



**Fiorucci**

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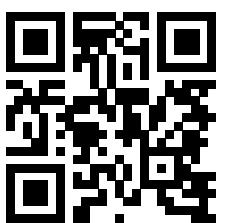
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2021  
FLAVORFUL  
INSPIRATIONS



There's something about Italian cuisine that's unlike any other – the rich flavors, light ingredients and comforting sensations create unforgettable meals – every time. We've packed this edition of *Flavorful Inspirations* with recipes perfect for any occasion, any meal and any taste, plus tips to enrich and guide your creative culinary journey.

We believe everyone should experience the true taste of Italy. That's why for over 170 years, we've used old-world recipes to produce a full line of authentic Italian salumi and specialty snacking innovations that brighten menus and exceed expectations. No travel abroad is required to enjoy mouthwatering Italian flavors. Take your taste buds on a trip in our *Passport to Italy* section! Discover recipes highlighting our authentic Italian products, ingredient origins and the time-honored flavors and traditions of various Italian regions.



Scan this code with your smart device to visit our YouTube channel full of great videos, tips and flavorful concepts for you and your family to enjoy!

Whether you prefer light dishes or rich, nostalgic comforts, we hope our recipes and ideas inspire creativity in the kitchen and help you serve up satisfying globally inspired meals, from appetizers to entrées and beyond.

*Cheers!*

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## SALAMI & MOZZARELLA-STUFFED MEATBALLS



For centuries, Italians have known that salami and cheese make the perfect snack. Our Paninos make it easier than ever to enjoy delicious duos of meat and cheeses in lunch boxes, appetizers or anytime snacks. Or enjoy at mealtimes in meatballs, salads and roll-ups.



**Prep:** 20 minutes plus freezing  
**Bake:** 20 minutes | **Serves:** 8

- 2 packages (1.5 ounces each) **Fiorucci® Hard Salami & Mozzarella Panino**, quartered crosswise  
2 pounds 80% lean ground beef  
2 garlic cloves, minced  
2 large eggs  
 $\frac{1}{2}$  cup grated Parmesan cheese  
 $\frac{1}{2}$  cup Italian-style breadcrumbs  
1 tablespoon olive oil  
 $\frac{1}{2}$  teaspoon kosher salt  
 $\frac{1}{4}$  teaspoon ground black pepper  
Nonstick cooking spray  
2 cups pasta sauce  
Chopped fresh parsley for garnish (optional)
- Line rimmed baking pan with parchment paper; place Panino pieces in single layer on large plate and freeze 1 hour.
  - Preheat oven to 400°F. In large bowl, gently mix beef, garlic, eggs, cheese, breadcrumbs, oil, salt and pepper; form into 16 (2-inch) meatballs. Press 1 frozen Panino piece into each meatball, forming meatball around Panino to enclose; place on prepared pan. Makes 16 meatballs.
  - Spray meatballs with cooking spray; bake 20 minutes or until internal temperature of meatballs and Panino reaches 160°F.
  - In small saucepan, heat sauce over medium heat 4 minutes or until heated through.
  - Serve meatballs garnished with parsley, if desired, along with sauce.

Approximate nutritional values per serving (2 meatballs,  $\frac{1}{4}$  cup sauce): 367 Calories, 22g Fat (8g Saturated), 125mg Cholesterol, 681mg Sodium, 13g Carbohydrates, 2g Fiber, 5g Sugars, 27g Protein

## ITALIAN ABRUZZESE POPPERS



Bring on the heat with the hot and spicy flavors of Abruzzese, a regional salami favorite. All-natural with no antibiotics ever, Fiorucci® Abruzzese is available in thinner slices perfect for toppings, snacking and charcuterie boards.

