

Shrimp stuffed calamari steaks

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When you think of calamari, your mind might go straight to fried calamari rings served with marinara sauce. But there is so much more to this versatile seafood. Today, I am sharing a recipe for shrimp stuffed calamari steaks- a dish that is as impressive as it is delicious. Perfect for special occasions or an elevated weeknight dinner. These tender calamari steaks are filled with a savory shrimp mixture and simmered in marinara sauce. Despite it's sophisticated presentation, this recipe is surprisingly easy to make, perfect for all levels of cooks.

Here are ways to make shrimp stuffed calamari steaks easy

1. Make the shrimp stuffing up to two days ahead of time and store in an airtight container in the refrigerator. When ready to cook, simply stuff the calamari and proceed with the recipe.
2. You can assemble the stuffed calamari steaks the day before. Roll them up , secure with toothpicks and store covered in the fridge. When it's time to cook simmer them fresh for the best texture and flavor.
3. Make my easy marinara sauce ahead of time. In fact you should always have marinara sauce on hand it is used in so many recipes. It is one of my kitchen staples. By doing the prep work ahead of time, you can focus on the

final cooking steps and enjoy the meal with minimal last-minute effort!!!!

Ingredients

- 4 calamari steaks
- 1/2 lb. large shrimp cleaned and chopped
- 2 Tbsp. olive oil
- 1/2 cup chopped onion
- 1 Tbsp. minced garlic
- 1/2 cup finely chopped celery
- 1/2 cup breadcrumbs
- 1/3 cup grated parmesan
- 1/3 cup chopped Italian parsley
- 2 cups marinara

Instructions

1. Start by pounding the calamari thin salt and pepper to taste. set aside while preparing the filling
2. In a saute pan over medium high heat in the two tablespoons of olive saute the onion, garlic and celery until soft and translucent. Then add the chopped shrimp and cook until the shrimp are cooked about three minutes.
3. In a bowl add the breadcrumbs, parmesan , Italian parsley and mix until well combined. Then add in the shrimp mixture and mix well.
4. Divide the filling among the four calamari steaks.
5. Roll the calamari steaks around the filling securing with toothpicks.
6. In a saute pan add the marinara sauce. Add the stuffed calamari.
7. Simmer covered for 20 minutes. ENJOY!!!!

Arancini Italian rice balls

Arancini Italian rice balls

Arancini are golden, Italian fried rice balls filled with a rich, delicious meat sauce and creamy mozzarella cheese. They are an Italian street food that can be found all over Italy. These delicious rice balls whose name means "little oranges" in Italian due to their shape and color, are a beloved snack or appetizer enjoyed across Italy. With variations reflecting the unique flavors of different regions. From the classic meat and mozzarella-filled version to modern twist featuring saffron, peas or even vegetarian fillings. Whether served at an elegant dinner party or grabbed from a street vendor, arancini are the perfect blend of texture and taste- crunchy on the outside, tender and rich on the inside.

Steps to Make this Arancini Italian rice ball recipe easy

Making arancini can be simplified with a well-thought-out prep plan.

Step one: Prep the rice or risotto a day or two in advance and refrigerate it.

Step two: The day your making arancini step up a workstation with everything you need: a bowl of your risotto, cubed mozzarella, meat filling, seasoned breadcrumbs and beaten egg.

Step Three: Shape the rice balls around the filling, dip in the egg and roll in the breadcrumbs. Arrange them on a parchment lined baking sheet. This step can be done hours ahead or even a day ahead- just cover with plastic wrap and refrigerate until you are ready to fry.

Step 4: Fry the arancini in hot oil until golden and crispy. Work in batches to avoid overcrowding the pan. If you're short on time or prefer a lighter version , bake them in the oven or air fryer. Serve hot.

By breaking the recipe into manageable steps and preparing in advance, you will find making arancini far less intimidating , leaving you more time to enjoy these crispy Italian rice balls.

