



## FIRST COURSES

### Carabaccia (Ristorante Boccon DiVino, Montalcino)

11 lbs (5 kg.) white onions - coarsely chopped  
1/2 cup (100 grams) sugar  
10-1/2 oz (300 grams) toasted almonds, crushed in a blender  
white vinegar  
1 glass water  
salt, peperoncino  
extra vergine olive oil

Cover the bottom of a large, deep pot, and add the onions, peperoncino, and sugar - bring to a simmer, constantly stirring. Aside, mix the almonds and vinegar until a cream is formed. When the onions are cooked almost dry, add the almond/vinegar mixture, still constantly stirring, and filtered vegetable broth, and cook for about one hour. Serve in bowls with slices of toasted bread, with some grated gruviera or pecorino cheese on top, with a sprinkling of aromatic herbs. Finish in broiler for one minute. Suggested wine pairing: Fontanelle Chardonnay or Serena Sauvignon Blanc. Serves 10-15

### Crespelle ai Funghi Porcini e Tartufo (Ristorante Boccon DiVino, Montalcino)

#### FOR THE CREPES:

2 cups (1/2 liter) milk  
1 cup (250 grams) water  
1-1/3 cups (300 grams) flour  
3 eggs  
1 tablespoon of butter  
1/4 cup (50 grams) brandy  
salt to taste

Mix the eggs with the milk and water, adding the flour, melted butter, brandy and a pinch of salt. Be sure to whip out all lumps. In a non-stick pan about six inches (15 or 16 cm.) wide, add a bit of butter and a spoonful of the crepe mix, cooking on both sides. Repeat this procedure until all the mixture is used up.

#### BESCIAMELLA SAUCE:

2 cups (1/2 liter) milk  
1/4 cup (50 grams) flour  
1 tablespoon butter  
salt to taste

Melt the butter and mix into the flour, slowly adding the milk and salt; boil for 15 minutes, mixing with a beater. Add a bit of truffle sauce for taste.

#### FUNGHI TRIFOLATI:

2-1/4 lbs (1 kg.) mushrooms  
4 cloves garlic  
3-1/2 oz (100 grams) 'nepitella'  
3-1/2 oz (100 grams) parsley  
extra vergine olive oil

Clean the mushrooms and slice them thinly from top to bottom so that each slice has cap and stem. Fry the garlic, parsley and catnip in a bit of oil, then add the mushrooms. Cook for a few minutes, then add broth and simmer for 10-15 minutes. Add a teaspoon of truffle sauce and mix well.



#### PREPARATION OF DISH:

Fill each crepe with the funghi trifolati and besciamella sauce mixed in. Fold in half, and cook in the microwave for one minute. Top with besciamella sauce corrected with truffle cream. Shave a bit of truffle on top of each crepe before serving. Suggested wine pairing: Serena Sauvignon Blanc or Colvecchio Syrah. Serves 10

#### **Insalata di Farro (Ristorante Boccon DiVino, Montalcino)**

2-1/4 lbs (1 kg.) hulled spelt  
3-1/3 lbs (1.5 kg.) frozen green beans  
2-1/4 lbs (1 kg.) baby shrimp  
chives, salt, carrot, celery, parsley, extra vergine olive oil

Cook the spelt like rice in boiled, salted water for 20-25 minutes and then let cool. Cook the green beans in salted boiling water, immersed while frozen to maintain their color, then drain and chop. If the baby shrimp are frozen, immerse in boiling water for a moment, then cover with cold water. Mix the spelt, shrimp, beans and chives with olive oil, salt, pepper, aromatic herbs and serve add room temperature with a drop of olive oil.

Suggested wine pairing: San Angelo Pinot Grigio or Fontanelle Chardonnay. Serves 50

#### **Passato di Ceci (Chef Guido Haverkock, Taverna Banfi)**

A traditional creamed chick-pea soup with porcini, finished with a drizzle of extra-virgin olive oil.