**Prep:** 20 minutes | **Bake:** 15 minutes  
**Serves:** 6

**1/3** package (2 ounces) **Fiorucci® 100% Natural Uncured Abruzzese**, chopped  
Nonstick cooking spray

2 tablespoons pine nuts  
**1/2** (8-ounce) package cream cheese, softened  
**1/4** cup chopped drained pepperoncini  
**1/4** cup grated Parmesan cheese  
2 tablespoons chopped sun-dried tomatoes  
1 teaspoon Italian seasoning  
9 tri-color mini peppers, halved lengthwise

1. Preheat oven to 400°F; spray rimmed baking pan with cooking spray. In small skillet, toast pine nuts over medium heat 3 minutes or until lightly browned and fragrant, stirring frequently; transfer to plate to cool.

2. In medium bowl, stir Abruzzese, cream cheese, pepperoncini, Parmesan cheese, tomatoes and seasoning. Makes about 1 cup.

3. Place pepper halves in single layer on prepared pan; fill with Abruzzese mixture and bake 15 minutes or until tender-crisp and heated through. Press pine nuts into warm cheese filling. Makes 18 poppers.

*Approximate nutritional values per serving (3 poppers):  
149 Calories, 13g Fat (6g Saturated), 30mg Cholesterol,  
362mg Sodium, 5g Carbohydrates, 1g Fiber, 2g Sugars,  
5g Protein*

## ASPARAGUS, PROSCIUTTO & MOZZARELLA PUFFS



For a breakfast or brunch dish, serve puffs topped with a fried or poached egg along with mixed berries.

**Prep:** 20 minutes plus thawing and standing  
**Bake:** 15 minutes | **Serves:** 6

- 1 package (4.3 ounces) **Fiorucci® Prosciutto & Mozzarella Paninos** (6-count)  
All-purpose flour for dusting  
½ (17.3-ounce) package frozen puff pastry sheets (1 sheet)  
12 asparagus spears, trimmed  
1½ teaspoons olive oil  
¼ teaspoon kosher salt  
⅛ teaspoon ground black pepper  
1 large egg
1. Preheat oven to 425°F; line rimmed baking pan with parchment paper. Lightly dust cutting board with flour; thaw puff pastry sheet as label directs on cutting board.
  2. In medium bowl, toss asparagus, oil, salt and pepper. In small bowl, whisk egg.
  3. Cut pastry sheet into 6 equal pieces; gently roll each piece into 4½-inch square. With corners of squares pointing down, place 1 Panino down center of each square; place 1 asparagus spear on each side of Panino and transfer to prepared pan. Brush right corner of squares with egg; fold left corner over Panino and asparagus followed by right corner, pressing to seal.
  4. Brush puffs with egg; bake 15 minutes or until golden brown and cheese melts. Let puffs stand 5 minutes. Makes 6 puffs.

*Approximate nutritional values per serving (1 puff):  
234 Calories, 16g Fat (8g Saturated), 16mg Cholesterol,  
263mg Sodium, 21g Carbohydrates, 1g Fiber, 1g Sugars,  
8g Protein*

## SALAMI & TOMATO-PESTO MARINATED MOZZARELLA CROSTINI



Prep: 15 minutes plus chilling

Bake: 8 minutes | Serves: 8

$\frac{1}{2}$  (6-ounce) package Fiorucci® 100% Natural Uncured Salami Milano, chopped

$\frac{1}{2}$  (6-ounce) package Fiorucci® 100% Natural Uncured Sopressata, chopped

1 package (8 ounces) fresh mozzarella cheese pearls, drained

$\frac{1}{4}$  cup sun-dried tomato pesto

16 ( $\frac{1}{2}$ -inch-thick) slices French baguette

2 tablespoons olive oil

1 tablespoon chopped fresh basil

1. In medium bowl, stir cheese and pesto; cover and refrigerate at least 2 hours or up to overnight.

2. Preheat oven to 350°F. Place baguette slices on rimmed baking pan; brush both sides with oil. Bake baguette slices 8 minutes or until golden brown and toasted.

