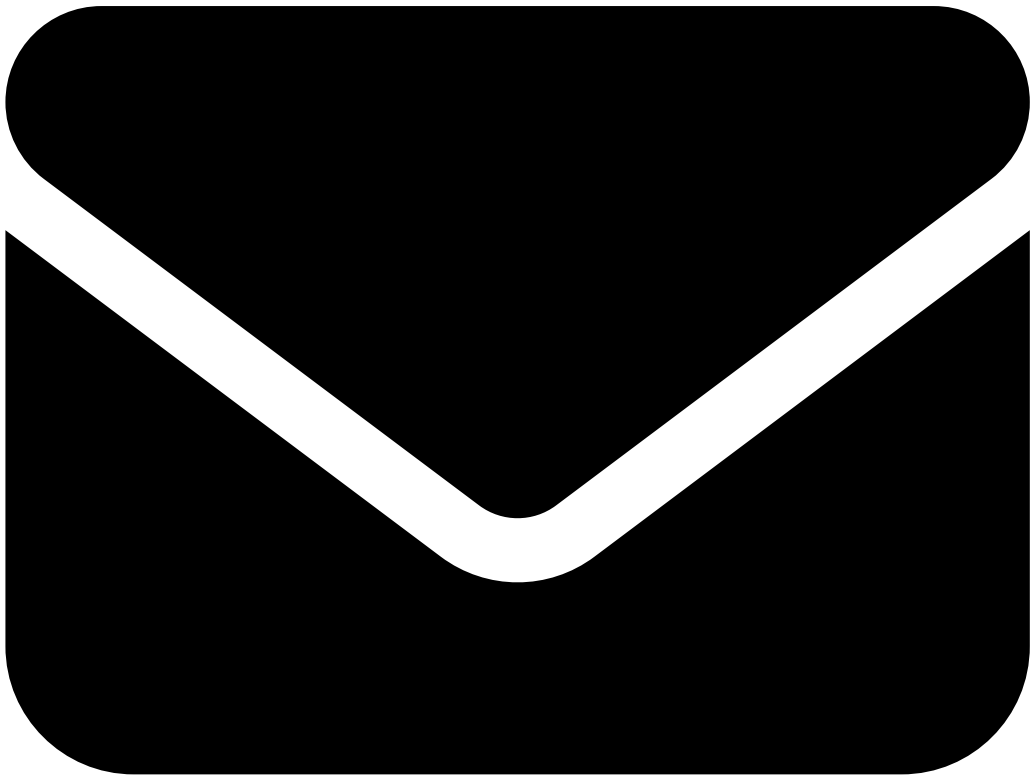


Italian Broccoli Rabe Pizza

Italian Broccoli Rabe Pizza

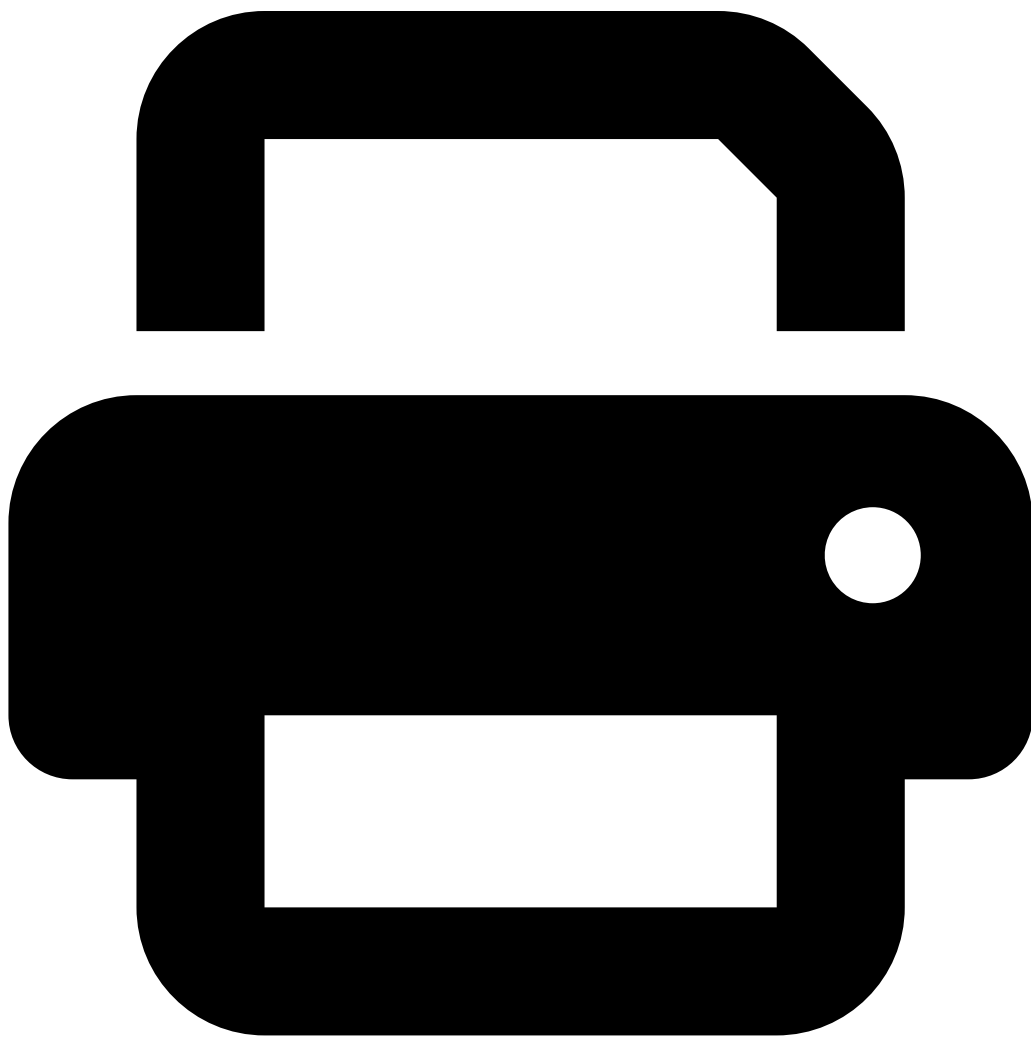
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In Southern Italy, pizza is often simple. It starts with good dough, olive oil, and what is in season. Italian broccoli rabe pizza (**Cime di rapa**), is a common topping and is loved for its slightly bitter flavor.

This is the kind of pizza I make at home. After many years working in restaurant kitchens, I learned that Italian cooking does not need a lot of ingredients. It needs balance. For this pizza, Italian sausage adds flavor, while **cannellini beans** make it hearty without feeling heavy.

Everything is cooked together in one pan before going on the pizza. The result is a rustic, olive oil-based pizza that is simple, comforting, and very Italian.

Things to know about this Italian Broccoli Rabe Pizza

- **Blanching the broccoli rabe matters**

A quick blanch removes excess bitterness while keeping its signature flavor intact.

- **Everything cooks in one pan**

Cooking the garlic, sausage, broccoli rabe, and cannellini beans together allows the flavors to layer naturally—no need to remove ingredients or overcomplicate the process

- **Cannellini beans are traditional, not modern**

Beans have long been used in Southern Italy to stretch meals and add body. Lightly mashing a few into the pan creates a natural creaminess without sauce.

*(If you enjoy beans on pizza, you may also like my **Italian Escarole and Beans with Sausage** post.)*

- **Minimal cheese is intentional**

This pizza is olive-oil based. If you use cheese, keep it light—just enough to enhance, not dominate.

*(For dough texture that works best with oil-based toppings, use my over night **Pizza Dough Recipe***

Italian Broccoli Rabe Pizza



- 1 lb. 450 g broccoli rabe, trimmed
- 3 tbsp olive oil (plus more for brushing)
- 3 cloves garlic (thinly sliced)
- 1/2 tsp red pepper flakes (optional)
- 6 oz 170 g Italian sausage, casings removed
- ½ cup cannellini beans (drained and rinsed)
- Salt (to taste)
- 12 oz 340 g pizza dough (homemade or store-bought – use my [Pizza Dough Recipe] for best results)
- 2 tbsp grated Pecorino Romano

1. Blanch the Broccoli Rabe

Bring a pot of salted water to a boil. Blanch broccoli rabe **2–3 minutes** until bright green. Drain well and gently squeeze out excess water.

2. Build the Topping

Heat olive oil in a skillet over medium heat. Add garlic and red pepper flakes; sauté **30–60 seconds** until fragrant.

Add sausage directly to the pan and cook, breaking it up, until browned and cooked through (**5–6 minutes**).

Add broccoli rabe and cannellini beans directly into the same pan. Toss and sauté **2–3 minutes**, lightly mashing a few beans so they cream into the oil and sausage

fat. Season lightly with salt. Remove from heat.

3. Prepare the Dough

Preheat oven to **500°F (260°C)** with a pizza stone or baking sheet inside. Stretch dough into a **12-inch round** on parchment paper. Brush lightly with olive oil.

4. Assemble

Evenly distribute the broccoli rabe, sausage, and bean mixture over the dough. Optional: finish with a **very light sprinkle of Pecorino Romano**. Drizzle with a touch more olive oil.

5. Bake

Slide pizza onto the hot stone or pan. Bake **12–15 minutes**, until crust is golden and crisp. Rest 2–3 minutes before slicing.

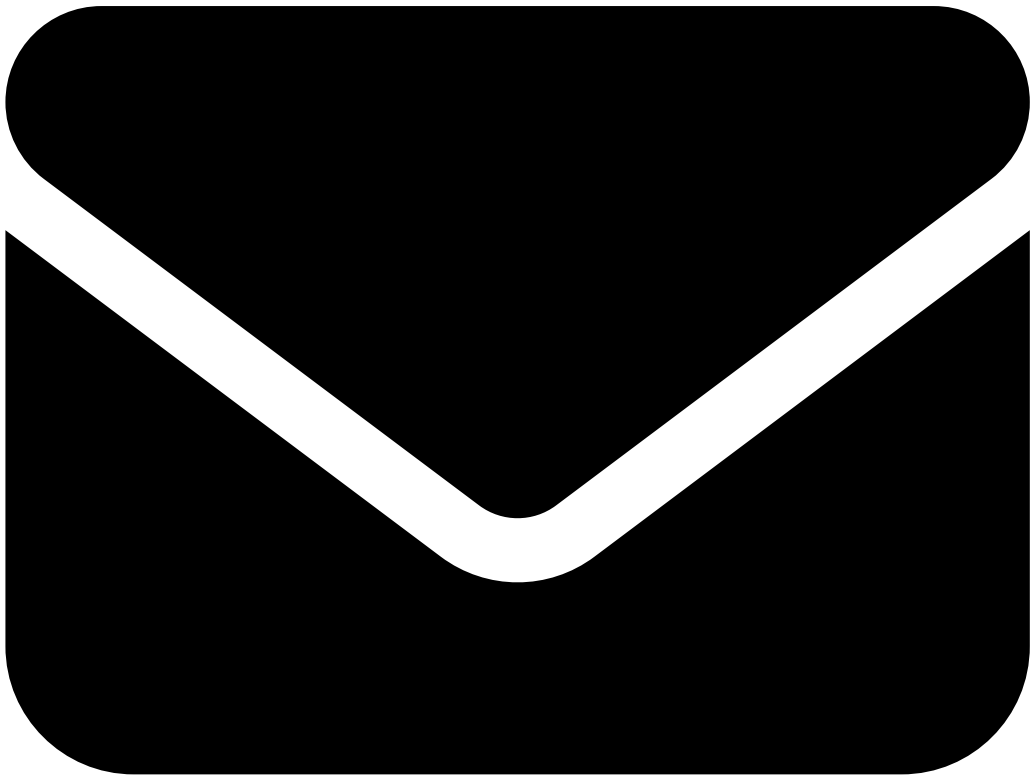
The Ultimate Guide to Italian & Italian-Inspired Soups