Ingredients

- 4 cups leftover rice or risotto
- 1 cup grated parmesan cheese
- 1 egg
- 2 Tbsp. chopped Italian parsley
- FOR THE MEAT FILLING
- 2 Tbsp. olive oil
- 1/2 cup chopped onion
- 1 Tbsp. minced garlic
- 1 cup chopped celery + 1 cup peeled and chopped carrot
- 1 cup diced pancetta or bacon
- 1/2 lb. ground beef + 1/2 lb. ground pork
- 1/2 cup red wine
- 2 cups crushed tomatoes
- 2 Tbsp. tomato paste
- 1 cup water
- 1 Tbsp. dried Italian herbs
- 1 cup peas (optional)
- Ingredients to assemble:
- 4 mozzarella sticks cut into 4 pieces

- INGREDIENTS FOR THE COATING
- 1 egg slightly beaten
- 2 cups breadcrumbs
- 1/2 cup grated parmesan
- 1 Tbsp. chopped Italian parsley

Instructions

1. Mix the cooked rice with 1 egg , 1 cup of grated parmesan cheese and the Italian parsley, salt and pepper to taste. Set aside while preparing the meat filling.
2. To make the meat sauce: Start in 2 Tbsp. of olive oil by cooking the pancetta or bacon until crisp, then add the celery, onion, garlic and carrots and cook until soft . Once the vegetables are soft add the meats and cook until browned breaking up the meat as it cooks.
3. Add the wine and let it evaporate before adding the tomato paste and water. Bring to a boil, then turn down to a simmer cover and cook for one hour. If using peas add them to the meat sauce the last 10 minutes .
4. This recipe uses about 3 cups of meat filling any leftovers can be used for pasta sauce.
5. To assemble and fry; the rice should be warm for easier forming , if the rice has be in the fridge warm in the microwave.
6. Wet your hands this will make forming the rice balls easier. Take about 1 Tbsp. of rice and flatten into your cupped hand. Place 1Tbsp. of the meat filling and 1 piece of the mozzarella in the center and roll into a ball making sure all the filling is covered .
7. Then in a bowl mix the breadcrumbs with the parmesan cheese and Italian parsley. In another bowl whisk the egg slightly
8. Dip the arancini balls first in the egg and then in the breadcrumb mixture. Now refrigerate for 30 minutes or even overnight.
9. Then bring 3 cups of canola – olive oil blend to medium

high heat and fry the rice balls until golden brown about 5 minutes.

10. Drain on absorbent paper . serve hot. ENJOY!!!!!!

Sausage stuffed shells with bechamel

Sausage stuffed shells with bechamel

There is something undeniably cozy about baked pasta dishes. Sausage stuffed shells with bechamel sauce is a recipe that combines bold flavors with creamy decadence, creating a meal perfect for family gatherings, special occasions or even a quiet night in.

This dish takes the traditional idea of stuffed shells and gives it a luxurious twist. Instead of marinara , a velvety bechamel sauce coats the shells, enhancing the savory sausage filling with a creamy richness. Every bite is a delicious blend of tender pasta, flavorful filling, and a smooth sauce baked to perfection.

Tips for success when making sausage stuffed shells with bechamel

1. Prep ahead: cook the pasta , make the filling , and prepare

the bechamel sauce up to a day in advance. Store them separately in the fridge until you are ready to assemble.

2. Use crumbled Italian sausage for faster browning . You can customize your sausage preference by using mild or a combination of mild and spicy.

3. Pipe the filling: Transfer the sausage filling mixture to a piping bag or a zip -top with the corner snipped for a quick and mess -free stuffing.

Sausage stuffed shells with bechamel sauce is a comforting , crowd- pleasing dish that transforms simple ingredients into a luxurious Italian-inspired meal. Whether you are preparing it for a weeknight family dinner or a special occasion , this recipe is sure to impress with it's creamy sauce, savory filling, and bubbly golden topping. With a little prep and these streamlined tips, you will have a stunning baked pasta dish that's as easy to make as it is delicious!!!

