

Myerberg Center – Cooking with Chef Alba
“Recipes from Puglia, Italy”



Pomodori Gratinati Pugliese Style

2 tablespoons minced Italian parsley
1-2 cloves of garlic, minced
Salt and black pepper
8-10 capers in brine, chopped
Extra virgin olive oil
6-8 basil leaves, minced
4 medium size ripe but firm tomatoes
Juice of tomato
Breadcrumbs
Grated parmesan cheese

1. Preheat oven to 400F.
2. Cut the tops of the tomatoes where the stem is (the cap). With a small knife and spoon dig out the pulp all around the tomatoes without breaking the walls. Then place the tomatoes upside down to drain on a plate.
3. Place the breadcrumbs in a bowl, add the capers, minced garlic, parsley, basil. Drizzle in the olive oil. Add some juice from tomato and mix well until the mixture is soft.
4. Sprinkle grated cheese on the inside of the tomatoes, add salt and pepper. Stuff the tomatoes with the mixture and sprinkle parmesan cheese on top.
5. Drizzle some olive oil on the bottom of a small baking pan and add the stuffed tomatoes. Bake 20-30 minutes depending on the size of the tomatoes. Bake until golden on top. Cool before serving.

Orecchiette Pasta with Broccoli Raab and Pecorino Cheese

½ pound orecchiette pasta
1 bunch broccoli rabe (rapini)
2-3 cloves of garlic, peeled and crushed
Pinch red pepper flakes
Extra virgin olive oil
Salt and black pepper
Grated Pecorino Cheese

1. Rinse broccoli rabe under cold running water. Remove all yellow and dull leaves. Trim off the bottoms of the stems to remove tough and fibrous parts. Chop Coarsely.
2. Put the broccoli rabe in a large pot of boiling water with salt. Reduce the heat to medium and cook for about 5 minutes. Remove the broccoli rabe, drain well and set aside.
3. Return the pot to a full boil, add the orecchiette pasta in the same water and cook until pasta is “al dente”.
4. In a large skillet pan add 2-3 tablespoons olive oil, pinch of red pepper flakes, crushed garlic, and salt and pepper to taste. Cook for 2 minutes, then add the broccoli rape in the skillet and cook for 5-6 minutes.
5. Drain pasta and reserve some pasta water. Transfer pasta to the skillet with the broccoli rape and toss to combine flavors for a couple of minutes. Add Pecorino cheese and toss again, serve warm.

Insalata di Ceci Estiva

1 small can chickpeas, drained
½ red onion, thinly sliced
10-12 baby various colors tomatoes, cut in half
1 cup baby arugula
Extra virgin olive oil
1 lemon
Salt and black pepper

1. Add all ingredients in a bowl except the oil and lemon.
2. In a small bowl add the oil and lemon juice and season lightly with salt and pepper. Mix the dressing to your liking. When ready, drizzle over the salad and mix well.