

Farinata Italian Chickpeas Flatbread

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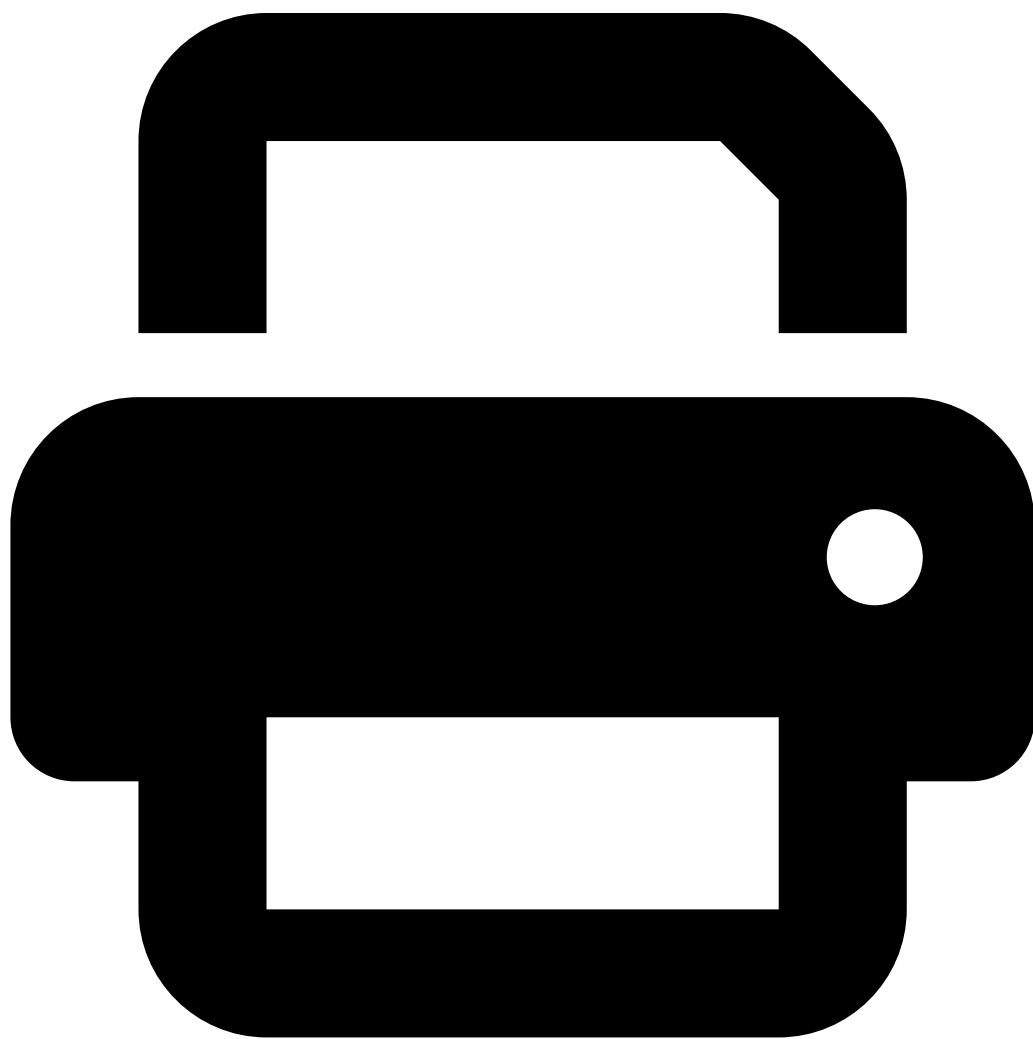
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Farinata Italian chickpeas flatbread is one of those quietly iconic Italian foods – simple, humble, and deeply rooted in tradition. Originating in Liguria, this thin chickpea flatbread has been made for centuries using just chickpeas, water, olive oil, and salt. It began as street food, valued for being filling, affordable, and made entirely from pantry staples.

Traditionally, farinata is prepared with chickpea flour, but this version goes straight to the source by using **whole dried chickpeas**. After soaking and blending, the batter bakes into a flatbread with crisp, golden edges and a soft, creamy center. It's rustic, naturally gluten-free, and a perfect example of how Italian cooking lets simple ingredients do the work.

Things to know about this Farinata Italian Chickpeas Flatbread

- Farinata Italian chickpeas flatbread should always be **thin** – a thick batter will bake up dense instead of creamy.
- Resting the batter improves both flavor and texture, so don't skip it.
- Using whole chickpeas creates a slightly more rustic result than chickpea flour, while staying true to tradition.
- A hot cast iron or metal pan is key for proper browning and crisp edges.
- Farinata is best enjoyed hot, straight from the oven, but leftovers reheat well in a hot pan.

Variation: Rustic Farinata (Unstrained Batter)

For a heartier, more rustic farinata, skip straining the blended chickpea batter. The finished flatbread will be slightly thicker with more texture, while still keeping the classic crispy edges and creamy center. Just be sure the batter remains thin enough to spread easily in the pan before baking.

Storage & Reheating

Farinata Italian chickpeas flatbread is best enjoyed fresh, but leftovers store well.

- **Refrigerator:** Store cooled farinata in an airtight container for up to **3 days**.
- **Reheating:** Reheat in a **hot skillet** with a small drizzle

of olive oil until warmed through and the edges crisp again.

- **Avoid the microwave** if possible – it softens the texture and dulls the flavor.

Farinata does not freeze well, as the texture becomes grainy once thawed.

If you love simple Italian recipes made from pantry staples, be sure to explore more on the blog. Pair this farinata with my

Homemade Beef Bone Broth for a comforting meal, or serve it alongside my Italian and Italian-inspired soups for an easy, rustic spread.

And if you make this farinata Italian chickpeas flatbread, leave a comment below or tag me on social – I love seeing how you serve it and make it your own.

Farinata Italian Chickpeas Flatbread



- 1 cup **dried chickpeas**, soaked overnight (12–24 hours)
- **1 to 1¼ cups fresh water** (for blending)
- **½ tsp fine sea salt**
- **3–4 tbsp extra virgin olive oil**, divided
- **Freshly ground black pepper**, to finish

Optional Toppings (add sparingly)

- Fresh rosemary
- Thinly sliced red onion
- Arugula
- Parmigiano Reggiano

1. **Soak the chickpeas.** Soak dried chickpeas in plenty of water overnight. Drain and rinse well.
2. **Optional (but recommended for texture):** Simmer the soaked chickpeas in fresh water for **20–30 minutes**, just until tender. Drain and let cool slightly.
3. **Blend the batter.** Add chickpeas and **1 cup water** to a high-speed blender. Blend until completely smooth. Add more water, a little at a time, if needed – the batter should be **thin, like crêpe batter**, not thick like hummus.
4. **Strain for smoothness.** Strain the batter through a fine-mesh sieve for a smoother texture, or skip this step for a more rustic farinata
5. **Season and rest.** Stir in the salt. Cover and let the batter rest at **room temperature for at least 1 hour**, preferably 2–3 hours. Skim off any foam that forms on top.
6. **Preheat oven and pan.** Preheat oven to **425°F** (Place a **12-inch cast iron skillet or metal baking pan** in the oven to heat.
7. **Oil the pan**
8. Carefully remove the hot pan and add **2 tablespoons olive oil**, swirling to coat evenly.
9. **Bake.** Pour the rested batter into the pan (it should

spread thinly).Drizzle the remaining olive oil over the top.Add rosemary or onions now, if using.

10. **Cook until set and golden.** Bake for **18–25 minutes**, until:

- Edges are crisp and deeply golden
- Top has light browning
- Center is just set and creamy

11. Optional: Broil for **2–3 minutes** for extra char.

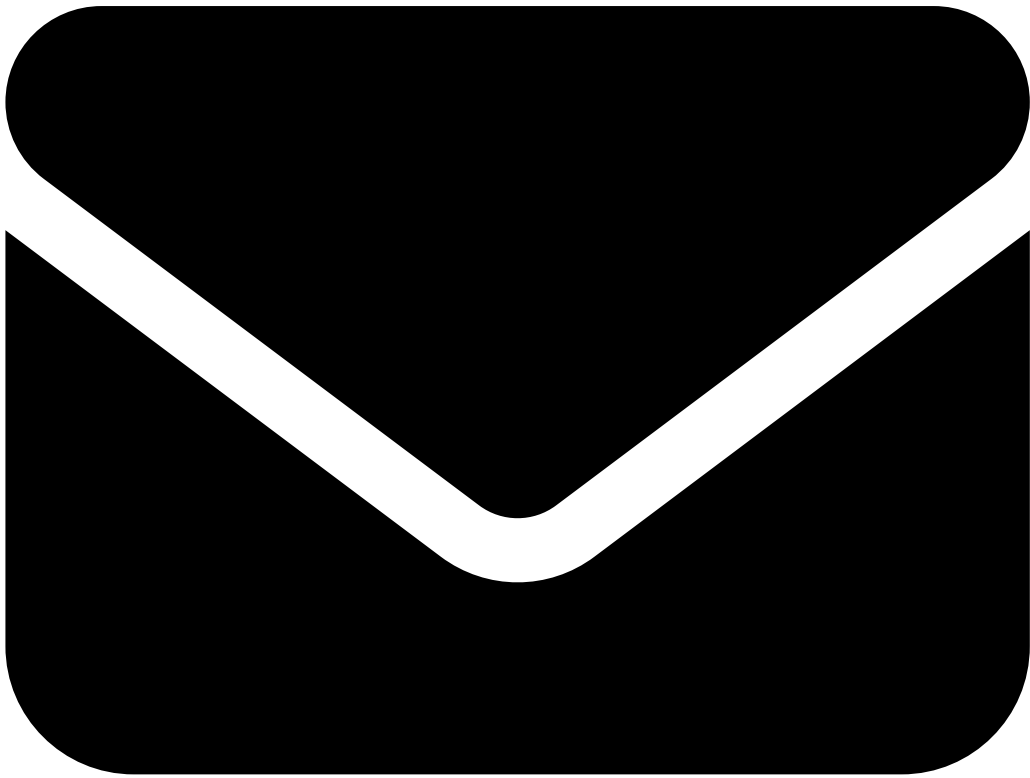
12. **Serve immediately.** Finish with black pepper and any fresh toppings.Slice into wedges and serve hot.