3. Add salami and sopressata to cheese mixture; toss. Makes about  $2\frac{1}{2}$  cups.

4. Top baguette with salami mixture; sprinkle with basil.

Salami Milano is a delicate, balanced salami that's cured with wine and a touch of garlic. Beyond appetizers, enjoy this exquisite salami in nachos, pizzas and pastas, in eggs for breakfast, or as a Bloody Mary garnish.

Approximate nutritional values per serving (2 crostinis):  
269 Calories, 17g Fat (6g Saturated), 39mg Cholesterol,  
644mg Sodium, 17g Carbohydrates, 1g Fiber, 2g Sugars,  
13g Protein

## PROSCIUTTO, PANCETTA & BURRATA PANZANELLA SALAD



Prep: 20 minutes | Bake: 20 minutes

Serves: 8

- 1 package (4 ounces) **Fiorucci® Diced Pancetta**
- 1 package (3 ounces) **Fiorucci® Prosciutto di Parma**, torn into 1-inch pieces
- 1 loaf (12 ounces) ciabatta bread, cut into 1-inch pieces
- $\frac{1}{4}$  cup plus 2 tablespoons extra virgin olive oil
- 2 garlic cloves, minced
- $\frac{1}{4}$  cup red wine vinegar
- $\frac{1}{2}$  teaspoon fine sea salt
- $\frac{1}{4}$  teaspoon ground black pepper
- 2 large beefsteak tomatoes, chopped
- 1 medium English cucumber, quartered lengthwise and chopped
- $\frac{1}{2}$  cup thinly sliced red onion
- $\frac{1}{3}$  cup chopped fresh basil
- $\frac{1}{4}$  cup chopped fresh parsley
- 1 package (8 ounces) burrata cheese, drained and torn into 1-inch pieces

Our Diced Pancetta is MSG, trans fat, lactose and gluten-free and contains no artificial colors, flavors or ingredients. Salted and rubbed with a mixture of Italian-inspired spices, it's then dry-cured using time-honored Italian methods. Cook and eat pancetta as you would bacon!

1. Preheat oven to 350°F. In large bowl, toss bread and 2 tablespoons oil; spread in single layer on rimmed baking pan. Bake bread 20 minutes or until golden brown and toasted.
2. In large skillet, cook pancetta over medium heat 5 minutes or until crisp, stirring occasionally; with slotted spoon, transfer to paper towel-lined plate. Makes about  $\frac{1}{2}$  cup.
3. In large bowl, whisk garlic, vinegar, salt, pepper and remaining  $\frac{1}{4}$  cup oil. Add tomatoes, cucumber, onion, basil, parsley and bread; toss. Fold in cheese and Prosciutto di Parma. Makes about 12 cups.
4. Serve salad sprinkled with pancetta.

Approximate nutritional values per serving (1  $\frac{1}{2}$  cups salad, 1 tablespoon pancetta): 348 Calories, 24g Fat (8g Saturated), 41mg Cholesterol, 885mg Sodium, 22g Carbohydrates, 2g Fiber, 2g Sugars, 12g Protein

## PROSCIUTTO-BABY ARUGULA SALAD-TOPPED CHICKEN MILANESE



Make this recipe gluten-free by swapping the all-purpose flour for almond flour and the regular panko breadcrumbs for gluten-free panko breadcrumbs.

