

Smashed Italian Sausage & Pepper Sandwiches

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Smashed Italian Sausage & Pepper Sandwiches are more than just a recipe for us—they're a taste of where it all began. At our very first hole-in-the-wall sandwich shop, these sandwiches quickly became our signature. We started smashing the sausage patties flat on the griddle as a way to speed up cooking during busy rushes, but the crispy edges and bold flavor turned them into an instant hit. Served on crusty rolls with sweet peppers and onions, they were simple, hearty, and unforgettable. Sausage and peppers have always been an Italian-American classic, but our smashed version gave it a new twist that customers loved—and it's still one of our favorites today.

What to know about these Smashed Italian Sausage & Pepper Sandwiches

- **A Shop Original:** These sandwiches started at our very first hole-in-the-wall shop, where smashing the sausage

helped speed up cooking and became an instant crowd favorite.

- **Crispy Edges, Juicy Inside:** Smashing the sausage flat gives you those caramelized, crispy edges while keeping the inside tender and flavorful.
- **Classic Italian-American Roots:** Sausage and peppers are a staple at Italian feasts, family cookouts, and street fairs—this version just adds a bold twist.
- **Make It Your Own:** Try adding provolone or mozzarella, a spoonful of marinara, or even spicy peppers for extra heat.
- **Perfect for Any Occasion:** Great for a weeknight dinner, game-day sandwich, or backyard cookout—these feed a crowd and taste even better with a cold drink in hand.
- Take a trip back to our first hole-in-the-wall shop with every bite! If you loved these smashed Italian sausage sandwiches, don't miss our
- Italian pesto chicken sandwich or one of my personal favorites grilled Italian vegetable panini

Smashed Italian Sausage Sandwiches with Peppers & Onions



Smashed Italian sausage sandwiches layered with caramelized peppers and onions on a toasted roll. A classic Italian-American favorite featuring juicy sausage, savory vegetables, and bold flavors perfect for an easy lunch or dinner.

- 1 lb. Italian sausage links (about 4 links, casings removed)
- 2 bell peppers (red, yellow, or green, sliced)
- 1 large onion (sliced)
- 1 Tbsp. minced garlic
- 2 Tbsp. olive oil
- $\frac{1}{2}$ tsp. salt (plus more to taste)
- $\frac{1}{2}$ tsp. black pepper
- 4 crusty sandwich rolls (hoagie, ciabatta, or Italian bread)

1. Prepare the Sausage

Remove sausage from the casings.

Divide into 4 portions, shape loosely into patties, and smash them flat with the back of a spatula or small pan.

2. Cook the Sausage

Heat a skillet or griddle over medium-high heat.

Cook the smashed sausage patties until browned and crisp on both sides, about 3–4 minutes per side.

Transfer to a plate and keep warm.

3. Cook the Peppers & Onions

In the same pan, add the olive oil.

Toss in sliced peppers and onion. garlic Season with salt and pepper.

Cook until softened and lightly caramelized, about 8–10

minutes.

4. Assemble the Sandwich

Slice the rolls and lightly toast if desired.

Layer each smashed sausage patty on a roll, then top with peppers and onions.

Add cheese if using, letting it melt slightly over the hot sausage.

5. Serve

Press the sandwich lightly to bring everything together.

Serve hot and enjoy!

Main Course

Italian

Italian, sausage smashed sandwich

Italian Crispy roasted
Potatoes

Italian Crispy roasted
Potatoes

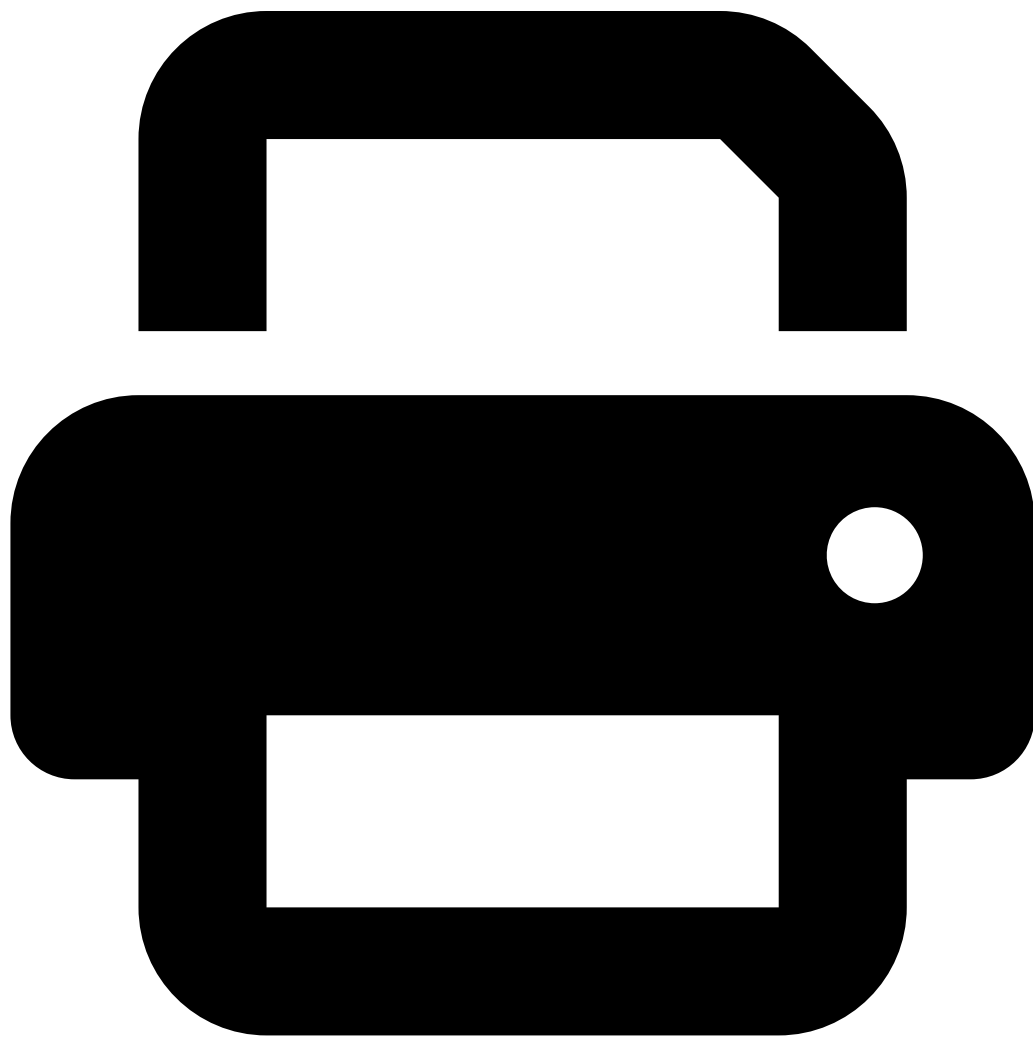
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These **Italian crispy roasted potatoes** are straight from my mother's kitchen. She'd parboil them, toss with olive oil, garlic, rosemary, and a little lemon, then roast until golden and crunchy. Simple, comforting, and always the first thing to disappear at the table – I still make them just the way she did. To this day, whenever I make them, the smell that fills my kitchen instantly takes me back to her cooking, and I can't help but smile. This recipe is her original method, and it's one I know you'll want to keep on repeat in your own home.

Things to Know About Italian Crispy Roasted Potatoes

- **Parboiling is key:** Cooking the potatoes halfway before roasting helps give them a fluffy inside and that golden, crisp crust.
- **Rough edges = more crunch:** Shaking the potatoes after

draining creates little ridges that crisp up beautifully in the oven.

- **Use the right potato:** Yukon Golds give a buttery texture, while Russets crisp up with an extra crunch – both work well.
- **Fresh rosemary makes a difference:** If you can, use fresh rosemary sprigs. They infuse the oil and potatoes with authentic Italian flavor.
- **Don't skip the lemon:** A little zest before roasting and a squeeze of juice at the end adds brightness and balances the richness.
- **Crowding the pan ruins the crisp:** Spread potatoes in a single layer so they roast instead of steam.
- **Reheating tip:** Pop leftovers back in a hot oven for 10 minutes to bring back their crispness – the microwave won't do them justice.
- **Serve these potatoes alongside a hearty main!** Try my Bone-In Pork Chop Piccata or Stuffed Chicken Breast for a full Italian dinner that everyone will love.

Italian Crispy roasted Potatoes



These Italian Crispy Roasted Potatoes are golden brown on the outside, fluffy on the inside, and seasoned with garlic, Parmesan cheese, fresh herbs, and olive oil. They're an easy Italian-inspired side dish that pairs perfectly with chicken, steak, pork, or seafood.

- 2 lbs. Yukon Gold or Russet potatoes (peeled and cut into wedges)
- 1/2 cup extra virgin olive oil
- 2 minced garlic cloves
- 2 sprigs fresh rosemary (or 1 tsp dried)
- Zest of 1 lemon
- Juice of 1 lemon
- salt and pepper to taste

1. Parboil the potatoes:

Bring a large pot of salted water to a boil.

Add potato wedges and cook for 5-7 minutes, until just fork-tender but not falling apart.

Drain well and let steam dry for 2 minutes.

2. Rough up the edges:

Shake the colander gently to create a slightly rough surface on the potatoes. This helps them crisp in the oven.

3. Season the potatoes:

Preheat oven to 425°F (220°C).

In a large bowl, toss the potatoes with olive oil, minced garlic, rosemary, lemon zest, salt, and pepper until evenly coated.

4. Roast:

Spread the potatoes in a single layer on a parchment-lined baking sheet.

Roast for 35–45 minutes, flipping halfway, until deeply golden and crisp.

5. Finish with lemon:

Remove garlic cloves and rosemary sprigs.

Squeeze fresh lemon juice over the potatoes just before serving.

6. Serving Suggestion

Serve hot as a side with roast chicken, grilled fish, or alongside a big Italian salad.