Italian Crespelle with Parmigiano in Beef Broth

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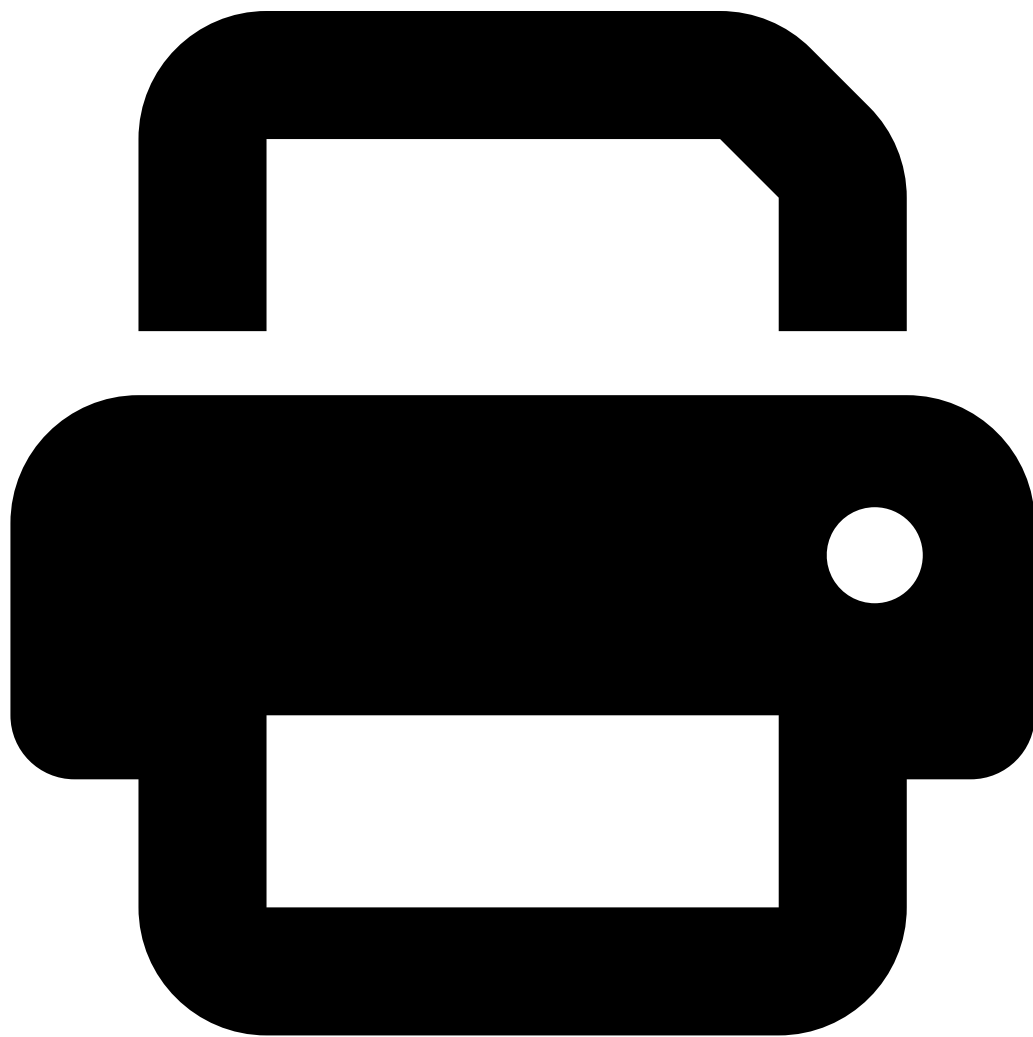
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This is a traditional primo piatto made with paper-thin crespelle, a light filling of Parmigiano Reggiano, and very hot broth. When done right, it tastes comforting and simple, never heavy.

In older homes, especially in Emilia-Romagna and central Italy, crespelle were treated like fresh pasta sheets. The batter was lean. The filling was minimal. All the richness came from the broth.

For this version, I use homemade beef bone broth made with neck bones and beef shank. It gives the dish body, clarity, and natural gelatin without needing butter or cream.

What Are Crespelle?

Crespelle are Italian crêpes, but they are not sweet. They are thinner and more delicate than breakfast crêpes and are used the same way Italians use fresh pasta.

When served in brodo, crespelle are filled lightly with Parmigiano and placed in a bowl. Hot broth is poured over just before serving so the cheese melts gently.

Things to know when making Italian Crespelle with Parmigiano in Beef Broth

- Crespelle are unsweetened and very thin.
- Butter is not traditional for crespelle served in broth.
- Parmigiano should be used sparingly so the broth stays clear.
- This dish is served as a first course, not a main soup.
- The quality of the broth matters more than anything else.

Tips for Success

- Use finely grated Parmigiano so it melts quickly.
- Do not overfill the crespelle.
- Warm your bowls before serving.
- Add salt to the broth only at the end.

A Dish Built on Broth

Crespelle al Parmigiano in brodo is a reminder that Italian cooking values simplicity over excess. When the broth is good, everything else falls into place.

Serve it hot, eat it slowly, and let the dish be what it is.

Make the Broth First

This dish depends entirely on good broth. If you don't already have some on hand, start there.

□ [Homemade Beef Bone Broth with Neck Bones and Beef Shank] – a slow-simmered, clear broth that gives this dish its depth, body, and natural richness.

Once the broth is ready, these crespelle come together quickly and simply.

Italian Crespelle with Parmigiano in Beef Broth Test



Servings: 3–4 (primo piatto)

Crespelle Batter (No Butter)

- 2 large eggs
- 1 cup whole milk ((240 ml))
- 3/4 cup all-purpose flour ((95 g))
- Pinch of fine salt
- *For the pan: a lightly oiled paper towel, wiped almost dry*

Filling

- 1 to 1 $\frac{1}{4}$ cups finely grated Parmigiano Reggiano ((90–115 g))

1. Make the Batter

In a medium bowl, whisk the eggs and milk until fully combined. Add the flour and salt and whisk until smooth. Let the batter rest at room temperature for 20–30 minutes.

2. Cook the Crespelle

Heat a 8 inch nonstick pan over medium-low heat. Lightly wipe the surface with oil, then remove any excess.

Pour about $\frac{1}{4}$ cup of batter into the pan and swirl immediately to create a very thin crespella. Cook for 30–40 seconds until set, then flip and cook for another 10–15 seconds.

Transfer to a plate and repeat with the remaining batter. Stack the crespelle and keep them covered.

3. Assemble

Lay one crespella flat and sprinkle lightly with Parmigiano Reggiano. Fold into quarters or roll gently. Place 2–3 crespelle into each warmed bowl.

4. Serve in Brodo

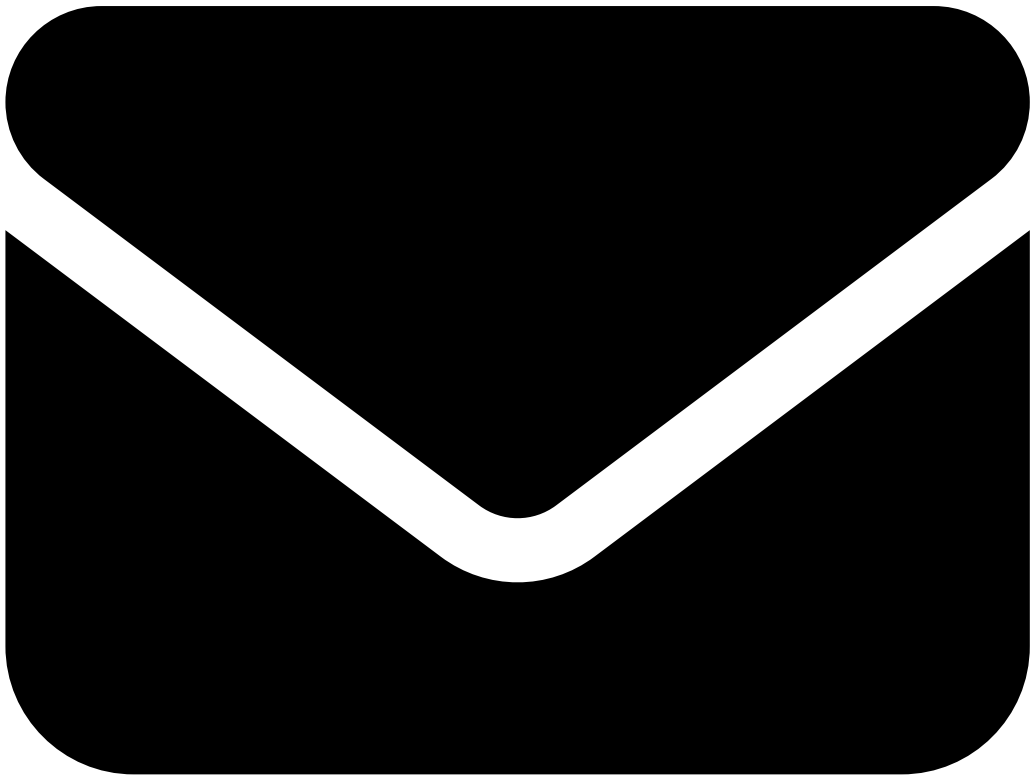
Bring the beef bone broth to a gentle boil and taste for salt. Ladle the very hot broth over the crespelle just before serving. Serve immediately.

