

HandBook

KNOW YOUR ITALIAN FOOD BY REGIONS



INTRODUCTION

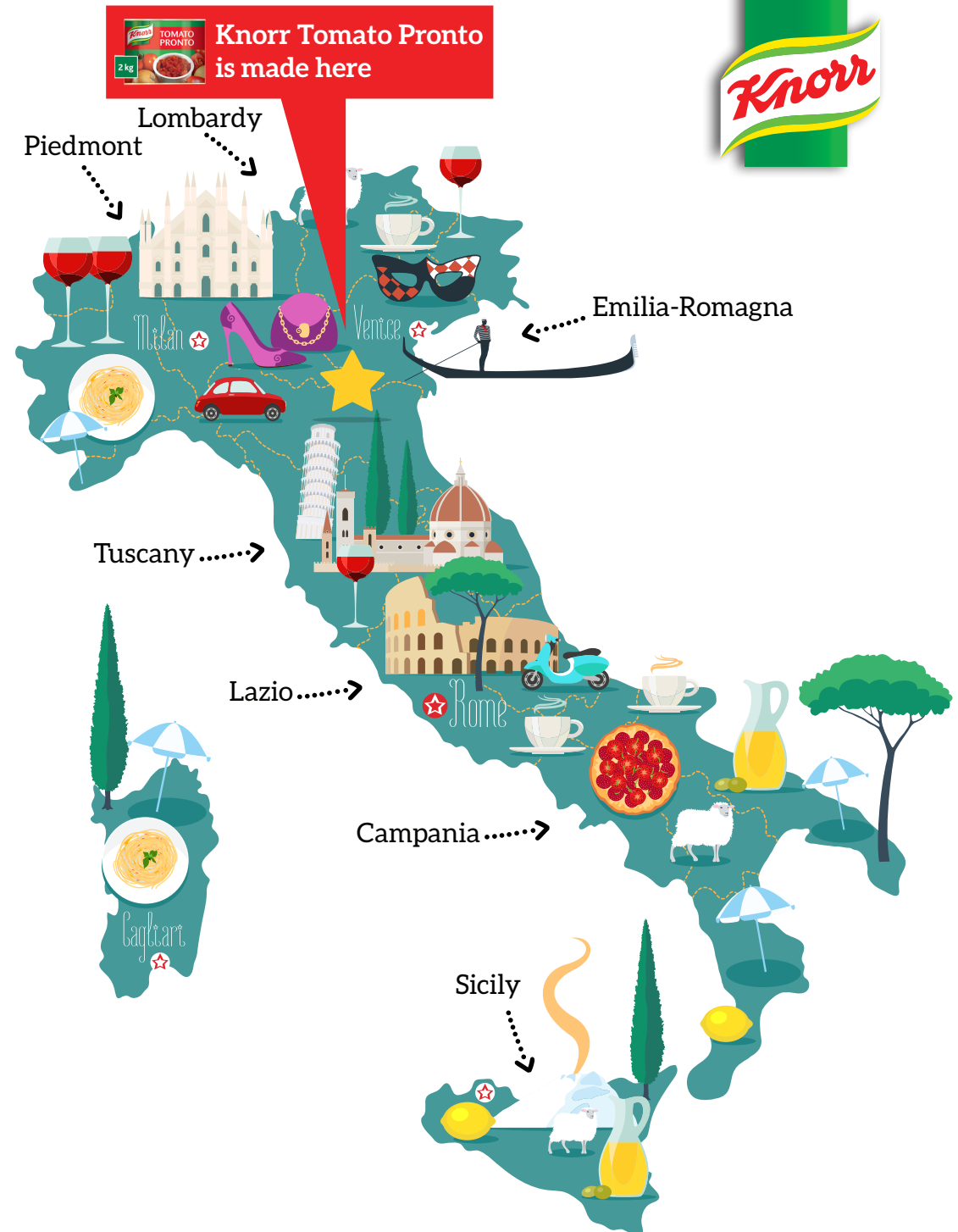
Italian food has been exciting taste buds around the globe for centuries with its **masterful use of fresh and high quality ingredients**. This popular Mediterranean cuisine has a worldwide foodie following, and continues to inspire **diner delight**.

With its mouth-watering collection of **crowd-pleasing comfort dishes** and delectable gastronomic creations, it's not hard to see why Italian cuisine is so loved. The genius of this world famous fare lies in its **delicious authenticity**, which satisfies even the most diverse and selective of palates.