Prep: 20 minutes | Cook: 16 minutes

Serves: 4

- 1 package (3 ounces) **Fiorucci® Prosciutto di Parma**, torn into 1-inch pieces
  - 4 boneless, skinless chicken breasts (about 5 ounces each)
  - $\frac{1}{2}$  cup all-purpose flour
  - $\frac{3}{4}$  teaspoon kosher salt
  - $\frac{1}{2}$  teaspoon ground black pepper
  - 2 large eggs
  - 1 cup panko breadcrumbs
  - $\frac{1}{4}$  cup olive oil
  - 2 tablespoons fresh lemon juice
  - 2 cups packed baby arugula
  - $\frac{1}{2}$  cup thinly sliced red onion
  - $\frac{1}{4}$  cup shaved Parmesan cheese
1. Lay chicken breasts between plastic wrap on cutting board; with flat end of meat mallet, pound chicken to  $\frac{1}{2}$ -inch thickness and remove plastic wrap.
  2. In wide, shallow dish, whisk flour, and  $\frac{1}{2}$  teaspoon each salt and pepper. Whisk eggs in second wide, shallow dish; place breadcrumbs in third wide, shallow dish.
  3. Dip chicken in flour mixture to coat, then dip in eggs, allowing excess to drip off, and breadcrumbs to coat, pressing lightly so breadcrumbs adhere.
  4. In 2 batches, in large skillet, heat  $1\frac{1}{2}$  tablespoons oil over medium-high heat; add 2 chicken breasts and cook 8 minutes or until golden brown and internal temperature reaches 165°F, turning once.
  5. In medium bowl, whisk 1 tablespoon lemon juice, and remaining 1 tablespoon oil and  $\frac{1}{4}$  teaspoon salt; stir in Prosciutto di Parma, arugula and onion. Makes about 3 cups.
  6. Serve Chicken Milanese drizzled with remaining 1 tablespoon lemon juice topped with salad and cheese.

Approximate nutritional values per serving  
(1 chicken breast,  $\frac{3}{4}$  cup salad): 486 Calories, 26g Fat (7g Saturated), 197mg Cholesterol, 963mg Sodium, 19g Carbohydrates, 1g Fiber, 2g Sugars, 42g Protein

## PROSCIUTTO-WRAPPED SHRIMP & MEDITERRANEAN VEGETABLES



Prep: 15 minutes | Roast: 18 minutes

Serves: 4

- 1 package (3 ounces) **Fiorucci® Smoked Prosciutto**, halved lengthwise  
Nonstick cooking spray
  - 1 bunch asparagus, trimmed and halved crosswise (about 1 pound)
  - 1 small eggplant, cut into 1-inch pieces
  - $\frac{1}{2}$  medium red onion, cut into 1-inch pieces
  - 2 tablespoons olive oil
  - $\frac{1}{2}$  teaspoon kosher salt
  - $\frac{1}{4}$  teaspoon ground black pepper
  - 12 raw 16-20 count tail-on peeled and deveined shrimp
  - 1 package (10 ounces) cherry tomatoes
  - 2 garlic cloves, minced
  - 2 teaspoons chopped fresh oregano
  - $\frac{1}{2}$  cup crumbled feta cheese
1. Preheat oven to 450°F; line 2 rimmed baking pans with parchment paper and spray with cooking spray. In large bowl, toss asparagus, eggplant, onion, oil, salt and pepper; spread on 1 prepared pan and roast 10 minutes.
  2. Wrap 1 piece of prosciutto around each shrimp; place on second prepared pan.
  3. Stir tomatoes, garlic and oregano into vegetable mixture; sprinkle with cheese. Roast shrimp and vegetable mixture 8 minutes or until internal temperature of shrimp reaches 145°F and vegetables are tender. Makes about 4 cups vegetables.

Prosciutto-wrapped shrimp also makes a great appetizer; serve warm or at room temperature with prepared pesto sauce for dipping.

Approximate nutritional values per serving  
(3 shrimp, 1 cup vegetable mixture): 284 Calories,  
17g Fat (7g Saturated), 157mg Cholesterol,  
1173mg Sodium, 11g Carbohydrates, 4g Fiber,  
5g Sugars, 24g Protein

## PORK BRACIOLE CALABRESI WITH SOPPRESSATA

Soppressata has grown on menus 37% over the last four years (Datassential). Serve up the fastest-growing Italian meat on your menu with our pre-sliced soppressata. Made with select cuts of pork, it delivers mouthwatering mild flavors with notes of peppercorns, garlic and Italian-style seasonings.