French Onion Soup with an Italian Twist

French Onion Soup with an Italian Twist

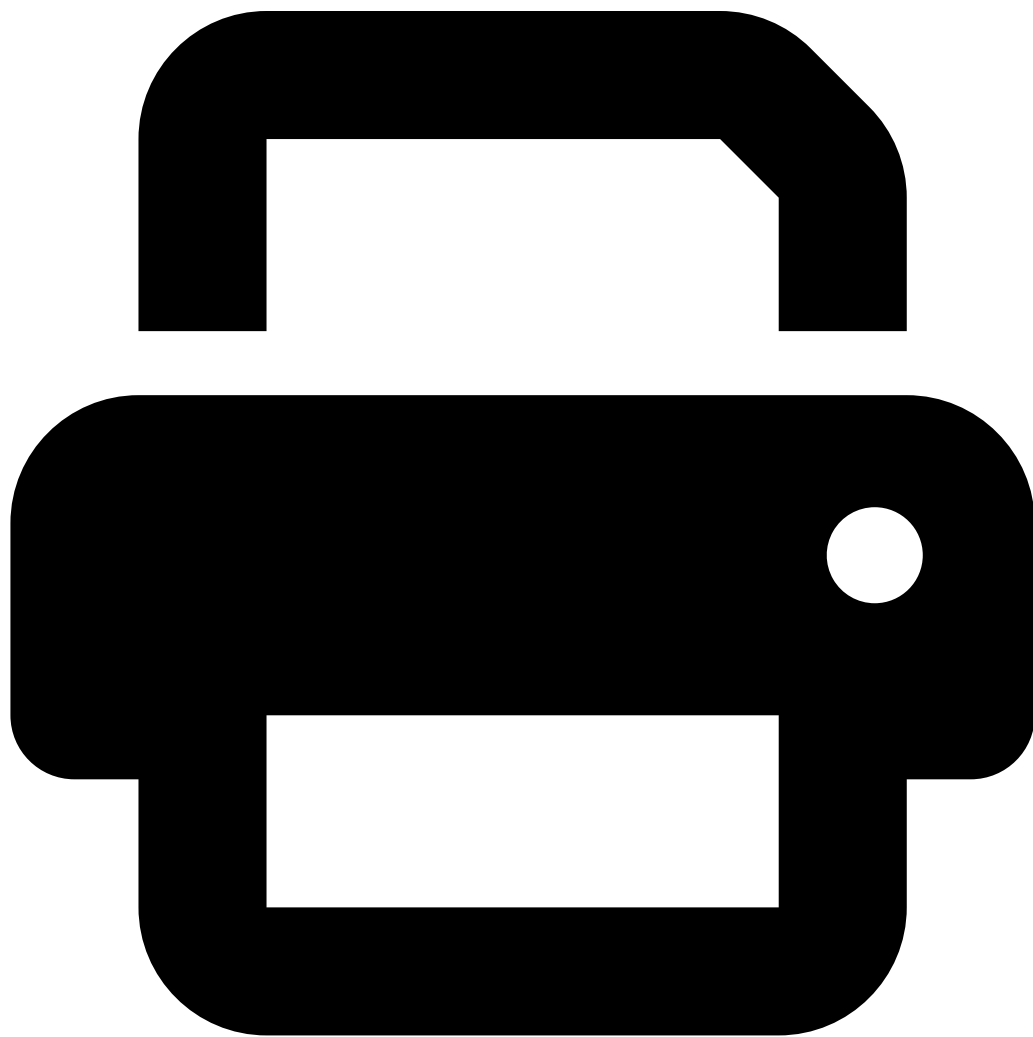
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French onion soup has always felt like the ultimate comfort food to me, but I can't help adding an Italian touch to the dishes I love most. In my kitchen, onions are never rushed—they're slowly caramelized the way I learned growing up, filling the house with that unmistakable, cozy aroma that signals something special is coming. For this version, I use a mix of red onions, yellow onions, and leeks, then finish the soup the Italian way—with herb focaccia and freshly grated Fontina instead of the classic baguette and Gruyère. It's familiar yet different, rustic but comforting, and exactly the kind of soup I make when I want something simple, soulful, and meant to be shared.

**Things to know about this French
Onion Soup with an Italian Twist**

- A mix of yellow onions, red onions, and leeks adds natural sweetness and depth without needing sugar.
- Fontina melts smoothly and stays creamy, making it a perfect Italian alternative to Gruyère.
- Herb focaccia absorbs the broth while still holding its shape, giving you that perfect bite every time.
- The soup base can be made a day ahead; add the focaccia and cheese just before serving for best texture.
- **Storage:** Store leftover soup (without focaccia or cheese) in an airtight container in the refrigerator for up to 4 days.
- **Freezing:** This soup freezes well without the bread and cheese. Freeze in freezer-safe containers for up to 3 months. Thaw overnight in the refrigerator and reheat on the stovetop before adding toppings.
- Always add the focaccia and Fontina fresh just before broiling for the best texture and flavor.
- If you love classic comfort food with an Italian twist, this **French Onion Soup with an Italian Twist** is a must-try. The combination of caramelized onions, leeks, herb focaccia, and melty Fontina makes it a cozy, flavorful soup perfect for any season.

For more hearty Italian soups, explore my **Creamy Sausage Tortellini Soup** or **Potato Leek Soup with Pancetta**—both are easy to make and full of rich, comforting flavors.

Want to try more Italian-inspired weeknight recipes? Don't miss my **Italian sausage Escarole and Beans** or **Spinach Ricotta Balls** for quick, flavorful meals the whole family will love.

Remember to **save this French Onion Soup recipe** for later and **follow my blog** for more Italian cooking inspiration delivered right to your inbox!

French Onion Soup with an Italian Twist



Soup

- 2 tablespoons olive oil
- 2 tablespoons unsalted butter
- 2 large yellow onions (thinly sliced)
- 2 medium red onions (thinly sliced)
- 2 large leeks (white and light green parts only, thinly sliced and well rinsed)
- 1 teaspoon salt (plus more to taste)
- $\frac{1}{2}$ teaspoon freshly ground black pepper
- 2 cloves garlic (minced)
- $\frac{1}{4}$ cup dry white wine
- 6 cups beef broth (or chicken broth for a lighter version)
- 1 teaspoon fresh thyme leaves (or $\frac{1}{2}$ teaspoon dried)
- 1 bay leaf

Topping

- 4 –6 slices herb focaccia
- 1½ cups freshly grated Fontina cheese

1. Caramelize the onions

In a large heavy-bottomed pot or Dutch oven, heat the olive oil and butter over medium heat. Add the yellow onions, red onions, and leeks. Sprinkle with salt and pepper. Cook, stirring occasionally, for 35–40 minutes, until deeply golden, soft, and caramelized. Reduce heat if needed to prevent burning.

2. Build the flavor

Add the garlic and cook for 1 minute until fragrant. Pour in the white wine, scraping up any browned bits from the bottom of the pot. Simmer for 2–3 minutes until slightly reduced.

3. Simmer the soup

Add the broth, thyme, and bay leaf. Bring to a gentle simmer, cover partially, and cook for 25–30 minutes. Taste and adjust seasoning. Remove the bay leaf.

4. Prepare for broiling

Preheat the broiler. Ladle the soup into oven-safe bowls and place them on a baking sheet.

5. Add the Italian topping

Top each bowl with a slice of herb focaccia, then generously sprinkle with Fontina cheese.

6. Broil

Broil for 2–4 minutes, until the cheese is fully melted,

bubbling, and lightly golden. Watch closely.

7. Serve

Serve immediately, hot and bubbling, with extra focaccia on the side if desired.