Let's dive deeper inside the kitchen cultures of seven well-known Italian regions.



THE ULTIMATE Foodie ROAD TRIP Map ACROSS Italy



Knorr WORLD CUISINE



Italian cuisine is popular all over the world, and a true diner favourite. To capture the essence of authentic Italian dishes, simplicity and great ingredients are essential.



Featured Recipes



Lombardy – Milan

- ✕ Osso Bucco with Risotto Milanese

Piedmont

- ✕ Fresh Egg Pasta

Emilia-Romagna

- ✕ Mushroom Bolognese with Buffalo Mozzarella
- ✕ Three Cheese Tortellini Bolognaise Sauce

Tuscany – Florence

- ✕ Tuscan Chicken and Tomato Roast

Lazio – Rome

- ✕ Amatriciana Pasta
- ✕ Spaghetti Carbonara
- ✕ Bruschetta

Campania

- ✕ Bufalina Pizza
- ✕ Gnocchi

Sicily

- ✕ Eggplant Caponata
- ✕ Italian Lime Ice



Lombardy

Serves 10

Ingredients

Meat & Sauce

10pc	Veal shanks
5g	Salt
5g	Cracked black pepper
30ml	Olive oil
200g	Onion, sliced
150g	Carrot, sliced
5g	Garlic, finely chopped
1.2kg	KNORR TOMATO PRONTO
10g	KNORR DEMI-GLACE
180g	Water, hot
3pc	Bay leaves
2pc	Fresh thyme
2pc	Fresh rosemary
250g	Cherry tomato, mixed

Risotto Milanese

300g	Arborio rice
80g	Red Onions, finely chopped
50ml	Olive oil
1.2l	Water, hot
25g	KNORR AROMAT SEASONING POWDER
80g	Parmesan cheese, grated
0.5g	Saffron threads
50g	ASTRA FAT SPREAD

For full recipe visit: www.ufs.com



OSSO BUCCO

with Risotto Milanese

Italian classic rustic style cooking, a slow braised veal shank with saffron risotto. A classic dish of the Lombardy region in Italy. This region with the capital of Milan is also famous for Gorgonzola & Gran Padano cheese. Knorr Tomato Pronto makes this dish quicker and easier to prepare. Get cooking on this recipe today!

Chef's Tip

Gremolata is an Italian condiment, which simply consists of three ingredients (parsley, garlic and lemon) finely chopped together. It's the secret finisher in this dish.



FRESH EGG PASTA

Although there are many variations in pasta dough recipes, here is an egg pasta recipe to get you started. We encourage you to experiment and create your own unique recipe.

Chef's Tip

Doughs can be coloured with ingredients like spinach, tomato or squid ink.



Piedmont



Serves 10

Ingredients

600g All-purpose flour
6pc Eggs
5g Salt

Method

- ◆ Whisk together the flour and salt with a fork in a medium mixing bowl.
- ◆ Create a deep well in the middle of the flour and crack the eggs into this well.
- ◆ As you whisk the eggs, begin gradually pulling in flour from the bottom and sides of the bowl. Don't rush this step.
- ◆ At first, the eggs will start to look like a slurry. Once enough flour has been added, it will start forming a very soft dough. Don't worry if you haven't used all the flour.

For full recipe visit: www.ufs.com

MUSHROOM BOLOGNESE

with Buffalo Mozzarella

The beautiful town of Emilia-Romagna is famous for Parmigiano Reggiano cheese, tortellini pasta, Bolognese sauce & Balsamic vinegar of Modena. This semi vegetarian recipe – Mushroom Bolognese with Buffalo Mozzarella – takes all these local ingredients into account to create a lush comfort dish.

Chef's Tip

You can further pump up the intensity of your sauce by adding a couple of anchovy fillets. You'll never realize they are there when you taste the finished article.