The Ultimate Guide to Italian & Italian-Inspired Soups

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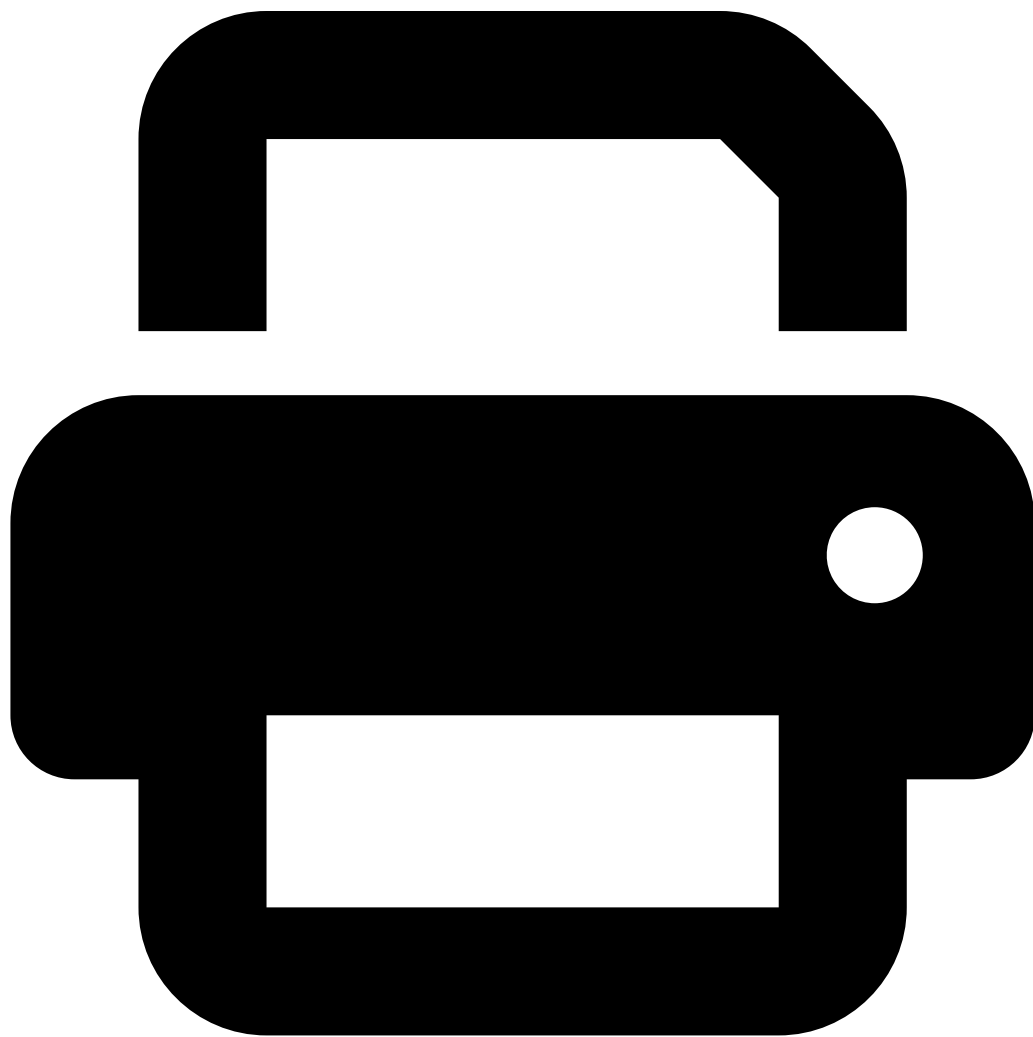
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10 Cozy, Classic Soup Recipes for Every Season

Soup has always been at the heart of Italian home cooking – simple ingredients, slow simmering, and deep, comforting flavor. Whether you're craving a light brothy soup or something rich and hearty, this **Italian soup collection** brings together my most-loved recipes, many inspired by dishes I cooked in my restaurants and made at home for my family.

This guide features **10 Italian and Italian-inspired soup recipes**, perfect for weeknight dinners, holidays, and cozy weekends. Bookmark this post – it's your go-to soup resource all year long.

Brothy & Light Italian Soups

Simple, nourishing, and perfect when you want something lighter.

1. Italian Wedding Soup

Tender meatballs, leafy greens, and delicate pasta simmered in rich chicken broth – a true Italian classic.[GO TO RECIPE](#)

2. Tortellini in Brodo

A Northern Italian favorite featuring cheese-filled tortellini served in hot, savory broth.[GO TO RECIPE](#)

Hearty & Rustic Soups

These soups eat like a full meal – filling, cozy, and deeply satisfying.

3. Pasta e Fagioli

A rustic, comforting soup made with beans, pasta, and a flavorful tomato base – just like Nonna used to make.

[GO TO RECIPE](#)

4. Sausage & Lentil Soup

Traditionally served on New Year's Eve for good luck, this hearty soup is rich, savory, and deeply comforting.[GO TO RECIPE](#)

5. Escarole & Beans with Italian Sausage

A classic Italian-American soup that's simple, nourishing, and packed with bold flavor.[GO TO RECIPE](#)

Creamy & Comforting Soups

Rich, velvety soups that feel like a warm hug.

6. Creamy Sausage Tortellini Soup

A fan favorite – cheesy tortellini, Italian sausage, and a creamy broth that comes together quickly.[GO TO RECIPE](#)

7. Potato Leek Soup with Pancetta

A restaurant-style classic – silky smooth with crispy pancetta for added depth and flavor.[GO TO RECIPE](#)

8. Vegetarian Mushroom Soup (Italian Style)

Earthy mushrooms, herbs, and a rich broth make this vegetarian soup incredibly satisfying.[GO TO RECIPE](#)

Holiday & Special Occasion Soups

Perfect for celebrations, traditions, and family gatherings.

9. Italian Holiday Chicken Soup

A comforting soup often served during holidays – light, flavorful, and deeply nostalgic.[GO TO RECIPE](#)

10. Creamy Italian Bean and Parmesan soup

A hearty, old-fashioned soup that was always a staple in my restaurants – filling, budget-friendly, and perfect for leftovers.[GO TO RECIPE](#)

Good to Know

- Most of these soups **freeze beautifully**
- Brothy soups are perfect for **make-ahead meals**
- Many recipes can be adapted for **vegetarian or gluten-**

free diets

- Homemade broth adds the best flavor, but quality store-bought works well too
 - A heavy-bottomed 8–12 quart stainless steel stockpot is ideal for making soup because it heats evenly, prevents scorching, and gives you plenty of room for simmering brothy and hearty soups alike.
-

What to Serve with Italian Soup

- Crusty Italian bread
 - Garlic bread or focaccia
 - Simple green salad
 - Grated Parmigiano Reggiano
-

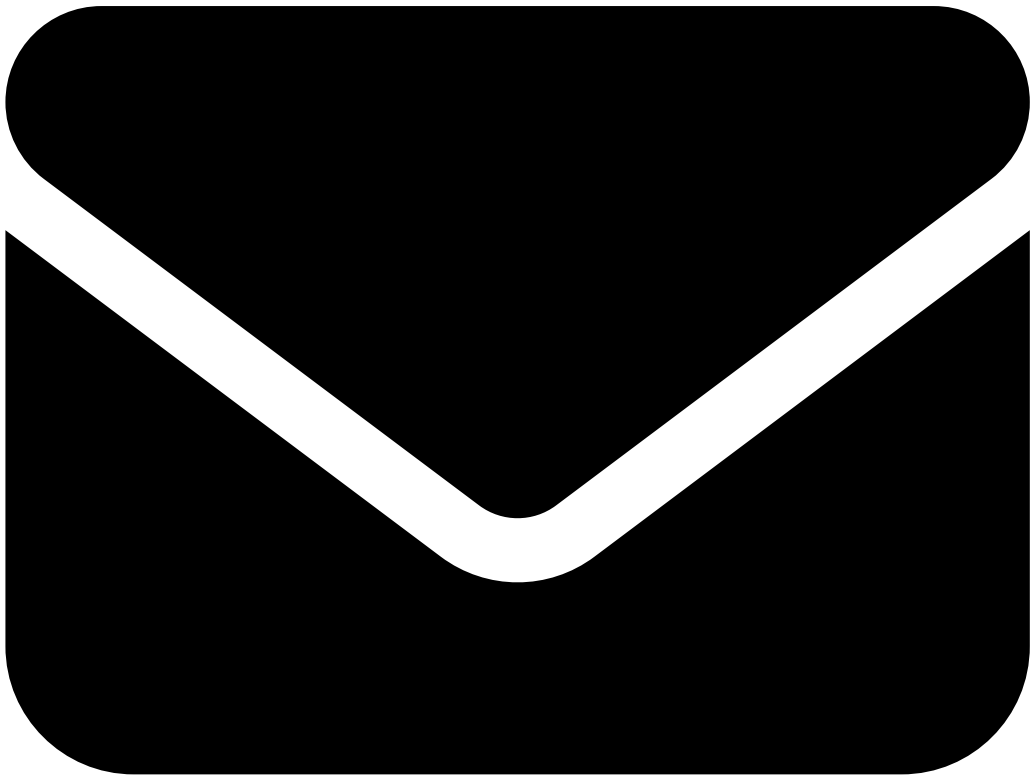
Traditional Italian Stuffed Pork Loin Roast

Traditional Italian Stuffed Pork Loin Roast

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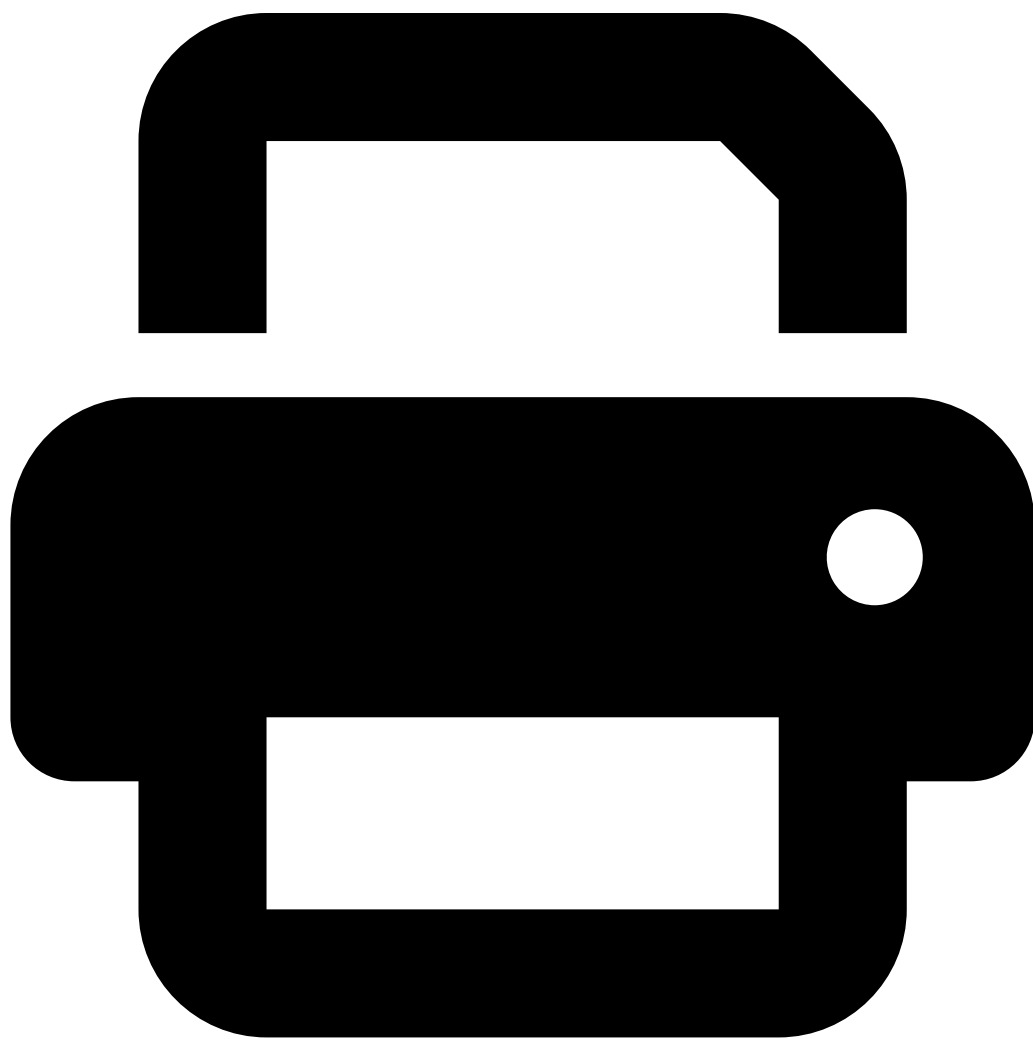
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There are some dishes that instantly feel like Sunday. This traditional Italian stuffed pork loin is one of them. Long before recipes were written down, pork roasts like this were prepared in Italian homes as a way to turn a simple cut of meat into something special—aromatic, comforting, and meant to be shared around the table.