15 Classic & Italian-Inspired Pasta Recipes

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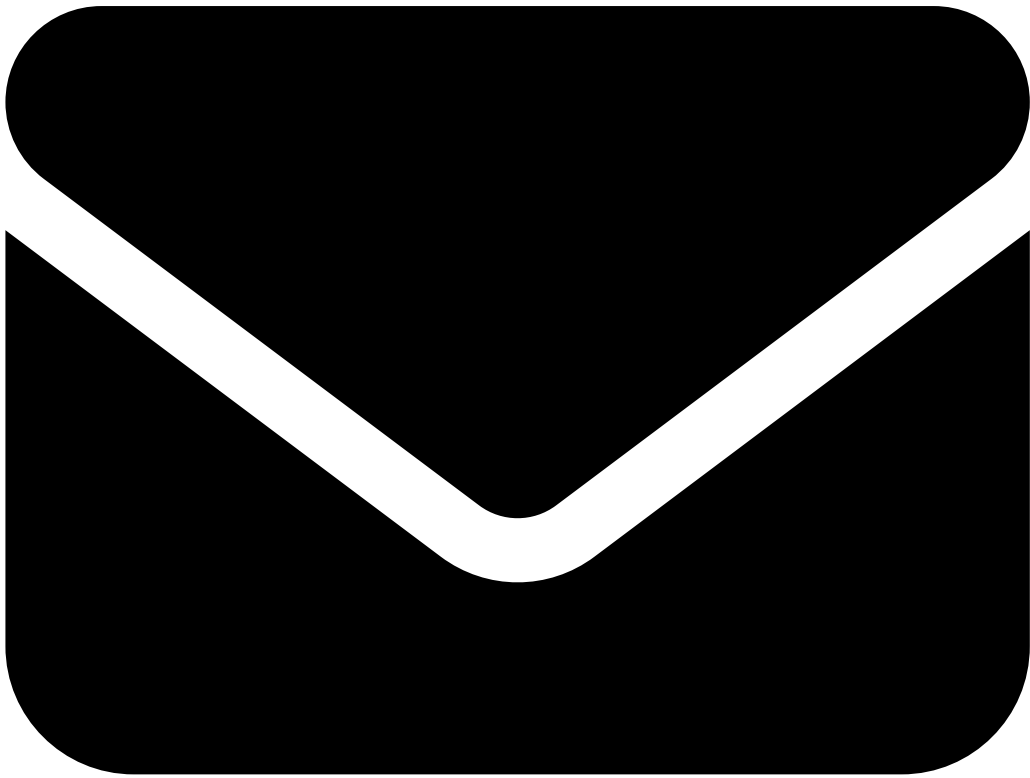
Why This Pasta Collection

Pasta has always been at the heart of Italian cooking and at the heart of my kitchen. From humble pantry pastas like **pasta e piselli** to cozy baked dishes and restaurant-style favorites, this pillar post brings together **15 of my most popular pasta recipes already on the blog**—all in one place for easy browsing.

Use this guide to:

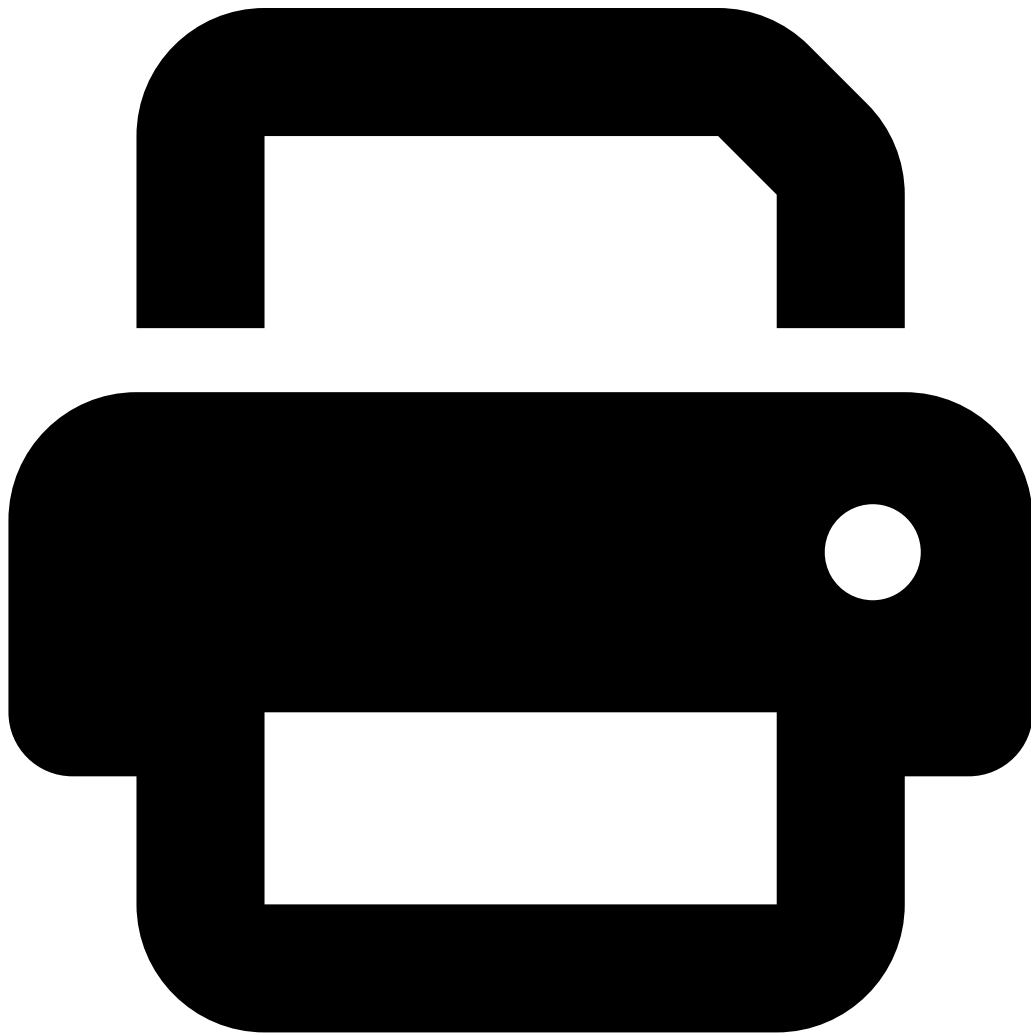
- Find the right pasta for the season
- Discover weeknight vs. Sunday sauces
- Navigate sauces by style (tomato, cream, broth, baked)











1. Pasta e Piselli (Pasta and Peas)

A classic Italian comfort dish made with olive oil, onion, peas, and pasta—simple, nostalgic, and budget-friendly.[GO TO RECIPE](#)

2. Authentic Pasta e Fagioli

A childhood favorite featuring beans, pasta, aromatics, and a rich tomato base—rustic Italian cooking at its best.[GO TO RECIPE](#)

3. Pasta e Ceci (Pasta with Chickpeas)

A humble Roman-style pasta made with chickpeas, garlic, olive oil, and pasta—simple, nourishing, and deeply comforting.[GO TO RECIPE](#)

Creamy & Cheesy Pasta Recipes

4. One-Pot Pasta and Potatoes

A classic Italian one-pot dish where pasta and potatoes cook together, creating a naturally creamy, comforting sauce.[GO TO RECIPE](#)

5. Italian Cauliflower Pasta Alfredo

A lighter twist on Alfredo using cauliflower for creaminess without sacrificing flavor.[GO TO RECIPE](#)

6. Mushroom Pasta alla Norcina

A rich pasta made with mushrooms, cream, and Pecorino Romano—[GO TO RECIPE](#)

Sunday Sauces & Hearty Pastas

7. Classic Meatball Sunday Sauce with Pasta

A slow-simmered tomato sauce served with pasta—just like Sundays in an Italian kitchen.[GO TO RECIPE](#)

8. Sausage and Lentil Pasta (New Year's Tradition)

A traditional Italian pasta dish symbolizing luck and prosperity, made with lentils and sausage.[GO TO RECIPE](#)

9. Mushroom and Sausage Pasta

A deeply savory sauce made with mushrooms and Italian sausage, perfect for your favorite pasta shape.[GO TO RECIPE](#)

Baked Pasta Favorites

10. Baked Spaghetti Pie

A fun and comforting baked pasta dish with layers of spaghetti, cheese, and sauce.[GO TO RECIPE](#)

11. Easy cheesy stuffed Shells

Large pasta shells filled with cheese and spinach and topped with my easy marinara sauce—perfect for entertaining.[GO TO RECIPE](#)

Seafood Pasta Dishes

12. Spaghetti e Gamberi (Shrimp Spaghetti)

A simple, restaurant-style shrimp pasta with garlic, olive oil, and wine.[GO TO RECIPE](#)

13. Seared Scallops with Orzo

A seafood-forward pasta dish with bold flavors and a creamy finish.[GO TO RECIPE](#)

Rustic & Regional Pasta Recipes

14. Pasta al Forno (Baked Italian Pasta)

A classic Italian baked pasta layered with sauce, cheese, and pasta—comforting, crowd-pleasing, and perfect for make-ahead

15. Spaghetti Carbonara

A traditional Roman pasta made with eggs, Pecorino Romano, black pepper, and crispy guanciale—simple, rich, and timeless.GO TO RECIPE

Things to know about 15 Classic & Italian-Inspired Pasta Recipes

- **Pasta shapes matter:** Short pastas work best for baked dishes and chunky sauces, while long pastas shine with smooth or egg-based sauces like carbonara.
- **Salt your water well:** Properly salted pasta water is essential for authentic Italian flavor—this is where the pasta gets seasoned.
- **Sauce meets pasta, not the plate:** Always finish cooking pasta in the sauce so the flavors marry together.
- **Traditional doesn't mean complicated:** Many classic Italian pastas use just a handful of ingredients—quality matters more than quantity.
- **Make it your own:** These recipes are rooted in tradition but flexible enough for home cooks.