Ingredients

- 32 large shells
- 1/2 lb. spicy Italian sausage
- 2 Tbsp. olive oil
- 1/2 cup chopped onion
- 1 Tbsp. minced garlic
- 2 cups ricotta cheese
- 1 cup grated parmesan
- 1 cup shredded mozzarella
- legg slightly beaten
- 1/2 cup chopped Italian parsley
- 2 cups marinara sauce
- Bechamel sauce Ingredients: 1 stick of butter+ 1/4 cup flour+ 4 cups milk+ pinch of nutmeg

Instructions

1. Cook the shells el dente (about 3 minutes less than the package directions) drain and rinse under cold water. Set aside.
 2. In a skillet over medium high heat in the olive oil saute the onion and garlic until soft and translucent then add the sausage and cook until browned and fully cooked, breaking it into small pieces. Remove and let cool slightly.
 3. In a bowl combine the ricotta, mozzarella, parmesan cheese, egg , parsley and the sausage mixture. Salt and pepper to taste
 4. Make the bechamel sauce In a sauce pan melt the butter over medium heat. Whisk in the flour and cook for 2 minutes until golden forming a roux. Gradually whisk in the milk stirring continually to prevent lumps until the sauce thickens 5-8 minutes. Add the nutmeg , salt and pepper to taste. remove from the heat.
 5. Preheat your oven to 375-degrees
 6. Spread a thin layer of bechamel sauce and the marinara sauce on the bottom of an oven proof baking dish.<https://amzn.to/3ZS3CIx><https://amzn.to/3ZS3CIx>
 7. Fill each pasta shell with 1-2 Tablespoons of the sausage mixture and arrange them in the dish .
 8. Pour the remaining bechamel sauce evenly over the shells.
 9. Top the shells with additional mozzarella and parmesan cheese. Cover the dish with foil and bake for 20 minutes. Then remove the foil and bake 10 minutes longer or until the cheese is bubbly and golden. Top with additional Italian parsley. ENJOY!!!!
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Italian Vegetable beef soup

Italian vegetable beef soup

Nothing warms the soul quite like a bowl of Italian vegetable beef soup. This classic dish is the ultimate comfort food, combining the slow-cooked beef with the vibrant, earthy taste of fresh vegetables. Full of wholesome ingredients like tender chunks of beef, carrots and potatoes it's a hug in a bowl. Simmered with Italian herbs every spoonful is a burst of flavor that transports you to a rustic Italian countryside kitchen.

Perfect for chilly evenings or make-ahead meal for busy days. Whether you pair it with crusty bread or enjoy it on its own, it's a satisfying and nourishing that your whole family will love. Plus, it's a great way to incorporate vegetables into your diet without compromising taste.

Why you will love this Italian vegetable beef soup

What sets this Italian vegetable beef soup apart is its versatility. The recipe allows for endless customizations, so you can use whatever vegetables you have on hand. It's also a one-pot wonder, making cleanup a breeze. Plus the slow simmering process not only deepens flavor it leaves you hands free and your kitchen with an irresistible aroma that will have everyone eagerly waiting for dinner.

Whether you're looking for a comforting dish on a cold night or an easy meal prep recipe, this soup is bound to become a family favorite too.

Ingredients

- 1 Lb. beef chuck
- 2 Tbsp. olive oil
- 1 cup diced onion
- 2 Tbsp. minced garlic
- 1 cup diced celery
- 2 cups diced carrots
- 3 medium potatoes medium dice
- 2 Tbsp. tomato paste
- 4 cups beef broth
- 1 cup water
- 1 cup small shaped pasta
- a few bay leaves
- salt and pepper to taste
- grated parmesan cheese
- 2 Tbsp. chopped Italian parsley

Instructions

1. Heat the oil in a large stock pot . salt and pepper the meat. then brown on all sides . Remove and set aside.
 2. In the same pan add the onion, garlic, celery and carrots. Cook until soft and just beginning to brown.
 3. Add the tomato paste, broth, water and bay leaves. Return the beef back to the pot. Bring to a slow simmer and cook covered for 45 minutes. Add in the potatoes the last 15 minutes and the pasta the last 7 minutes.
 4. Ladle into soup bowls . Top with grated parmesan cheese and the Italian parsley. ENJOY!!!!!!
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Authentic Italian shrimp oreganata

Authentic Italian shrimp oreganata

Authentic Italian shrimp oreganata isn't just a recipe- it's a cherished part of my childhood memories, especially during La Vigilia, the Italian Christmas eve feast of the seven fishes.