Side Dish

Italian

Italian crispy roasted potatoes

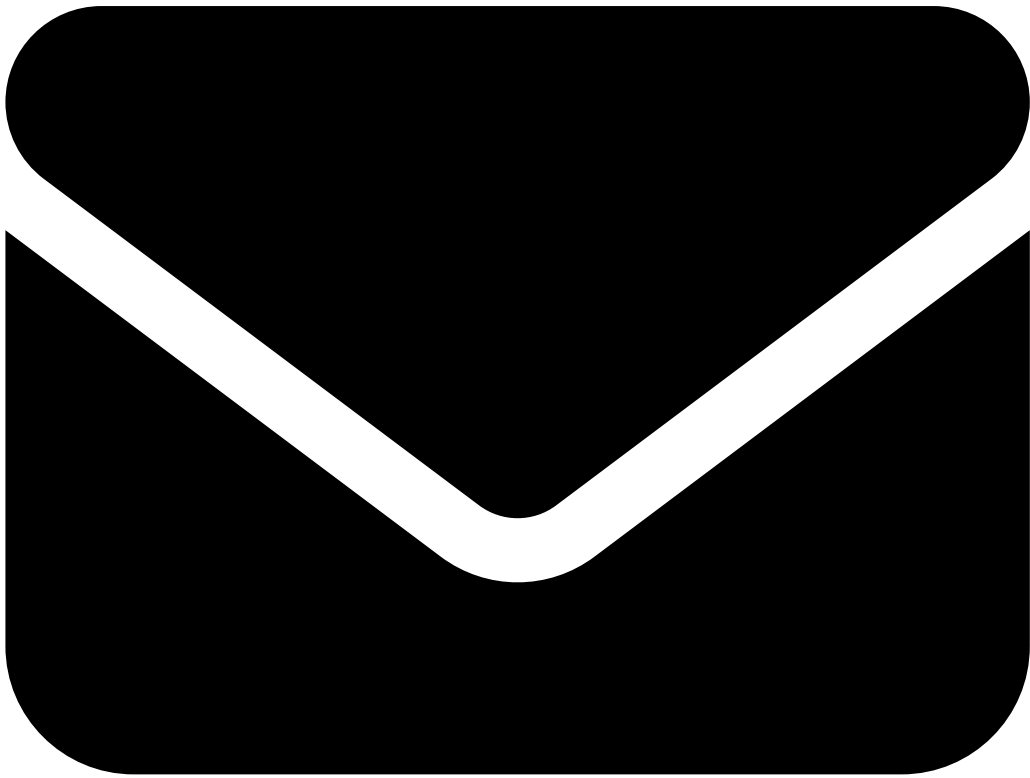
Salmon alla Puttanesca – Rustic Italian Salmon

Salmon alla Puttanesca – Rustic Italian Salmon

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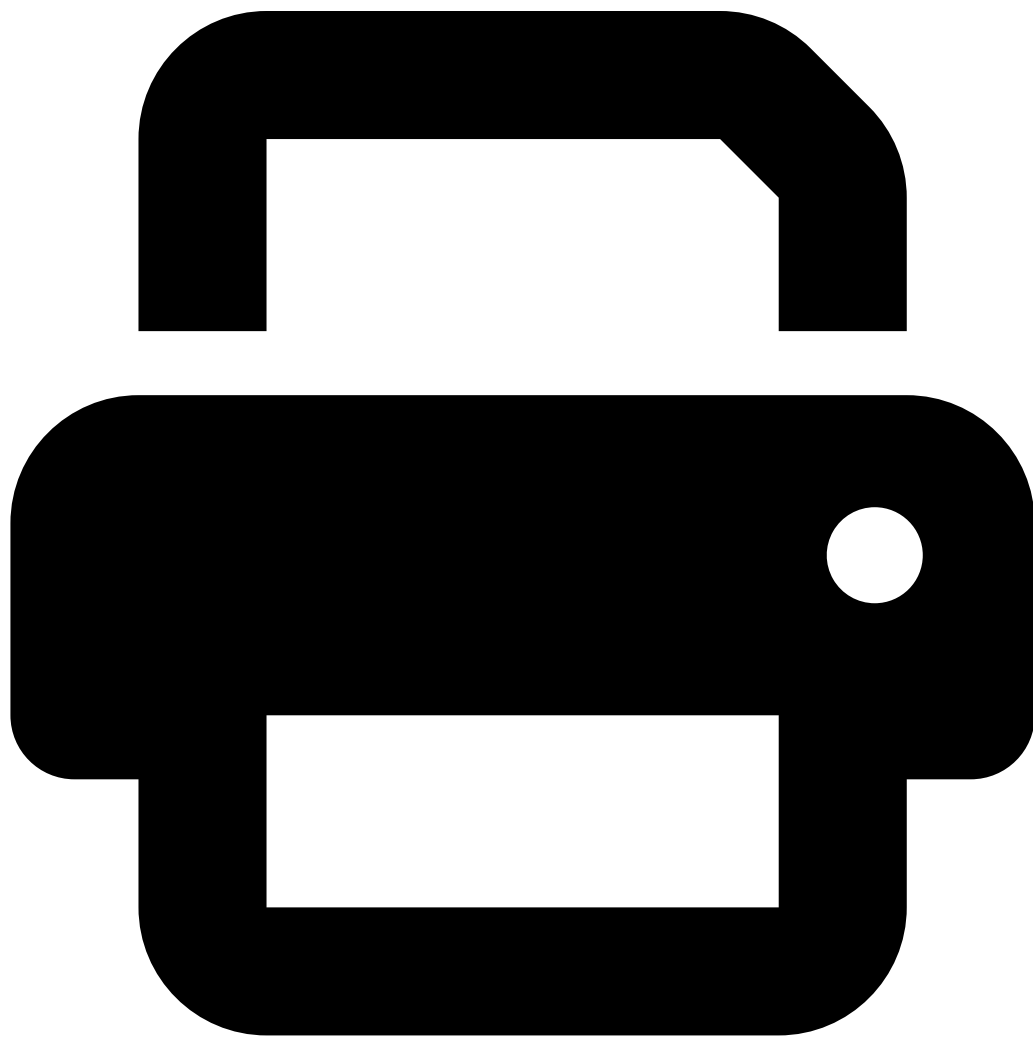
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When I think of bold Italian flavors, Puttanesca sauce is one of the first that comes to mind. At our restaurant, we loved taking this rustic Southern Italian classic beyond pasta and pairing it with tender salmon fillets. Briny olives, salty capers, and anchovies simmer together with tomatoes to create a rich, flavorful sauce that perfectly complements the salmon. Serve it with pasta, crusty bread, or simply on its own for an easy, restaurant-quality meal that brings the bold flavors of Southern Italy straight to your table.

Things to Know About Salmon alla Puttanesca

A Southern Italian classic: Puttanesca is a bold, rustic sauce traditionally associated with Southern Italy, particularly Naples. Tomatoes, olives, capers, and anchovies come together for a sauce that is salty, savory, and full of Mediterranean flavor.

Ready in about 30 minutes: This Salmon alla Puttanesca is an easy weeknight dinner that comes together quickly without sacrificing flavor. It's the kind of meal that feels special enough for guests but is simple enough for a busy evening.

The anchovies add depth, not a fishy flavor: Don't let the anchovies put you off. They melt into the sauce as it cooks, adding savory depth and umami without overpowering the salmon.

Serve it your way: Spoon the salmon and puttanesca sauce over spaghetti for a hearty Italian-inspired meal, or serve it with roasted vegetables, potatoes, or crusty bread to soak up every drop of sauce.

Pantry-friendly ingredients: One of the best things about puttanesca sauce is that most of the ingredients can be kept on hand. Canned tomatoes, olives, capers, and anchovies make it easy to put together a flavorful dinner without a special trip to the grocery store.

Restaurant favorite: We served this salmon in our restaurant, and it was always a favorite. It has all the qualities I love in a good restaurant dish—bold flavor, beautiful presentation, and plenty of comfort—without being complicated to make at home.

- If you love Italian salmon recipes, don't miss my quick and easy creamy **Salmon Piccata** – a lighter, lemony dish that's just as easy and full of flavor! or salmon spiedini tender, flavorful salmon skewers with a hint of lemon and herbs, perfect for a simple weeknight dinner or a summer grill!

Salmon alla Puttanesca – Rustic Italian Salmon



Salmon alla Puttanesca is a rustic Italian seafood dish featuring tender salmon simmered with a bold puttanesca sauce made with tomatoes, olives, capers, garlic, and herbs. A flavorful Mediterranean-inspired dinner that is simple enough for weeknights yet elegant for entertaining.

- 4 salmon fillets (about 6 oz each, skin on or off)
- 3 tbsp olive oil (divided)
- 3 garlic cloves (thinly sliced)
- 1 tsp red pepper flakes (optional, for heat)
- 1 can (14 oz crushed tomatoes)
- $\frac{1}{2}$ cup Kalamata olives (pitted and halved)
- 2 tbsp capers
- 4 anchovy fillets (or 1 tsp anchovy paste)
- 1 tsp dried oregano
- 1 cup cherry tomatoes (halved (optional for freshness))
- 1 cup white wine
- Salt and black pepper to taste
- 2 tbsp fresh parsley (chopped)
- Lemon wedges (for serving)

1. Sear the Salmon

Pat salmon dry, season with salt and pepper.

Heat 2 tbsp olive oil in a large skillet over medium-

high heat.

Sear salmon skin-side down for 3–4 minutes, then flip and cook another 2–3 minutes until just cooked through. Remove and set aside.

2. Make the Puttanesca Sauce

In the same pan, add remaining 1 tbsp olive oil and garlic. Sauté until fragrant.

Stir in red pepper flakes, anchovies, and oregano. Cook until anchovies melt into the oil. deglaze the pan with the wine , waiting until fully evaporated before proceeding.

Add crushed tomatoes, olives, capers, and cherry tomatoes. Simmer 10 minutes until sauce thickens slightly. Taste and adjust seasoning.

3. Finish the Dish

Nestle salmon fillets into the sauce and spoon sauce over the top. Simmer gently 2 minutes to warm through.

