel seeds, crushed

Method: Grease a baking dish and place bread in it. Place a skillet over medium heat. Add sausage and cook until it is not pink anymore. Discard excess fat in the pan. Turn off the heat and spread sausage over the bread cubes. Sprinkle mozzarella cheese and cheddar cheese. Cover with cling wrap and chill for 6-8 hours. Let it sit for 30 minutes. Discard the wrap. Bake in a preheated oven at 350° F for 40-50 minutes or a toothpick, when inserted in the center, comes out clean. Remove from the oven and let it sit for 5 minutes. Slice and serve. **Vegetable Pizza Burritos Serves: 8**

Ingredients:

- 2 cans (15 ounce each) white beans, rinsed, drained
- 2 cans (15 ounces each) diced tomatoes, drained
- 1 cup olives, sliced
- 2 cups green bell pepper, chopped
- 1 large onion, chopped
- 8 flour tortillas
- 2 teaspoons Italian seasoning
- 2 cups cheese of your choice, shredded
- A handful fresh basil, chopped, to garnish

Method: Place a skillet over medium heat. Add oil. When oil is heated, add onions and bell pepper and sauté until translucent. Add tomatoes, beans and Italian seasoning and stir until well combined. Add cheese and olives and mix well. Heat thoroughly. Add basil. Mix well. Divide the filling equally and place over the tortillas. Roll and serve. **Brunch Torte Serves: 6****Ingredients:**

- 1 tube (8 ounces) refrigerated crescent rolls, divided
- 3 ounces baby spinach
- 4 large eggs
- 1 teaspoon Italian seasoning
- ¼ pound deli ham, thinly sliced
- ¼ pound provolone cheese, sliced
- 1 jar (12 ounces each) roasted sweet red peppers, drained, sliced, pat dried
- ½ teaspoon olive oil
- ½ cup fresh mushrooms
- ½ cup parmesan cheese, grated
- Pepper powder to taste
- ¼ pound hard salami, thinly sliced

Method: Grease a small springform pan with oil or butter. Place it on a large sheet of heavy-duty foil. Wrap the foil all around the pan tightly. Unroll half the dough and keep the triangles separately on the prepared pan. Press it well on to the bottom of the pan. Bake in a preheated oven at 350° F for 10-15 minutes. Place a skillet over medium heat. Add oil. When the oil is heated, add spinach and mushrooms and sauté until tender. Remove with a slotted spoon and place on a plate that is lined with paper towels. Add 5 eggs into a bowl and whisk well. Add cheese, pepper and Italian seasoning. Place ham over the crust. Layer with salami and cheese followed by red pepper and spinach mixture. Pour beaten egg on top. Unroll the remaining dough. Place them close to each other and form into a circle. Press them together so that it will not open up. Carefully place it over the filling on the crust. Beat the remaining egg and brush it over the dough. Bake in a preheated

oven at 350° F for 40-60 minutes or the internal temperature should show 160 ° F.If you find that the top is browning too quickly, cover with foil and continue baking.Run a knife around the edges of the container. Take off the rim from the springform pan.Let it sit for 20 minutes.Slice and serve.

Italian ScrambleServes: 6-8**Ingredients:**

- 2 packages tofu, crumbled
- 4 cloves garlic, minced or pressed
- 2 medium onions, chopped
- 1 green chili, thinly sliced
- 1 green or red bell pepper, chopped
- 2 tablespoons olive oil
- 2 tablespoons Italian seasoning or to taste
- 1 ½ teaspoons crushed red pepper flakes
- 1 teaspoon turmeric powder
- 2 bunches spinach, rinsed, chopped
- 2 cups cherry tomatoes
- 4 tablespoons capers
- 1 ½ teaspoons sea salt or to taste

Method:Place a skillet over medium heat. Add oil. When oil is heated, add onions and bell peppers and sauté until soft.Add turmeric and Italian seasoning and sauté for a few seconds.Add spinach, green chili and tomatoes and sauté until spinach wilts.Add tofu and capers. Mix well and heat thoroughly. Taste and adjust the seasonings if necessary.Serve hot. **Egg and Tomato**

Scramble Serves: 2**Ingredients:**

- 2 plum tomatoes, peeled, chopped
- 2 eggs or egg substitute equivalent
- 2 cloves garlic, minced
- Salt to taste
- Pepper to taste
- 1 tablespoon fresh basil or ½ teaspoon dried basil and extra to garnish
- 2 teaspoons water
- 2 teaspoons olive oil (optional)
- 2 slices bread, toasted

Method:Add egg, garlic and water into a bowl and whisk well.Add tomato and basil into another bowl. Mix well.Place a small nonstick skillet over medium heat. Add oil. When the oil is heated, add the egg mixture. Stir and cook until the eggs are soft and nearly set.Stir in the tomato-basil mixture, salt and pepper.Cook until eggs are fully set.Place a toast in each serving plate. Divide the scramble among the plates and serve. **Decadently Thick Italian Hot Chocolate**Serves: 4-8

Ingredients:

- 4 tablespoons butter
- 2 cups chopped chocolate or chocolate chips
- 4 cups milk of your choice
- 4 teaspoons cornstarch
- 4 tablespoons granulated sugar or more to taste
- ½ teaspoon vanilla extract (optional)

Method:Place a saucepan over low heat. Add butter. When butter melts, add cornstarch and mix until well combined. Add milk and sugar and stir. Raise heat to medium high. Bring to a simmer stirring constantly.Lower heat and add chocolate. Simmer until thick and chocolate melts completely.Remove from heat and add vanilla extract.Mix well, pour into cups and serve. **Pizza**

OmeletServes: 2**Ingredients:**

- 4 eggs
- 2 tablespoons butter
- 20 slices pepperoni
- ½ cup part skim mozzarella cheese, shredded
- 4 tablespoons milk

- ½ cup pizza sauce
- 2 tablespoons shredded parmesan cheese

Method: Whisk together eggs and milk. Place a small skillet over medium heat. Add half the butter. When butter melts, pour half the egg mixture. Cook until the omelet is set. Carefully slide on to a plate. Spread half the pizza sauce over one half of the omelet. Place half the pepperoni slices and sprinkle half the mozzarella cheese. Fold the other half over the filling. Sprinkle 1-tablespoon Parmesan cheese and serve. Repeat steps 3-6 to make the other omelet. **Brunch Risotto** Serves: 4

Ingredients:

- 2 ½ cups low sodium chicken broth or more if required, warmed
- 1 cup Arborio rice, rinsed
- Pepper powder to taste
- 1 small tomato, chopped
- 6 ounces Italian sausage links, discard casings
- 1 small clove garlic, minced
- ½ tablespoon olive oil

Method: Place a nonstick skillet over medium heat. Add sausage and cook until it is not pink anymore. Discard excess fat in the pan. Place the skillet back over heat. Add oil. When the oil is heated, add garlic, rice and pepper and sauté until rice turns opaque – 2-3 minutes. Add sausage back into the skillet. Add ½ cup of broth and stir. Cook until broth is absorbed. Add ½ cup of broth each time and cook until it is absorbed. Repeat this until all the broth is added. If the rice is not tender, add some more broth. Add tomato and heat thoroughly. Stir right away.

Chocolate-Banana Melts Serves: 1 **Ingredients:**

- 1 tablespoon chocolate hazelnut spread like Nutella
- 1 small banana, sliced
- 2 teaspoons dark brown sugar
- 2 slices soft sandwich bread
- A little butter, at room temperature

Method: Spread ½ tablespoon chocolate spread on 1 slice of bread. Place banana slices over it. Cover with the other slice of bread. Brush butter on the topside of the bread. Sprinkle 1-teaspoon sugar over it and press it onto the bread slice. Place a nonstick pan over medium low heat. Place the sandwich on the skillet, the sugar side facing down. Cook until golden brown. Brush the other side with butter and sprinkle remaining sugar over it and press it onto the bread slice. Flip sides and cook the other side too. Cut into the desired shape and serve. **Breakfast Casserole** Serves: 4

Ingredients:

- 2 large egg whites
- 4 large eggs
- 1 tablespoon low fat parmesan cheese, grated
- 1 tablespoon fresh oregano leaves
- ½ teaspoon garlic powder
- 2 cloves garlic, sliced
- 1/3 cup plain almond milk
- 2 tablespoons feta cheese, crumbled
- ½ teaspoon paprika
- ¼ teaspoon freshly ground black pepper
- 2 ounces baby spinach
- 2 canned artichoke hearts in water, chopped
- ½ cup mushrooms, sliced
- 2 green onions, sliced
- Salt to taste

Method: Add eggs, whites, oregano, Parmesan, feta cheese, garlic powder, milk, salt and pepper to a large bowl. Mix until well combined. Grease a baking dish with a little oil or butter. Layer the spinach, tomatoes, artichoke, garlic, green onion and mushrooms in the baking dish. Pour the egg mixture on top. Fold lightly. Bake in a preheated oven at 350° F for 20-30 minutes or until

set. Remove from the oven and let it rest for 10 minutes. Slice and serve.

When it comes to international cuisine, it's hard to look past Italian and Mexican. Both have been held in incredibly high regard for thousands of years, in which they have become renowned for their famously flavoursome dishes and incredible cooking methodologies.

Unfortunately, too many of us are strictly limited to eating these dishes when out at restaurants; often in places that substitute authenticity for ease, meaning that *you* miss out on some of the true flavours that made these cuisines so incredibly famous in the first place.

With that in mind, this book takes a close look at the unique and tasty foods that have been a key part of both Mexican and Italian culture for the better part of the millennia. More importantly, it provides you with a step by step approach to cooking these amazing dishes at home in a simple and effective manner.

Seriously, this book is perfect for the novice and expert alike, providing you with everything you need to start cooking some of the most amazing meals on the planet effectively immediately.

In this book, you will learn:

Simple, healthy, and authentic Mexican dishes

Amazing Italian meals for breakfast, lunch, and dinner

Authentic and expert Mexican and Italian cooking methods

So what are you waiting for? Start cooking today!

Aldi Recipes - Tofu and olive tapas (pictured above) Olives are traditionally served as a
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