Every Christmas Eve, our family would gather around a table full of seafood dishes, each prepared with love and tradition. Shrimp oreganata was always one of my favorites, a dish that represented the warmth of the season. The kitchen would be filled with the smells of garlic sizzling in olive oil. My mother would prepare the shrimp, layering them in the baking dish, while I would sprinkle the breadcrumb mixture making sure each shrimp was perfectly coated. Christmas Eve was always a special night-no meat just the bounty of the sea. Shrimp oreganata was often the first dish to disappear. it's crispy topping and tender shrimp was irresistible to everyone at the table.

To this day , authentic Italian shrimp oreganata holds a special place in my heart and on my Christmas eve table. It's more than a dish: It's a connection to my roots, a reminder of those joyful Christmas Eves, spent with family and the traditions that make the season so meaningful.

The magic of authentic Italian

shrimp oreganata

The magic of shrimp oreganata lies in its simplicity. Plump shrimp are the star, complemented by the crunchy breadcrumb topping and the zesty tang of lemon juice. The breadcrumbs soak up the shrimps natural juices and blend with the olive oil and butter for a savory melt-in – your dish. Traditionally served with crusty Italian bread to mop up every bite, it also pairs deliciously with pasta or a salad for a complete meal.

This authentic preparation brings the spirit of Italian cooking- fresh wholesome ingredients prepared simply. Whether you are making this for a holiday dinner or a casual weeknight meal , shrimp oreganata is a crowd- pleaser that brings a taste of Italy to your table. ENJOY!!!!

Ingredients

- 1 lb. large shrimp, (16-20) peeled and deveined, tails on
- 2 Tbsp. olive oil
- 1 Tbsp. minced garlic
- juice from one lemon
- 1 cup breadcrumbs
- 1 Tbsp. red chili flakes
- 1/2 cup grated parmesan cheese
- 1 Tbsp. dried oregano
- 2 Tbsp. chopped Italian parsley
- Lemon slices for serving

Instructions

1. pre heat your oven to 400- degrees
2. Clean the shrimp Then place the shrimp in a oven proof baking dish drizzle with 2 Tbsp. of the olive oil. season with salt, pepper, half of the minced garlic and the lemon juice. Toss to coat evenly

3. In a bowl mix the breadcrumb, grated parmesan, oregano and red pepper flakes
 4. Then in 1 Tbsp. of olive oil and 2 Tbsp. of butter over medium high heat toast the breadcrumb mixture until golden brown.
 5. Spread the breadcrumb mixture evenly over the shrimp, ensuring each shrimp is evenly coated.
 6. Bake in the preheated oven for 12-15 minutes, or until the shrimp are pink and opaque .
 7. Garnish with additional chopped Italian parsley and lemon slices. ENJOY!!!!
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Authentic Italian baccalà

Authentic Italian baccalà

Authentic Italian Baccalà is the name for cod that has been cured or preserved with salt. The resulting fish is pleasantly flaky in texture with an irresistibly intense but never fishy- flavor. In Italy , baccalà is a celebrated fish and a fish for celebrations. Growing up Baccalà with potatoes was always a part of the feast of seven fishes on Christmas eve. Sometimes my mother would make it like a salad, that consisted of the prepared cod and potatoes with a simple extra virgin olive oil and freshly squeezed, either way it was delicious. When it comes to carrying on tradition it can often mean extra work as it takes us back to a time where ingredients were less abundant. Since the fish is preserved/dried with salt, before it is edible it needs to be soaked in water and changed frequently to reconstitute it and remove the salt.

Top tips when making authentic Italian baccula

Changing the water: Baccula has a ton of salt and nothing would be worse than rushing this process and ruining your Holiday meal. I let it go for three days changing the water every day. Trust me on this – I see plenty of baccula recipes on line you only need to soak the fish for 24 hours. In my experience that simply won't work and you will be left with inedible overly salted pieces.

This authentic Italian baccula recipe is steeped in Italian heritage, is more than just a meal- it is a celebration of flavor and family . Whether served during festive holidays or as a comforting weeknight dinner, it's delicate , savory taste highlights the essence of Italian cooking.

If you make this baccula please leave a comment about your experience with the recipe. I love hearing from you, and it helps others. THANKS!!!