Garnish with parsley and serve with lemon wedges

Main Course

Italian

salmon alla puttanesca, Italian salmon recipe,

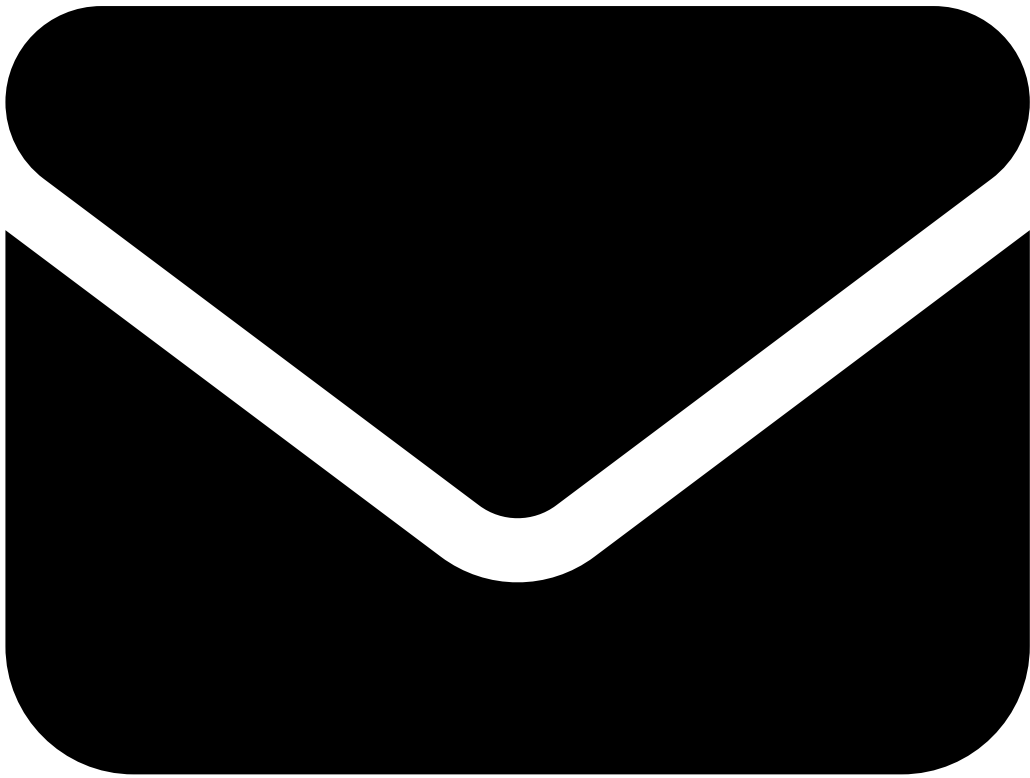
Spicy Italian Sausage Gnocchi

Soup

Spicy Italian Sausage Gnocchi Soup

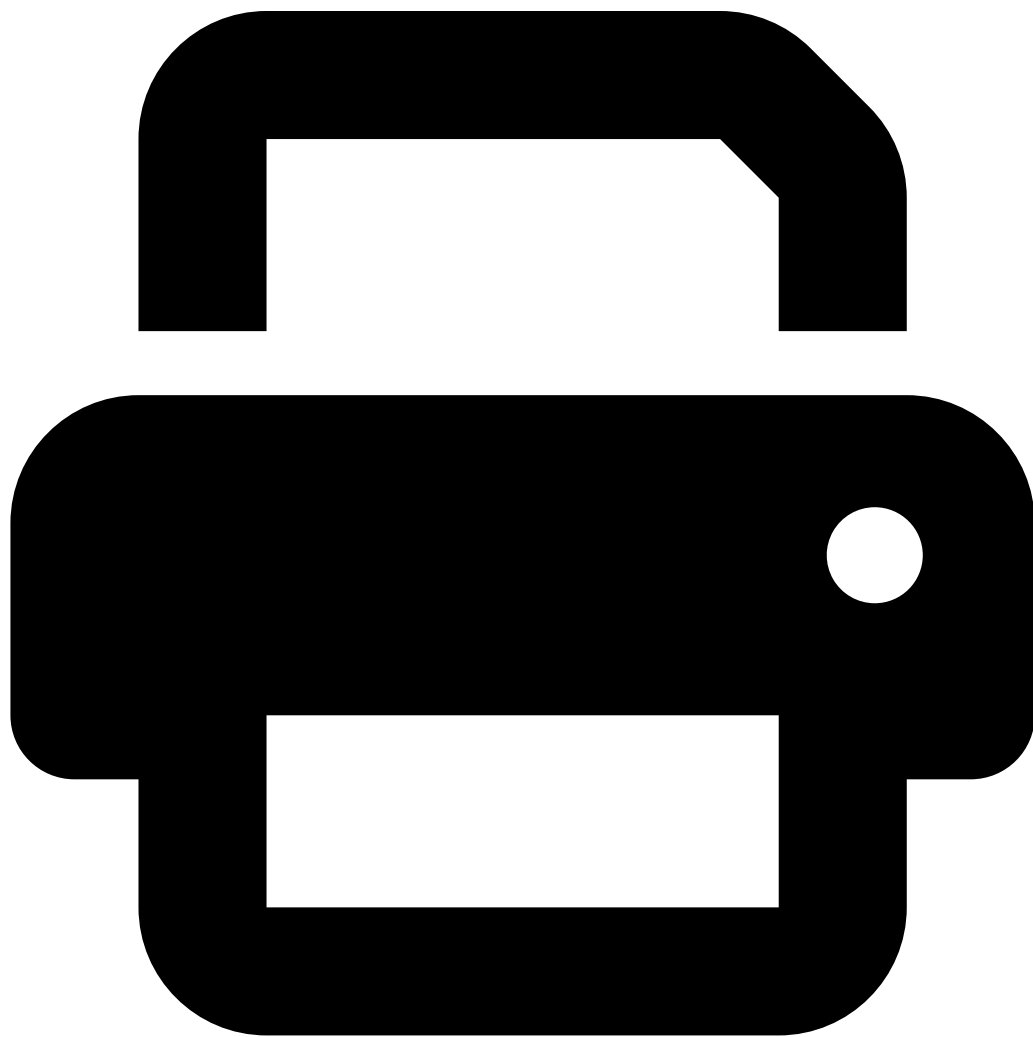
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There's something incredibly comforting about a big bowl of homemade soup, especially when it's filled with pillowy gnocchi and spicy Italian sausage. This hearty Italian Gnocchi Soup combines tender vegetables, a rich, savory broth, and just the right amount of heat from the sausage and red pepper flakes.

You can make homemade gnocchi from scratch for soft, tender little pillows that practically melt in your mouth, or use your favorite store-bought gnocchi when you want dinner on the table quickly. Either way, this is a cozy, satisfying soup that's easy enough for a weeknight and comforting enough for a chilly day when you're craving a taste of Italy.

Things to Know About Spicy Italian

Sausage Gnocchi Soup

Homemade or store-bought gnocchi: Homemade potato gnocchi makes this soup especially tender and luxurious, but good-quality store-bought gnocchi is a great shortcut when you want a quick and easy meal.

Adjust the heat: Spicy Italian sausage brings plenty of flavor and heat, while red pepper flakes add another layer of spice. Start with a small amount and add more to taste.

Customize the vegetables: Carrots, celery, and spinach make a delicious combination, but this soup is flexible. You can also add zucchini, kale, or roasted red peppers depending on what you have on hand.

Make-ahead tip: The soup itself can be prepared a day ahead. For the best texture, cook the gnocchi separately and add it to the soup just before serving. This keeps it from absorbing too much broth and becoming soft.

Storage and reheating: Store leftover soup in an airtight container in the refrigerator

for 2–3 days. Reheat gently on the stovetop, adding a little extra broth if the soup has thickened.

Easy finishing touches: Freshly grated Parmesan, a drizzle of extra-virgin olive oil, or a few fresh basil leaves make a simple but delicious finishing touch.

A complete meal in a bowl: With hearty sausage, tender gnocchi, vegetables, and flavorful broth, this soup is satisfying enough to serve as a meal on its own. Add some crusty Italian bread and dinner is done.

Make It With Homemade Gnocchi

If you want to take this soup to the next level, make your own

potato gnocchi. If you want to take this soup to the next level, make your own potato gnocchi. My **[Easy 4-Ingredient Potato Gnocchi]** recipe makes tender, pillowy gnocchi that are perfect for soaking up the flavorful broth.

Spicy Italian Sausage Gnocchi Soup



Spicy Italian sausage gnocchi soup combines tender potato gnocchi, savory Italian sausage, vegetables, and a rich, flavorful broth for a comforting one-pot Italian-inspired meal. A cozy soup perfect for chilly evenings and easy family dinners.

- 1 pound spicy Italian sausage (casings removed)
- 1 tablespoon olive oil
- 1 medium onion (diced)
- 2 garlic cloves (minced)
- 2 medium carrots (diced)
- 2 celery stalks (diced)
- 1 teaspoon red pepper flakes (optional, for extra heat)
- 6 cups chicken or vegetable broth
- 1 14.5-ounce can diced tomatoes
- 1 pound potato gnocchi (store-bought or homemade)
- 3 cups baby spinach or kale (chopped)
- 2 teaspoon Italian seasoning
- Salt and black pepper (to taste)

1. In a large pot or Dutch oven, heat olive oil over medium heat. Add sausage, breaking it apart, and cook until browned.
2. Add onion, garlic, carrots, and celery. Cook until softened. Stir in red pepper flakes and Italian seasoning.
3. Pour in broth and diced tomatoes. Bring to a boil, then reduce to a simmer for 15–20 minutes.
4. Add gnocchi and cook according to package instructions until tender.
5. Stir in spinach or kale until wilted. Season with salt and black pepper to taste.
6. Serve hot, garnished with parmesan cheese