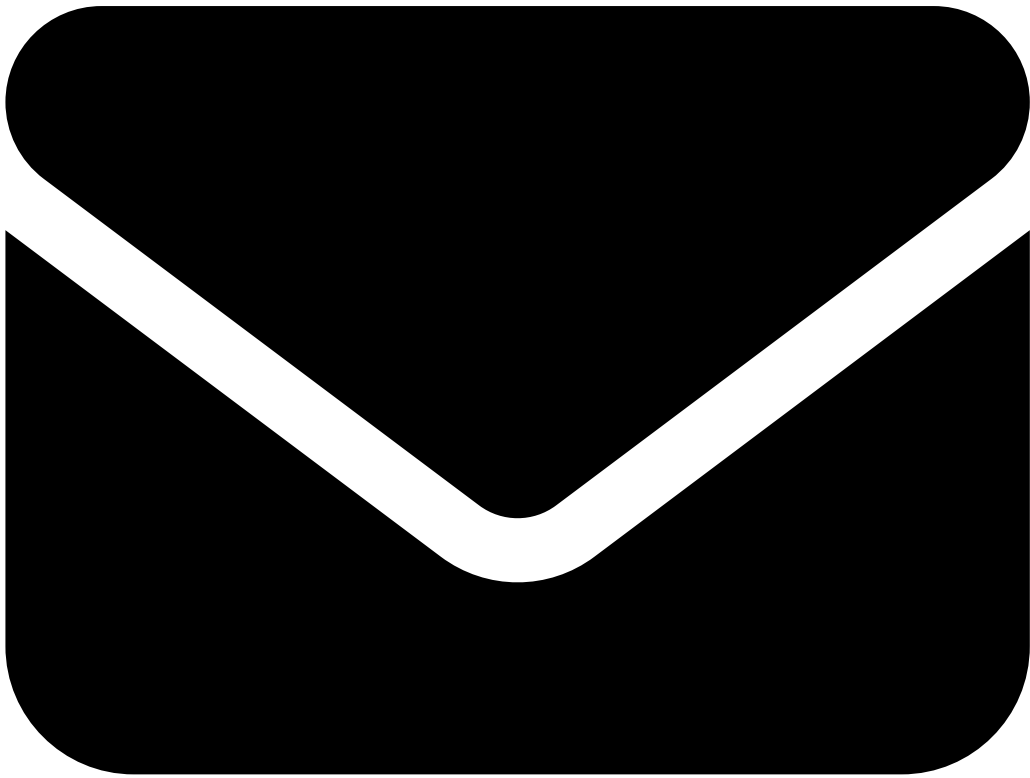
Italian Broccoli Rabe Pizza

Italian Broccoli Rabe Pizza

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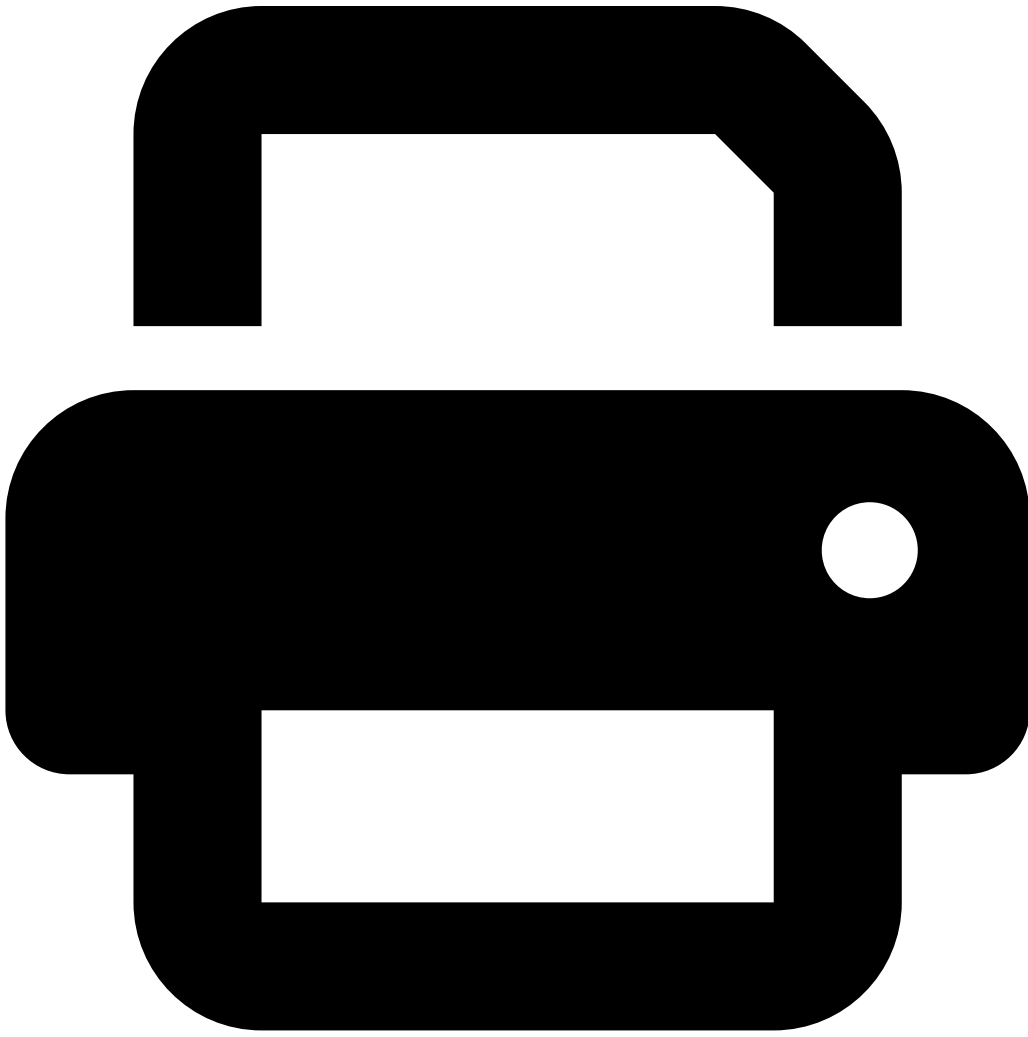
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In Southern Italy, pizza is often simple. It starts with good dough, olive oil, and what is in season. Italian broccoli rabe pizza (**Cime di rapa**), is a common topping and is loved for its slightly bitter flavor.

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.

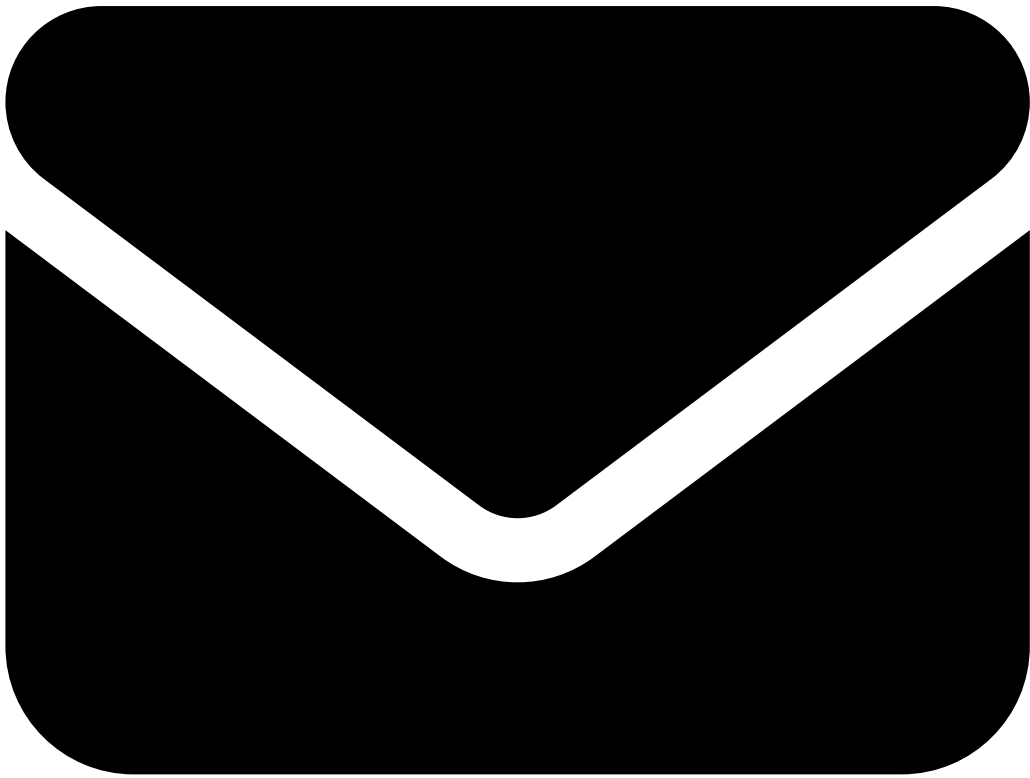
The Ultimate Guide to Italian & Italian-Inspired Soups