Ingredients

- 2 lbs. dried salted baccula
- 2 Tbsp. olive oil
- 1 cup chopped onion
- 2 Tbsp. minced garlic
- 1 Tbsp. red hot pepper flakes
- 2 cups cherry tomatoes
- 1 28 oz. crushed tomatoes
- 1 cup red wine
- 4 potatoes peeled and cut in medium cubes
- 1/2 cup chopped Italian parsley

Instructions

1. Start by soaking the cod. This step takes three days

with the water being changed every day. Then remove pat dry and cut into equal size pieces

2. Then in a stock pot in the olive oil fry the fish . remove and set aside.
 3. In the same pot add the red pepper flakes, onion and garlic and cook until soft and translucent .
 4. Then mix in the cherry tomatoes and the diced potatoes. coating then with the onion mixture. Now deglaze the pan with the red wine, waiting until it evaporates before adding in crushed tomatoes. Rinse out the can and add about a cup of the liquid. Cover and simmer until the potatoes are fork tender. Return the baccala back to the pot just to heat through. Add the Italian parsley, Ladle into pasta bowls, top with additional parsley. ENJOY!!!!
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Reduction wine sauce Filet Mignon

reduction wine sauce Filet Mignon

Filet mignon, renowned for its buttery tenderness and mild flavor transforms into something extra special when paired with a luxurious wine reduction sauce. This simple yet elegant addition combines the bold richness of red wine with shallots and fresh herbs creating a sauce that enhances the steak's natural juiciness. A wine reduction sauce is surprisingly easy to make. With just a few high – quality ingredients and a bit of patience, you can make a dish that is restaurant- worthy.

Pair your filet mignon with this sauce and serve with roasted vegetables and creamy potatoes for a meal perfect for special occasions or when you want to indulge.

Three tips for perfect reduction wine sauce filet mignon

1. Allow your filet mignon to come to room temperature for about 30 minutes before cooking. This ensures even cooking, and a perfectly seared crust and a juicy interior.
2. Season generously both sides of the steak . Use a heavy bottomed skillet like cast iron. Preheat it well before adding the oil . Sear the the filets 4-5 minutes per side for medium rare and a beautiful crust. Cook longer or shorter for your desired doneness. Let the meat rest to retain juices before slicing.
3. After searing steaks deglaze the pan with the wine , scraping up the flavorful bits. TIME MANAGEMENT. In the restaurant we used to say “timing is everything” and timing is everything when your cooking time

Ingredients

- 2 filet mignon steaks (6-8 oz. each)
- Salt and freshly ground pepper
- 2 Tbsp. olive oil
- 6 Tbsp. butter divided
- 1 small minced shallot
- a few sprigs of rosemary and thyme
- 1 cup red wine
- 1 cup beef stock

Instructions

1. Start by patting the steaks dry with paper towels. Then generously season both sides with salt and pepper.
2. Heat a cast- iron skillet over medium high heat until smoking hot. Add the olive oil and let it shimmer. Place the steaks in the pan and sear for 4-5 minutes pre side for medium rare.
3. Add 2 Tbsp. of the butter tilt the pan and spoon the melted butter over the steaks for added flavor, while cooking.
4. Remove the steaks from the skillet tent with foil while preparing the wine reduction sauce.
5. In the same pan , add 2 Tbsp. of butter and the shallots cook until the shallots are soft and fragrant (4-5 minutes). Add the red wine and beef stock scrap up the brown bits from the bottom , add the rosemary and thyme and let it simmer until reduced by half about 10 minutes. Then whisk in the remaining 2 Tbsp. of cold butter cubes to create a glossy finish.
6. Slice the steaks on a diagonal pour the sauce over it.
ENJOY!!!!

Tuscan salmon for two

Tuscan salmon for two

Are you looking for an easy and impressive Holiday dinner? Yepee!!! I got one for you, not only is this Tuscan salmon dinner for two easy it's delicious, quick and EASY!!! Rich and creamy , crisp on the outside, flaky and juicy on the inside,

restaurant quality pan seared salmon you cook at home!!!It can be on your table in 30 minutes or less, making it quick enough for busy week day meals, and fancy enough for Saturday date night dinners at home .

Things to know about this Tuscan salmon for two

First the ingredient list is for two restaurant size portions. You can easily double the recipe to fit your how many you want to feed.

