

COOKING CLASSES

With DZ Restaurants

STRACCIATELLA SOUP & POLPETTE E POLENTA

WITH CHEF FABRIZIO BAZZANI



Preparation Notes:

- Please gather all ingredients prior to class, as you will be cooking along
- Please refrigerate all perishable items

*Note : We ask that you please mute your microphone when you log onto the zoom class, this will eliminate any extra background noises in your kitchens. We still encourage you to ask question and participate so feel free to unmute at any time to ask Chef a question!

Tools Needed:

- Large pot
- Whisk
- 3 bowls
- 2 sauté pans
- Measuring cup
- Tasting spoons
- Large spoon
- Knife
- Cutting board
- *Optional: Hand Mixer*

Additional Ingredients Required:

Please pick up any ingredients that are noted with a * prior to your cooking class

- Salt & Pepper*
- Nutmeg*
- 2 Eggs*
- ½ Cup of Milk*

Stracciatella Soup

Also known as *Stracciatella alla romana*, this is an Italian soup consisting of meat broth and small shreds of an egg-based mixture, prepared by drizzling the mixture into boiling broth and stirring. It is a simple and classic roman dish that can be personalized in many different ways.

Ingredients

The below measurements yield 4 servings

- 6 cups of chicken broth
- 2 eggs*
- Nutmeg*
- 2 tbsp of grated cheese
- 1 cup of spinach
- 1 tbsp parsley
- Pinch of grated cheese for your garnish
- Salt and pepper*

Instructions

- Crack two eggs* into a small bowl and beat lightly
- Mix in 2 tbsp of grated cheese and set the mixture aside
- Bring the chicken broth to a boil then lower the flame to a medium-low heat
- Stir the broth in a circular motion and gently spoon in the egg and cheese mixture
- Keep stirring for one minute
- Season with salt, pepper and a dash of nutmeg
- Chop the spinach into strips and finely dice the parsley
- Add the spinach and parsley to the broth, allowing them to wilt for a few seconds
- Turn off the heat and the Stracciatella soup is ready to serve
- Sprinkle additional cheese on top for garnish

- *Optional Substitutions: Vegetable broth instead of chicken broth*
- *Optional Add On: A dash of spicy pepper for a twist*

Polenta

Polenta is a dish made of boiled cornmeal and was historically made from other grains. There are various ways to serve polenta – it may be served as a hot porridge or it may be cooled and solidified into a loaf that can be baked, fried, or grilled. Here is a simple way to make polenta that is oftentimes used to elevate the dish you are preparing.

Ingredients

- 1 cup polenta flour
- 1 qt water
- 3 tbsp butter divided
- 1 tsp salt*
- 4 oz grated cheese
- 3 leaves of sage
- 1/2 clove of garlic

Instructions

- Bring 1 qt of water to boil in a large pot
- Lower the heat and season with salt
- Add in 1 cup of polenta flour and lower the heat as the mixture begins to thicken
- Whisk the mixture every 10 minutes to avoid lumps
- Let cook for at least 40 minutes
- If the polenta mixture looks too thick, add a little bit of water
- After 40 minutes, stir in 2 tbsp of butter and 4 oz of grated cheese
- In a small sauté pan melt the remaining butter, add the sage leaves and garlic
- Drizzle the butter mixture atop the polenta before serving

Polpette Al Sugo

Polpette al Sugo is a classic Italian dish that translates to “Meatball with Sauce”. Polpettes are personalized versions of your traditional “Nonna” meatball. It has many variations from veal to pork or lamb. The recipe can also be made with ground chicken or turkey.

Ingredients

- 1 lb ground beef, (80-20)
- 2 slices of stale bread or 3 oz breadcrumbs
- 1/2 cup milk*
- Salt and pepper*
- 1 pinch of oregano
- 1 small carrot
- 1/2 onion
- 2 celery sticks
- 1/2 clove of garlic
- 3 oz grated cheese
- 1 tbsp parsley
- For the sauce
 - 1 qt tomato puree
 - 1 small onion
 - 2 cloves of garlic
 - 3 basil leaves
 - Olive oil
 - Salt and pepper

Instructions

Step One: Prepare a Soffritto:

- Finely mince the carrot, celery, onion and garlic
- In a small sauté pan, heat 1 Tbs olive oil and cook the mixed vegetables for 5-7 minutes until they change color
- Let cool and set aside

Step Two: Make the Sauce

- In a large skillet heat 3 tbsp of olive oil on medium heat
- “Julienne” the onion and mince the garlic then add to the heated oil for about 3-4 minutes
- Add the **tomato** and the **basil**, season lightly and simmer on low for 15-20 minutes

Step Three: Mix the Meat Mixture

- While the sauce is cooking, in a large bowl combine 1lb of meat with the grated cheese, parsley, oregano and a pinch of salt & pepper.
- In a small bowl mix in breadcrumbs and ½ cup of milk
- Combine the meat, breadcrumbs and cooled soffrito

- Mix the ingredients thoroughly using your hands or using a mixer
- Once well combined form the meatballs to your desire size
- Arrange the meatballs in the sauce and turn on the stove
- Turn and flip the meatballs in the sauce letting them cook
- *As an alternative you can roast them at 350F for 10 minutes than finish them in the sauce*