

MYERBERG CENTER – COOKING WITH CHEF ALBA

“TUSCANY PAST AND PRESENT” - MARCH 31, 2021, 2:30-4PM

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TUSCAN CANNELLINI BEANS IN TOMATO AND SAGE (SERVES 4)

(TO JEWS WHO EAT KITNIYOT, LEGUMES ARE CONSIDERED KOSHER FOR PASSOVER)

2 cans cannellini beans, drained (not rinsed)

2 cups peeled chopped tomatoes (San Marzano if possible)

2 cloves of garlic, minced

3-4 sage leaves, roughly torn

2-3 tablespoons extra virgin olive oil

Salt and black pepper

1. In a cold skillet add the olive oil and garlic on low heat. Add the sage leaves; cook until the garlic start to become golden.
2. Add the tomatoes to the skillet and cook on medium heat 5-8 minutes, stirring with a wooden spoon. Season with salt and pepper.
3. Add the beans and cook until the tomatoes and beans are tender.

What to prep ahead:

- Have all ingredients measured and ready on a tray
- Drained the beans

ETRUSCAN STYLE CHICKEN (SERVE 2-4)

3-4 tablespoons extra virgin olive oil
1 small sweet onion, finely minced
1 carrot, finely minced
1 celery stalk with leaves, finely minced
4 chicken thighs, boneless and skinless, pat dry
Salt and black pepper
3-4 fresh sage leaves, hand torn
½ - 1 teaspoon minced fresh Rosemary
½ cup white wine
½ cup warm water
½ cup black olives, pitted

1. In a deep skillet, warm the olive oil and add the aromatic vegetables to soften. Cook until the vegetables are soft and slightly golden. Remove, cover, and set aside.
2. Add a drizzle of olive oil, add the chicken thighs; season and cook on medium heat until golden on one side. Turning only once, flip the chicken and cook the other side until golden.
3. Add the rosemary and sage, cook about a minute. Add the wine and reduce until the wine evaporates.
4. Lower the heat, add the vegetables back in the skillet. Add a little warm water and continue to cook until the vegetables and the chicken are fully cooked. Add the olives to warm, adding a bit of warm water if necessary. Serve warm.

What to prep ahead:

- Have all ingredients measured and ready on a tray
- Finely minced the onion, carrot, and celery



ASPARAGI ALLA FIORENTINA (SERVES 2)

1 bunch asparagus, trimmed

1-2 tablespoons extra virgin olive oil

2 whole eggs

1/3 cup grated parmesan cheese, *optional (omit to make this dish Kosher with the chicken dish or make this dish separately for a different meal)*

Salt and black pepper

1. Blanch the asparagus in salted water until almost tender but not overcook. Drain and pat dry.
2. In a skillet, add the butter, when melted add the asparagus, cook about 5 minutes. Add the parmesan cheese and black pepper. Transfer to a platter.
3. In the same skillet add a little more butter and the eggs. Cook the eggs to your liking. When ready transfer on top of the asparagus and serve warm with bread to dip in the egg yolk.

What to prep ahead:

- Have all ingredients measured and ready on a tray
- Rinse the asparagus
- Have a pan ready to boil the asparagus before class starts