

EASY ANTIPASTI FROM BELLA ITALIA

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Our favorite recipes to make anyone an Italian chef

Benvenuti!

**A WARM ITALIAN WELCOME FROM US,
JOHN & ASHLEY!**



Living in the Bel Paese since 2008, we have again and again witnessed that Italian household miracle when some hugely scrumptious dishes, come out of some very tiny Italian kitchens.

We hail the Italian nonna (grandma) who spends her early hours at the market and the rest of the morning lovingly stirring pots and adding just the right mount of garlic and herbs, to serve up the perfect meal for her beloved family.

But let's face it, not all of us have the time and patience to become supreme conquerors of the Italian kitchen, like nonna.

But during our sojourn in Rome, we realized there were actually some easy ways to still enjoy lots of Italian deliciousness, without spending lots of time.

This part of our series on cooking in Italy is dedicated to super simple antipasti recipes that just taste like you spent all day in the kitchen.

Now keep in mind that in Italy, the overall quality of a dish is dependant on the "ingredienti" or ingredients. Italians love seasonal food and like to eat fresh. Real Italian foodies will even go so far as to cook a regional dish with only authentic ingredients that come from that particular region.

But if you're not in Italy, we suggest you be creative, use what's available to you, and have lots of “delizioso” fun with it!

As we say in Italy ... “buon appetito!”



Salute! To your health!

Ciao from John & Ashley!



We're Americans living and loving "la dolce vita" in Rome, Italy. We moved to the Eternal City right after we walked down the aisle in 2008, in John's hometown of Bangalore, India.

We love our faith and sharing it, and do that as speakers, media personalities, and university professors. And the joy of the faith and "la bella vita" also extend to culture and the kitchen! We thank God for each taste of His delicious blessings.

We also love to work for the renewal of faith and culture and in 2017 we founded the non-profit "[Truth & Beauty Project](http://www.truthandbeautyproject.com)" (www.truthandbeautyproject.com) to help people come to Rome to delve deep into learning the roots of their faith and Christian identity, using art and beauty and food and culture, to teach what it means to live an authentic Christian life. We hope you can come to Rome and experience this with us too one day!

Fun fact: John was formerly a professional tap dancer and we just love to cut a rug and dance together - our favorites are ballroom, swing and Latin!

We love [breaking open Rome and sharing its beauty, history and culture for visitors of all ages](#). And hospitality and breaking bread with friends and strangers is an important charism of our marriage, so we're happy to share some of our favorite recipes with you here.

We invite you to enjoy a taste of the wonderful Eternal City through this recipe book and to join us on our adventures in Rome via our blogs at www.truthandbeautyproject.com and our vlogs on YouTube at [Our Crazy Rome Life](#)



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Antipasti



Great traditional Italian meals usually start with a first course, called the antipasto. This is similar to what some call “starters” or “appetizers” in English, or “hors d'oeuvre” in French. But the Italian antipasti is usually served at table.

The prefix “anti” means before. And “pasti” means meals. So the name itself signifies when this dish is served.

Typical traditional Italian antipasti might include cured meats, olives, peppers, various cheeses, fresh veggies or marinated vegetables in oil or vinegar.

In the following pages you can get a taste of la dolce vita at home and enjoy these easy antipasti recipes. We send you lots of best wishes from Rome to your home!



FRIED ZUCCHINI FLOWERS



INGREDIENTI

- Zucchini flowers
- 2 eggs
- 1 cup flour
- 1 tsp sea salt
- 1/2 tsp pepper
- Lemon juice
- Olive oil

PREPARAZIONE

1. Pour flour onto a plate

2. Mix in sea salt and pepper
3. Break the eggs into a bowl and beat
4. Dip the zucchini flowers, one by one, into the beaten eggs
5. Then, dip each flower into the flour until it is covered
6. Heat oil until it fizzes slightly, but do not overheat
7. Place the flowers into the oil and fry until slightly crispy, or when they start to brown
8. Remove the zucchini flowers and drain the oil on a plate with some kitchen paper
9. Sprinkle lemon juice over and enjoy! Delizioso!

PROSCIUTTO DI PARMA WITH MELON



If frying sounded like too much, let's try something even simpler.

INGREDIENTI

- 1 cantaloupe melon
- 100 grams of thinly sliced Prosciutto di Parma
- Arugula

PREPARAZIONE

1. Halve the melon then cut it into wedges
2. Cut off the rind
3. Place some arugula leaves on a serving platter
4. Wrap a piece of prosciutto over each slice of melon and place the wrapped melon onto the platter

Enjoy! Delizioso!

STUFFED ZUCCHINI



INGREDIENTI

- 1 zucchini
- 2 eggs
- 2 tablespoons breadcrumbs
- 50g Parmigiano Reggiano
- 4 sprigs of fresh parsley
- Olive oil
- Sea salt
- Pepper

PREPARAZIONE

1. Preheat the oven to 180 degrees C (350 F)
2. Halve the zucchini and remove the flesh

3. Cut the flesh into small pieces and place it into a large bowl
4. Finely cut the parsley sprigs
5. To the bowl, add the eggs, 1 tablespoon of breadcrumbs, half of the Parmigiano Reggiano, the parsley, and a dash of olive oil. Add salt and pepper to taste. Stir well.
6. Fill the halved zucchini with the mixture from the bowl
7. Grease a baking dish with olive oil and place the zucchini in it
8. Sprinkle the remaining breadcrumbs and Parmigiano Reggiano over the zucchini
9. Cover dish with aluminium and put it in the oven for 30 minutes

Enjoy! Delizioso!