2 carrots (peeled and diced)  
1-2 onions (peeled and dice)  
1 celery stalk (diced)  
1 clove of garlic (diced)  
Castello Banfi extra virgin olive oil  
1/2 glass of white wine  
150 gr/5oz. chick peas (well rinsed and soaked for 12 hours)  
2 liters/2 quarts of water  
Salt and pepper  
150 gr/5 oz. fresh porcini mushrooms (cleaned and diced)  
Italian parsley (minced)

Sauté carrots, onion(s), celery and garlic in abundant extra virgin olive oil. Temper with white wine. Add chick peas and approx. 2 liters/2 quarts of water. Simmer on low heat for approx. 4 hours until chick peas are very soft. Season with salt and pepper. Cream in blender or with a food mill and add water, if necessary.

Sauté porcini mushrooms in a very hot pan. Add to creamed chick peas.

Serve with minced parsley and drops of Castello Banfi extra virgin olive oil. Suggested wine pairing: Serena Sauvignon Blanc or Colvecchio Syrah. Serves 4

#### **Pinci alle Briciole (Castello Banfi)**

This is the ultimate poor-man's meal that is now fashionable--and flavorful! Hand-rolled noodles made with only flour and water, dressed in a sauce that is as simple as day-old bread!

1/2 loaf day-old bread, crumbled 2-1/8 cups (500ml) extra virgin olive oil  
2-3 cloves garlic, chopped 1-2 peperoncini  
salt to taste

Gently fry the garlic and peperoncino in olive oil until the garlic is lightly golden, then add the bread crumbs and a pinch of salt. Stir continuously until the bread begins to get crisp; remove from flame, toss with pinci and serve immediately.



### Ragu di Lepre (Ristorante Boccon DiVino, Montalcino)

wild rabbit  
chopped beef and pork--1/4 percentage of rabbit  
onion, garlic, carrots, celery, bay leaf, juniper  
red wine, tomato concentrate, flour  
peperoncino  
broth  
salt  
extra vergine olive oil

Marinate the meat, to remove any gamey taste, chopped in small pieces with chopped onions, celery, carrots, juniper, bay leaf and cover with red wine, for at least 8-10 hours. Then remove and dry the meat, remove the bay leaf and juniper but chop the rest of the greens and reserve the marinade. Fry the greens in a bit of oil and then add the rabbit, brown for a few minutes, then add salt, peperoncino, a dusting of flour, and the marinade juices. Let the wine evaporate, add the tomato concentrate and broth, then cover. When done, remove the rabbit bones and chop the meat finely. Place back into the pan and cook for another 30 minutes, having prepared the beef and pork the same way, but without the marinade—mix well with the rabbit. Serve with grated Parmigiano Reggiano cheese. Suggested wine pairing: Mandrielle Merlot or Colvecchio Syrah

### Ribollita Toscana (Ristorante Boccon DiVino, Montalcino)

6-1/2 lbs (3 kg.) dried cannellini beans  
20 leaves of sage  
4 cloves of garlic  
2 oz (50 grams) tomato concentrate  
4-1/2 lbs (2 kg.) swiss chard  
4-1/2 lbs (2 kg.) cauliflower or black cabbage  
15 fresh spring onions or shallots  
30 slices of toasted Tuscan bread  
extra vergine olive oil

Boil the beans, and lightly fry the sage and garlic in olive oil, adding the tomato concentrate for flavor. Then add half of the beans and let cook for about 10-15 minutes. In the meantime, clean and finely chop the greens and onions or shallots. Pass the soup through a food mill and return to the heat; as soon as it starts to boil, add all the greens and cook for another 20 minutes. Add the whole beans, then salt and herbs to taste. Serve over slices of toasted bread, and add a generous drop of olive oil. Suggested wine pairing: Centine

### Risotto San Angelo (Gemelli Restaurant, NYC)

Here is a great recipe for a risotto made with mushrooms and Castello Banfi, San Angelo Pinot Grigio.