In many regions of Italy, especially central and southern areas, pork was reserved for important meals and holidays. Stuffing the roast with breadcrumbs, herbs, cheese, and a little pancetta was both practical and intentional. Nothing was wasted. Day-old bread became filling, cured pork added depth, and fresh herbs from the garden brought everything together. The roast would be tied, slowly cooked, and served with whatever vegetables were in season—often fennel, potatoes, and carrots—so the entire meal could come together in one pan.

This is not a fancy dish, and that's exactly the point. It's rustic, deeply flavorful, and rooted in tradition. The kind of recipe passed down by watching, tasting, and remembering. As it roasts, the pork stays juicy, the stuffing perfumes the meat from the inside, and the vegetables soak up all those incredible pan juices.

It's the kind of meal that fills the kitchen with warmth, feeds a crowd, and somehow tastes even better the next day. A true Italian classic—and absolutely a keeper.

Things to know about this Traditional Italian Stuffed Pork Loin Roast

- **Fresh breadcrumbs matter:** This stuffing relies on soft, day-old Italian bread, not dried stuffing mix. It keeps the filling light and flavorful.
- **Pecorino is traditional:** Pecorino Romano pairs naturally with pork and pancetta, giving the stuffing its classic savory bite.
- **Don't overstuff:** A thin, even layer allows the pork to cook evenly and keeps the roast juicy.
- **Fennel sweetens as it roasts:** The fennel mellows and becomes tender, soaking up the pork juices and complementing the stuffing beautifully.
- **Resting is essential:** Letting the roast rest before slicing keeps the juices in the meat where they belong.
- **Even better the next day:** Leftover slices are perfect for sandwiches, pan-searing, or adding to beans or pasta

More Classic Italian Recipes You May Enjoy

- **Mama's Meatballs** – another old-school Italian recipe that uses fresh breadcrumbs the traditional way
- **Italian Potato Leek Soup with Pancetta** – a comforting soup where pancetta adds rich, savory flavor
- **Authentic Childhood Italian Pasta e Fagioli** – a rustic, traditional dish made with simple pantry ingredients
- **Italian carpaccio persimmon and Fennel Salad** – a bright, classic fennel recipe that pairs beautifully with pork

Traditional Italian Stuffed Pork Loin Roast



This Traditional Italian Stuffed Pork Loin Roast is an elegant yet approachable main course that's perfect for Sunday dinner, holidays, or special occasions. A juicy pork loin is butterflied and filled with a savory mixture of Italian herbs, garlic, breadcrumbs, Parmesan cheese, spinach, and prosciutto, then rolled, tied, and roasted until tender. The result is a flavorful, impressive roast with beautiful slices and classic Italian flavors that make every meal feel special.

Pork & Stuffing

- 3 – 4 lb pork loin, butterflied
- 3 oz pancetta, finely chopped
- 2 garlic cloves, minced
- 1½ cups fresh breadcrumbs
- ⅓ cup fresh parsley, finely chopped
- 2 tbsp fresh rosemary or sage, chopped
- ½ – ¾ cup Pecorino Romano, finely grated
- 1 egg, lightly beaten
- Olive oil
- Salt & black pepper

Vegetables

- 1 – 2 fennel bulbs, cut into wedges
- 1½ – 2 lbs potatoes, cut into large chunks
- 3 – 4 carrots, cut into large pieces
- 4 – 5 garlic cloves, smashed
- Olive oil, salt & pepper
- ½ – ¾ cup dry white wine or chicken broth

1. Prepare the Stuffing

Heat a small pan with olive oil over medium-low heat. Sauté pancetta until lightly rendered. Add garlic and cook just until fragrant. Transfer to a bowl and mix with breadcrumbs, parsley, herbs, Pecorino, black pepper, and optional fennel seeds. Stir in the beaten egg until the mixture is moist and just holds together.

2. Stuff the Pork

Lay the butterflied pork loin flat and season lightly with salt and pepper. Spread stuffing evenly over the

meat, leaving a small border. Roll tightly and tie securely with kitchen twine every $1\frac{1}{2}$ –2 inches.

3. Prepare the Vegetables

Toss fennel, potatoes, carrots, and garlic with olive oil, salt, and pepper. Spread evenly in a large roasting pan.

4. Roast

Preheat oven to **375°F (190°C)**. Place the stuffed pork loin on top of the vegetables. Pour white wine or broth around the vegetables (not over the pork). Roast uncovered for about **25 minutes per pound**, until the internal temperature reaches **140–145°F**.

5. Rest & Serve

Remove from oven and rest the pork for **15 minutes** before slicing. Slice thick and serve with roasted vegetables and pan juices spooned over the top.

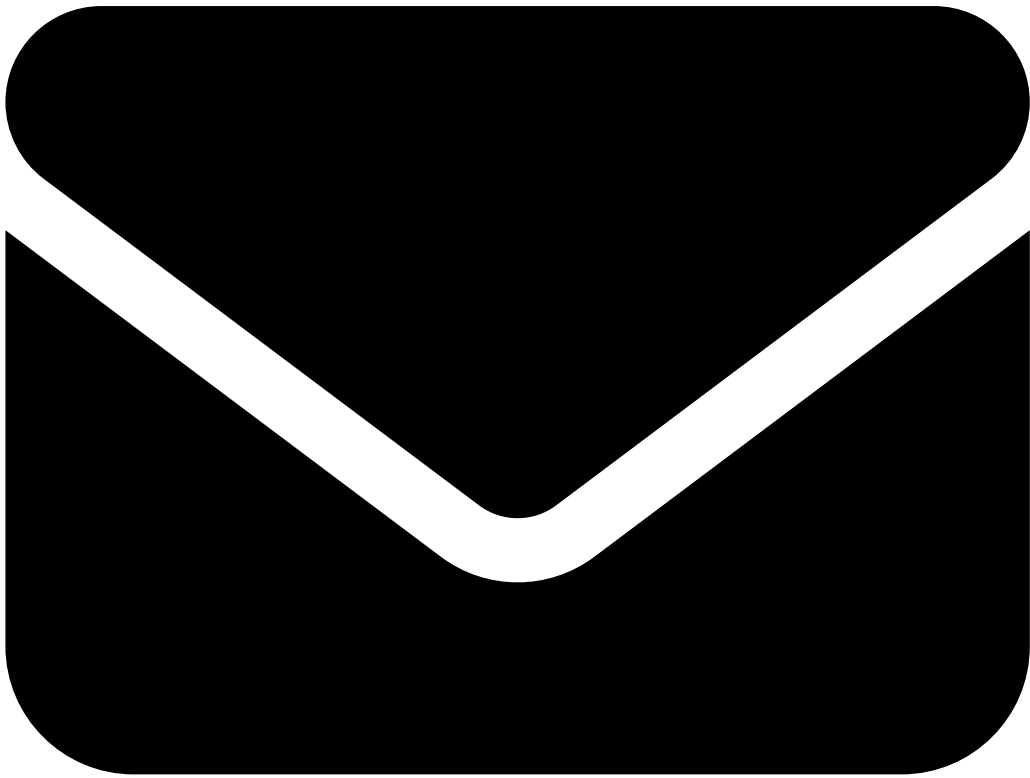
Main Course
Italian

Pizza di Scarola: Classic Italian Savory Escarole Pie

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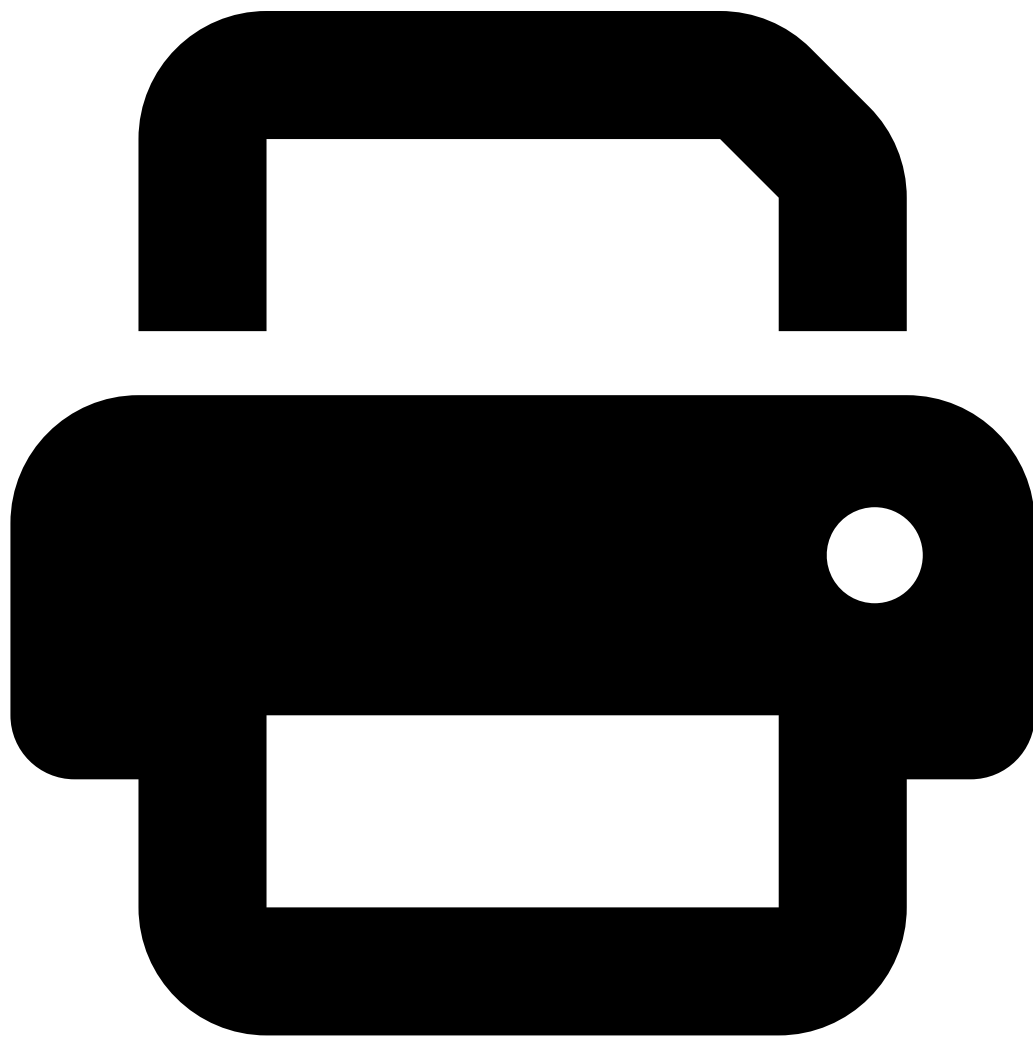
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Pizza di Scarola is a classic Italian savory pie filled with tender escarole, garlic, olives, capers, and anchovies, all wrapped in soft pizza dough. Rooted in Neapolitan cooking, this humble dish has been made for generations using simple pantry ingredients and seasonal winter greens.

Traditionally, **Pizza di Scarola** is prepared during the **Christmas season and enjoyed through Epiphany**, when Italian families gather to mark the close of the holidays. Its balance of bitter greens and savory flavors reflects both the season and the rhythm of Italian home cooking, making it a recipe that feels just as comforting today as it did centuries ago.

Often served warm or at room temperature, this savory pie is meant to be shared—whether as part of a holiday table or as a simple, satisfying meal any time of year.

Things to know about this Pizza di Scarola: Classic Italian Savory Escarole Pie

- **Escarole is traditional.** Its mild bitterness balances the salty olives, capers, and anchovies that define this classic pie.
- **Substitute greens, if needed.** While escarole is the authentic choice, endive, broccoli rabe, Swiss chard, or spinach can be used when escarole isn't available. Always blanch and squeeze the greens very dry to prevent a soggy filling.
- **Anchovies melt into the filling.** They don't make the pie taste fishy—just deeply savory. You can omit them if preferred, but they are traditional.
- **Make it ahead.** Pizza di Scarola is often prepared in advance and served warm or at room temperature. In fact, the flavors improve after resting.
- **Use pizza dough, not pastry.** This is a bread-style pie, not a puff pastry tart—keeping it rustic and true to its Neapolitan roots.
- Serve Pizza di Scarola as part of an Italian spread alongside a **simple citrus salad**, a bowl of **Italian wedding soup**, or one of my **easy Italian cookies** for dessert. It also pairs beautifully with other traditional recipes often served during the holiday season or for casual family meals.