Main Course, Soup

Italian

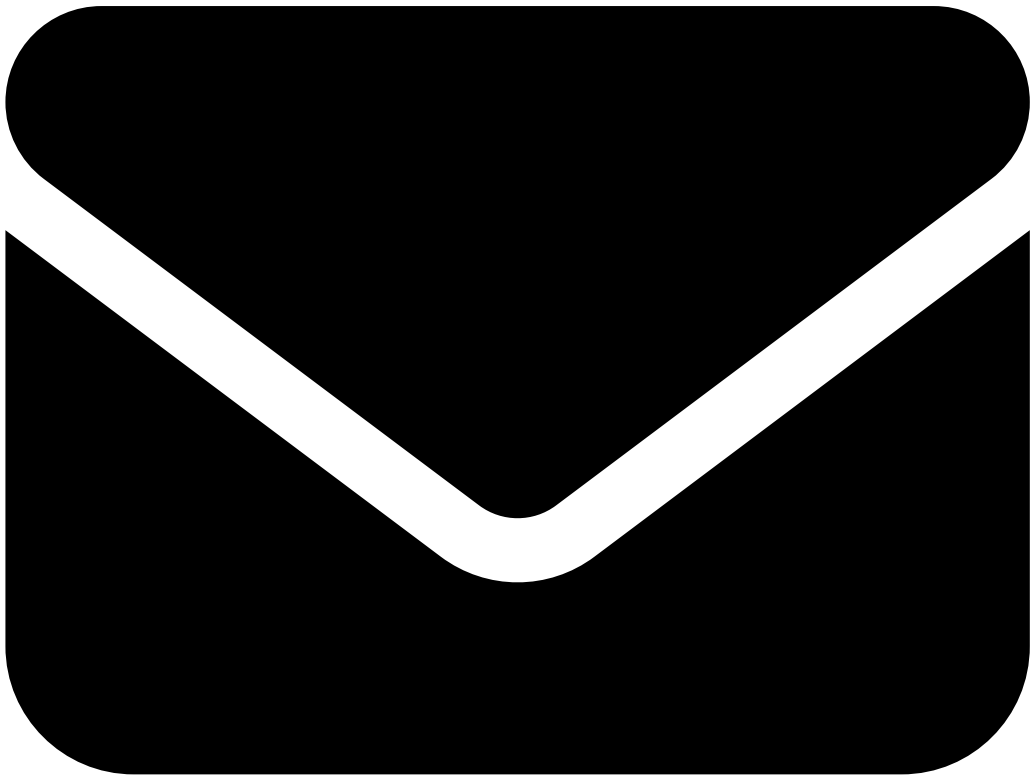
Italian sausage gnocchi soup

How to make ricotta gnocchi

How to make ricotta gnocchi

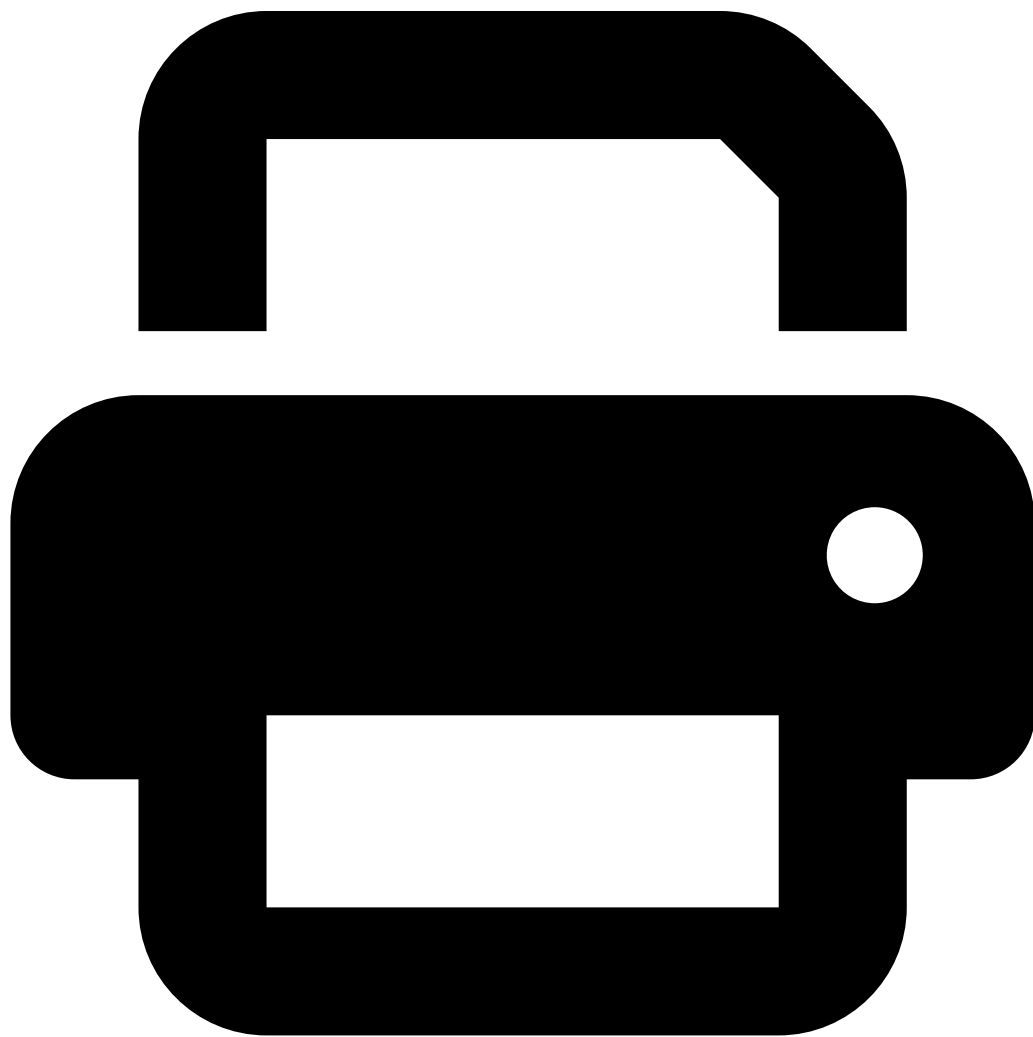
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In my restaurant days, we made gnocchi in every style you could imagine—potato, spinach, ricotta—and we'd prepare them in big batches, freeze them, and cook them to order so they were always perfectly tender. Out of all the variations, ricotta gnocchi have always been my favorite for their light, pillowy texture and delicate flavor. In this recipe, I'm keeping things simple and seasonal by serving them with a fresh summer tomato sauce made from ripe, juicy tomatoes. It's an easy and comforting dish that comes together quickly, yet feels special enough for a Sunday dinner.

Things to know about this how to make ricotta gnocchi

- **Drain the ricotta well** – Too much moisture makes the dough sticky and heavy. Strain it for at least 2 hours (overnight is even better).

- **Flour ratio matters** – Start with less flour and add only as much as needed. Too much flour makes dense gnocchi; too little and they'll fall apart.
- **Do the test gnocchi** – Drop one piece into simmering water. If it floats and holds together, your dough is ready. If it falls apart, mix in a little more flour.
- **Freeze for later** – Just like we did in the restaurant, you can freeze gnocchi on a sheet pan, then transfer to a bag once firm. Cook straight from frozen.
- **Sauce pairings** – Ricotta gnocchi are light and delicate, so they shine with equally light sauces:
 - Fresh summer tomato sauce (as I used in this recipe)
 - Brown butter and sage for a nutty, comforting flavor
 - Lemon cream sauce for a bright and elegant twist
 - Love gnocchi as much as I do? Try my **4-Ingredient Potato Gnocchi** recipe—another classic, simple to make, and just as delicious!

Looking for the perfect finish? Pair your ricotta gnocchi with one of my favorite sauces: **Fresh Summer Tomato Sauce**.

Ricotta Gnocchi Recipe



Light and tender ricotta gnocchi made with simple ingredients for a delicate Italian pasta alternative. These homemade gnocchi are easy to prepare and pair beautifully with tomato sauce, pesto, butter, or your favorite Italian sauce.

- 1 pound 450 g ricotta cheese, well drained
- 1 large egg
- $\frac{1}{2}$ cup 50 g grated Parmigiano Reggiano
- $\frac{3}{4}$ –1 cup 90–120 g all-purpose flour, plus more for dusting
- $\frac{1}{2}$ teaspoon salt
- Pinch black pepper
- Pinch nutmeg (optional)

1. Drain the Ricotta

Place ricotta in a fine mesh strainer or wrap in cheesecloth.

Let it drain in the fridge for at least 2 hours (overnight is best).

2. Make the Dough

In a bowl, mix ricotta, egg, Parmesan, salt, pepper, and nutmeg until smooth.

Add $\frac{3}{4}$ cup flour and gently fold together. The dough should be soft but not sticky.

3. Test the Dough

Bring a small pot of salted water to a gentle simmer.

Roll a small piece of dough into a ball and drop it in.

If it holds together and floats, the dough is ready. If it falls apart, add a bit more flour (1 Tbsp at a time) and retest.

4. Shape the Gnocchi

Lightly flour a work surface. Divide dough into 4 pieces.

Roll each piece into a rope about $\frac{1}{2}$ inch thick.

Cut into 1-inch pieces. Optional: roll each piece over a fork or gnocchi board for ridges.

5. Cook the Gnocchi

Bring a large pot of salted water to a gentle boil.

Drop in gnocchi in batches, stir once, and cook until they float (1–2 minutes).

Remove with a slotted spoon directly into your warmed sauce.

6. Serve

Toss gently in sauce and serve immediately with extra Parmesan.

Main Course

Italian

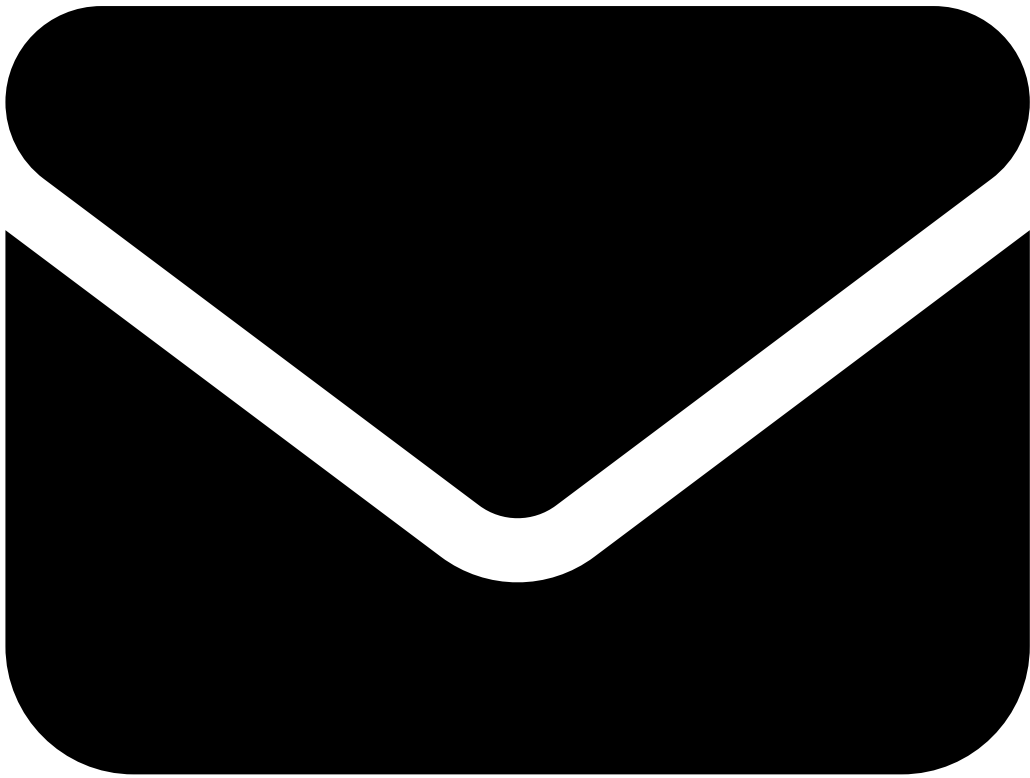
ricotta gnocchi recipe, homemade

Sugo Crudo – No-Cook Italian Tomato Sauce

Sugo Crudo – No-Cook Italian Tomato Sauce

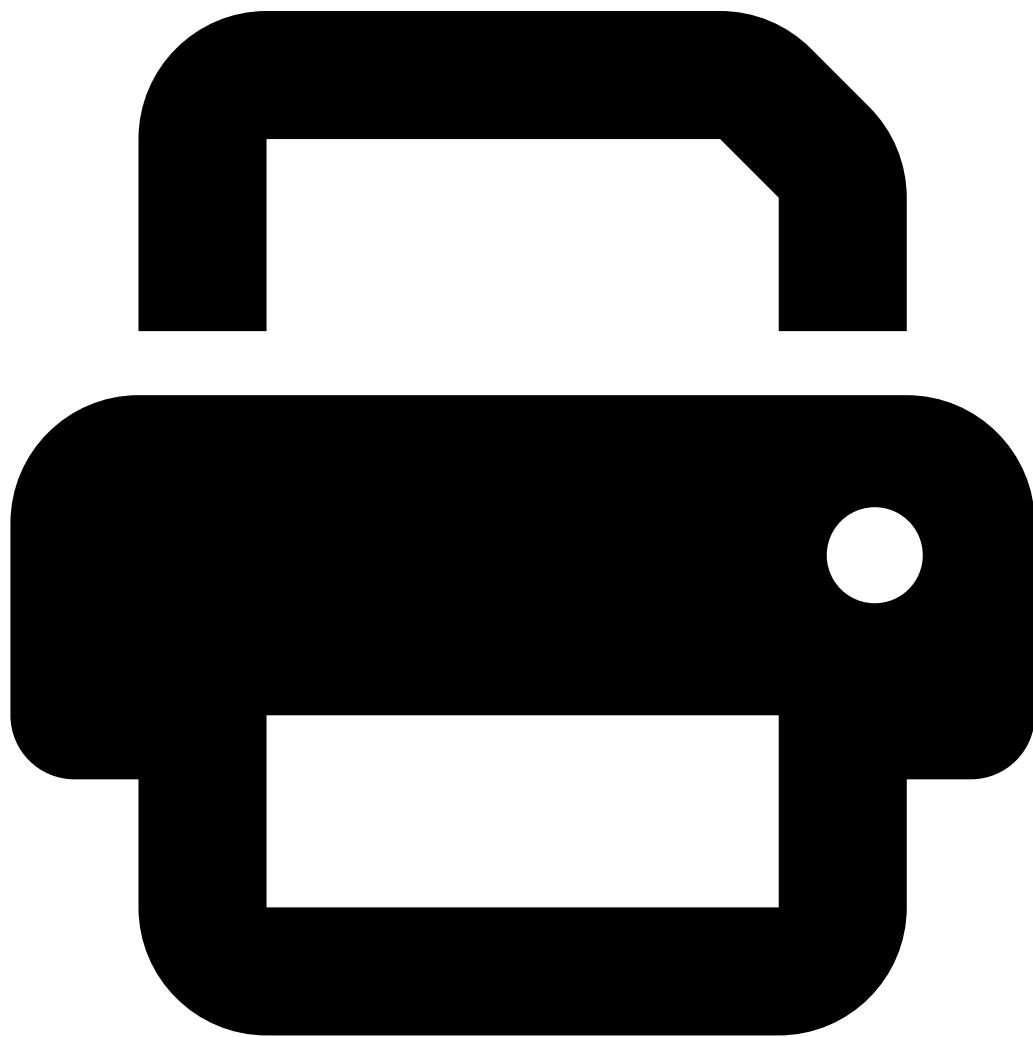
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In Italy, *sugo crudo* – meaning “raw sauce” – is a summertime favorite that captures the very essence of fresh, ripe tomatoes. Sweet, juicy tomatoes are paired with fragrant basil, garlic, and rich extra virgin olive oil for a pasta dish that’s as simple as it is unforgettable. Best of all, it’s ready in the time it takes to cook your pasta.