1 tablespoons extra virgin olive oil 3 tablespoons unsalted butter  
1-1/4 cups (300 grams) finely chopped onion 2-1/4 cups (600 grams) Carnaroli or Arborio rice  
1-1/2 cups (325 grams) San Angelo Pinot Grigio 6 cups hot chicken or beef stock or canned broth  
1 oz (25 grams) dried Porcini mushrooms 1/4 teaspoon salt, as needed  
freshly ground black pepper sprinkle of parsley  
1/2 cup (100 grams) freshly grated Parmigiano Reggiano cheese

In a small saucepan, heat 1/2 cup (1/8 liter) of the stock/broth to a boil. Remove the pan from the heat and stir in the Porcini. Let stand until the Porcini are softened, about 20 minutes.  
Drain the mushrooms and reserve the liquid. Rinse the Porcini briefly under cold water to remove any dirt. Drain well and chop coarsely; strain the soaking liquid through a filter or cheesecloth, and blend back in with the remainder of the stock/broth. In a large casserole or Dutch oven, heat the olive oil and two tablespoons of butter over medium heat. Cook the onion until golden, stirring often. Add the rice and stir to coat with the oil. Toast the rice until the edges become translucent.



Pour in the wine and stir well until all the wine is evaporated. Add 1/2 cup (1/8 liter) of the hot stock and 1/4 teaspoon of the salt. Cook, stirring constantly, until all the stock has been absorbed. Continue to add hot stock in small batches and cook until each successive batch has been absorbed, while stirring constantly and keeping the rice at a simmer. After about 15 minutes from the first addition of stock, add the mushrooms and parsley, and continue cooking the rice with the broth for about another five minutes, until the rice achieves a firm "al dente" texture. Adjust seasoning with salt and pepper as desired.

Remove the pan from the heat, and blend in the remaining tablespoon of butter until completely melted, then the cheese. Serve immediately.

Suggested wine pairing: San Angelo Pinot Grigio. Serves 5

### Zuppa di Farro (Ristorante Boccon DiVino, Montalcino)

900 grams (32 oz.) fresh or dried cannellini beans 300 grams (12 oz.) fresh or dried chick peas  
300 grams (12 oz.) pearled spelt barley 200 grams (7oz.) bacon, chopped into bits  
3 liters (12 cups) vegetable broth garlic (minced), onion (diced), salt,  
peperoncino (hot pepper) to taste tomato concentrate  
extra virgin olive oil

If using dried beans and chick peas, soak them the day before, otherwise fresh beans can be used as is. There should be no difference in the flavor of the soup. Mash one third of the cannellini beans. Gently fry the onions and garlic in the olive oil until the onion is translucent, then add all the chick peas, the 1/3 of mashed cannellini, and 1/3 of the whole cannellini beans, and simmer for a few minutes. Add a dash of the tomato concentrate and blend in the broth. Separately, fry the bacon bits and then add them to the soup along with the peperoncino and salt. Boil for about 40 minutes, stirring frequently to be sure that the soup does not stick to the bottom of the pot. Taste from time to time to control the consistency of the beans. Add the remaining 1/3 of the cannellini beans and the pearled spelt barley, and boil for 20 more minutes. Serve hot in a bowl over a slice of toasted Tuscan bread and drizzle some fresh extra virgin olive oil on top.

### Zuppa di Pane (Castello Banfi)

2 or 3 leaves fresh sage 1 or 2 cloves fresh garlic  
2 or 3 medium sized onions 8 medium sized carrots  
1/2 bunch celery 2 medium zucchini, chopped  
250 grams (1/2 lb.) each, cleaned fresh spinach and swiss chard--also optional if in season: 250 grams (1/2 lb.) of cleaned head cabbage  
1 liter (2pts.) vegetable broth 1 kg. (2 lb.) dried cannellini beans  
800 grams (1-1/2 lb.) fresh or canned peeled tomatoes extravergine olive oil  
1 tablespoon salt 1 teaspoon black pepper

Soak the cannellini beans overnight. The next day, cook the beans in water to cover, 1/2 tablespoon of the salt, sage and garlic for about one hour.