Prep: 25 minutes | Roast: 20 minutes

Serves: 4

- 12 slices Fiorucci® Soppressata
- 2 large eggs
- 2 garlic cloves, minced
- $\frac{3}{4}$  cup Italian-style breadcrumbs
- $\frac{1}{2}$  cup grated pecorino Romano cheese
- 1 tablespoon chopped fresh parsley
- $\frac{1}{2}$  cup chicken stock
- $\frac{1}{2}$  cup marinara sauce
- $\frac{1}{4}$  cup dry red wine such as Cabernet Sauvignon or Merlot
- 1 tablespoon chopped fresh rosemary
- 4 boneless center-cut pork chops (about 6 ounces each)
- 2 tablespoons olive oil

1. Preheat oven to 400°F. In medium bowl, whisk eggs; stir in garlic, breadcrumbs, cheese and parsley. In separate medium bowl, whisk stock, sauce, wine and rosemary.
2. Lay pork chops flat between plastic wrap on cutting board; with flat end of meat mallet, pound pork chops to  $\frac{1}{4}$ -inch thickness. Remove plastic wrap; place soppressata down center of pork chops. Leaving  $\frac{1}{2}$ -inch border on sides and top, spread pork chops with breadcrumb mixture. Starting from short end, roll up pork chops and filling to form a pinwheel; tie each pork chop crosswise with 2 pieces kitchen string.
3. In large oven-safe skillet, heat oil over medium-high heat. Add pork chops, seam side down; cook 1 minute on each side or until outside is browned. Add stock mixture; heat to a simmer. Cover skillet with aluminum foil and transfer to oven; roast 20 minutes or until pork chops are tender, internal temperature of breadcrumb mixture reaches 160°F and pork chops reaches 145°F. Makes about 1 cup sauce.
4. Remove string from pork chops; serve topped with sauce.

Approximate nutritional values per serving (1 Pork Braciole Calabresi,  $\frac{1}{4}$  cup sauce): 628 Calories, 38g Fat (12g Saturated), 221mg Cholesterol, 1178mg Sodium, 18g Carbohydrates, 2g Fiber, 4g Sugars, 49g Protein

## SALAMI, HOT COPPA & PEPPERONI MEDITERRANEAN PIZZA



Pizza can also be cooked on the grill over indirect medium heat. Transfer the pizza dough to the bottom side of a rimmed baking pan sprinkled with cornmeal and poke several times with a fork. Slide the dough onto the hot grill rack, cover and cook 8 minutes or until lightly browned. Transfer the crust back to pan and proceed with step 2. Slide the pizza back onto the hot grill rack, cover and cook 8 minutes or until the edges are golden brown and the cheese melts.

Prep: 20 minutes | Bake: 18 minutes  
Serves: 4

- $\frac{1}{2}$  (4-ounce) package Fiorucci® Hot Coppa, chopped  
 $\frac{1}{2}$  (4-ounce) package Fiorucci® 100% Natural Uncured Italian Dry Salami, chopped  
 $\frac{1}{2}$  (4-ounce) package Fiorucci® 100% Natural Uncured Pepperoni, chopped  
Nonstick cooking spray  
All-purpose flour for dusting  
1 (16-ounce) pizza dough ball, thawed if necessary  
1½ tablespoons olive oil  
2 garlic cloves, minced  
2 (2-ounce) mini burrata cheese balls, torn into pieces  
1 Roma tomato, thinly sliced crosswise  
 $\frac{1}{3}$  cup drained quartered artichoke hearts in water  
 $\frac{1}{4}$  cup drained sliced Kalamata olives  
 $\frac{1}{4}$  cup thinly sliced red onion  
2 tablespoons shredded Parmesan cheese  
1 tablespoon chopped fresh parsley
- Preheat oven to 400°F; spray bottom side of rimmed baking pan with cooking spray. On lightly floured work surface, roll dough into 12-inch circle; transfer to prepared pan. With fork, poke dough several times to vent; bake 8 minutes or until lightly browned.
  - Brush crust with oil and sprinkle with garlic; leaving  $\frac{1}{2}$ -inch border, top with burrata cheese, coppa, salami, pepperoni, tomato, artichokes, olives, onion and Parmesan cheese. Bake pizza 10 minutes or until edges are golden brown and cheese melts.
  - Transfer pizza to cutting board; cut into 8 slices. Serve pizza sprinkled with parsley.
- Approximate nutritional values per serving (2 slices):  
612 Calories, 32g Fat (10g Saturated), 65mg Cholesterol, 1392mg Sodium, 55g Carbohydrates, 3g Fiber, 3g Sugars, 25g Protein