While it’s a traditional dish often enjoyed during *Ferragosto* on August 15th, when families gather to celebrate the height of summer, it’s just as delicious any time you have sun-ripened tomatoes on hand. Light, vibrant, and bursting with flavor, it’s the perfect recipe for warm-weather dining – or for bringing a taste of summer to your table year-round.

Things to Know About Sugo Crudo

Use the ripest tomatoes: Since this is a no-cook sauce, the tomatoes are the star. Choose ripe, juicy, flavorful tomatoes for the best results. Fresh garden or farmers’ market tomatoes are especially good when they’re in season.

Let it rest: Don't skip this simple step. Let the tomato mixture sit at room temperature for 15–30 minutes before tossing it with the pasta. This gives the garlic, basil, olive oil, and tomatoes time to meld together.

Choose a good olive oil: With so few ingredients, the flavor of your extra-virgin olive oil really matters. Use one that is fruity and flavorful rather than a neutral oil.

Adjust the flavor: Sugo Crudo is easy to customize. Add a pinch of red pepper flakes for a little heat or a bit more garlic if you love a stronger garlic flavor.

Toss with hot pasta: Cook the pasta until al dente, then toss it with the fresh sauce immediately before serving. The warmth of the pasta gently releases the flavors without cooking the fresh tomatoes.

Add fresh mozzarella: For an extra creamy touch, gently fold in small mozzarella pearls just before serving. The cool, creamy mozzarella pairs beautifully with the juicy tomatoes and fresh basil.

Classic Italian Sunday Meatball Sauce – Slow-simmered, rich, and perfect for hearty pasta nights.

Caprese spaghetti Roasted Tomato Sauce – Smoky, bold, and full of flavor for your next pasta dish.

Bring the taste of Italy to your table again and again!

Sugo Crudo – No-Cook Italian Tomato

Sauce



Sugo Crudo is a classic Italian raw tomato sauce made with ripe summer tomatoes, fresh basil, garlic, and extra virgin olive oil. Tossed with hot pasta, the heat gently warms the sauce, creating a light, vibrant dish that's bursting with fresh flavor. This authentic Italian recipe is quick, easy, and perfect for making the most of tomato season.

- 2 pounds ripe tomatoes (heirloom, cherry, or San Marzano)
- 1 cup extra virgin olive oil
- 2 cloves garlic (finely minced)
- $\frac{1}{2}$ cup fresh basil leaves (torn)
- 1 teaspoon salt (plus more for pasta water)
- $\frac{1}{2}$ teaspoon freshly ground black pepper
- $\frac{1}{4}$ teaspoon red pepper flakes (optional)
- 12 oz. pasta (your favorite short pasta shape)
- 1 cup mozzarella pearls or balls cut in half

1. Prepare the tomatoes

Slice the tomatoes in half, remove most of the seeds, and chop into small pieces. For a smoother texture, pulse them briefly in a food processor.

2. Mix the sauce

In a large mixing bowl, combine chopped tomatoes, fresh mozzarella garlic, basil, olive oil, salt, black pepper,

and red pepper flakes if using.

Stir gently, cover, and let rest at room temperature for 30 minutes while you cook the pasta.

3. Cook the pasta

Bring a large pot of salted water to a boil. Cook pasta until al dente according to package directions. Reserve $\frac{1}{2}$ cup of the cooking water before draining.

4. Bring it all together

Toss hot pasta with the sugo crudo, adding a splash of the reserved pasta water if needed to help the sauce coat the noodles.

5. Serve immediately

Garnish with more basil and a drizzle of olive oil. Serve warm or at room temperature with crusty bread.

6. Tips for the Best Sugo Crudo

Tomatoes matter most – Use the ripest summer tomatoes you can find.

Let the sauce rest – This allows the garlic and basil to infuse the tomatoes.

Quality oil is key – Choose a fruity, rich extra virgin olive oil.

7. Serving Suggestion

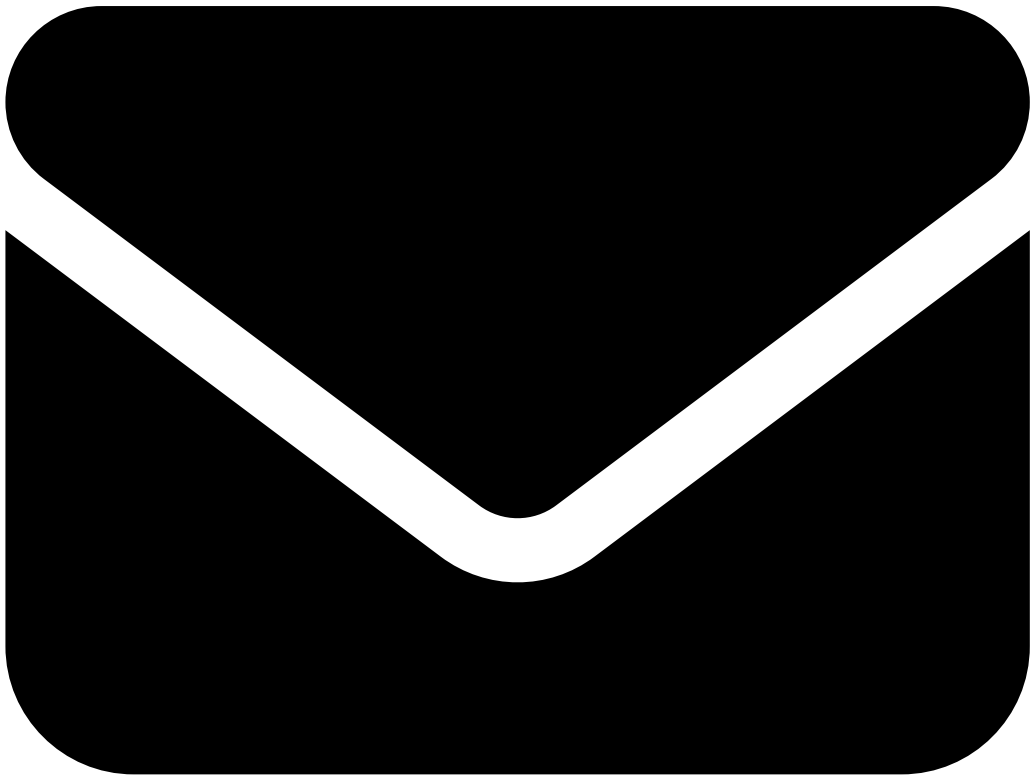
Perfect for a light summer lunch with chilled white wine, a crisp salad, and bread for soaking up every drop.

Ciambotta with Chicken – Italian Vegetable Stew

Ciambotta with Chicken – Italian Vegetable Stew

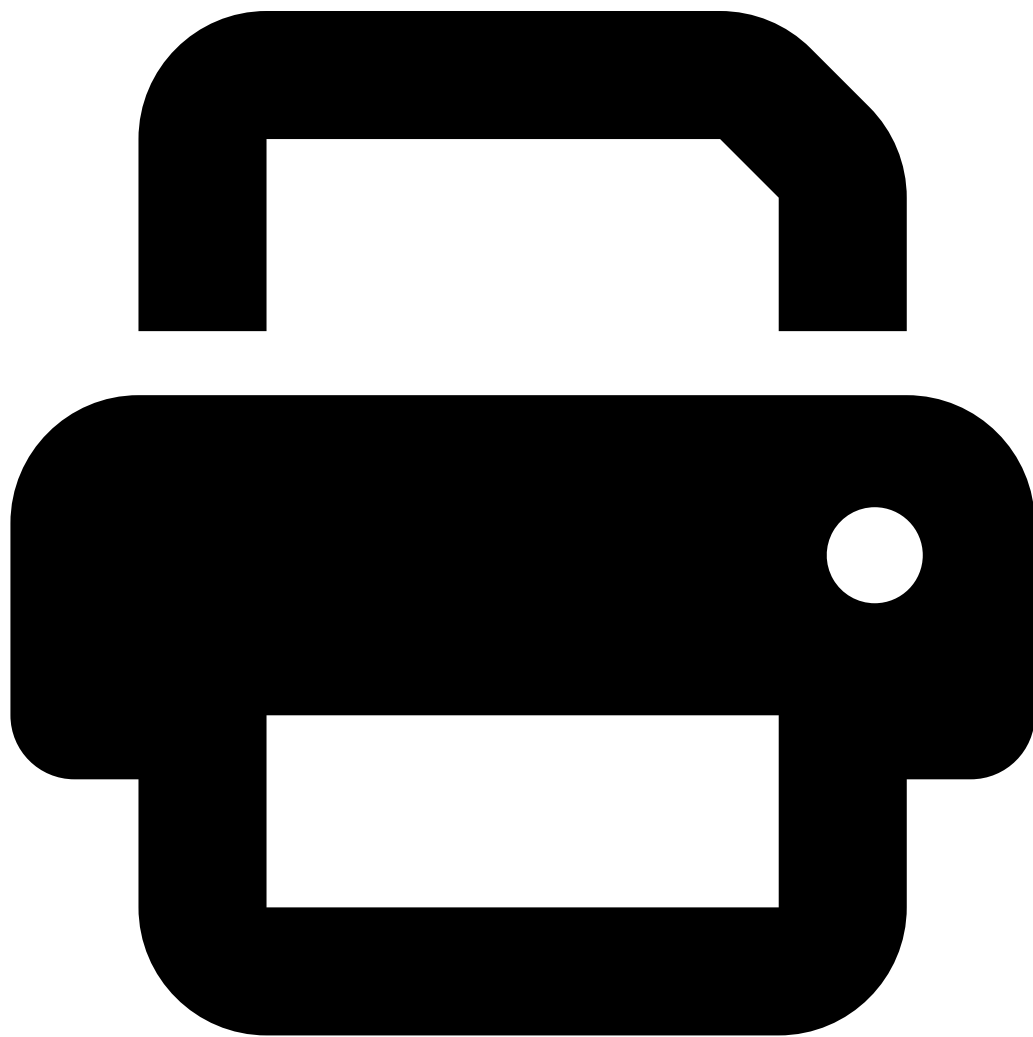
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Every summer, my mother would make a big pot of ciambotta – the rustic Italian vegetable stew that filled our home with the aroma of fresh herbs and slowly simmering garden vegetables. **First**, she would gather whatever was ripe from the garden – zucchini, eggplant, peppers, and tomatoes. **Then**, she would let them cook gently until the flavors melded together into pure comfort.