The Ultimate Guide to Italian & Italian-Inspired Soups

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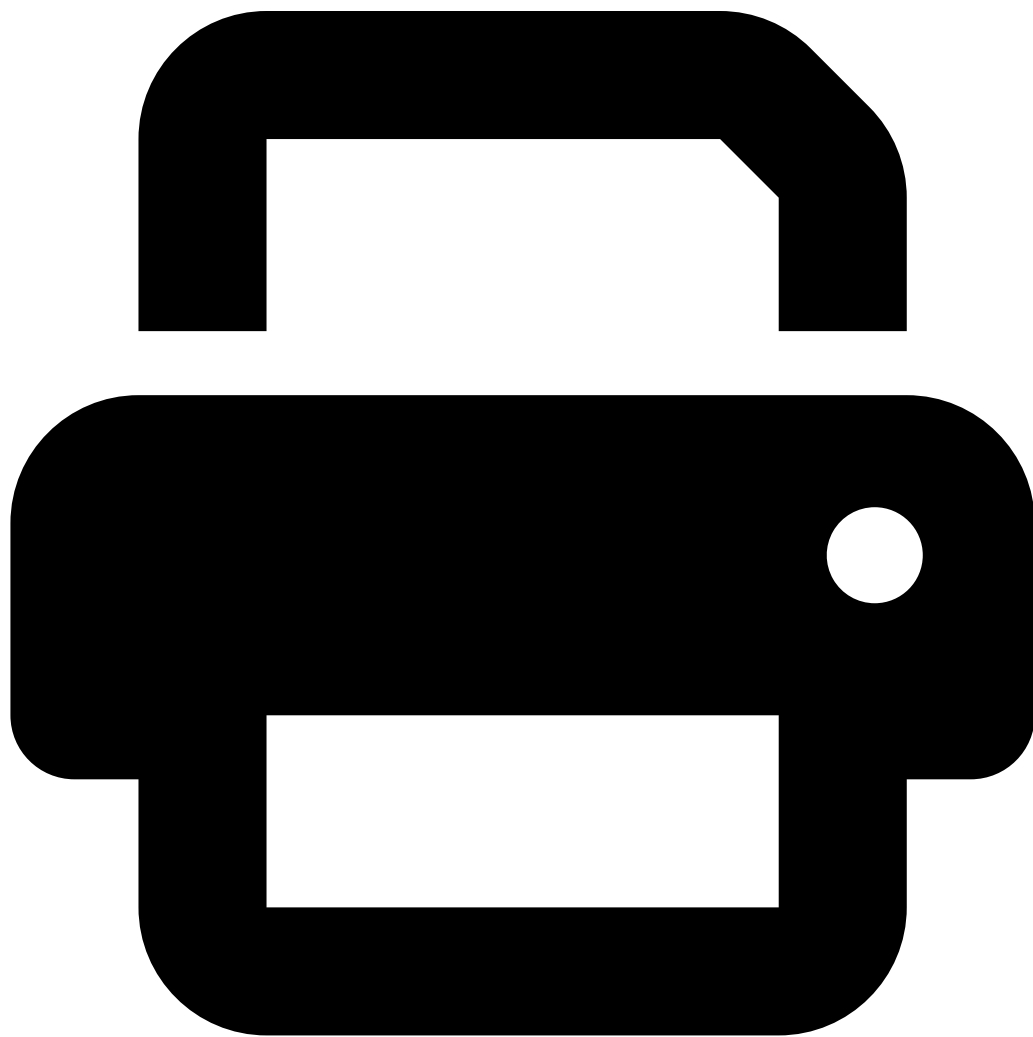
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10 Cozy, Classic Soup Recipes for Every Season

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.
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What to Serve with Italian Soup

- Crusty Italian bread
 - Garlic bread or focaccia
 - Simple green salad
 - Grated Parmigiano Reggiano
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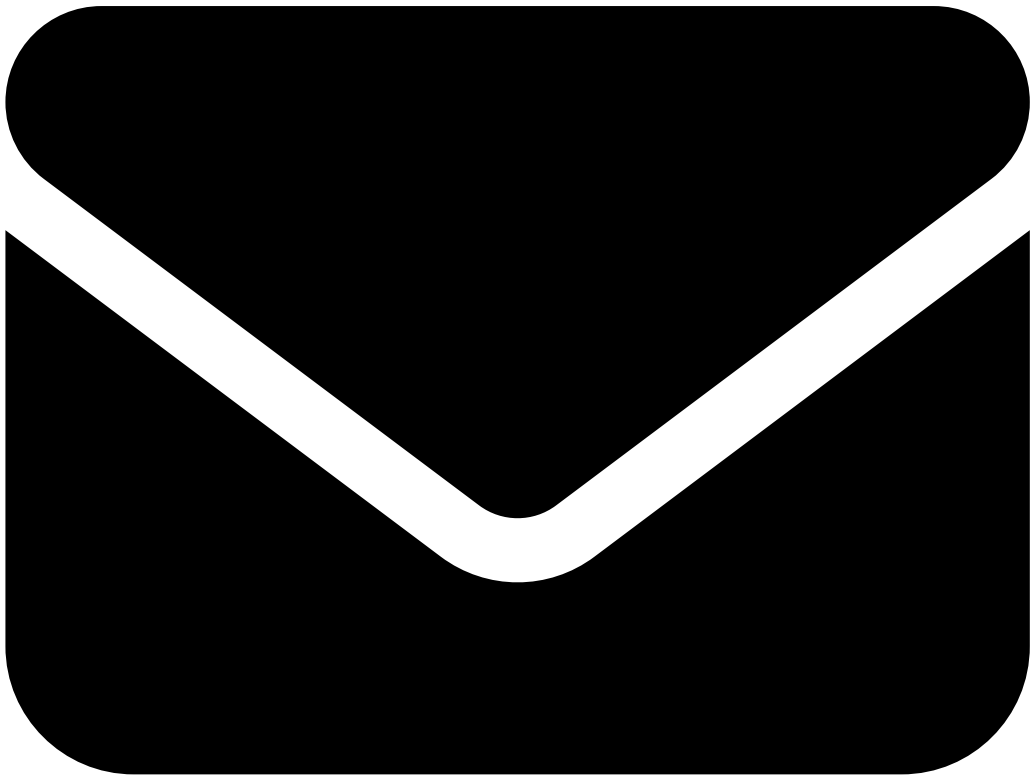
Traditional Italian Stuffed Pork Loin Roast

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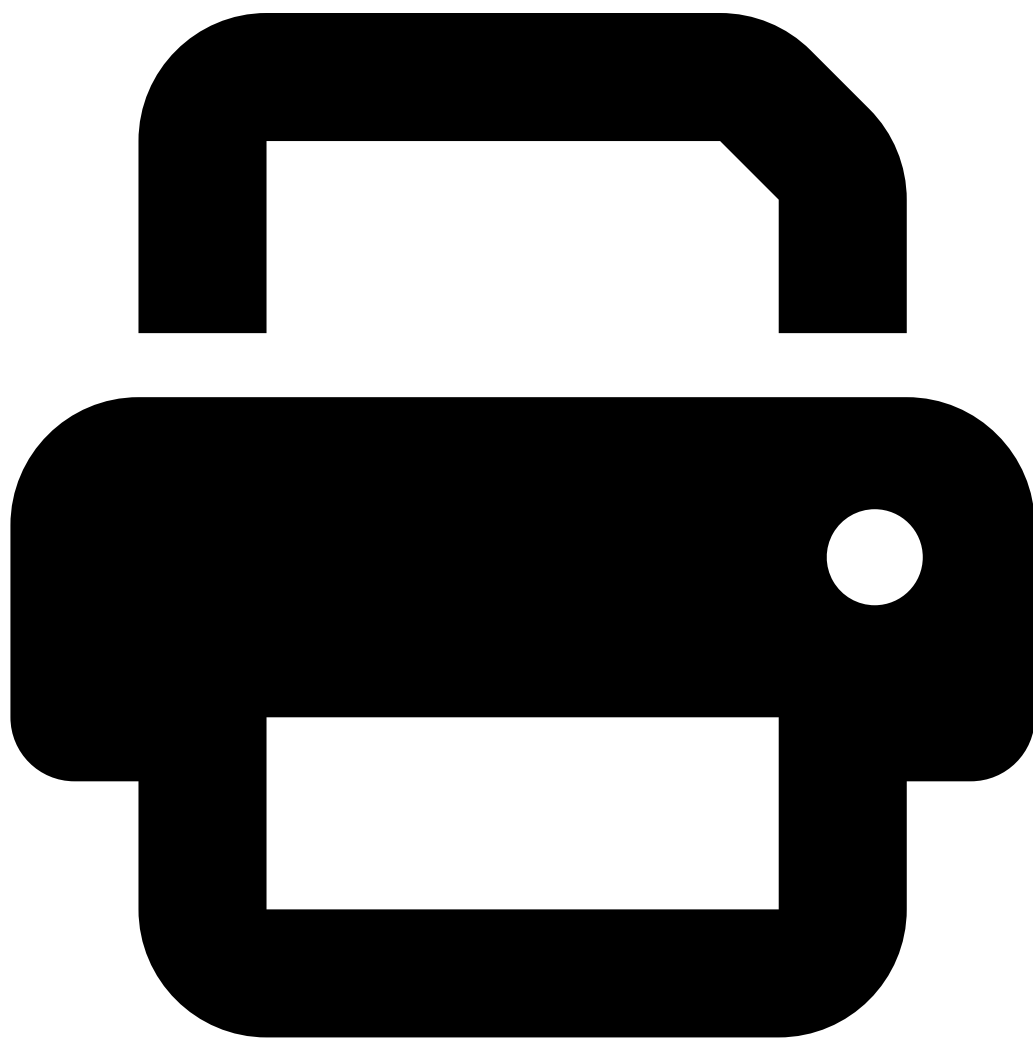
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There are some dishes that instantly feel like Sunday. This traditional Italian stuffed pork loin is one of them. Long before recipes were written down, pork roasts like this were prepared in Italian homes as a way to turn a simple cut of meat into 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.