## GENOA SALAMI FOCACCIA WITH PESTO



Prep: 20 minutes plus standing and cooling  
Bake: 23 minutes | Serves: 12

- 1 package (4 ounces) **Fiorucci® Genoa Salami**, cut into  $\frac{1}{2}$ -inch pieces  
Nonstick cooking spray
  - 1 packet ( $\frac{1}{4}$  ounce) active dry yeast
  - $\frac{4}{5}$  cups all-purpose flour plus additional for dusting
  - $\frac{1}{2}$  teaspoon coarse sea salt
  - $\frac{1}{3}$  cup plus 2 tablespoons olive oil
  - 2 garlic cloves, minced
  - 2 teaspoons chopped fresh oregano
  - $\frac{1}{2}$  cup prepared pesto
1. Spray large bowl and rimmed baking pan with cooking spray. In glass measuring cup, whisk yeast and  $1\frac{1}{2}$  cups warm water (no more than  $120^{\circ}\text{F}$ ); let stand 5 minutes.
  2. In bowl of stand mixer, whisk flour and  $\frac{1}{4}$  teaspoon salt. Attach dough hook to mixer; with mixer on medium-low speed, slowly add  $\frac{1}{3}$  cup oil and yeast mixture. Reduce speed to low; knead dough 3 minutes or until soft and comes together.
  3. On lightly floured work surface, knead dough 1 minute or until smooth and elastic; form into a ball and place in prepared bowl. Lightly spray top of dough with cooking spray; cover with plastic wrap and place in warm place 1 hour or until dough has doubled in size.
  4. On lightly floured work surface, gently punch down dough; roll dough into  $15 \times 10$ -inch rectangle. Transfer dough to prepared pan; press to edges of pan. With fingertips, poke holes in top of dough; brush with remaining 2 tablespoons oil. Sprinkle dough with salami, garlic, oregano and remaining  $\frac{1}{4}$  teaspoon salt; let stand 30 minutes.
  5. Preheat oven to  $425^{\circ}\text{F}$ . Bake focaccia 23 minutes or until golden brown; cool slightly. Cut focaccia into 12 pieces; serve with pesto.

Approximate nutritional values per serving (1 piece focaccia, 2 teaspoons pesto): 331 Calories, 17g Fat (3g Saturated), 9mg Cholesterol, 341mg Sodium, 37g Carbohydrates, 1g Fiber, 0g Sugars, 7g Protein

## AUTHENTIC RAGU BOLOGNESE

Prepare a double batch of Bolognese and freeze for up to 1 month to have on hand for easy meal prep.



### Bologna

Bologna is the birthplace of Bolognese sauce, also known as *ragù alla Bolognese*. The traditional vehicle for Bolognese is tagliatelle pasta. The meat clings better to flatter pastas, but varieties of all shapes and sizes carry this meaty, flavorful sauce well.