Be sure to explore:

- **My Italian Wedding Soup**
- Persimmon carpaccio salad

- Creamy Italian zuppa Toscana

Pizza di Scarola (Italian Escarole Pie)



Pizza di Scarola is a beloved Southern Italian savory pie traditionally enjoyed during the holidays, especially Christmas Eve, but it's delicious any time of year. A flaky, golden pastry encloses a flavorful filling of sautéed escarole, garlic, olives, capers, raisins, pine nuts, and anchovies, creating the perfect balance of savory, sweet, and briny flavors. This rustic Neapolitan classic can be served warm or at room temperature as an appetizer, light lunch, or side dish.

For the dough

- 1 lb pizza dough (store-bought or homemade), at room temperature
- Extra virgin olive oil, for brushing

For the escarole filling

- 2 large heads escarole, washed and chopped
- 3 tbsp extra virgin olive oil
- 3 cloves garlic, sliced

- 4 anchovy fillets, chopped (optional but traditional)
- $\frac{1}{2}$ cup Kalamata olives, pitted and chopped
- 2 tbsp capers, rinsed and drained
- 2 tbsp pine nuts (optional)
- 2 tbsp raisins (optional, traditional sweet-salty touch)
- Salt and black pepper, to taste
- Red pepper flakes (optional)

1. Prepare the escarole

Bring a large pot of salted water to a boil. Add the escarole and blanch for 3–4 minutes until just tender. Drain well and squeeze out excess water. Set aside.

2. Cook the filling

In a large skillet, heat olive oil over medium heat. Add garlic and sauté until fragrant. Stir in anchovies and let them melt into the oil. Add escarole, olives, capers, pine nuts, and raisins. Season lightly with salt, black pepper, and red pepper flakes. Cook for 5–7 minutes until well combined and flavorful. Let cool slightly.

3. Assemble the pie

Preheat oven to **375°F (190°C)**.

Lightly oil a 9–10 inch round baking pan. Divide dough into two pieces, one slightly larger than the other. Roll out the larger piece and line the pan, letting excess hang over the sides. Fill with escarole mixture. Roll out remaining dough and place on top. Seal and crimp edges. Prick the top with a fork and brush lightly with olive oil.

4. Bake

Bake for 40–45 minutes, or until golden brown and cooked through. Let rest at least 20 minutes before slicing.

Traditionally served warm or at room temperature.

Main Course

Italian

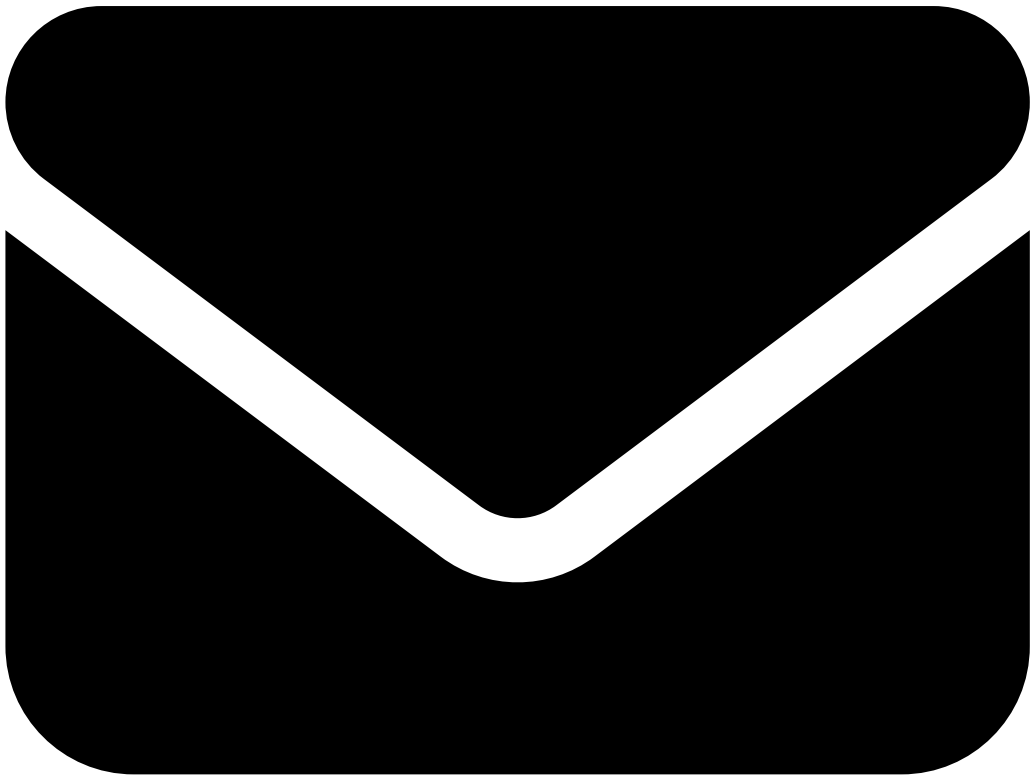
Italian homemade escarole pie

Healthy Italian Recipes to Start the New Year Right

Healthy Italian Recipes to Start the New Year Right

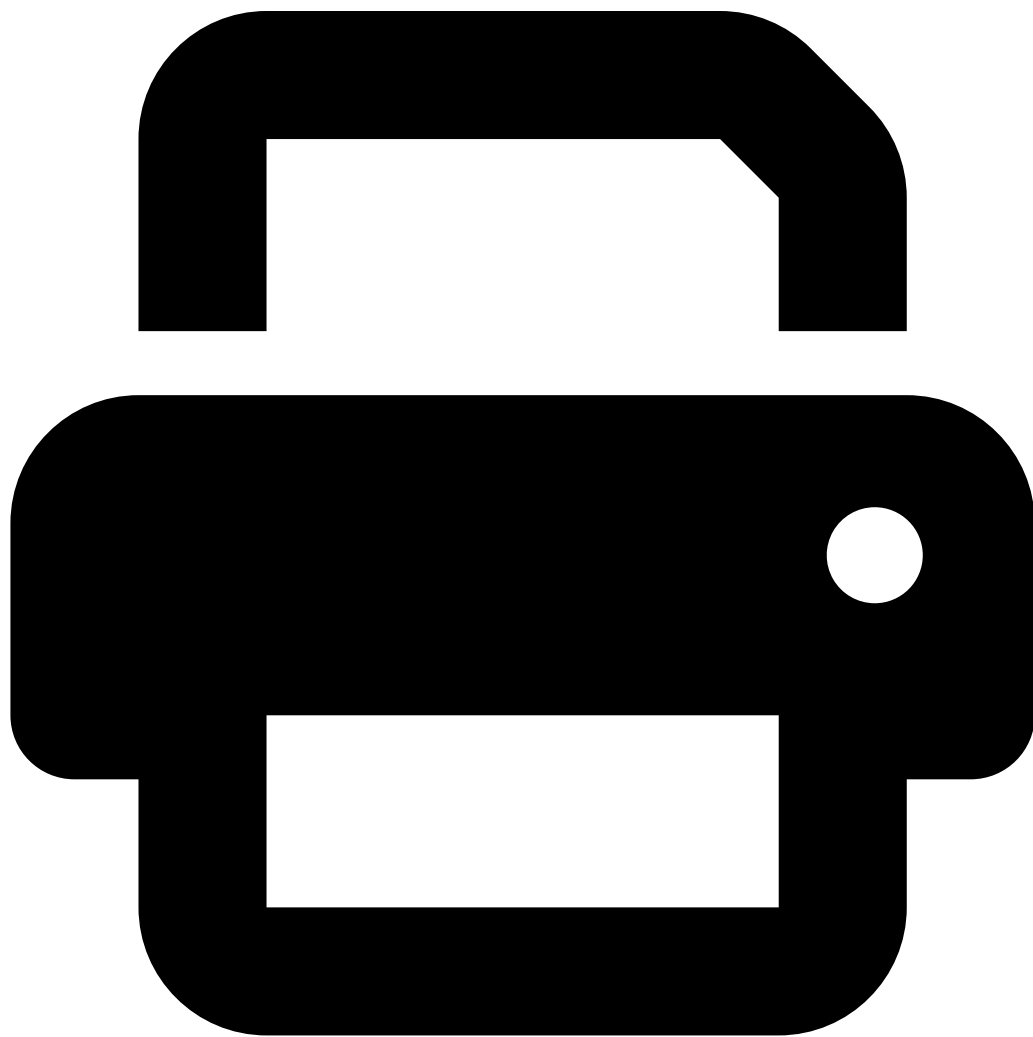
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The New Year always brings a renewed focus on feeling good—without giving up the foods we love. In Italian cooking, that balance has always existed. It's about fresh ingredients, simple preparations, and letting real food shine.

This year, instead of extremes, I'm leaning into **healthy Italian recipes** that feel nourishing, comforting, and realistic. Dishes built on vegetables, legumes, seafood, olive oil, and simple proteins—the way Italians have cooked for generations.

If you're looking to reset after the holidays while still enjoying flavorful, satisfying meals, these recipes are the perfect place to start.

What “Healthy Italian” Really Means

In my kitchen, healthy doesn’t mean bland or boring. It means:

- Fresh, seasonal ingredients
- Olive oil instead of heavy sauces
- Beans, vegetables, seafood, and lean proteins
- Recipes that leave you satisfied—not deprived

These dishes are proof that Italian food can be both comforting and nourishing.

Fresh & Light Starters

Perfect for lighter meals, lunch, or beginning a balanced dinner.

Rustic Italian Roasted pepper salad

Bright, refreshing, and naturally light, this classic salad is packed with citrus, crunch, and flavor.[GO TO RECIPE](#)

Winter Persimmon Walnut Salad

   A beautiful balance of sweetness, crunch, and freshness—perfect during the colder months.[GO TO RECIPE](#)

Italian Escarole and Beans

Simple, rustic, and protein-rich, this is a classic Italian dish that proves healthy food can still be deeply comforting.[GO TO RECIPE](#)

Nourishing Soups

Soups are one of the easiest ways to eat well without sacrificing flavor.

Italian Wedding Soup

Light broth, greens, and tender meatballs come together for a soup that's filling yet balanced.[GO TO RECIPE](#)

Vegetarian Italian Mushroom Soup

Earthy, satisfying, and naturally wholesome—perfect for a light lunch or dinner.[GO TO RECIPE](#)

Tortellini in chicken Brodo

A timeless Italian classic that relies on good broth and simple ingredients rather than heavy additions.[GO TO RECIPE](#)

Balanced Pasta & Mains

Italian food has always been about moderation—these dishes are flavorful without being heavy.

Shrimp Oreganata

· Baked shrimp with breadcrumbs, garlic, and lemon—light, protein-rich, and full of flavor.[GO TO RECIPE](#)

Tomato piccata Alaskan cod

A fresh, tomato piccata- dish that feels indulgent while staying light and elegant.[GO TO RECIPE](#)

Italian Stuffed Eggplant Bolognese

A perfect example of balance—vegetables, protein, and just enough richness to satisfy.[GO TO RECIPE](#)

Pasta with Lentils and Italian Sausage

A balanced pasta dish rooted in tradition, combining lentils, a modest amount of sausage, and pantry staples for a hearty but nourishing meal.[GO TO RECIPE](#)

Italian-Style Roast Chicken and Potatoes

A complete meal made with simple ingredients—olive oil, herbs, and perfectly roasted chicken and potatoes. This is everyday Italian cooking at its best.[GO TO RECIPE](#)

Naturally Sweet Endings

Dessert doesn't have to disappear—just shift toward simpler, more traditional treats.

Italian olive oil Almond Cake

Light, not overly sweet, and perfect with coffee or espresso.[GO TO RECIPE](#)

Italian Apple Cake

Made with fresh apples and simple ingredients, this cake is naturally moist and comforting without being heavy.[GO TO RECIPE](#)

Baked Gorgonzola Stuffed Pears

Sweet fruit paired with savory cheese makes a satisfying, portion-friendly dessert.[GO TO RECIPE](#)

Starting the New Year the Italian Way

Italian cooking has never been about cutting things out—it's about balance, quality ingredients, and enjoying food with intention. These healthy Italian recipes are the ones I turn to when I want meals that feel good, taste great, and still honor tradition.