In this version, I add tender chicken breast for extra heartiness. **However**, the beauty of ciambotta is how adaptable it is. **Whether** you use vegetables from your own garden **or** pick them up at the market, you'll always end up with a wholesome, flavorful meal. **For even more richness**, you can swap in Italian sausage **or** combine it with chicken for a complete one-pan Italian dinner everyone will love.

Things to Know About Ciambotta with Chicken

A rustic Southern Italian stew: Ciambotta is a traditional vegetable stew associated with Southern Italy, where recipes vary from family to family and region to region. The heart of the dish is simple: seasonal vegetables cooked together until tender and flavorful.

The vegetables can change with the season: Eggplant, zucchini, potatoes, peppers, tomatoes, and onions are commonly found in versions of ciambotta, but there is no single set list of vegetables. This is one of those wonderfully flexible Italian recipes that lets you use what looks best at the market or what you already have in the kitchen.

Why chicken works so well: Tender pieces of chicken turn this vegetable stew into a complete meal. Browning the chicken first adds another layer of flavor and gives the finished stew a richer, more savory taste.

Take your time with the vegetables: The vegetables should become tender and flavorful without completely falling apart. Cutting them into similar-sized pieces helps them cook more evenly.

Fresh tomatoes or canned work: When tomatoes are at their summer best, fresh ripe tomatoes are wonderful in this stew. Outside of tomato season, good-quality canned tomatoes are an easy substitute.

Grilled Peach Caprese Salad

Juicy peaches, summer tomatoes, fresh mozzarella, and basil drizzled with simple balsamic.

Crispy Cauliflower Bites

Crunchy, savory veggie bites that everyone will love.

Ciambotta with Chicken – Italian Vegetable Stew



A rustic Southern Italian vegetable stew made with tender chicken, seasonal vegetables, tomatoes, garlic, and fresh herbs. This hearty one-pot meal is full of Mediterranean flavor and perfect with crusty bread for soaking up the savory tomato broth.

- 2 boneless (skinless chicken breasts (about 1 lb), cut into bite-sized pieces)
- 2 tablespoons olive oil
- 1 medium onion (diced)
- 3 garlic cloves (minced)
- 1 bell pepper (diced)
- 1 medium eggplant (about 1 lb, diced)
- 2 medium zucchini (about 12 oz, diced)
- 2 medium potatoes (about 10 oz, diced)
- 2 cups chopped tomatoes (or 1 can/14 oz diced tomatoes)
- 1 cup chicken broth
- 1/2 cup red wine
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- ½ teaspoon crushed red pepper flakes (optional)
- salt and pepper to taste

- Fresh parsley or basil (chopped, for garnish)

1. Prep the chicken: Season chicken breast pieces with $\frac{1}{2}$ teaspoon salt and $\frac{1}{4}$ teaspoon black pepper.
2. Brown the chicken: Heat 1 tablespoon of olive oil in a large Dutch oven or heavy pot over medium-high heat. Add the chicken and cook for 4–5 minutes, until lightly golden but not fully cooked through. Remove and set aside.
3. Sauté aromatics: Add the remaining tablespoon of olive oil to the pot. Stir in the onion and cook for 3 minutes until softened. Add garlic and cook for 30 seconds until fragrant.
4. deglaze the pan with the red wine waiting until fully absorbed before proceeding
5. Add vegetables: Stir in the bell peppers, eggplant, zucchini, and potatoes. Cook for 5–6 minutes, stirring occasionally, until the vegetables begin to soften.
6. Build the stew: Add the cherry tomatoes (or canned tomatoes), chicken broth, oregano, basil, crushed red pepper flakes (if using), and remaining salt and pepper. Stir well, scraping up any browned bits from the bottom.
7. Simmer: Return the chicken to the pot. Bring to a gentle simmer, cover, and cook for 20–25 minutes, stirring occasionally, until the vegetables are tender and the chicken is cooked through.
8. Finish & serve: Taste and adjust seasoning if needed. Garnish with fresh parsley or basil. Serve hot with crusty bread to soak up the flavorful sauce

Main Course

Italian

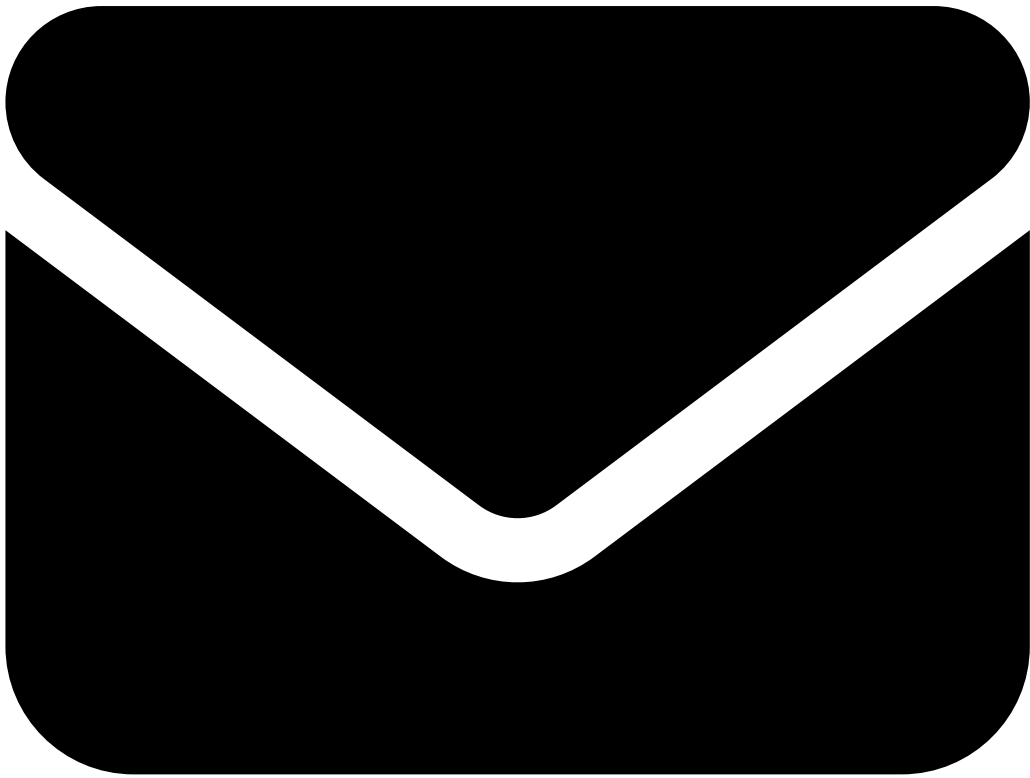
ciambotta with chicken, Italian vegetable stew,

Peach Caprese Salad with Fresh Mozzarella

Peach Caprese Salad with Fresh Mozzarella

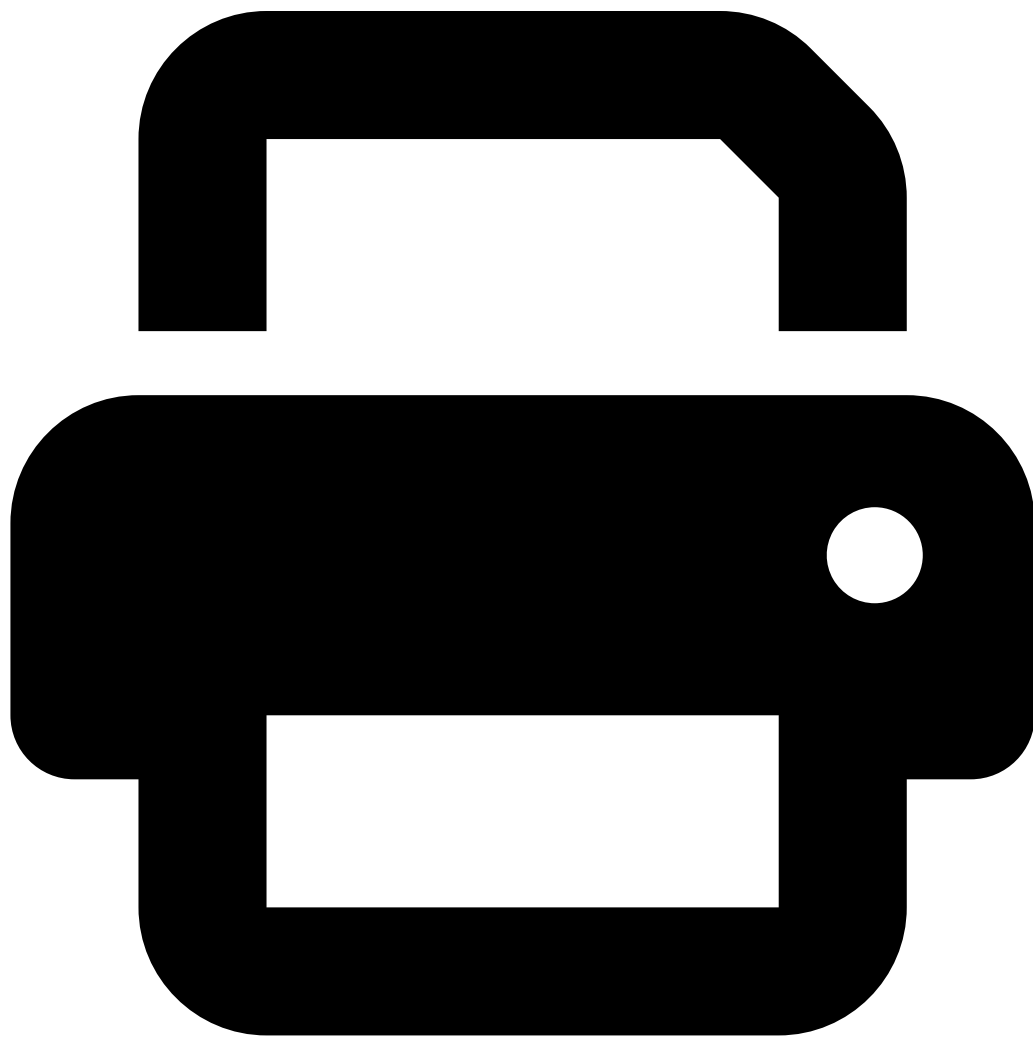
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When our peach tree bursts into sweet, golden fruit each summer, I can't resist finding new ways to enjoy them. This **Peach caprese salad with Fresh Mozzarella** is my Italian-inspired twist on a caprese, swapping tomatoes for juicy peaches kissed by the grill. You don't need your own peach tree to make it – just ripe, fragrant peaches from the market will do. The smoky char, creamy mozzarella, fragrant basil, and a drizzle of honey-balsamic-herb dressing make every bite taste like summer at its peak.

Things to know about this Peach Caprese Salad with Fresh Mozzarella

- **Peach selection matters.** Choose peaches that are ripe but still firm so they hold their shape on the grill without turning mushy. If peaches are too soft, grilling will make them fall apart.

