

Stars' Menu

Taste the same dishes the most famous Hollywood stars eat here in Italy and have the same incomparable atmosphere at home



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Your Holidays in
UMBRIA

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Starters

Bruschetta with cherry tomatoes

Toast the bread.

Quarter the cherry tomatoes; season with EVO oil, salt and basil.

5 minutes before serving dinner, season the toasted bread with salt and oil and coat with the cherry tomatoes.



Bruschetta with black truffles

Toast the bread.

Slice the black truffle and heat slightly in a pan with EVO oil and a garlic clove.

5 minutes before serving dinner, season the toasted bread with salt and coat with the truffles.



Toasted Gota (pork cheek) with balsamic vinegar and rocket

Finely slice the gota and toast in a non-stick frying pan.

Place it on a bed of rocket and drop some balsamic vinegar on.

Serve warm.

Fried zucchini flowers

Heat about half a litre of sunflower oil in a pan.

Make a quite thick batter with flour and very cold sparkling water, add a pinch of salt.

Plunge the zucchini flowers into the batter;

fry the flowers in hot oil over high heat for some minutes.



Mushrooms Strudel

Ingredients (Serves 4/6)

230/250 g puff pastry (better if rectangular)

250 g champignon mushrooms - finely sliced

250 g mascarpone cheese

2 eggs

1 garlic clove,

oil, parsley, salt

Cook the mushrooms with the garlic clove, oil and parsley in a pan.

Let it cool and add the mascarpone cheese and 1 egg;

mix the ingredients and season with salt.

Spread the dough on the puff pastry, leaving 1 cm of edge on each side.

Roll up and seal each side carefully;

brush the rolled strudel with the reserved egg.

Bake at 160° C for 20 minutes.



Octopus and strawberries salad

Ingredients (Serves 4)

1 kg fresh octopus

500 g strawberries

Lemon

Lettuce

Oil, salt and pepper

Boil the octopus in salted water with 3 corks (to keep the octopus tender) for about one hour and half.

Let it cool and cut into small pieces.

Cut the strawberries into small pieces and add to the octopus.

Season with oil, salt, pepper and lemon juice.

Place the octopus with strawberries on a bed of lettuce;
serve cold.



First Courses

Pasta with courgettes, sausages and cherry tomatoes

Ingredients (Serves 4)

2 courgettes

4 sausages

500 g cherry tomatoes

Oil, salt and pepper

Dice the courgettes,
halve the cherry tomatoes,
coarsely crumble the sausages with hands and put the ingredients in a pan
with olive oil.

Cook for about 30 minutes and season with salt and pepper.



Ravioli with fresh cherry tomatoes and basil

Ingredients (Serves 4)

600/700 g ravioli

500 g fresh cherry tomatoes

1 garlic clove

Basil

Oil, salt and pepper

Halve the cherry tomatoes and cook with oil, salt, pepper and garlic in a pan. When they are ready, turn off the heat.

Cook the ravioli in salted water, drain and put in the pan with the cherry tomatoes and season well.

Place the pasta in a plate and put on top the fresh basil.



Pasta with pesto sauce, cherry tomatoes and almonds

Ingredients for pesto sauce

150 g basil leaves
2 spoons grated pecorino cheese
1 spoon pine nuts
1 garlic clove
EVO oil

Chop the basil leaves using a knife or in a mixer together with the pine nuts and the garlic clove. Add the grated pecorino cheese and oil.

Ingredients for the sauce (Serves 4)

320/400 g pasta
100 g pesto sauce
250 g cherry tomatoes
1 spoon almonds - chopped
Oil, salt and pepper

Halve the cherry tomatoes and cook with oil and salt in a pan.
When they are ready, turn off the heat and add $\frac{3}{4}$ pesto sauce.
Cook the pasta in salted water, drain and put in the pan with the cherry tomatoes and pesto sauce;
add the reserved pesto and season well.
Place the pasta in a plate and sprinkle with the chopped almonds.



Seafood Risotto

Ingredients (Serves 4)

300/400 g rice

1 kg mussels

1 big squid or 4 small

500 g shrimps

500 g cherry tomatoes

Oil, salt, pepper, garlic, parsley and chili pepper

Clean the mussels and cook to make them open, add a little bit of oil, the chopped garlic and parsley.

Reserve the mussels' brodetto, drain the mussels, shell half of them and set aside the rest of mussels.

Clean and cut the squid and the shrimps into pieces, put in a pan with the shelled mussels, the halved cherry tomatoes, oil, pepper, chopped garlic, parsley and chili pepper. Cook for 10 minutes.

Add the rice and 2 ladles of mussels' brodetto; cook the risotto adding the mussels' brodetto.

When it is cooked, sprinkle with some parsley and serve.



Main Courses

Chicken cacciatore

Ingredients (Serves 4/6)

1 free-range chicken

3 ladles tomato sauce

Oil, salt, pepper, garlic, sage, rosemary

Season the chicken with salt and pepper.

Place in a pot with oil, sage, rosemary and garlic; cook on high heat.

When it is well browned, add the tomato sauce and cook for another 30 minutes; add salt as needed.

Serve warm with a slice of torta al testo (typical Umbrian bread made with water and flour, barbecued on a cast iron plate).