As you move into the New Year, I hope these dishes inspire you to cook simply, eat well, and gather often. Because the healthiest meals are the ones that bring comfort, nourishment, and a little joy to the table.

□ Let me know in the comments—which recipe will you start with?

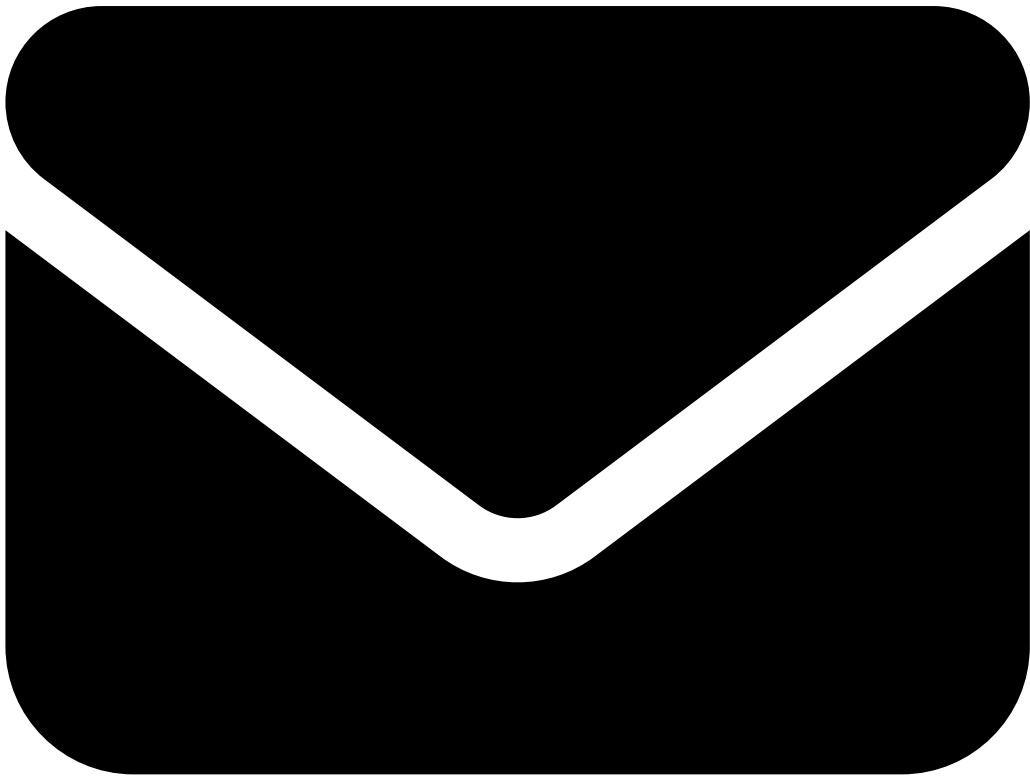
Mushroom & Fontina Puff Pastry Tart

Mushroom & Fontina Puff

Pastry Tart

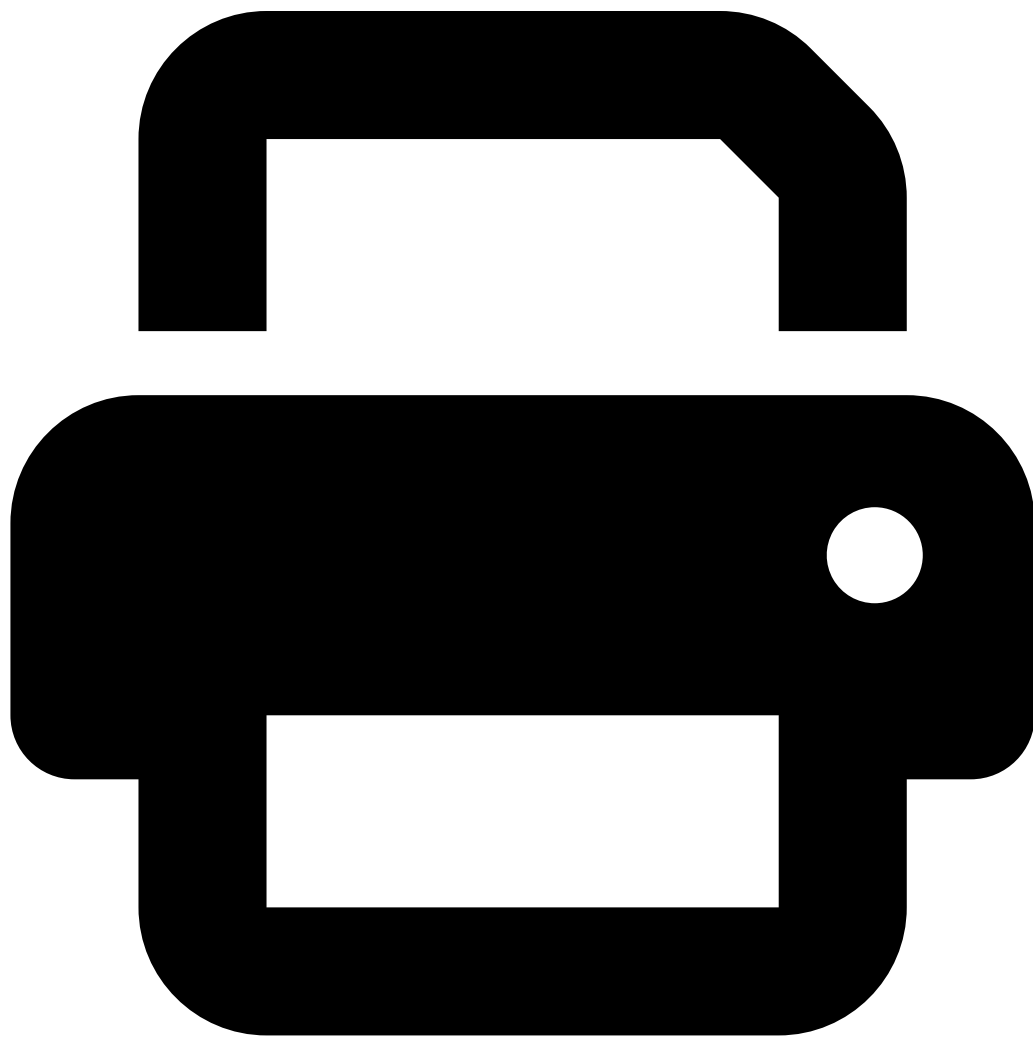
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This **mushroom and fontina puff pastry tart** is proof that simple ingredients can create something truly special. Earthy mushrooms, melty grated fontina, and flaky puff pastry come together in an elegant Italian-inspired appetizer that looks impressive but couldn't be easier to prepare. It's the kind of dish that belongs on a holiday table, yet is just as perfect for casual entertaining or a cozy night in.

Things to know about this Mushroom & Fontina Mushroom Puff Pastry Tart

- **Egg wash tip:** Brushing the border with beaten egg gives a glossy, golden finish without weighing down the tart.
- **Cheese balance:** Fontina melts beautifully, but feel free to mix with a small amount of Parmesan for extra flavor and a sharper bite.

- **Mushroom moisture:** Cook mushrooms thoroughly to avoid soggy pastry; draining excess liquid helps keep the tart crisp.
- **Serving temperature:** This tart is delicious warm or at room temperature, making it perfect for parties.
- **Prep ahead:** You can assemble the tart and refrigerate for up to an hour before baking. Brush with egg wash right before it goes in the oven.

Variations

1. **Cheese swap:** Use Gruyère, Fontina + Mozzarella, or a mix of Fontina and Parmesan for a richer flavor.
2. **Add herbs:** Fresh thyme, rosemary, or oregano folded into the mushrooms adds an aromatic punch.
3. **Vegetable twist:** Mix in caramelized onions, roasted red peppers, or spinach for extra layers of flavor.
4. **Mini tart version:** Cut puff pastry into squares or rounds for bite-sized appetizers.
5. **Nutty crunch:** Sprinkle toasted pine nuts or walnuts over the mushrooms before baking for added texture.
6. Love simple, elegant Italian appetizers? Explore more **crowd-pleasing recipes** on the blog, including **Italian Sausage Rolls**, Italian sausage **Stuffed Mushrooms**, and **Prosciutto wrapped chicken fingers** Each recipe is easy to make, full of flavor, and perfect for entertaining any time of year.

Mushroom & Fontina Puff Pastry Tart (Recipe Card)



This Mushroom & Fontina Puff Pastry Tart is an easy yet elegant recipe that's perfect for brunch, lunch, appetizers, or a light dinner. Buttery puff pastry is topped with savory sautéed mushrooms, creamy Fontina cheese, garlic, fresh herbs, and a touch of Parmesan, then baked until golden and flaky. With its rich, earthy flavors and crisp crust, this tart is a beautiful addition to holiday gatherings, entertaining, or any meal that calls for something special.

- 1 sheet **puff pastry**, thawed
- 8 oz **mushrooms**, cleaned and thinly sliced
- 1 cup **grated fontina cheese**
- 2 tbsp **olive oil**
- 1 **clove garlic**, minced
- **salt and pepper to taste**
- 1 tbsp **fresh parsley**, finely chopped
- 1 **egg**, beaten (for egg wash)

1. Cook the mushrooms

Heat olive oil in a skillet over medium heat. Add mushrooms and cook until softened and lightly golden,

about 6–8 minutes. Stir in garlic, salt, and pepper; cook 30 seconds more. Remove from heat.

2. Prepare the pastry

Preheat oven to **400°F (200°C)**. Place puff pastry on a parchment-lined baking sheet. Lightly score a 1-inch border around the edges, being careful not to cut all the way through.

3. Egg wash

Brush the scored border of the puff pastry with the beaten egg. This helps create a beautifully golden, glossy edge. **Optional sprinkle with sesame or everything bagel seeds.** Use a fork to gently prick the center of the pastry—this helps prevent it from puffing up too much while baking.

4. Assemble the tart

Sprinkle grated fontina evenly inside the border. Spoon the mushroom mixture over the cheese.

5. Bake

Bake for **18–22 minutes**, until the pastry is puffed and deep golden and the cheese is melted and bubbly.

6. Finish & serve

Sprinkle with fresh parsley. Let cool slightly, then slice and serve warm or at room temperature