Coarsely chop the onions, celery, and carrots; fry in abundant olive oil for 10-15 min. Add the zucchini and vegetable broth, cover, and bring to a simmer. Then add swiss chard, spinach, cleaned cabbage if available, tomatoes, and let simmer on a low flame for about an hour. Once the beans are cooked and soft, add them to the soup together with their cooking water, and adjust salt and pepper to taste. At this point the soup should be left to cook over a slow flame for at least another hour, remembering to stir constantly to prevent the soup from sticking to the bottom of the pan.

Serve over thin slices of toasted day-old Tuscan-style bread; garnish with fresh onions and extra vergine olive oil. Suggested wine pairing: Cantine Serves 8-10

### SALSA BALSAMICA ETRUSCA IN CUISINE

In the use of Balsamica in cooking two main rules should be considered: unprocessed, it is very "individualist" (it easily covers other condiments), whereas on cooked foods, tradition calls for Balsamica almost always last in the sequence of the ingredients foreseen in a recipe. Balsamica enhances the flavors of the single ingredients and enriches the following dishes which are superbly accompanied by our wines. Your own imagination will provide the rest!



### Tagliolini Primavera

1 oz (20 grams) asparagus 1 oz (20 grams) peas  
1 oz (20 grams) zucchini 1 oz (20 grams) tomatoes  
10-1/2 oz (300 grams) homemade pasta Castello Banfi "Extra-Virgine" olive oil  
Salsa Balsamica Etrusca  
For the homemade pasta:  
1-1/8 cup (250 grams) semolina flour 2 eggs  
Castello Banfi "Extra-Virgine" olive oil

Dice asparagus, peas, zucchini and fry in a little oil for approximately 3 minutes. Add diced tomatoes and simmer for 30 seconds. Add some drops of Salsa Balsamica. Strain the pasta cooked al dente in abundant salt water. Add the vegetables and serve with Banfi "Extra-Virgine" olive oil (parmesan cheese is not recommended). Suggested wine pairing: Serena Sauvignon Blanc. Serves 4

### Risotto al Radicchio profumato alla Balsamica

10-1/2 oz (300 grams) Arborio rice Castello Banfi "Extra-Virgine" olive oil  
1 onion 2 Tbsp. Salsa Balsamica  
7 oz (200 grams) red radicchio 2 cups (1/2 liter) meat stock

Brown 1/2 onion in olive oil in a pot. Add rice and toast slightly. Subsequently add, little by little, the meat stock and stir occasionally. On the side, in another pan, brown the finely chopped red radicchio (in oil with the other 1/2 onion). Add to the rice when halfway cooked. When the rice is done, add Salsa Balsamica. Suggested wine pairing: Fontanelle Chardonnay. Serves 4

### Ragù Toscano with Fresh Pasta

2 red onions, peeled 1 small garlic clove, peeled  
3 medium-sized carrots, peeled 3 ribs celery  
4 oz. Castello Banfi "Extra Vergine" olive oil 10 oz. ground pork (lean)  
10 oz. ground beef (sirloin) 6 oz. peeled tomatoes, ground in blender  
2 bay leaves Salt and freshly ground black pepper (to taste)  
1 small hot pepper 3 oz. red wine  
3 oz. white wine 16 oz fresh pasta

With a sharp knife and cutting board, mince the onion and garlic; using a food processor, chop the carrots and celery. Heat the oil in a large, heavy-bottomed pot and gently sauté the chopped vegetables together over a low flame for about five minutes. Add the meat and season with the salt, pepper and hot pepper. Stir to blend then raise the flame to high and cook until the meat begins to brown, stirring every so often. Add the tomatoes and mix well. Lower the flame and let cook until the liquids reduce; then add the wine and let it evaporate completely. Add the bay leaves and then enough water to just cover the meat mixture, and allow to cook over a very low flame for at least two hours, stirring every once in a while to make sure it does not stick to the bottom of the pot, adding more water as necessary. Season to taste. Serve with fresh pasta, garnished with a drizzle of extra vergine olive oil and a sprinkle of Parmigiano Reggiano. Serves 6