- **No peach tree needed!** Even if you don't have a backyard orchard like I do, fresh market peaches work beautifully for this recipe.
- **Grill carefully.** High heat is key for those beautiful char marks and smoky flavor, but keep an eye on the peaches so they don't overcook. Two to three minutes per side usually does the trick.
- **Mozzarella or burrata?** Burrata adds extra creaminess and luxury, but fresh mozzarella is delicious, more affordable, and widely available.
- **Customize the dressing.** The honey-balsamic-herb dressing is sweet and tangy, but you can swap herbs to suit your taste – rosemary or basil would be lovely additions.
- **Make it a meal.** Add prosciutto slices or serve alongside grilled chicken for a heartier summer dinner
- **Loved this fresh summer salad?** Don't miss these other seasonal favorites: Italian Amaretti stuffed summer peaches or creamy Italian street corn (no- mayo)

Grilled Peach Caprese Salad with fresh mozzarella



Sweet grilled peaches, creamy fresh mozzarella, and fresh basil come together in this easy Italian-inspired summer salad. Finished with extra-virgin olive oil and a simple balsamic drizzle, it's a beautiful balance of sweet, creamy, and savory flavors.

- 4 ripe peaches (pitted and cut into medium thick slices)
- 8 oz fresh mozzarella pearls or slices cut
- 1 cup cherry tomatoes (halved (optional, but adds color and freshness))
- Fresh basil leaves (about 1/4 cup)
- Fresh mint or thyme (optional, for extra herb flavor)

For the Dressing:

- 1/2 cup extra virgin olive oil
- 2 tablespoons balsamic vinegar (or a good quality aged balsamic glaze)
- 1 teaspoon honey
- Salt and freshly ground black pepper (to taste)

1. Preheat your grill (or grill pan) to medium-high heat.
2. Prepare the peaches: Brush the peach halves lightly with olive oil. Place them cut-side down on the grill and cook for about 3-4 minutes until you get nice grill marks and the peaches are slightly softened. Remove and let cool slightly, then slice each half into 3-4 wedges.
3. Make the dressing: In a small bowl, whisk together olive oil, balsamic vinegar, honey, salt, and pepper until emulsified.
4. Assemble the salad: On a serving plate, arrange the grilled peach slices, fresh mozzarella, and cherry tomatoes (if using). Scatter fresh basil and herbs over the top.
5. Drizzle the dressing evenly over the salad.
6. Optional: Add a light drizzle of extra honey over the top if you like it more sweet

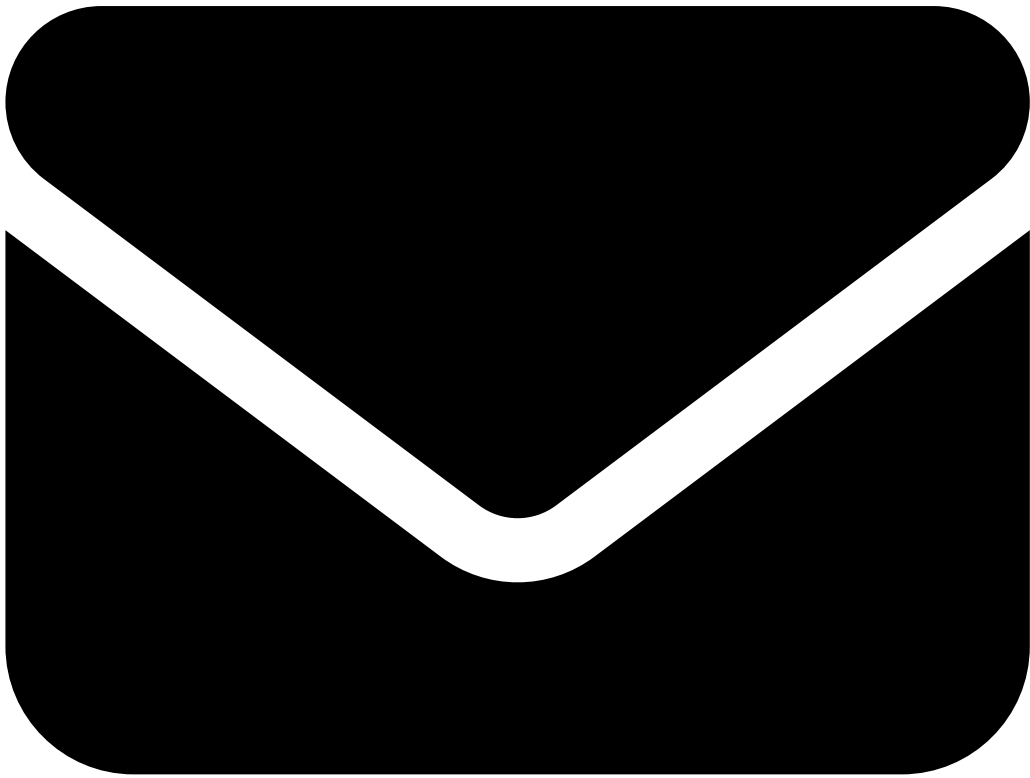
Salad
Italian

Crispy Italian Fried Cauliflower with Marinara

Crispy Italian Fried Cauliflower with Marinara

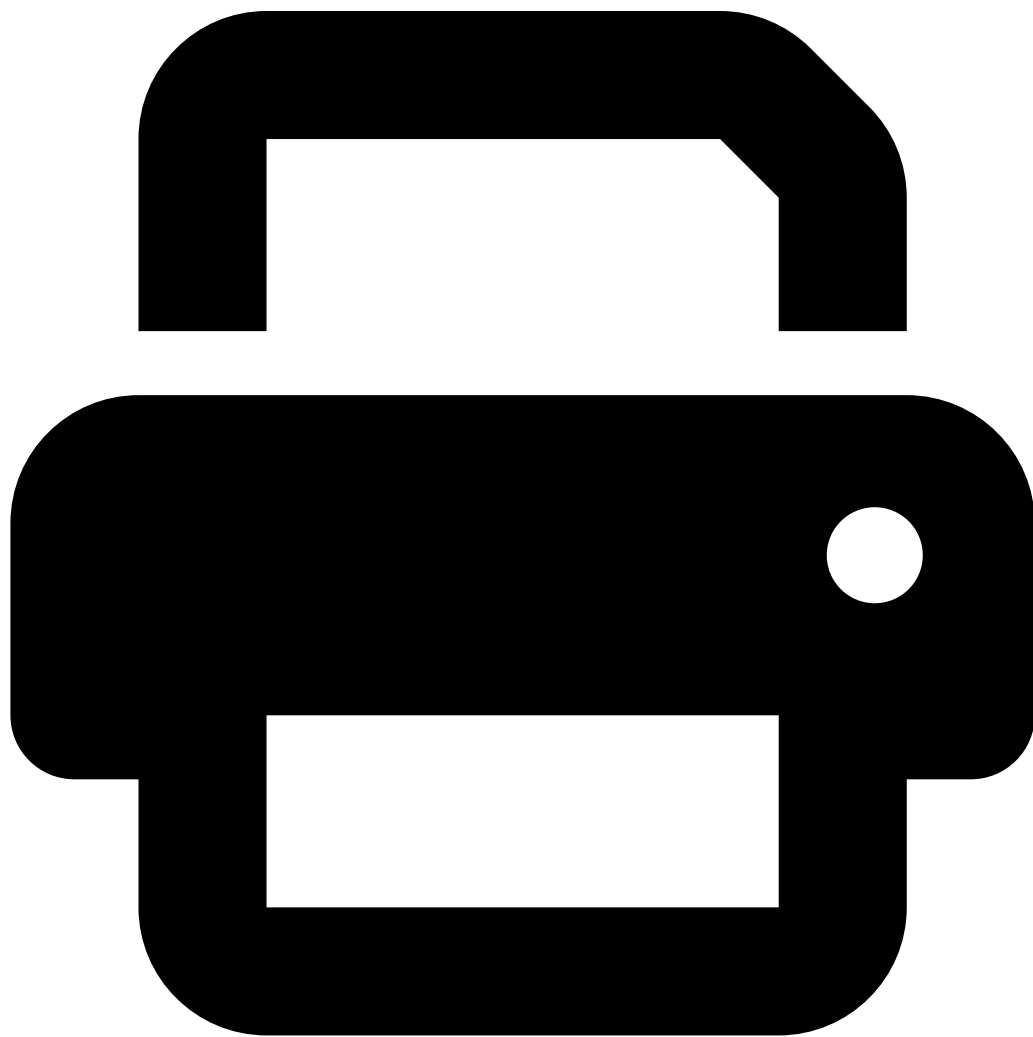
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In Italy, a **fritto misto** is all about sharing a platter of hot, golden, crispy bites—often a combination of vegetables, seafood, and other savory favorites. This **Crispy Italian Fried Cauliflower** takes inspiration from that tradition, turning humble cauliflower into an irresistible antipasto.

The cauliflower is quickly blanched in salted water so it stays tender inside, then dipped in a light garlic-and-herb batter and fried until beautifully crisp and golden. Serve it hot with warm marinara sauce for dipping, or add it to a larger Italian fried platter with zucchini, artichokes, or calamari. It's simple, delicious, and made for sharing.

Things to Know About Crispy Italian

Fried Cauliflower with Marinara

Inspired by Italian fritto misto: This recipe takes inspiration from the Italian tradition of fritto misto, where vegetables and seafood are lightly coated and fried until golden. Cauliflower makes a wonderful addition to this style of antipasto.

Blanch the cauliflower first: A quick blanch in salted boiling water is an important step. It tenderizes the cauliflower so the inside cooks perfectly while the batter becomes crisp and golden in the hot oil.

Use cold sparkling water: Cold sparkling water gives the batter a lighter, airier texture. The bubbles help create that delicate crunch without making the coating heavy.

Season the batter well: Garlic powder, paprika, and Italian herbs add subtle flavor to the cauliflower without overpowering the marinara dipping sauce.

Don't overcrowd the pan: Fry the cauliflower in batches so the oil stays hot and each piece has enough room to cook evenly. Overcrowding can result in a heavier, less crisp coating.

For a full Italian-inspired spread, pair it with my Shrimp Oreganata or Spinach Ricotta Balls

Crispy Cauliflower Batter Recipe



Crispy cauliflower batter recipe featuring tender cauliflower coated in a light, golden, and crunchy Italian-style batter. A delicious vegetarian appetizer, side dish, or snack that is easy to make and full of flavor.

- 1 medium head cauliflower
- 1 cup all-purpose flour
- 1/3 cup cornstarch (for extra crispiness)
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1 teaspoon garlic powder
- 1 teaspoon smoked paprika (or regular paprika)
- salt and pepper to taste
- 1 cup cold sparkling water (or more, as needed)
- Optional: pinch of cayenne pepper or chili flakes for heat
- olive oil for frying

1. Prep the cauliflower:
2. Cut 1 medium head of cauliflower into florets. Rinse and pat dry thoroughly.
3. Blanch the cauliflower:
4. Bring a large pot of salted water to a boil. Add the cauliflower florets and cook for 2–3 minutes, just until slightly tender but still firm. Drain well and pat completely dry with paper towels.
5. Make the batter:
6. In a large bowl, whisk together the flour, cornstarch, baking powder, salt, and spices. Slowly add the cold

sparkling water, whisking until smooth. The batter should be thick enough to coat the florets but still drip slightly – like pancake batter.