Pork Fillets wrapped with bacon

Ingredients (Serves 4)

8 pork fillet medallions

8 slices of bacon

Oil, salt, pepper

Season with salt and pepper and grill the pork medallions for 3 minutes per side or as long as they are cooked outside but pink inside.

Wrap the medallions with the bacon and finish to cook in a pan with olive oil



Chicken legs with cherry tomatoes, capers and black olives

Ingredients (Serves 4)

4 chicken legs

500 g cherry tomatoes

200 g black olives

2 spoons pickled capers

Oil, salt, pepper, garlic

Season the chicken legs with salt and pepper and cook with oil and garlic in a pot.

Halve the cherry tomatoes.

When the chicken is at half the cooking, add the cherry tomatoes, olives and capers.

Keep on cooking and serve warm.



Veal strips with balsamic vinegar and rocket

Ingredients (Serves 4)

800 g slices of veal

1 spoon flour

100 g rocket

Balsamic vinegar

Oil, salt, pepper

Cut the slices into stripes, season with salt and pepper, and cook with oil in a pan on high heat for 5-6 minutes;

add the balsamic vinegar and cook for another 1-2 minutes; meat should remain pink.

Place the cooked meat on a bed of rocket in a plate.



Side Dishes

Grilled vegetables

Ingredients (Serves 4)

4 courgettes

2 aubergines

1 spoon pickled capers

Oil, salt, chili pepper, parsley, garlic.

Slice the courgettes and the aubergines half a centimeter thick.

Grill on the cooker.

Chop the parsley, garlic and pickled capers; add oil.

Place the grilled vegetables on a plate, add salt and season with the parsley and capers sauce.



Courgettes with fennel

Ingredients (Serves 4)

4 Courgettes

Oil, salt, pepper, fennel seeds

Cut the courgettes into pieces and cook with oil, salt and pepper in a pan. At half the cooking, add the fennel seeds and keep on cooking.



Roasted Peppers

Ingredients (Serves 4)

4 peppers (2 red and 2 yellow)

Oil, salt, garlic, parsley, balsamic vinegar

Wash the peppers and place in a baking tin adding half a glass of water and bake at 200°C for 30/40 minutes.

When they are cooked, remove the tin from the oven and cover with an aluminum foil; let the peppers cool.

Then peel the peppers, remove the seeds and cut into stripes.

Season with salt, oil, balsamic vinegar, parsley and chopped garlic.

Desserts

Tiramisu

Ingredients (Serves 4/6)

3 eggs

250 g mascarpone cheese

2 packets Pavesini biscuits

3 spoons sugar

1 cup coffee

1 pinch salt

Cocoa powder

Make coffee and let it cool.

Separate the egg yolks and the whites.

Whip the whites with a pinch of salt and set aside in the fridge.

Whisk the yolks with the sugar until you have a soft and smooth cream.

Add the mascarpone cheese and mix well; then add the whipped whites, stirring from the bottom up, so that the whites won't go flat.

Soak the biscuits into the coffee and arrange a layer in the bottom of a plate.

Coat with the mixture of mascarpone and eggs then set aside in the fridge for at least 2 hours.

Sprinkle with cocoa powder before serving.



Coconut chocolates

Ingredients (about 20 chocolates)

350 g ricotta cheese

120 g sugar

250 g coconut flour

180 g white chocolate

Grate the white chocolate and mix all the ingredients together, use only 150 g coconut flour and set aside 100 g.

Make non-too sticky dough and create some small balls.

Roll the balls in the coconut flour left.

Put in the fridge for about 2 hours.



Yoghurt Mousse

Ingredients (Serves 4/6)

250 ml fresh cream

250 ml white yoghurt

1 spoon sugar

Fruit to taste (strawberries, peaches, berries, melted chocolate)

Whip the cream with sugar; add the yoghurt stirring from the bottom up, so that the cream won't go flat.

Pour into small bowls; garnish with fruit to taste.



Tart with jam

300 g flour
100 g butter + 50 g to butter the baking tin
4 eggs (1 and 3 yolks)
100 g sugar
4 spoons sunflower oil
1 grated lemon
Baking powder (for ½ kilo)
300 g jam or marmalade to taste

Knead the ingredients all together, except for jam.

Butter and sprinkle the baking tin with some flour; roll out the pastry on the tin, setting aside a part of it for the stripes.

Coat with jam, make some stripes with the reserved dough to create a lattice finish.

Bake at 180°C for 30/35 minutes.



Thank you for reading my recipes book

Thanks to these recipes, I am sure you will surprise your family and friends with delicious homemade dinners!

..... And you will tell your friends you have made the same Tiramisù Meryl Streep ate on her 70th birthday: terrific, isn't it?

Otherwise... if you want to taste all these delicious dishes personally prepared by me as Meryl Streep and Sam Neill did, you only need to book your next holiday in Umbria!

If you come to Umbria and book a holiday planned by me,
I will let you discover ***typical and truly Italian locations where even an international star could go unnoticed!***

You can wander around small medieval villages where you will meet only the locals, and count tourists on the fingers of your hand!

**The holiday I'm offering you is not an usual holiday,
it's a real "Oscar Experience"**

It is An Immersive Stay to experience local culture and unconventional destinations AND to feel Like a Local not ONLY a tourist

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