Emilia-Romagna

Serves 10

Ingredients

1Kg	Tagliatelle pasta
50ml	Olive oil
300g	Red peppers, minced
180g	Red Onion, minced
40g	Garlic, minced
1Kg	Abalone mushrooms, minced
40g	Oregano, fresh, minced
40g	Basil, fresh, minced
500g	Parmesan cheese, grated
150ml	Balsamic vinegar
40g	Sugar
800g	KNORR TOMATO PRONTO
600g	Buffalo Mozzarella
20g	KNORR AROMAT SEASONING POWDER
50g	Sage, fresh

For full recipe visit: www.ufs.com



THREE CHEESE TORTELLINI BOLOGNAISE SAUCE

The flavour combination of a rich meaty sauce followed by a burst of three cheese-filled tortellinis is magical. Two classic Italian elements coming together to produce a top selling dish.

Chef's Tip

For beef bolognese start by making a fried and lightly browned base that's 50% diced onion and 50% diced celery and carrot fried in butter and olive oil. The Italians call this a soffritto and it's at the core of many of central Italy's dishes.



Emilia-Romagna

Serves 10

Ingredients

Bolognaise Sauce

30ml	Olive oil
800g	Beef, minced
20g	KNORR CHICKEN SEASONING POWDER
100g	Green Capsicum, brunoise
100g	Onion, brunoise
50g	Carrots, brunoise
50g	Celery, brunoise
180g	Mushrooms brown, finely chopped
700g	KNORR TOMATO PRONTO
40g	Garlic, minced
80g	Parsley, fresh

For full recipe visit: www.ufs.com



TUSCAN CHICKEN TOMATO ROAST

Tuscany is famous for fresh local ingredients which they use to cook home-style dishes like this Chicken Tomato Roast. Fresh herbs & top quality tomatoes are the key. The combination of fennel & balsamic vinegar creates serious flavour depth in this dish.

Chef's Tip

To keep the recipe authentic use Pancetta rather than Bacon in the recipe.



Tuscany

Serves 10

Ingredients

2.5kg	Chicken, whole
40g	KNORR CHICKEN SEASONING POWDER
10g	All-purpose flour
50ml	Olive oil
2g	Fennel, seeds
75g	Onion, brunoise
250g	Bacon
4g	Garlic, diced
50ml	Balsamic vinegar
30g	Sugar
10g	KNORR LIME SEASONING
50ml	Water for lime seasoning
800g	KNORR TOMATO PRONTO
20g	Rosemary, fresh
10g	Parsley, fresh
50g	Basil Pesto

For full recipe visit: www.ufs.com



AMATRICIANA PASTA

Originating from Italy, the Amatriciana Pasta is made with Bucatini which is like fat spaghetti with a hole running through the centre. You can make the dish with any pasta of your choice, we've chosen Angel Hair Pasta for our recipe.

Chef's Tip

For a vegetarian twist use brown mushrooms. To keep the recipe authentic, use Pancetta rather than Bacon.



Serves 10

Ingredients

50ml	Olive oil
600g	Bacon
10g	Chili flakes
150g	Onion, brunoise
900g	Pasta of your choice
800g	KNORR TOMATO PRONTO
50g	Basil pesto
350g	Parmesan, grated
80g	Parsley, chopped
20g	Black peppert

For full recipe visit: www.ufs.com



SPAGHETTI CARBONARA

Carbonara is a central Italian classic pasta sauce. The original sauce is not made with cream but it is a welcome addition.

Chef's Tip

Guanciale (pork cheeks) is the most commonly used meat for the dish in Italy, but Pancetta is also used.



Serves 10

Ingredients

50ml	Olive oil
600g	Bacon
200g	Onion, brunoise
1Kg	Spaghetti Pasta
20pc	Eggs
20g	Garlic, chopped
800g	Cheese sauce
20g	Basil Pesto
400g	Pecorino cheese, grated
250g	Parmesan cheese, grated
30g	Black pepper

For full recipe visit: www.ufs.com

BRUSCHETTA

Originally Bruschetta was simply bread toasted over hot coals, then sprinkled with some olive oil and garlic (or salt). It was something to serve while having an Italian BBQ, or when tasting the new oil in the winter. This is how 'Garlic Bread' was originated. Over time, Bruschetta became an appetizer offered in restaurants, and as such, it expanded to be a 'carrier' of other appetizers.



Variants

1



STRAWBERRY BALSAMIC BRUSCHETTA

2



MUSHROOM & FENNEL BRUSCHETTA

3



ALMOND CAPRESE BRUSCHETTA

For full recipe visit: www.ufs.com



BUFALINA PIZZA

Campania Style

The city of Naples between in and Campania region of Italy is the original birth place of the pizza. In this recipe, the simplicity and quality of each ingredient is the most important thing. Knorr Tomato Pronto is the perfect base for pizzas. Topped with Italian Buffalo Mozzarella and a little basil.