Appetizer

Italian

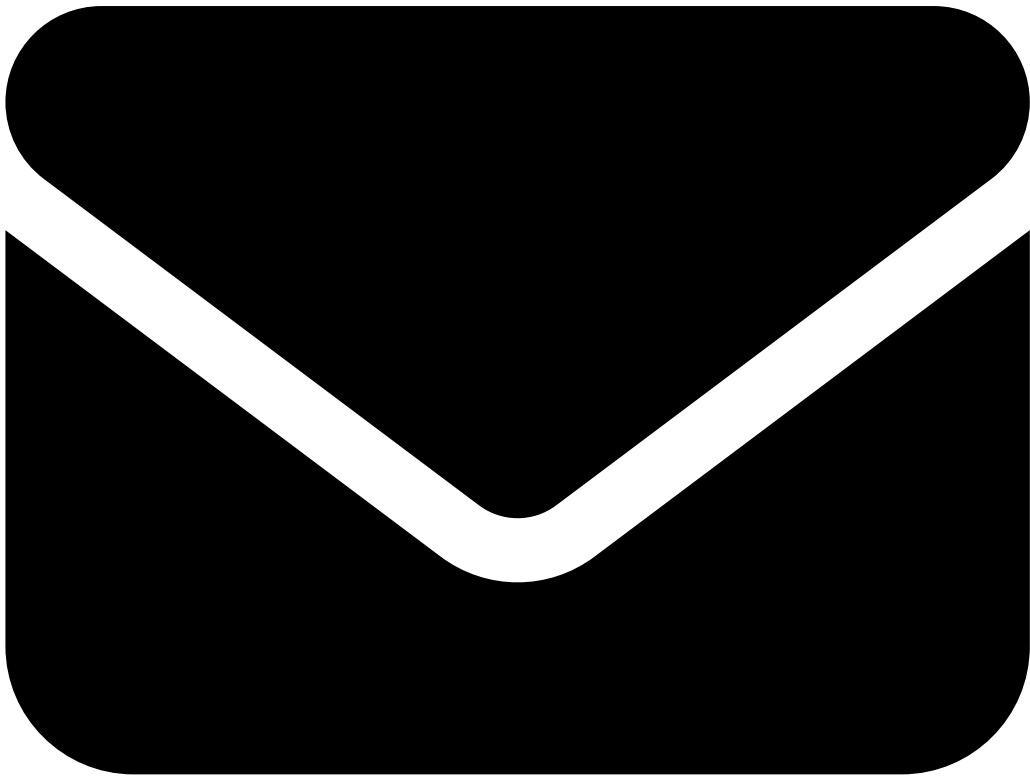
mushroom puff pastry tart Fontina

Prosciutto-Wrapped Chicken Fingers with Hot Honey

Prosciutto-Wrapped Chicken Fingers with Hot Honey

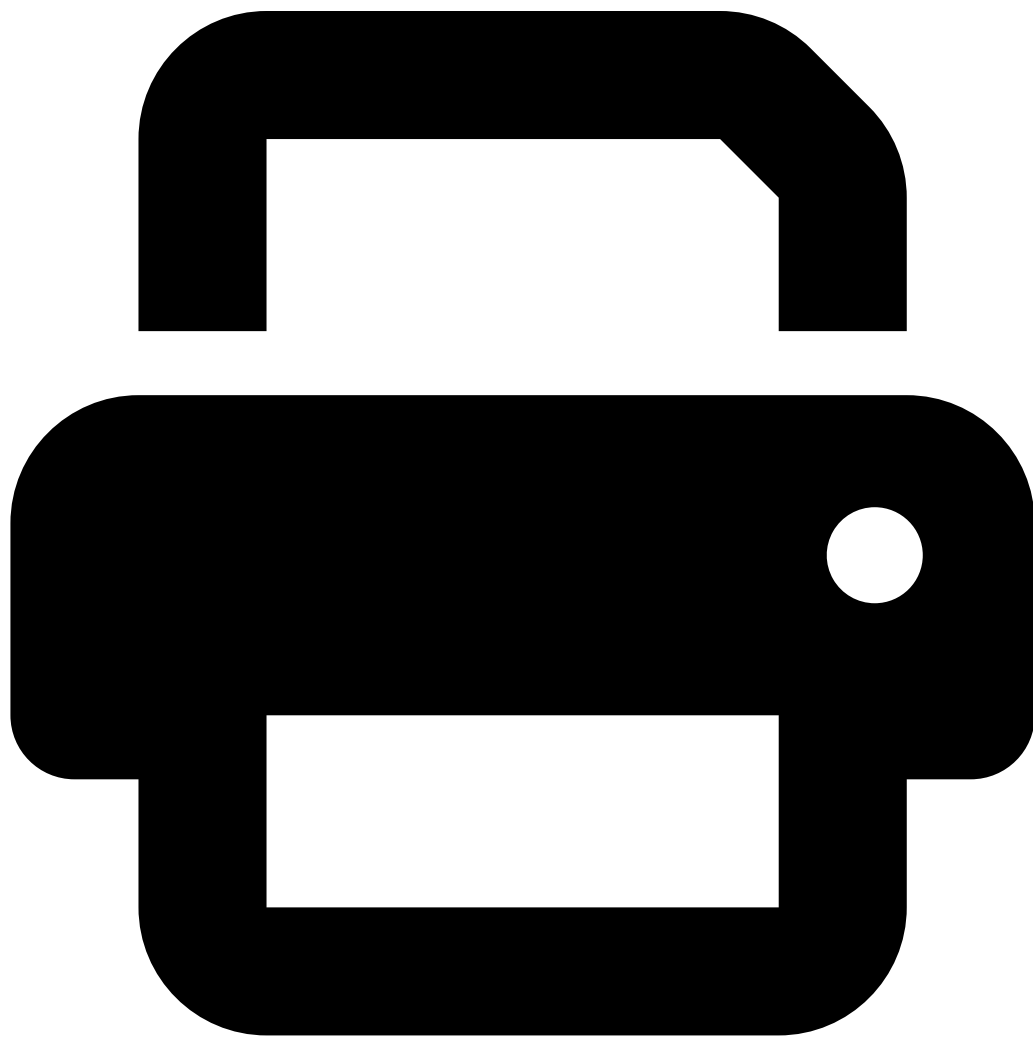
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When it comes to Italian-style appetizers, simple ingredients done right always steal the show. These **prosciutto-wrapped chicken fingers with hot honey** are the perfect balance of savory, salty, and just a little sweet. Lightly seasoned chicken is wrapped in prosciutto, pan-seared until crisp, then finished in the oven and drizzled with hot honey for an irresistible bite. Elegant enough for New Year's Eve, yet easy enough to make any time you're entertaining.

Things to know about this Prosciutto-Wrapped Chicken Fingers with Hot Honey recipe

- **Prosciutto does the work:** Its saltiness adds flavor and helps keep the chicken juicy.
- **Pan-sear first:** This step crisps the prosciutto and adds

depth before finishing in the oven.

- **Drain excess fat:** If needed, blot lightly before baking so the prosciutto stays crisp.
- **Hot honey at the end:** Drizzle just before serving to keep the coating glossy and fresh.
- **Perfect for parties:** Skewers or toothpicks make these easy, mess-free appetizers.
- If you love easy Italian-inspired appetizers, be sure to explore more crowd-pleasing recipes on the blog. From savory **Italian sausage rolls** to **vegetarian stuffed mushrooms** and elegant **puff pastry twists**, you'll find simple, flavorful ideas perfect for entertaining, holidays, or casual gatherings any time of year.

Prosciutto-Wrapped Chicken Fingers with Hot Honey



These Prosciutto-Wrapped Chicken Fingers with Hot Honey are a quick and flavorful dinner or appetizer that combines juicy chicken tenders with crispy, salty prosciutto and a sweet-spicy hot honey drizzle. Baked until golden and finished with a touch of fresh herbs, this easy recipe delivers restaurant-

quality flavor with minimal effort. Perfect for busy weeknights, game day, or entertaining, it's a crowd-pleasing dish that's both elegant and simple to make.

- 1 lb **boneless, skinless chicken breasts**, cut into finger-size strips
- 3 tbsp olive oil
- 2 tsp **garlic powder**
- 2 tsp **Italian seasoning**
- salt and pepper to taste
- 8 – 10 **thin slices prosciutto**, cut in half lengthwise if needed
- 1 – 2 tbsp **olive oil or cooking spray**
- 2 – 3 tbsp **hot honey**, for drizzling

1. **Season the chicken**

Place the chicken strips in a bowl. Season with salt, black pepper, garlic powder, and Italian seasoning.

2. **Wrap with prosciutto**

Wrap each chicken strip tightly with prosciutto. Thread onto skewers if desired.

3. **Pan-fry**

Heat olive oil or in a large oven proof skillet over medium heat. Cook the chicken, turning, until the prosciutto is lightly crisped, about **5–6 minutes**.

4. **Finish in the oven**

Transfer to a pre heated **375°F** until cooked through, **8–10 minutes**.

5. **Drizzle & serve**

Drizzle with hot honey just before serving and serve

warm.

Appetizer

Italian

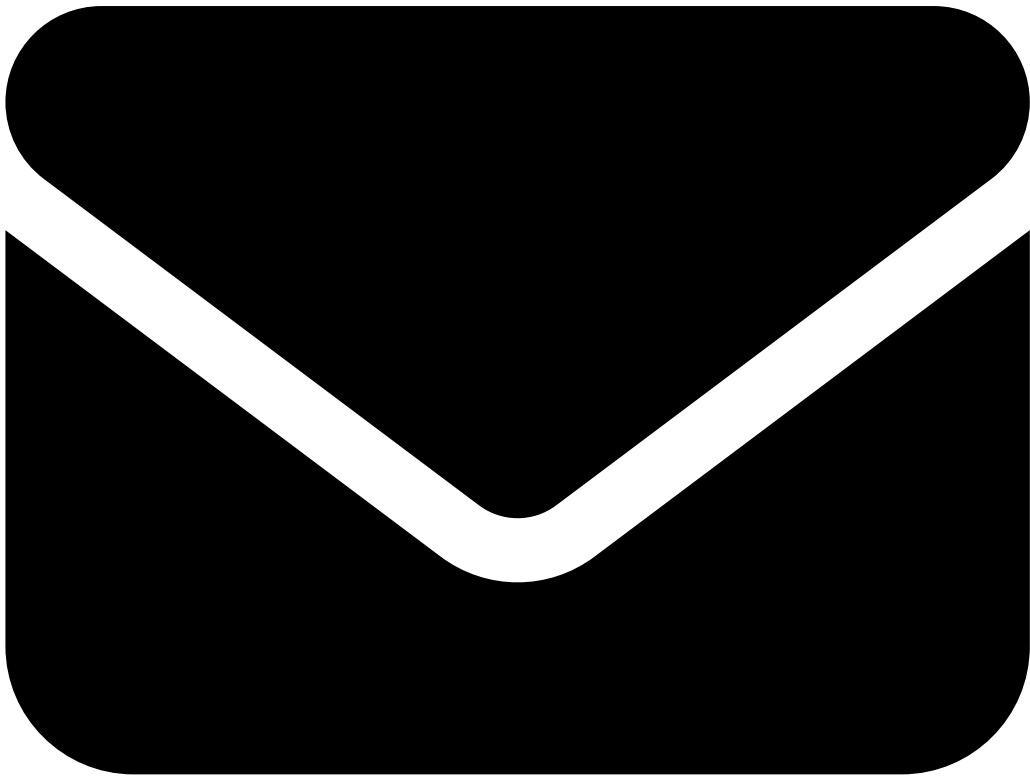
prosciutto-wrapped chicken fingers

Italian Sausage Rolls with Puff Pastry (Easy Savory Appetizer)

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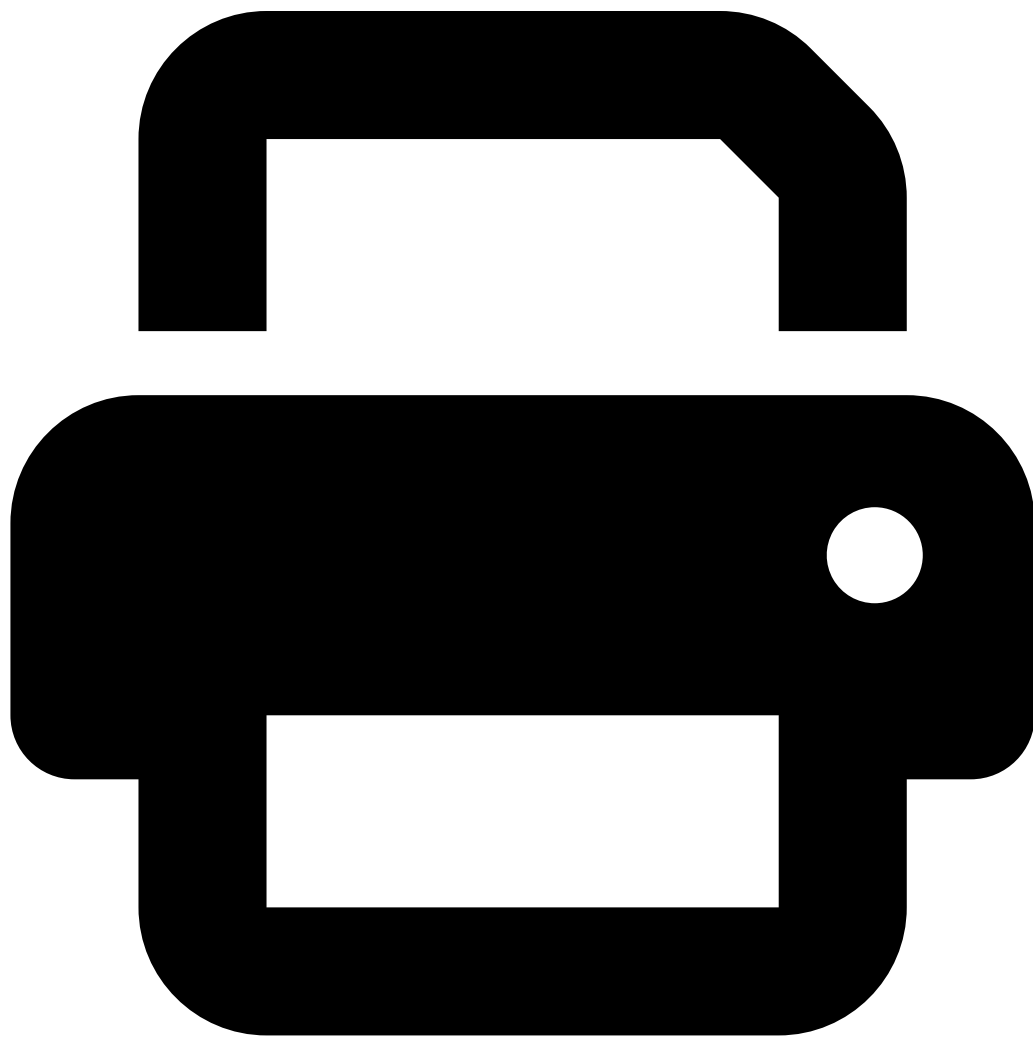
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Golden, flaky, and packed with classic Italian flavor, **Italian Sausage Rolls** are the kind of appetizer that disappears the moment they hit the table. Think buttery puff pastry wrapped around seasoned Italian sausage, kissed with garlic, herbs, and cheese—simple to make, impressive to serve, and endlessly versatile.