7. Coat the florets:

8. Dip each floret into the batter, letting any excess drip off.

9. **Fry or bake:**

To fry: Heat the oil to 350°F (175°C). Fry florets in batches for 3–5 minutes, or until golden and crispy. Drain on paper towels.

To bake: Preheat oven to 425°F (220°C). Line a baking sheet with parchment. Place battered florets on the sheet and spray with oil. Bake for 25–30 minutes, flipping halfway, until golden and crisp.

Appetizer
Italian
crispy cauliflower

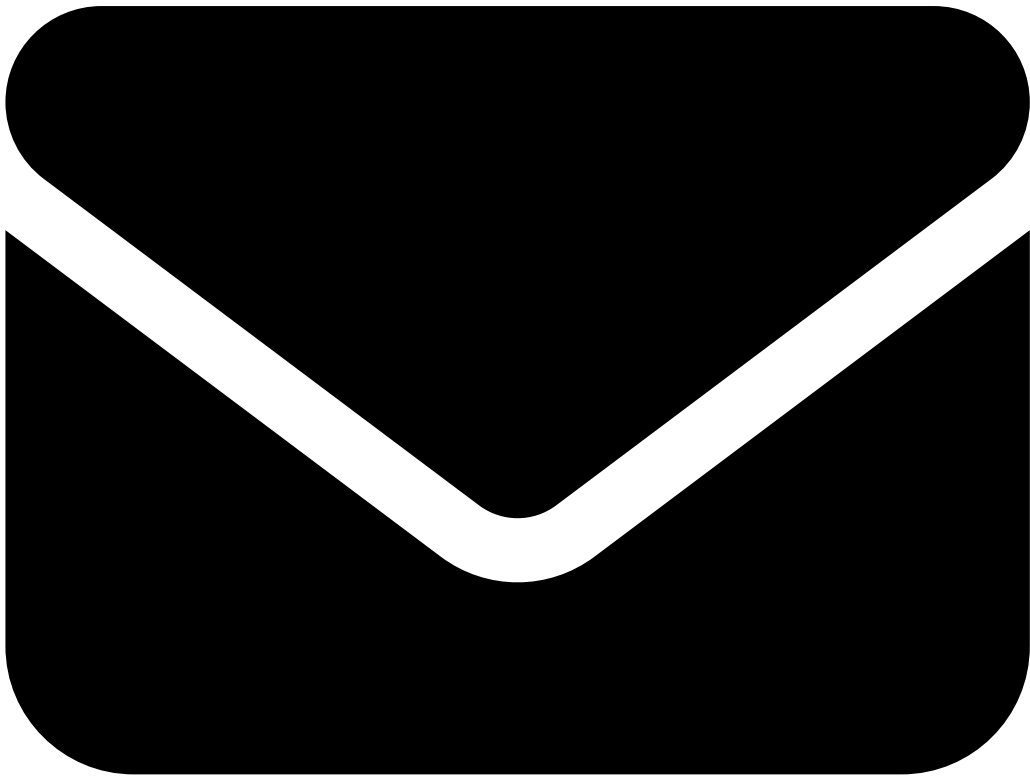
Easy Italian Lemon Garlic Shrimp Recipe

Easy Italian Lemon Garlic Shrimp Recipe

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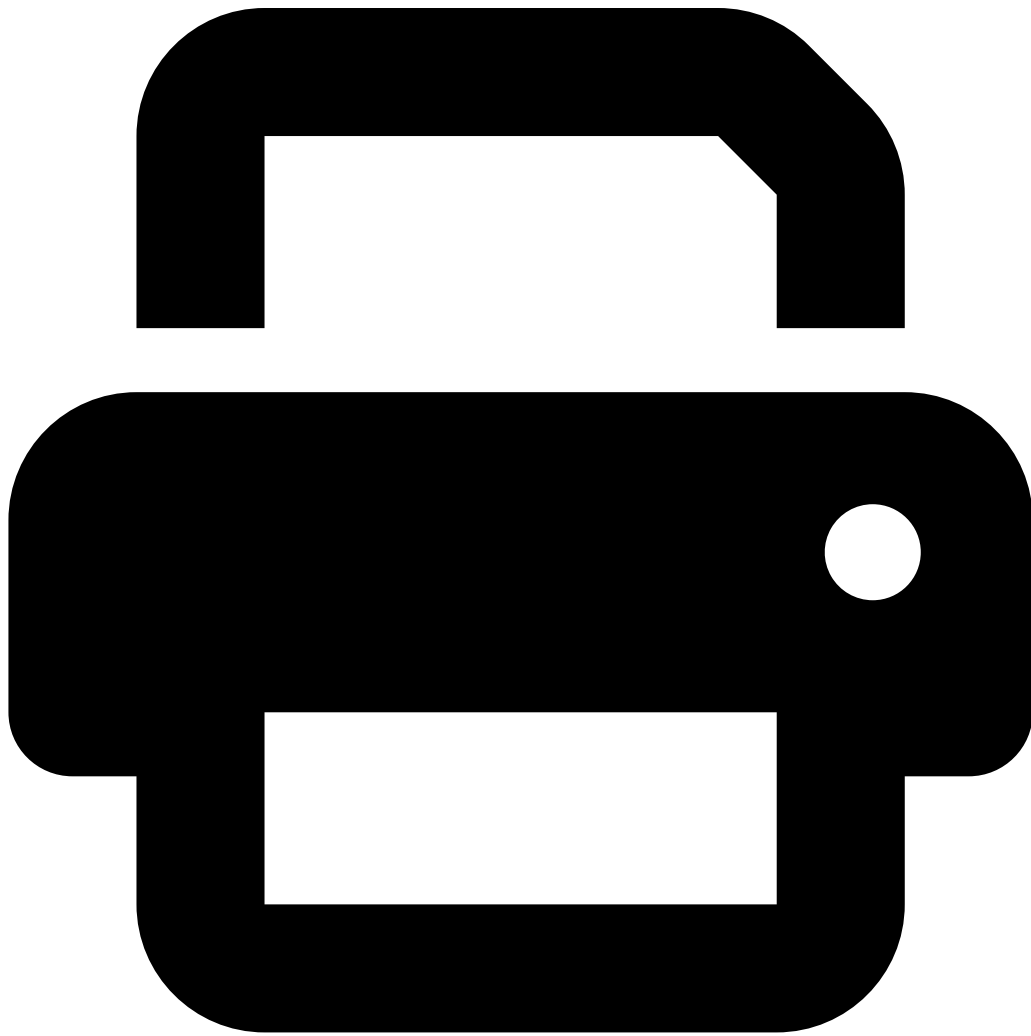
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Few dishes feel as effortlessly elegant as this Italian lemon garlic shrimp. Bright, garlicky, and kissed with lemon, it's my Italian spin on classic lemon butter shrimp—inspired by the flavors of *Pollo al Limone*. Each bite is a burst of fresh, vibrant flavor, balanced with zesty citrus, mellow garlic, and a silky white wine sauce that gently clings to the shrimp.

The best part? This dish comes together in just about 20 minutes, making it perfect for a quick weeknight dinner or a more refined weekend meal. Like all great Italian recipes, it relies on simple, high-quality ingredients that speak for themselves.

Things to Know About This Easy Italian Lemon Garlic Shrimp

1. **A seafood spin on a classic.** This dish is inspired by *Pollo al Limone*, the beloved Italian lemon chicken.

The same vibrant, garlicky lemon sauce pairs perfectly with shrimp—familiar, yet refreshingly new.

2. **Fast and fuss-free.** Shrimp cook in just minutes, making this a go-to recipe for busy weeknights. Sauté the shrimp first, then build the sauce right in the same skillet—minimal cleanup, maximum flavor.
3. **Choose the right shrimp.** Large or jumbo shrimp (wild-caught if possible) offer the best texture and taste. Fresh or frozen (thawed) both work beautifully.
4. **Wine or broth—your choice.** A splash of dry white wine adds depth, but you can easily swap in good-quality chicken broth if you're cooking without alcohol.
5. **Don't skip the zest.** Lemon zest adds a bold citrus aroma that brightens the whole dish and balances the richness of the butter.
6. **Endlessly versatile.** Serve this shrimp over pasta, creamy polenta, fluffy rice, or even zucchini noodles for a lighter, low-carb option.
7. **Make it your own.** Add a pinch of red pepper flakes for a subtle kick, or stir in baby spinach at the end for an extra dose of greens.
8. **Reheat with care.** Shrimp can overcook quickly, so if you have leftovers, warm them gently on the stovetop with a splash of broth or lemon water to keep them tender.
9. If you like this Easy Italian lemon garlic shrimp recipe , here are more to try
10. shrimp tomato basil spaghetti
11. Authentic Italian shrimp oreganata

Easy Italian Lemon Garlic Shrimp Recipe



This Easy Italian Lemon Garlic Shrimp is a classic Italian-inspired seafood dish made with tender shrimp, fresh garlic, butter, olive oil, lemon, and parsley. Ready in just 20 minutes, it's light, fresh, and packed with bright Mediterranean flavors. Serve it over pasta, rice, creamy polenta, or with warm crusty bread to soak up every drop of the delicious lemon garlic sauce. Perfect for an easy weeknight dinner or an elegant meal for entertaining.

- 1 $\frac{1}{2}$ lbs. large shrimp (peeled and deveined (16-20 per lb.))
- 1 teaspoon each paprika and garlic powder
- Salt and freshly ground black pepper (to taste)
- 2 tablespoons olive oil
- 2 tablespoons unsalted butter
- 2 minced garlic cloves
- $\frac{1}{2}$ cup dry white wine
- 1 cup chicken broth
- Juice of 2 lemons (about $\frac{1}{3}$ cup)
- Zest of 1 lemon
- $\frac{1}{2}$ cup capers (optional)
- 2 tablespoons chopped fresh parsley
- Lemon slices (for garnish)

1. **Sauté the Shrimp** Season shrimp with salt and pepper.

Heat olive oil and 1 tablespoon of butter in a large skillet over medium-high heat. Add the shrimp and sauté for about 1–2 minutes per side, just until pink and lightly golden. Remove the shrimp from the skillet and set aside.

2. **Sauté Garlic** In the same skillet, lower the heat to medium and add the remaining 1 tablespoon butter. Add the sliced garlic and sauté for 30–60 seconds until fragrant, being careful not to brown it.
3. **Deglaze the Pan** Pour in the white wine , scraping up any browned bits from the bottom. Let it simmer for 2–3 minutes to reduce slightly.
4. **Add Lemon and Capers** Stir in the, chicken broth, lemon juice, lemon zest, and capers (if using). Simmer for another 5-7 minutes to allow the flavors to come together and the sauce to thicken slightly
5. **Return the Shrimp** Return the sautéed shrimp to the skillet, along with any juices they released. Toss to coat in the lemony sauce and cook for another 1 minute, just to rewarm.
6. **Finish and Serve** Sprinkle with fresh chopped parsley. Serve hot with lemon slices and extra sauce spooned over the top.

Appetizer

Italian

Easy Italian Lemon Garlic Shrimp Recipe