



## ABTM RECIPES

### ***Asparagi Brasati con Parmigiano-Reggiano®*** **Baked Asparagus with Parmigiano-Reggiano Cheese®**

Serves 4

1 pound asparagus

1 tablespoon olive oil

Salt

Freshly ground pepper

1/4 cup Parmigiano-Reggiano® slivers shaved from a 4-ounce chunk

1 teaspoon balsamic vinegar

1 tablespoon chopped parsley or fresh-snipped chives (optional)

Preheat oven to 400 F.

Snip off the tough bottoms of the asparagus and discard. Wash spears and pat dry, then place in a 9X13 baking dish. Pour olive oil over asparagus and roll spears until evenly coated. Arrange spears in a single layer and season with salt and freshly ground pepper to taste.

Cover dish with foil and bake 12 to 15 minutes until asparagus is tender when pierced with the tip of a knife (dish can be prepared ahead to this point).

Pass a vegetable peeler across the surface of room-temperature Parmigiano-Reggiano to create 1/4 cup of thin slivers. Scatter the slivers over the asparagus and return the dish to the oven. Continue baking just until cheese softens, about 2 to 3 minutes.

Place asparagus onto warm plates and sprinkle with several drops of balsamic vinegar and the chopped parsley or snipped chives. Serve immediately.

### ***Insalata di Formaggio*** **Cheese Salad**

Serve 4-6

1/2 pound Parmigiano-Reggiano® cheese, cut into slivers

1 roasted pepper, cut lengthwise into strips

2 ounces chopped green olives

1 cup diced celery hearts

2 tablespoons olive oil

1 tablespoon aceto balsamico

Salt and pepper to taste

Combine all the ingredients, toss and serve.



***Pescespada nel Pane Profumato alle Erbe***  
**Marinated Swordfish with Herb Bread**

**Curing:**

1 lb. center cut swordfish  
8 oz. coarse sea salt  
1 cup sugar  
2 lemons, quartered  
1 tbs. crushed peppercorns

**Drying process in bread crust:**

1 loaf day-old country bread  
Basil  
Tarragon  
1 bunch dill  
Chives  
Parsley  
Thyme  
Oregano  
1 tsp. coriander  
2 cloves garlic  
1/2 cup olive oil  
1/2 cup Balsamic Vinegar  
5 oz white wine  
1 tbs. Juniper berries

**Curing:**

Place the center cut piece of swordfish in a container and cover with coarse salt, sugar, black peppercorns and pieces of lemon. Turn 3 times per day in this marinade or at least 48 hours or until the swordfish has let out all its natural water and juices, leaving a very firm, solid piece.

**Drying process:**

After curing, rinse the swordfish in a container and dispose of the marinade. Cut the day-old bread into cubes and place in a large bowl. Add all coarsely chopped herbs, crushed cloves garlic, oil and vinegar. This should produce a moist bread compote that is then pasted around the piece of swordfish, set on a rack, then into the refrigerator. Allow to rest for 48-72 hours. Thereafter, remove the bread crust and wrap the swordfish in cling wrap. Keep refrigerated.

**Dressing:**

Blend all the ingredients in a high-speed blender and set aside.

**Herb Bread Crumbs:**

Cut the day-old bread into large cubes. Place garlic, shallots and herbs in a food processor and chop until semifine, then mix in the day-old bread. (The bread should be

**Dressing:**

1 cup olive oil  
1 clove garlic  
1 tbs. Balsamic Vinegar  
1 tbs. white wine vinegar  
1 pinch basil, chives, tarragon, thyme, Oregano, coriander seeds, dill, parsley  
1-2 slices day-old bread  
Black pepper  
Salt

**Herb breadcrumbs:**

1 shallot  
1 clove garlic  
1 loaf day-old bread cubed  
Few sprigs parsley, basil, chives, Tarragon, thyme, oregano  
Julienne of 1 celery heart

**Garnish:**

2 tomatoes, peeled, seeded and chopped  
Julienne of 1 celery hear

dry, as the herbs contain water and when chopped become moist. If the bread is too soft or too fresh, it will become pasty instead of turning into green-colored breadcrumbs). Pass through a fine sieve and place on a sheet pan to air dry. Set aside. Slice the swordfish very thin using an electric slicer and cover the bottom of a platter. Mix dressing and slightly cover the swordfish with it. Sprinkle with green breadcrumbs. In a small bowl, season the julienne of celery heart with salt and pepper. Toss with the dressing and fresh parsley. Arrange all around the plate. Garnish with cubes of tomato and serve.