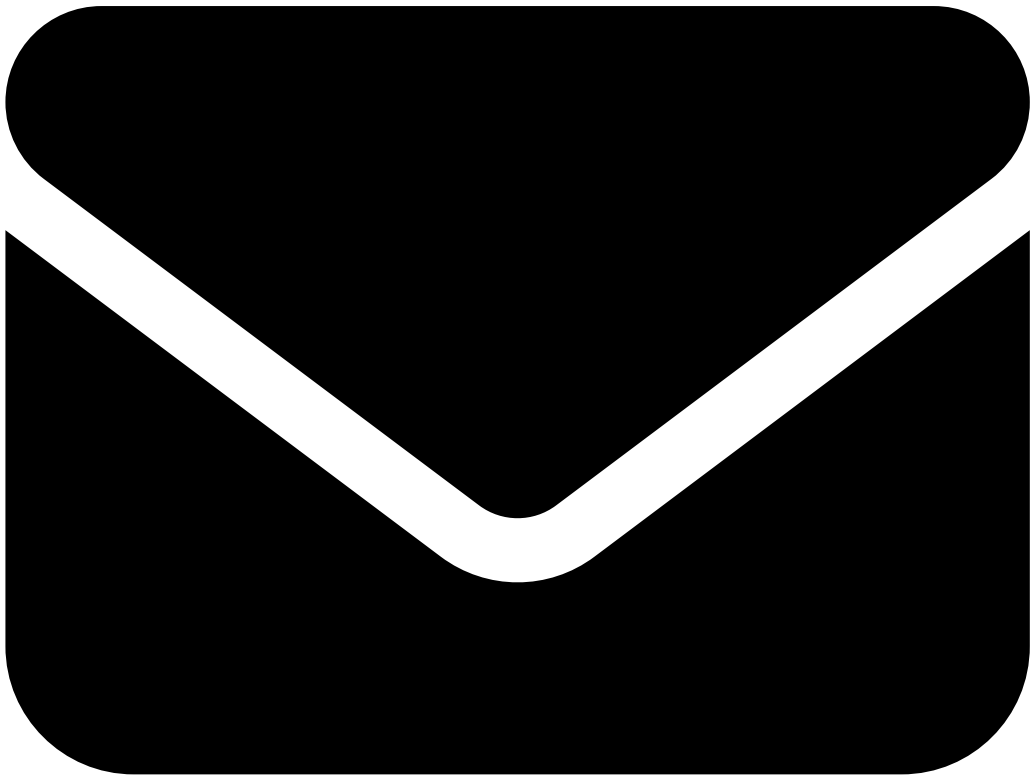
Main Course
Italian

Pizza di Scarola: Classic Italian Savory Escarole Pie

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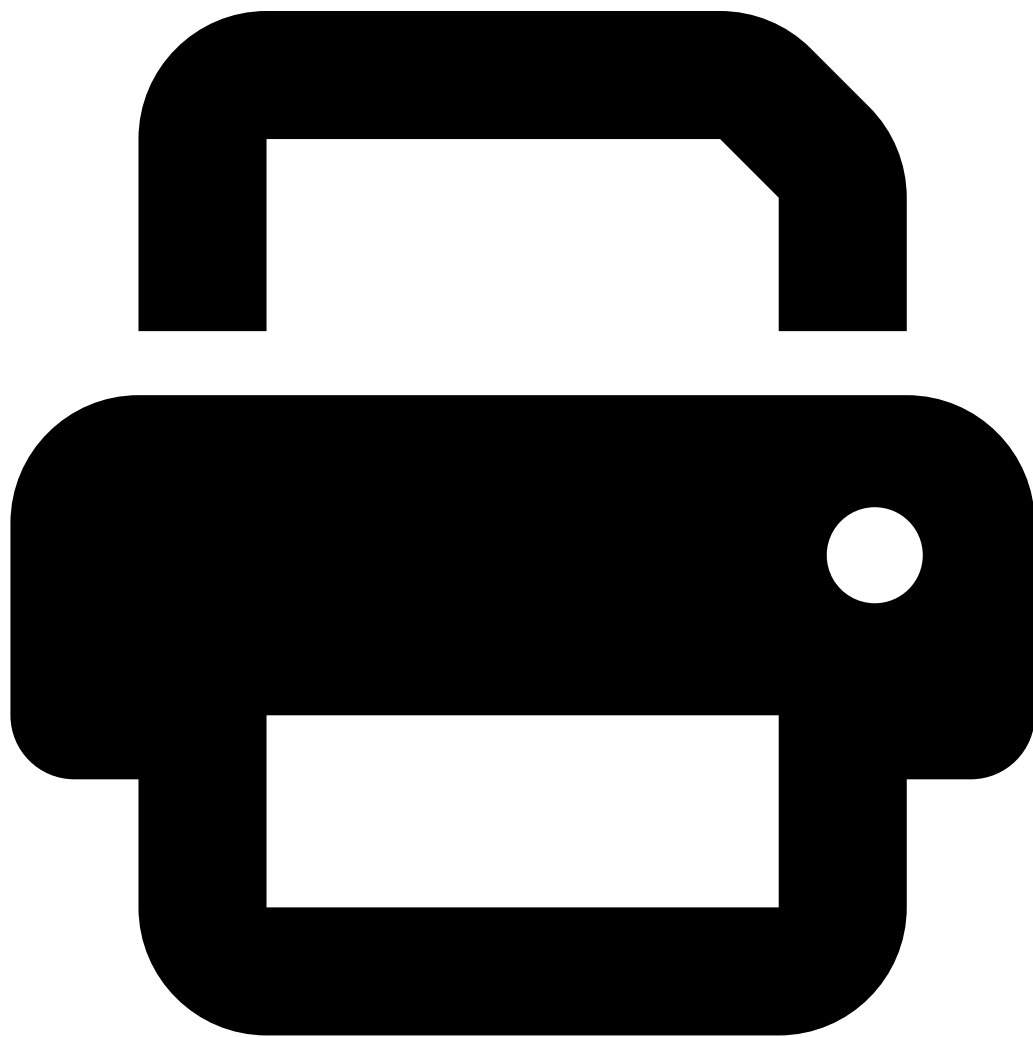
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Pizza di Scarola is a classic Italian savory pie filled with tender escarole, garlic, olives, capers, and anchovies, all wrapped in soft pizza dough. Rooted in Neapolitan cooking, this humble dish has been made for generations using simple pantry ingredients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