The other thing about salmon, don't over cook it, it should be flaky and be sure to use a big enough saute pan so the fish isn't crowded or the salmon wouldn't be seared, it will be more like boiled YUCK!!!! Season the salmon just before cooking to prevent the salt from drawing out the moisture in the fish. Leave the juices in the pan, that's where the flavor is. In the restaurant we use white wine to de glaze the pan. Salmon is great on it's own, but when you add a creamy sauce you get a super delicious dinner, your guest will think took hours to prepare. They won't believe that this restaurant style salmon recipe comes together in less than 30 minutes. This recipe is as easy as a throw-together plain pasta dish. Actually cook up some pasta el dente, it's prefect served along side the salmon, or toss the pasta in the creamy, sauce for a complete dinner. This salmon dinner will look elegant on your table, when served in these beautiful white dinner plates food looks good on white plates, that's the color we use at the restaurant.

If you make this delicious salmon dinner ,please leave me a comment, I love hearing from you, and please don't forget to tag me on Instagram. I love hearing from you, it's my favorite part. Thanks!!!

Ingredients

- 2 skinless – boneless salmon fillets about 6 oz. each
- 2 Tsp. each garlic + onion + paprika powder
- 2 Tbsp. minced garlic
- 1/2 cup chopped onion
- 2 cups cherry tomatoes
- 1 cup white wine
- 1 cup chicken stock
- 1 cup heavy cream
- 2 cups chopped spinach
- 1/2 cup grated parmesan cheese

Instructions

1. Start by washing your fish and patting dry. Season with the garlic, onion, and paprika powder. Salt and pepper to taste.
2. In a saute pan over medium high heat add the butter and olive oil. Once it's hot add the salmon fillets and cook until brown on both sides. About 3-5 minutes per side

depending on the thickness of the salmon. Then remove and set aside.

3. In the same pan add the minced garlic and chopped onion, cook until soft and translucent. Then add the cherry tomatoes cook until the tomatoes blister. Deglaze the pan with the white wine. Wait until it evaporates, then add in the chicken stock and cream. Simmer until sauce thickens 10-13 minutes. Add the spinach and parmesan cheese the last three minutes. Return the salmon back to the pan just to heat through. ENJOY!!!!

one pot pasta with potatoes

one pot pasta and potatoes

There is something magical about simple, rustic recipes that warm your heart as much as your stomach. One pot pasta and potatoes or pasta e patate is a beloved pasta dish in Italian households, a true testament to cucina povera- Italian peasant cooking that transforms humble ingredients into something delicious.

The recipe is the essence of simplicity, combining tender pasta, creamy potatoes, and herbs in a single pot. The starch from the potatoes and pasta create a naturally creamy sauce, perfectly flavored with pancetta, garlic and onions. It's a meal that feels like home for me , whether I am serving it on a cold winter night or as a quick weeknight dinner.

The beauty of one pot -meals isn't just in the ease of cleanup-it's the way the flavors melt together, creating flavor that is timeless and effortless.

Here's why this one-pot pasta and potatoes stand out

One-pot pasta and potatoes has a lot going for it here's why

1. The combination of pasta and potatoes creates a creamy, hearty texture that's filling and satisfying, perfect for chilly nights.
2. Simple and accessible: You only need a handful of pantry staples: pasta, potatoes, and a few aromatics. The only ingredient you may need is pancetta and here you could use bacon. Or for a vegetarian option leave it out completely.
3. One-pot convenience: Minimal cleanup is always a win!!!Cooking everything in one pot not only makes for easy cleanup but also allows the ingredients to infuse each other with flavor.
4. Economical and filling: Combining two carbs (pasta and potatoes) with pancetta creates a hearty meal that's budget -friendly and delicious. Whether you are cooking for a cozy weeknight dinner or looking for a dish that feels like home this recipe delivers every time. With it's rich, creamy texture smoky pancetta, and minimal cleanup, it's destined to become a family favorite.

