

Myersberg Center – Cooking with Chef ALba
RECIPES FROM BEAUTIFUL PORTOFINO



CONTORNO DI VERDURE AL FORNO

- 1 small eggplant, cut in small cubes
- 2 small zucchini, cut in small cubes
- 1 medium potato, peeled and cut in small cubes
- 1 yellow bell pepper, cut in small cubes
- 1 large ripe tomato, cut in small cubes
- 2 cloves of garlic, peeled
- 1 sprig of rosemary, minced
- Pinch dry oregano
- ¼-1/2 teaspoon ground paprika
- Salt and black pepper
- 2-3 tablespoons extra virgin olive oil

1. Combine all the prepared vegetables in a baking pan and season with salt, pepper, paprika, rosemary, whole garlic, and oregano. Drizzle a few tablespoons of olive oil and mix well.
2. Bake on 375F in a preheated oven for about 30-40 minutes or until the vegetables are done. Halfway through cooking, open the oven and give a quick mix. The cooking time may vary slightly depending on the size of the vegetables. The dish will be ready when the ingredients have become soft and slightly golden.
3. Remove from oven, let cool for a few minutes, remove the two cloves of garlic, and serve.

CONDIJUN (INSALATA LIGURE) SERVES 6

- 6 thin slices of bread, lightly toasted
- 2 medium tomatoes, partially empty and remove seeds, thin rounds
- 2 yellow bell peppers, remove seeds, thin rounds
- 1 cucumber, trim and peel partially, thin rounds
- 1 head of lettuce, cut into strips
- 1 garlic clove, peeled
- Fresh basil
- Apple, white or white balsamic vinegar
- Extra virgin olive oil
- Salt and pepper

1. Rub the slices of bread with garlic and sprinkle with a few teaspoons of vinegar mixed with some water.
2. At the bottom of a salad bowl, make a layer with half the bread; Cover it with part of the vegetables, without mixing them. Add salt, drizzle with plenty of oil and sprinkle with a handful of chopped basil leaves. Cover with the remaining slices of bread, and the remaining vegetables, alternating them but not stirring them. Complete this layer with a little basil, a pinch of salt and a drizzle of olive oil.
3. Let the salad rest in a cool place, but not in the fridge, for at least 20 minutes before serving. If you want, you can make this salad even tastier, adding a few pieces of salted anchovy, a dozen pitted black olives.

CHICKEN IN WHITE GRAPES ROSEMARY AND WHITE WINE

2 tablespoons extra virgin olive oil
2 boneless skinless chicken breasts, cut in 3-4 slices
4-6 large garlic cloves, whole
1/2 cup dry white wine
1/2 cup chicken or vegetable broth
1 tablespoon all-purpose flour
1 sprig rosemary, minced
Pinch dry oregano
Salt and pepper
½ cup whole white seedless grapes

1. Heat a large skillet to medium high heat, add the olive oil. Season chicken with salt and pepper.
2. Sear chicken for 3-5 minutes on each side. Chicken will release easily from pan when ready to turn.
3. Remove chicken to a plate and cover with foil to keep warm.
4. Reduce heat to low. Add whole garlic cloves and sauté until lightly brown. Sprinkle flour over garlic stirring until no flour is visible.
5. Pour in wine and chicken stock. Simmer for 5 minutes until slightly thick. Add herbs, chicken, and grapes. Taste for seasoning.
6. Continue to cook for an additional 10 minutes or until internal temp reaches 165F degrees.

Chef Alba's latest book is available on:

- Amazon: <https://amzn.to/42mr0xl>
- Barnes & Noble: <https://bit.ly/3LXALNe>
- Hippocrene: <https://bit.ly/3nCgbIB>