Whether you're hosting a holiday gathering, planning a New Year's Eve spread, or just want an easy savory bite with big flavor, these sausage rolls deliver every time.

Things to know about these Italian Sausage Rolls with Puff Pastry (Easy Savory Appetizer)

- **Easy but elegant** – store-bought puff pastry does the heavy lifting
- **Classic Italian flavors** – fennel, garlic, herbs, and

Parmigiano Reggiano

- **Make-ahead friendly** – assemble and refrigerate or freeze
- **Perfect for parties** – slice small for appetizers or larger for lunch

• Serving Ideas

- Serve warm with **marinara sauce** for dipping
- Pair with **spicy Calabrian chili oil** for heat lovers
- Add to an Italian antipasto platter with olives, cheeses, and roasted peppers

Make-Ahead & Freezing Tips

- **Make ahead:** Assemble rolls, cover, and refrigerate up to 24 hours before baking.
- **Freeze unbaked:** Slice, freeze solid, then transfer to freezer bags. Bake straight from frozen, adding 5–7 minutes to baking time.

Italian Variations

- **Sausage & Peppers:** Add finely chopped sautéed red peppers to the filling
- **Cheesy Mozzarella:** Add small cubes of low-moisture mozzarella
- **Spinach & Sausage:** Fold in sautéed, well-drained spinach

A Little Italian Inspiration

- Sausage wrapped in dough has long been part of Italian home cooking—from rustic breads stuffed with salsiccia to bakery-style savory pastries. These sausage rolls are a modern, party-friendly nod to those traditions, using puff pastry for ease without sacrificing flavor.
- If you loved these **Italian Sausage Rolls**, be sure to try

my other favorite Italian appetizers like **Easy Savory Puff Pastry Twists**, **[Italian Stuffed Mushrooms]**, and **Shrimp Oreganata**—all simple, classic recipes that are perfect for entertaining. Don't forget to bookmark this recipe and follow along for more Italian comfort food made easy.

Italian Sausage Rolls with Puff Pastry (Easy Savory Appetizer)



These Italian Sausage Rolls with Puff Pastry are a simple yet irresistible appetizer made with flaky, buttery puff pastry wrapped around seasoned Italian sausage and baked until golden brown. Crispy on the outside and juicy on the inside, they're perfect for holiday parties, game day, brunch, or as a delicious snack. Serve them with marinara, spicy mustard, or your favorite dipping sauce for an easy crowd-pleasing appetizer everyone will love.

- 1 pound Italian sausage (sweet or hot), casings removed
- 2 sheets puff pastry, thawed
- $\frac{1}{2}$ cup grated Parmigiano Reggiano
- 1 tbsp Dijon or spicy brown mustard
- 1 clove garlic, finely minced
- 1 tbsp chopped fresh parsley
- $\frac{1}{2}$ tsp fennel seeds, lightly crushed (optional)

- Freshly ground black pepper, to taste
- 1 egg, beaten (for egg wash)
- Sesame seeds or flaky salt (optional, for topping)

1. Prepare the Filling

In a bowl, combine the Italian sausage, Parmigiano Reggiano, mustard, garlic, parsley, fennel seeds, and black pepper. Mix gently until just combined—don't overwork the sausage.

2. Roll Out the Pastry

On a lightly floured surface, roll each sheet of puff pastry slightly to smooth seams and create an even rectangle. Cut each sheet lengthwise into two long strips.

3. Fill and Roll

Spoon a line of sausage filling down the center of each strip. Brush one long edge with egg wash, then roll the pastry over the filling, seam-side down.

4. Chill for Clean Cuts

Place the rolls on a parchment-lined baking sheet and refrigerate for 20–30 minutes. This helps the pastry firm up and makes slicing easier.

5. Slice and Bake

Cut each roll into 1½–2-inch pieces. Brush tops with egg wash and sprinkle with sesame seeds or flaky salt if desired. Bake at **400°F (200°C)** for 22–25 minutes, or until puffed and deeply golden.

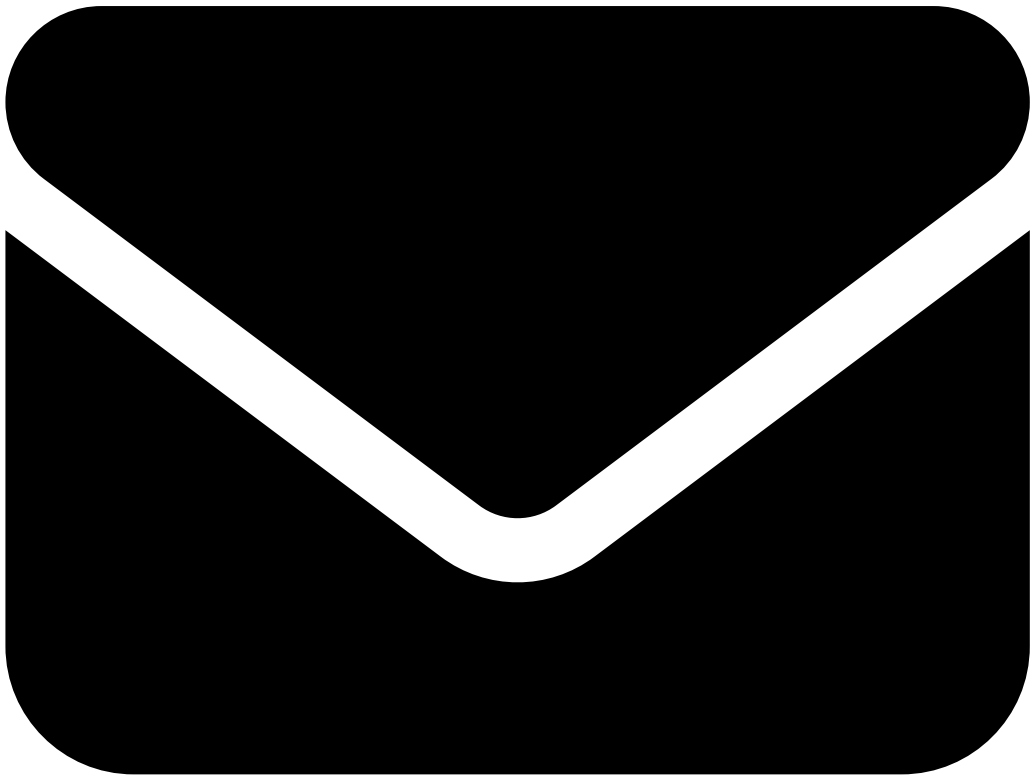
Appetizer
Italian
puff pastry Italian sausage rolls

Crispy Italian Fried Baccala

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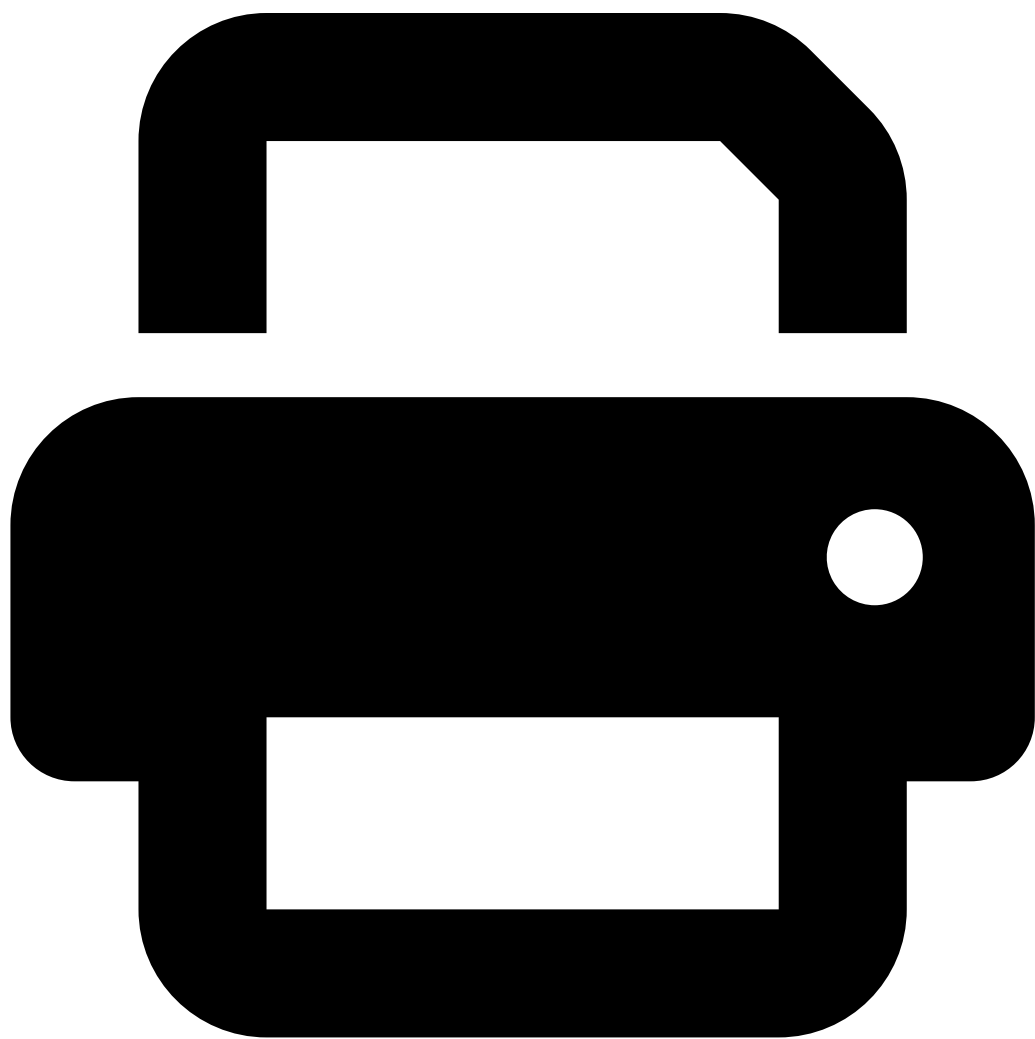
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Fried baccalà has always meant tradition in our home. It's one of those dishes that instantly brings me back to the kitchen during the holidays, where the smell of hot oil and salt-cured cod filled the air and everyone hovered nearby, waiting for the first crisp piece to come out of the pan. This wasn't fancy food—it was humble, honest cooking, passed down through generations and made with care and patience.

Baccalà itself has a long history in Italian cooking. Long before refrigeration, salt-curing cod made it possible to preserve fish for months, making it accessible even in inland regions of Italy. Over time, it became a staple for special occasions and meatless days, especially Christmas Eve. Each region has its own way of preparing it, but fried baccalà—lightly battered and golden—remains one of the simplest and most beloved preparations. With just flour and cold water, the batter stays delicate, allowing the fish to shine, exactly the way it was always meant to be enjoyed.

Things to know about this crispy Italian fried baccalà

- **Soaking time matters:** Properly desalted baccalà should taste mild, not salty. Start tasting after 24 hours and continue soaking if needed.
- **Keep the batter cold:** Using ice-cold water creates a lighter, crisper coating when it hits the hot oil.
- **Don't overcrowd the pan:** Fry in batches so the oil temperature stays steady and the baccalà fries evenly.
- **Serve immediately:** Fried baccalà is best enjoyed hot and crisp, straight from the pan.
- If you love traditional Italian seafood dishes, don't miss my **Baccala with Potatoes** recipe or the best Italian- style fried calamari another classic that's always on our table for Christmas Eve. Serve them together for a truly authentic Italian meal, and be sure to explore the blog for more time-honored Italian recipes passed down through generations.