Chef's Tip

If you can, cook the pizzas on a piece of granite in your conventional oven - if not, cook them one by one on pieces of tin foil directly on the bars of the oven shelf towards the bottom of the oven.



Campania

Serves 10

Ingredients

800g	All-purpose flour
200g	Semolina flour
15g	Salt
14g	Yeast, dried
15g	Caster sugar
800g	KNORR TOMATO PRONTO
50g	Basil & sundried tomato pesto
80g	Basil, fresh
50ml	Extra virgin olive oil
800g	Mozzarella cheese , sliced

For full recipe visit: www.ufs.com



GNOCCHI NAPOLI

The exact origin of Gnocchi is not known, but we do have the Spanish to thank for bringing the humble potato to the homes of all Italians. Classed as pasta this classic is a dumpling using potato as the main ingredient which is a perfect vessel to carry the flavour of this rich tomato sauce.

Chef's Tip

To give the Gnocchi a light and melt in the mouth texture, use choux pastry, as recommended in our recipe.



Campania

Serves 10

Ingredients

Gnocchi

1kg	Mashed Potato
150g	Choux pastry
40g	Parmesan cheese
60g	Ricotta cheese
2g	Salt
250g	Flour

Sauce

50ml	Olive oil
150g	Onion chopped
30g	Garlic
1g	Bay leaves
1g	Chilli flakes
1g	Rosemary
50g	ASTAR FAT SPREAD
2kg	KNORR TOMATO PRONTO
150g	Green olives, cut in half
30g	Capers, rinsed
1g	Oregano
1g	Basil
50g	Ricotta cheese

For full recipe visit: www.ufs.com



EGGPLANT CAPONATA

Caponata is a delicious Sicilian eggplant salad with creamy caramelized eggplant, crisp celery and a savoury sweet and sour flavour from the tomatoes and vinegar. Serve as an antipasto with bread, or as a relish for fish and meat dishes.

Chef's Tip

Small eggplants like Italian Graffiti and Japanese are great for this dish as they have fewer seeds.



Serves 10

Ingredients

100ml	Olive oil
800g	Eggplant
100g	Pine nuts
250g	Onion, brunoise
200g	Celery, diced
200g	Yellow capsicum
150g	Green olives
50g	Capers
500g	KNORR TOMATO PRONTO
30g	Basil Pesto
80g	Parsley, chopped
20g	Black pepper

For full recipe visit: www.ufs.com



ITALIAN LIME ICE

A simple yet very popular ice dessert like sorbet or ice cream, which was made popular in the USA by Italian immigrants in the early 1900s.

Chef's Tip

Knorr Lime Seasoning reduces unwanted wastage from having to squeeze and then discard lime or lemon skins. Perfect to use for Lime ice-cream, Lime sorbets and Lime Gelatos.



Serves 10

Ingredients

Lime Juice

150g	KNORR LIME SEASONING
450ml	Water

Italian Ice

500ml	Water
200g	Sugar
0.5g	Salt

Garnish

10pc	Candied lime slice
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Benefits of Knorr Lime Seasoning vs Scratch



Save time - No cutting & squeezing



No seasons - We only pick the best limes in season



No waste - No peels no seeds



Less storage 1 pack = 4kg of limes

For full recipe visit: www.ufs.com





KNORR TOMATO PRONTO

Knorr Tomato Pronto is made from sun-ripened tomatoes from the Emilia-Romagna region in Italy.



KNORR CHICKEN SEASONING POWDER

Made from real chicken for an intense meaty taste.



KNORR MASHED POTATO

We only use the best German potatoes, 100% sustainably grown. Maldives Only



KNORR BEEF STOCK POWDER

Enhance the flavour of your favourite recipes with Knorr Beef Stock Powder. Maldives Only



KNORR DEMI GLACE BROWN SAUCE MIX

Knorr Demi Glace delivers a classic, meaty taste in just 5 minutes.



KNORR CHICKEN STOCK POWDER

Knorr Chicken Stock Powder brings that full, intense, meaty taste to every dish. Maldives Only



KNORR LIME SEASONING POWDER

Knorr Lime Seasoning is made from real limes for consistent sourness and aroma.



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