### ***Straccetti all'Aceto balsamico e Parmigiano-Reggiano®*** **Beef Patties with Balsamic Vinegar and Parmigiano-Reggiano®**

#### **Serves 4-6**

1/4 onion sliced very thin  
1 tablespoon vegetable oil  
3 tablespoons butter  
1/2 cup cream  
Salt and pepper to taste  
1 tablespoon balsamic vinegar  
1 pound chopped beef round  
1 cup freshly grated Parmigiano-Reggiano®  
2 egg yolks



In a skillet, sauté the sliced onion in the vegetable oil and 1 tablespoon butter. When the onion becomes a light gold color, add the cream, salt, pepper and the balsamic vinegar and stir thoroughly. Reduce the cream, then turn off the heat, allowing the sauce to cool for 1 to 2 minutes. Set aside.

Combine the chopped beef, the grated Parmigiano-Reggiano and the egg yolks. Mix very thoroughly, correct for salt and pepper and shape into 6 patties. Brown them in a pan with 2 tablespoons butter. Transfer to a warm platter pouring the sauce over the patties and serve.

### ***Insalata Mista – Mixed salad***

#### **Serves 4-6**

1/2 pound romaine lettuce, torn into pieces  
5 or 6 red radishes, sliced  
2 diced celery hearts  
1 diced carrot  
1 fennel, sliced thin  
4 ounces Parmigiano-Reggiano cheese®, cut into slivers  
2 tablespoons olive oil  
1 tablespoon balsamic vinegar  
Salt



Combine all the ingredients, toss thoroughly and serve.

***Frittata all'Aceto Balsamico Tradizionale di Modena***  
**Omelet with Traditional Balsamic Vinegar from Modena**

*By Chef Mario Batali, Babbo Ristorante, New York, NY*

4 fresh eggs  
4 large scallions, finely sliced  
1/4 cup bread crumbs, toasted  
1 cup freshly grated Parmigiano-Reggiano  
1/2 cup extra-virgin olive oil  
Aceto balsamico tradizionale di Modena, for drizzling  
Salt and pepper

Break the eggs into a large bowl and whisk vigorously with a whisk. Fold in scallions, bread crumbs, and cheese.

In an 8", cast iron skillet, heat the olive oil over high heat. Swirl the pan to coat the sides with oil and pour in the egg mixture. Cook over medium-high heat until the frittata is set. Remove from heat and allow to rest several minutes. Slice into 4 wedges, drizzle with *aceto balsamico*. Sprinkle with salt and pepper and serve immediately.

***Bruschetta con Pomodori e Basilico***  
**Grilled Country Bread with Tomatoes and Basil**

*International Cooking School of Italian Food and Wine, Bologna, Italy*

**Topping:**

12 ounces seeded, diced ripe tomatoes (3-4 medium)  
2 tablespoons diced red onion  
4 tablespoons fresh basil, julienned  
1 tablespoon balsamic vinegar (5-8 years old)  
Freshly ground black pepper to taste

**Bruschetta:**

8 slices white, sourdough or wholewheat Italian bread, (select loaf about 2 1/2" wide, cut into 1/2" thick slices)  
1 large garlic clove, split in half  
Extra-virgin olive oil

Combine the topping ingredients, toss well, cover and refrigerate for 1-2 hours before serving to blend the flavors. During this time, the tomato juice forms a natural sauce with the vinegar that will delicately coat the bread. This mix tastes freshest when made and served within a few hours.

Preheat a broiler or outdoor grill. Place the bread slices flat on the broiler pan or grill rack. Broil or grill for 1-2 minutes, turn over and continue for 1-2 minutes, until golden brown on each side. Remove the bread from the heat, rub one side of each slice with the cut side of garlic, then brush a little extra-virgin olive oil on top to moisten. Mound 1/4 cup topping on each warm bruschetta and serve immediately.