Crispy Italian Fried Baccalà



Crispy Italian Fried Baccalà is a traditional dish made with

salt cod that's been soaked, flaked or cut into pieces, lightly battered, and fried until golden and crisp. Popular throughout Italy—especially during Christmas Eve (La Vigilia)—this classic seafood recipe is simple, rustic, and full of flavor. The salty richness of the cod is balanced by a light, airy coating, making it perfect served with lemon wedges, aioli, or a simple marinara sauce.

- $1\frac{1}{2}$ pounds salt-cured baccala (cod), soaked and desalted
- $1\frac{1}{4}$ cups all-purpose flour
- 1 – $1\frac{1}{4}$ cups **ice-cold water**
- $\frac{1}{2}$ tsp salt
- $\frac{1}{4}$ tsp black pepper (optional)
- 3 cups Vegetable oil or light olive oil, for frying
- Lemon wedges, for serving
- 2 Tbsp. Chopped fresh parsley (optional for garnish)

1. Soak the Baccalà

Rinse the salt-cured baccala under cold running water. Place it in a large bowl, cover completely with cold water, and refrigerate for **24–48 hours**, changing the water **2–3 times daily**. Taste a small piece to ensure it's properly desalted.

2. Prepare the Fish

Drain the baccala well and pat it **very dry** with paper towels. Cut into **2–3 inch pieces** of similar thickness for even cooking.

3. Make the Batter

In a bowl, whisk together the flour, salt, and pepper if using. Gradually add the **ice-cold water**, whisking just until a smooth, pourable batter forms. The consistency

should be similar to a light pancake batter—thin enough to drip, but thick enough to coat the fish.

4. **Heat the Oil**

Heat about **1 inch of oil** in a wide, heavy skillet over **medium-high heat** until it reaches **350°F**. (If you don't have a thermometer, a drop of batter should sizzle and float immediately.)

5. **Batter the Baccalà**

Dip each piece of fish into the batter, letting excess drip off, then carefully place into the hot oil. Fry in batches—do not overcrowd the pan.

6. **Fry Until Golden**

Fry for **3–4 minutes per side**, turning once, until the baccalà is crisp, golden, and puffed. The interior should be tender and flaky.

Second

And so on

Main Course

Italian

crispy Italian fried baccalà fried salt cod recipe

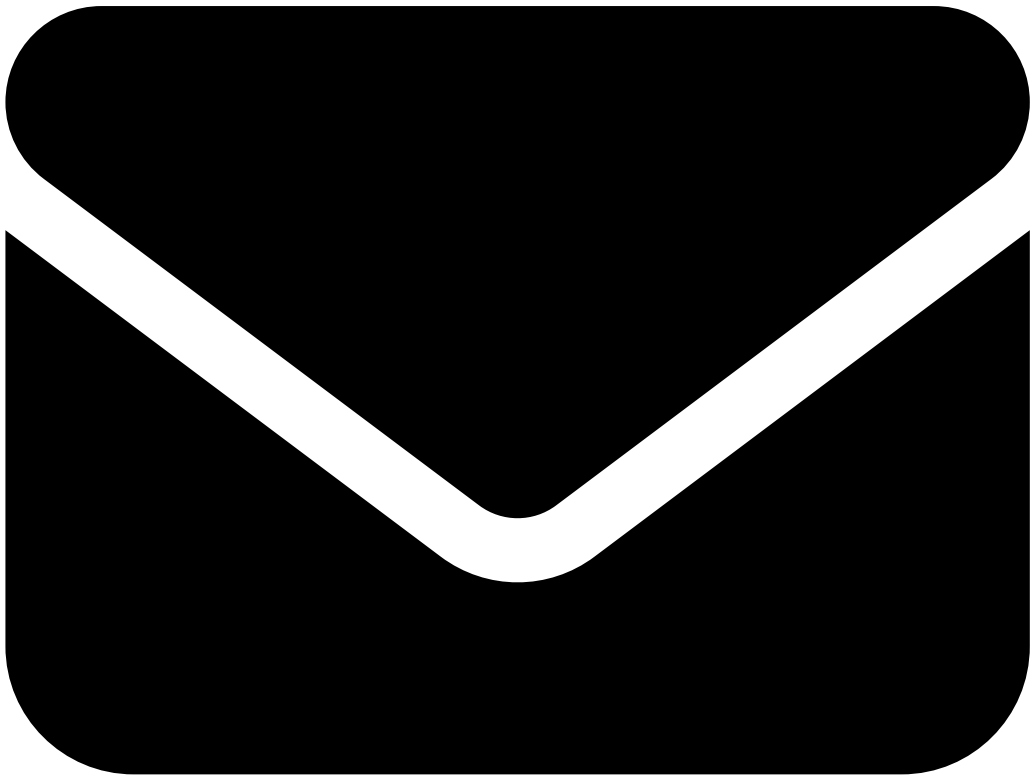
The Best Italian-Style Fried

Calamari

The best Italian style fried calamari

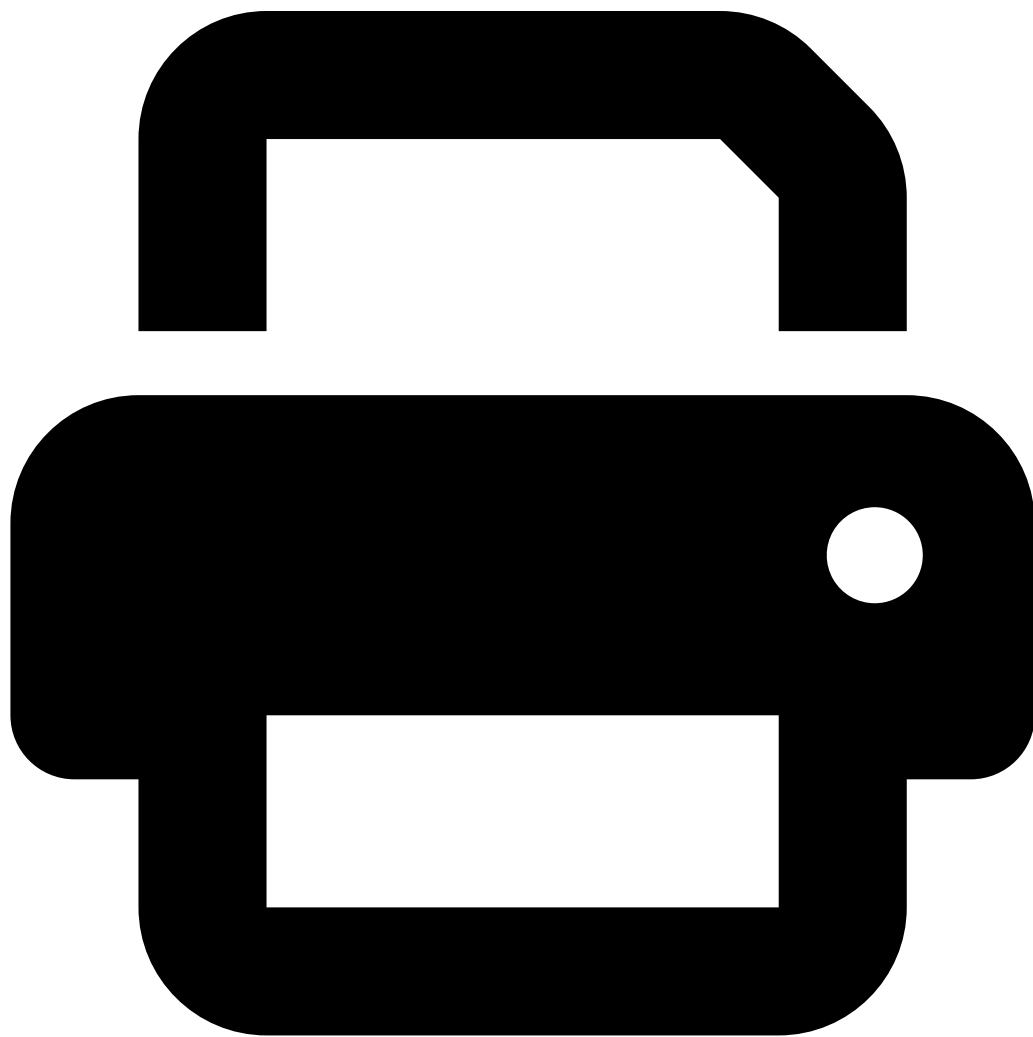
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Growing up, fried calamari was a true family affair. My mama always bought whole squid and cleaned every single one by hand – separating the tentacles, pulling out the quill, and rinsing everything until it was spotless. I can still see her at the sink, humming while she worked, making sure each ring would fry up perfectly tender.

These days, we're lucky. Most grocery stores and fish markets sell **calamari already cleaned** – tubes and tentacles prepped and ready to slice. And while nothing beats the love and tradition of doing it the old-school way, I'll be the first to admit that buying it cleaned makes this recipe come together in minutes instead of an hour.

Fried calamari has also always been a cherished part of our **Feast of the Seven Fishes** celebration – that beloved Italian Christmas Eve tradition where the table overflows with seafood. Whether you make this dish once a year for the feast

or all year long for your family, this recipe brings that same crisp, golden bite we all grew up loving.

Whether you're using ready-to-cook calamari or honoring the way our mamas did it, this classic Italian fried calamari delivers that same crisp, golden bite we all grew up loving.

Things to know about this Best Italian-Style Fried Calamari

- **Dry calamari = crisp calamari.**

Pat the rings and tentacles *really* well with paper towels. Any moisture will make the coating soggy and cause the oil to splatter.

- **The flour mix matters.**

A 50/50 blend of all-purpose flour and semolina gives that classic Italian trattoria crunch. Semolina helps the coating stay light instead of heavy or bready.

- **Keep the oil hot.**

The magic temperature is **350–365°F**. If the oil drops too low, the calamari absorbs oil and turns greasy. Fry in small batches to keep the heat consistent.

- **Fast frying keeps it tender.**

Calamari only needs **1½–2 minutes** in the oil. Any longer and it becomes chewy. Pull it out the moment it turns light golden.

- **Season immediately.**

Sprinkle with a little salt right after frying – it sticks better while the calamari is still hot.

- **Serve right away.**

Fried calamari is best eaten fresh from the fryer. It doesn't stay crisp long, so have your lemon wedges and marinara ready before you start cooking.

- If you love this crispy Italian fried calamari, don't miss my other seafood favorites!

Try my **Shrimp Oreganata**, , and **Shrimp Stuffed Calamari Steaks** for more Italian coastal flavors. And if you make this recipe, tag me on Instagram—I love seeing your kitchen creations!

The best Italian style Fried Calamari



This crispy fried calamari recipe delivers tender squid with a light, golden coating that's perfectly seasoned and irresistibly crunchy. Served with fresh lemon wedges and marinara sauce, it's an easy Italian seafood appetizer that's perfect for entertaining, holidays, or a restaurant-quality meal at home.

- 1½ pounds **calamari**, cleaned, **rings + tentacles**
- 1 cup **all-purpose flour**
- 1 cup **semolina flour**
- 1 tsp **kosher salt**, plus more for finishing
- 1 tsp **black pepper**
- ½ tsp **paprika** (optional, for color)
- 1 tsp **garlic powder**

- **Oil for frying** (peanut or light olive oil)
- **Lemon wedges**, for serving
- **Marinara**, for dipping

1. **Prep the calamari**

Slice tubes into $\frac{1}{2}$ -inch rings. Pat rings **and tentacles** completely dry with paper towels. (Drying is key for crispness!)

2. **Make the coating**

In a shallow bowl, whisk together: 1 cup all-purpose flour, 1 cup semolina flour, Salt, pepper, paprika, and garlic powder

3. **Heat the oil**

Pour oil into a heavy pot or deep skillet about 2 inches deep. Heat to **350–365°F**.

4. **Coat the calamari**

Toss the rings and tentacles in the flour–semolina mixture until lightly coated. Shake off excess.

5. **Fry in batches**

Add calamari in small batches so the oil temperature stays stable. Fry **1½–2 minutes**—just until pale golden. (Over-frying = chewy.)

6. **Drain & season**

Transfer to a paper towel-lined tray and sprinkle immediately with a pinch of salt.

7. **Serve**

Enjoy hot with lemon wedges and marinara.

Appetizer
Italian
Best Fried Calamari Recipe