Ingredients

- 1/2 Lb. short pasta
- 2 Tbsp. olive oil
- 1 cup chopped onion
- 1 Tbsp. minced garlic
- 1 cup diced pancetta
- 2 Tbsp. tomato paste
- 3 cups chicken stock
- 3 cups small diced potatoes
- parmesan rind

- a few rosemary sprigs
- 1 cup shredded provolone

Instructions

1. Start in a stock pot over medium high heat in the 2 Tbsp. of olive oil by cooking the pancetta until crisp.
 2. Then add the onion and garlic and cook until soft and translucent. mix in 2 Tbsp. of tomato paste , Then add the potatoes and mix to coat with the cooked ingredients in the pot. Salt and pepper. Then add the stock, parmesan rinds and a few sprigs of rosemary.
 3. Cover and simmer on low until the potatoes are fork tender , about 20 minutes. Then add the pasta and cook until the pasta is el dente about 9 minutes longer.
 4. Take it off the fire and mix in the shredded provolone cheese . Mix to melt the cheese.
 5. Ladle into pasta bowls , top with more grated parmesan and fresh chopped Italian parsley. ENJOY!!!!
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Roast spatchcock chicken with vegetables

Roast spatchcock chicken with vegetables

This roast spatchcock chicken with vegetable is delicious, easy to make and ready in less than 1 hour.

There is something undeniably satisfying about serving a perfectly roasted chicken, but when you take it up a notch with the spatchcock technique, the results are next-level. Spatchcock, where the backbone is removed and the bird is flattened, allows for even cooking and a irresistible crispy skin. It's a simple adjustment that transforms a traditional roast chicken into a culinary masterpiece.

I first discovered this method a few years ago when cooking Sunday dinner for my family and friends. My mom always taught me to roast the chicken the traditional way, but on this day time was short. I needed a way to cook the chicken faster without sacrificing any flavor or appearance. Enter the spatchcock technique -a game changer.

What I love most about this Roast spatchcock chicken with vegetables

What I love most about this spatchcock method of roasting chicken is how it creates perfectly even cooked chicken every time. The flattened chicken cooks faster, so you're not left waiting for the thickest part of the breast to finish cooking. The exposed surface means more even seasoning and golden-brown crispy skin = the best part in my opinion. Plus it's easy to prepare and you have a complete restaurant quality meal that is on your table from start to finish in less than an hour.

This Roast spatchcock chicken with vegetables is more than just a cooking recipe – it's a way to elevate a classic meal into something truly impressive. Whether you are preparing it for a family dinner or for a holiday gathering with friends, spatchcock chicken with vegetables is bound to steal the spotlight. Once you have tried this method of roasting chicken there is no going back.

I hope this recipe inspires you to give this roast spatchcock chicken with vegetables a try. If you do, let me know how it turns out- I'd love to hear about your experience with the recipe. THANKS!!!

Ingredients

- 1 whole chicken 4-5 lb.
- 1 stick of butter
- 1 Tbsp. each garlic + onion+ paprika powder divided in half we are using half to season the compound butter and the other half to season the vegetables
- 1 Tbsp. rosemary + 1 Tbsp. Italian parsley
- 4 medium peeled and cut in half potatoes
- 4 peeled and cut in half carrots
- 2 peeled and quartered onions
- 2 Tbsp. olive oil
- 1 cup white wine
- 1 sliced lemon
- salt and pepper to taste

Instructions

1. Start by cleaning out the cavity of your chicken then wash and pat dry. Lay the chicken breast bone down on a cutting board. Hit the back of the chicken hard with a mallet to loosen the back bone. Then using a knife or a pair of chicken scissors cut the backbone away from the chicken.
2. Turn the chicken around and push down with your hands to flatten the chicken. Salt and pepper to taste.
3. Then make the compound butter: In a bowl add soft butter, garlic, onion, paprika powder and mix to make a pasta.
4. Spread the compound butter all over the chicken top with the chopped rosemary and Italian parsley.

5. Lay the vegetables on a baking sheet drizzle with the olive oil, and the remaining spices you used to season the compound butter. salt and pepper to taste.
6. Lay the chicken on top of the seasoned vegetables, add the lemon slices and roast in a preheated 400- degree oven for 45 minutes. Add the wine the last 15 minutes. Let the chicken rest for 10 minutes before cutting. Pour the pan juices over the top. ENJOY!!!!