OLIVES IN SPICY GARLIC MARINADE



INGREDIENTI

- Olives (preferably pitted). Enough to fill a mason jar
- At least 4 garlic skinned cloves
- 1/4 red chili (cut into pieces without seeds)
- 1 level tablespoon of dried oregano
- 1 teaspoon of balsamic
- Extra virgin olive oil
- Bay leaves

PREPARAZIONE

1. Start to fill the jar with olives and place garlic cloves and chili pieces between the layers

2. Cover the olives in the jar with bay leaf (ensures that the olives remain under the oil)
3. Pour the spoonful of balsamic vinegar over the olives
4. Pour in enough olive oil so the olives (and bay leaf) are covered with the oil
5. Leave for at least a week and then enjoy!

Enjoy! Delizioso!

MEAT PLATTERS



This may just be the simplest antipasti of all. Savory, freshly sliced meats are not only filling and delicious, but when served on a wooden board, it's also a feast for the eyes!

Knowing which meats to pair is the key to success here. Since, many people say they have no idea which meats should be included in an authentic Italian meat tray, we've taken out the guessing. Here are two trays for you to enjoy:

Di Salumi (garnish wooden tray with arugula)

- Prosciutto crudo
- Salami Milano
- Prosciutto coppa

Mista

- Capocollo
- Salsiccia dolce Calabrese
- Mortadella artigianale
- Prosciutto di Parma

Enjoy! Delizioso!



BAKED PEPPERS WITH MINT



INGREDIENTI

- 3 peppers, red and yellow
- Olive oil
- Sea salt
- Pepper
- Peperoncino (chili flakes)
- A handful of mint leaves

PREPARAZIONE

1. Preheat the oven to 180 degrees C (350 F)
2. Cut the peppers into 3 slices per pepper
3. Place the pepper slices in a baking dish and sprinkle with a thin layer of olive oil
4. Sprinkle with pepper and sea salt and peperoncino to taste
5. Cover dish with aluminium and place the baking dish in oven for 20 minutes
6. After 20 minutes, quickly remove the dish from the oven and mix the peppers and seasonings one time
7. Then place the dish back in the oven for another 20 minutes
8. Remove the dish from the oven and let the peppers cool completely. Once the peppers are cool, sprinkle fresh mint leaves over them.

Enjoy! Delizioso!

INSALATA POMODORO



INGREDIENTI

- 4 ripe large tomatoes (not too soft)
- 1 red onion
- 1 clove of garlic
- 4 tablespoons of olive oil
- 1 tablespoon of balsamic vinegar
- 1/2 lemon

- 1 teaspoon of mustard
- Pepper
- Sea salt
- 10 basil leaves
- Four fresh parsley sprigs

PREPARATION

1. Cut the tomatoes into small cubes and the red onion into fine rings
2. Saute the onions lightly
3. Peel the garlic and cut into 4 to 5 pieces. Lightly saute until it takes on a golden brown color
4. Mix together the olive oil, the balsamic vinegar, the juice of the half lemon and the mustard, to make a dressing. Add salt, pepper and the pieces of garlic
5. Place the tomato cubes, onion, the basil leaves and parsley in a salad bowl and gently pour the dressing over

Enjoy! Delizioso!

SAUSAGE CROSTINI



INGREDIENTI

- 4 slices of bread of your choice
- 4 Italian sausages
- 150g Tallegio cheese
- Fresh parsley

PREPARAZIONE

1. Preheat the oven to 200 degrees C (390 F)
2. Cut the Tallegio and parsley into small pieces
3. Remove the meat from the sausage casing and place the meat in a large bowl
4. Add the Tallegio to the bowl and knead together
5. Spread the mixture on the slices of bread

6. Put the bread in the oven for about 20 minutes
7. Remove the crostini from the oven and garnish with parsley

Enjoy! Delizioso!

BRUSCHETTA POMODORO



INGREDIENTI

- 250 g cherry tomatoes
- 4 slices of baguette
- 2 cloves of garlic
- 4 tablespoons extra virgin olive oil
- 2 tablespoons of balsamic vinegar
- Pinch of salt
- Black pepper
- Basil

PREPARAZIONE

1. Preheat the oven to 180 degrees
2. Cut 4 oblique long slices of the baguette
3. Brush the slices of baguette with extra virgin olive oil
4. Cut 1 garlic clove into 4 to 5 coarse pieces
5. Tear the basil leaves into small pieces
6. Halve the cherry tomatoes and place them with the olive oil in a bowl and allow them to marinate with the garlic and the balsamic vinegar
7. Peel the other clove of garlic, but do not cut it
8. Brush the bread slices with olive oil. Put the slices of bread in the oven for about 3 to 4 minutes
9. Remove the bread from the oven and rub the remaining clove of garlic over each piece
10. Now, remove the garlic from the olive oil, tomato and basil mixture and top the slices of bread with the tomatoes
11. Season with salt and pepper

Enjoy! Delizioso!

"Grazie" for cooking with us!

We're sending you best wishes from the Eternal City,

John & Ashley



You can reach us anytime at
www.truthandbeautyproject.com