Prep: 20 minutes | Cook: 41 minutes | Serves: 4

1 package (4 ounces) **Fiorucci® Diced Pancetta**  
2 stalks celery, chopped  
2 medium carrots, chopped  
 $\frac{1}{2}$  medium white onion, chopped  
3 garlic cloves, minced  
1 pound 93% lean ground beef  
2 tablespoons tomato paste  
 $\frac{1}{2}$  cup beef broth  
 $\frac{1}{2}$  cup whole milk  
1 can (14 ounces) petite diced tomatoes  
 $\frac{1}{2}$  cup dry white wine such as Chardonnay or Sauvignon Blanc  
 $\frac{1}{2}$  teaspoon fine sea salt  
 $\frac{1}{4}$  teaspoon ground black pepper  
1 package (8.8 ounces) pappardelle pasta  
Chopped fresh basil (optional)  
Grated Parmesan cheese for garnish (optional)

1. In large, high-sided skillet, cook pancetta over medium heat 5 minutes or until crisp, stirring occasionally; with slotted spoon, transfer to paper towel-lined plate. Increase heat to medium-high.
2. In same skillet, cook celery, carrots and onion 6 minutes or until tender, stirring occasionally. Add garlic; cook 1 minute or until fragrant, stirring frequently. Add beef; cook 8 minutes or until browned, breaking up beef with side of spoon. Add tomato paste; cook 1 minute, stirring frequently. Add broth and milk; cook 5 minutes or until most liquid is absorbed, stirring occasionally. Reduce heat to low. Add tomatoes with their juice, wine, salt, pepper and pancetta; cover and cook 15 minutes, stirring occasionally. Makes about 5 cups.
3. Prepare pasta as label directs; drain. Makes about 4 cups.
4. Serve Bolognese over pasta sprinkled with basil and/or cheese, if desired.

Approximate nutritional values per serving (1  $\frac{1}{4}$  cups Bolognese, 1 cup pasta): 624 Calories, 20g Fat (8g Saturated), 132mg Cholesterol, 1017mg Sodium, 60g Carbohydrates, 5g Fiber, 8g Sugars, 40g Protein

## ABRUZZESE MINESTRONE

### Abruzzo

Surrounded by national parks and coastlines, Abruzzo cuisine showcases years of uninterrupted traditions from both the mountains and sea. Due to the diversity of the region's warm climates and fertile soils, Abruzzo boasts huge harvests of table grapes and olives.



Prep: 20 minutes | Cook: 29 minutes

Serves: 8

- 1 package (6 ounces) **Fiorucci® 100% Natural Uncured Abruzzese**
  - 2 tablespoons olive oil
  - 2 medium carrots, chopped
  - 1 medium yellow onion, chopped
  - 1 medium zucchini, chopped
  - 1 cup packed sliced Swiss chard leaves, veins removed
  - 3 garlic cloves, minced
  - 1 can (15.5 ounces) cannellini beans, drained and rinsed
  - 5 cups chicken stock
  - 1 cup pasta sauce
  - 1 cup small pasta shells
  - 2 tablespoons chopped fresh basil
  - Shaved Parmesan cheese for garnish (optional)
1. In large saucepot, heat oil over medium-high heat; add Abruzzese and cook 5 minutes or until crisp, stirring occasionally. With slotted spoon, transfer Abruzzese to paper towel-lined plate.
  2. Reduce heat to medium. Add carrots and onion; cook 5 minutes or until vegetables begin to soften, stirring occasionally. Add zucchini and Swiss chard; cook 3 minutes or until vegetables are almost tender, stirring occasionally. Add garlic; cook 1 minute or until fragrant, stirring frequently.
  3. Reduce heat to medium-low. Stir in beans, stock, sauce, pasta and Abruzzese; cover and cook 15 minutes or until pasta is al dente and vegetables are tender, stirring occasionally. Makes about 8 cups.
  4. Serve minestrone sprinkled with basil garnished with cheese, if desired.

Approximate nutritional values per serving (about 1 cup):  
258 Calories, 12g Fat (4g Saturated), 19mg Cholesterol,  
893mg Sodium, 27g Carbohydrates, 3g Fiber, 5g Sugars,  
13g Protein

## SALAMI MILANO & KALE RISOTTO



### Milano

Presenting more modern takes on Italian cuisine, Milanese recipes are rich and hearty, meant to help combat the foggy climate. The most popular dish, risotto alla Milanese, is often served as an appetizer before *osso buco alla Milanese* – a braised veal shank and vegetable stew.