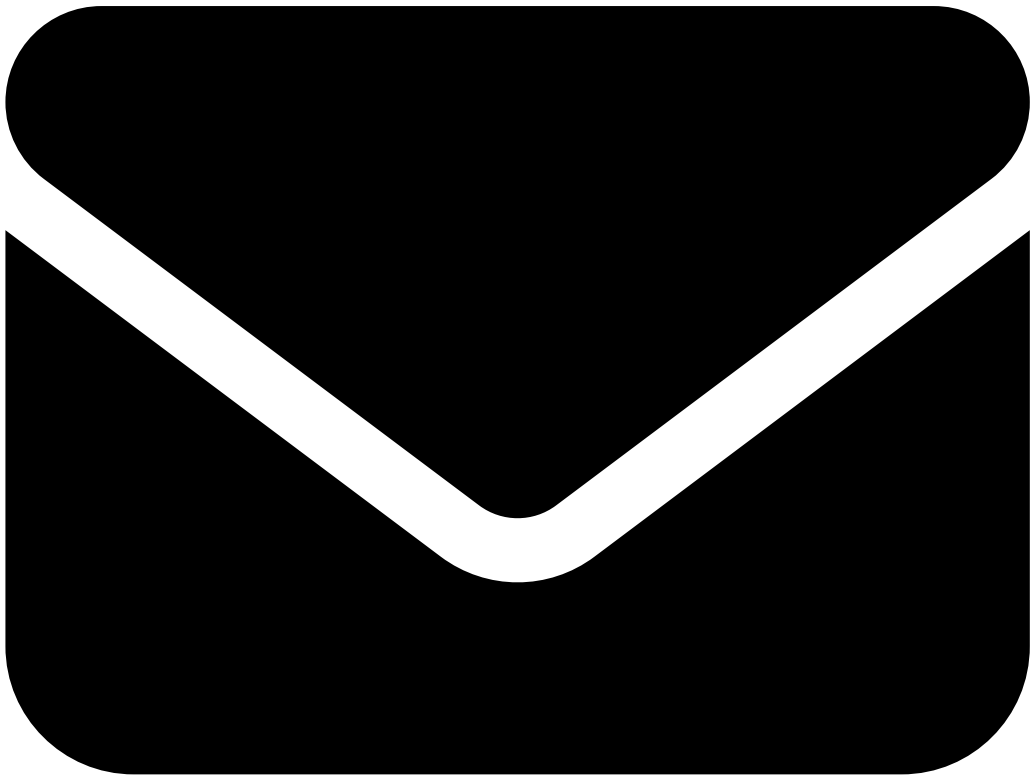
Italian homemade escarole pie

Healthy Italian Recipes to Start the New Year Right

Healthy Italian Recipes to Start the New Year Right

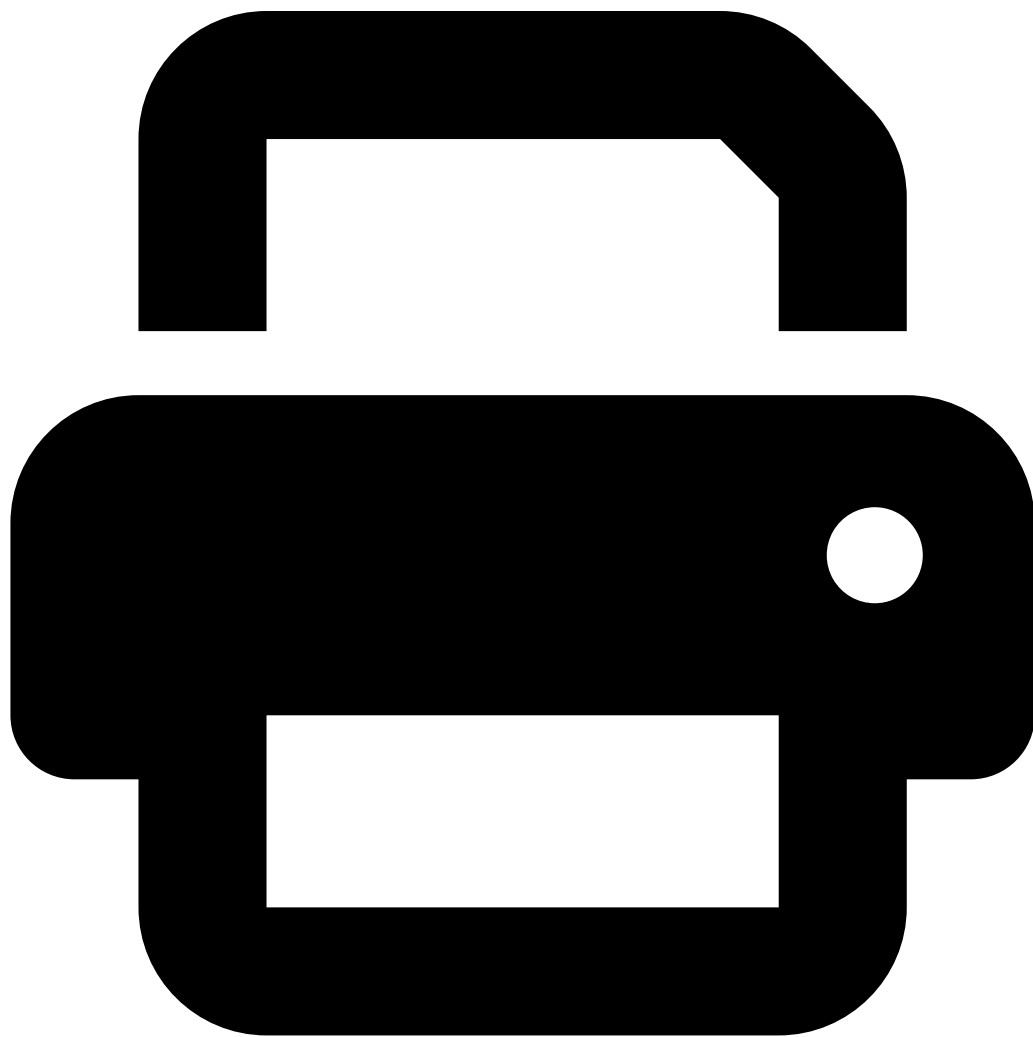
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The New Year always brings a renewed focus on feeling good—without giving up the foods we love. In Italian cooking, that balance has always existed. It's about fresh ingredients, simple preparations, and letting real food shine.

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?

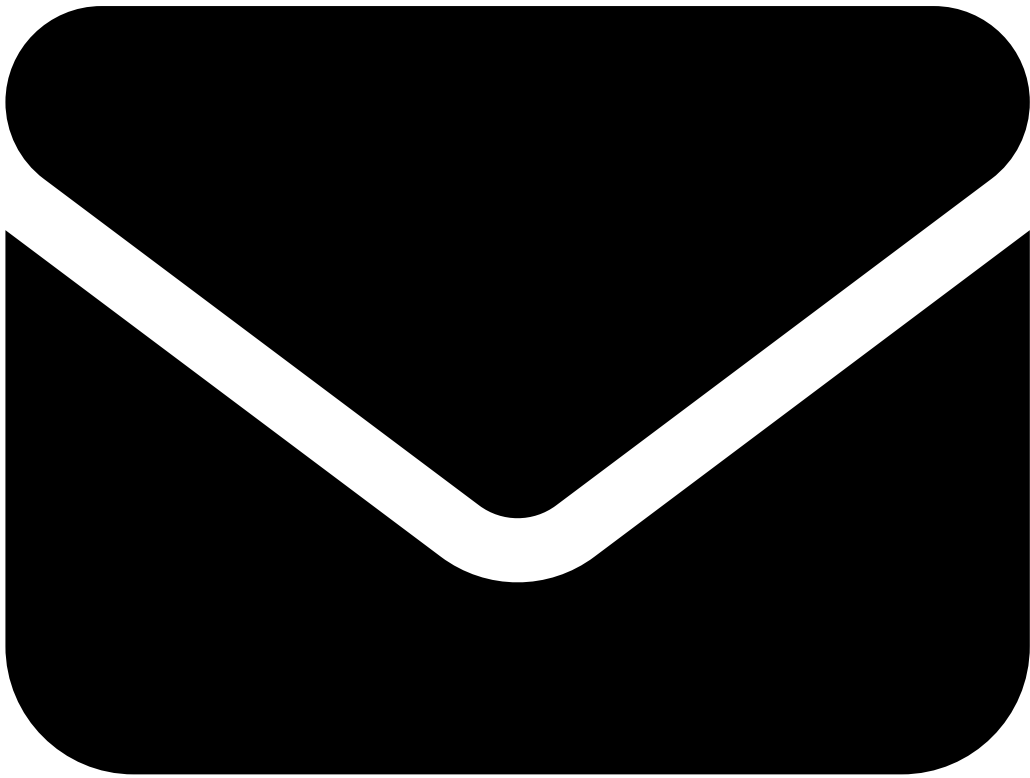
Mushroom & Fontina Puff Pastry Tart

Mushroom & Fontina Puff

Pastry Tart

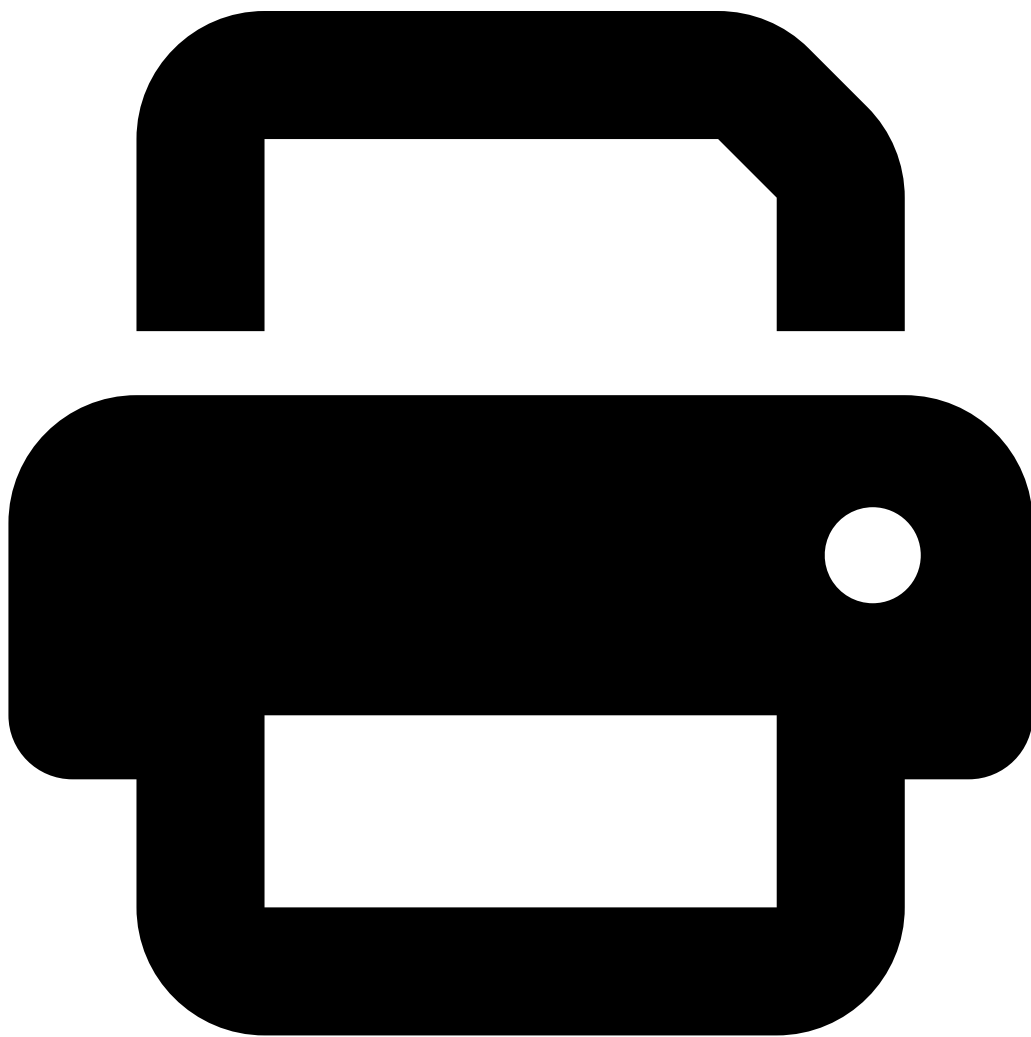
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This **mushroom and fontina puff pastry tart** is proof that simple ingredients can create something truly special. Earthy mushrooms, melty grated fontina, and flaky puff pastry come together in an elegant Italian-inspired appetizer that looks impressive 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