**Prep:** 15 minutes | **Cook:** 28 minutes

**Serves:** 4

- 1 package (6 ounces) **Fiorucci® 100% Natural Uncured Salami Milano**, halved
  - 4 cups unsalted chicken stock
  - 2 tablespoons unsalted butter
  - 1 cup dry short-grain rice
  - $\frac{1}{2}$  cup dry white wine such as Chardonnay or Sauvignon Blanc
  - 1 cup packed baby kale
  - $\frac{1}{3}$  cup grated Parmesan cheese plus additional for garnish (optional)
  - 1 tablespoon fresh lemon juice
1. In medium saucapot, heat stock to a simmer over medium heat; reduce heat to low.
  2. In large high-sided skillet, heat butter over medium-high heat. Add salami; cook 4 minutes or until golden brown and crisp, stirring occasionally.
  3. Stir rice into skillet; cook 2 minutes or until rice begins to turn translucent, stirring frequently. Add wine; cook 2 minutes or until liquid is absorbed, stirring constantly. Add stock,  $\frac{1}{2}$  cup at a time, stirring constantly after each addition until all liquid is absorbed and rice is tender, but still firm. Stir in kale; cook 1 minute or until wilted, stirring occasionally. Remove from heat; stir in cheese and lemon juice. Makes about 4 cups.
  4. Serve risotto sprinkled with cheese, if desired.

*Approximate nutritional values per serving (1 cup):  
482 Calories, 23g Fat (9g Saturated), 64mg Cholesterol,  
905mg Sodium, 43g Carbohydrates, 2g Fiber, 2g Sugars,  
23g Protein*

## PROSCIUTTO DI PARMA TORTELLINI



### Parma

Parma is home to iconic Italian dishes and ingredients including anolini, tortelli, potato gnocchi and of course, Parmigiano-Reggiano. It's also known for renowned meats like Prosciutto di Parma and the best cured salumi.

Prep: 15 minutes | Cook: 11 minutes

Serves: 6

- 1 package (3 ounces) **Fiorucci® Prosciutto di Parma**, thinly sliced crosswise
  - 1 package (12 ounces) cheese tortellini
  - 1 cup frozen peas
  - 1 tablespoon olive oil
  - 2 medium shallots, thinly sliced
  - 1 package (8 ounces) baby bella mushrooms, thinly sliced
  - 2 garlic cloves, minced
  - 2 cups packed baby spinach
  - $\frac{1}{4}$  cup fresh lemon juice
  - $\frac{1}{4}$  teaspoon kosher salt
  - $\frac{1}{4}$  teaspoon ground black pepper
  - $\frac{1}{3}$  cup grated Parmesan cheese
  - 1 tablespoon chopped fresh basil
1. Prepare tortellini as label directs, adding peas during last 2 minutes of cooking; reserve  $\frac{1}{2}$  cup cooking water. Drain tortellini and peas; return to saucepot and cover.
  2. In large skillet, heat oil over medium-high heat. Add Prosciutto di Parma and shallots; cook 3 minutes or until Prosciutto di Parma is crisp and shallots are tender, stirring occasionally. Add mushrooms; cook 5 minutes or until tender, stirring occasionally. Add garlic and spinach; cook 2 minutes or until spinach is wilted and garlic is fragrant, stirring frequently. Add lemon juice, salt, pepper, tortellini and peas, and reserved cooking water; cook 1 minute or until heated through, stirring occasionally. Remove from heat; stir in cheese.
  3. Serve tortellini sprinkled with basil. Makes about 6 cups.

Approximate nutritional values per serving (1 cup):  
263 Calories, 10g Fat (4g Saturated), 35mg Cholesterol,  
590mg Sodium, 31g Carbohydrates, 4g Fiber, 4g Sugars,  
14g Protein



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