



ANTIPASTI BOARD

ITALIAN MEATS &
CHEESES

SEASONAL FRUITS,
VEGETABLES & BREADS

SERVING SIZE
8 PEOPLE

ROASTED PEPPERS

4 each large Bell peppers (I prefer red, yellow, orange)
3 TBSP EVOO
2 TBSP Red wine vinegar
Salt & pepper

Roast in a hot oven (400) about 24-30 minutes until the skin is blistered & charred) ** you can also do this on a char grill*** Remove from heat. Cover with plastic wrap or towel allow to cook 15-20 minutes. Remove the skin, stem & seeds. Cut the roasted peppers into strips. Mix 3 TBSP EVOO, 2 TBSP red wine vinegar and pour over the pepper strips. Season with salt & pepper.

WHITE BEAN HUMMUS

1 can (15 oz) Cannellini beans
or you can cook from dried beans
2 cloves Garlic
2 TBSP Fresh lemon juice
1/3 cup Olive oil
Salt & pepper
3 TBSP Fresh Italian Parsley rough chopped

Pulse in food processor until you have a smooth puree. Adjust seasoning. Transfer to serving bowl, drizzle with olive oil.

ROASTED GARLIC

1 head Garlic
2 TBSP Olive oil

Slice the top off the head of garlic. Drizzle olive oil over exposed garlic cloves. Wrap in foil. Roast in oven at 350°F until garlic clove is soft

ROASTED ROMA TOMATOES

6 ripe plum tomatoes cut in ½ lengthwise

Arrange cut side down on a wire baking rack on top of a sheet pan. Season with Kosher or sea salt. Roast in hot oven (375-400) about 15 minutes until the skin blisters & chars. Remove from oven and cool. Skins will pull right off. Use as is or marinate in olive oil, red wine vinegar, salt & pepper (add garlic or fresh basil to taste)

ROASTED EGGPLANT CAPONATA

2 pounds eggplant, any variety, sliced lengthwise into ¼" slices
3 Tb olive oil
¾ cup chopped yellow onions
5 garlic cloves, roasted
1 cup diced celery
1 ½ cup seeded and chopped tomatoes, fresh or canned
2 Tb capers, drained
3 Tb toasted pine nuts
2 Tb golden raisins or currants
16 chopped Kalamata olives
2 Tb light brown sugar
1/3 cup red wine vinegar
Kosher salt
Red Chile flakes

Preheat the oven to 400 degrees. Lay the eggplant slices on a baking sheet in a single layer. Roast for 20 to 25 minutes or until tender and lightly browned.

Remove, dice and reserve.

In a large sauté pan over medium heat, heat the oil and sauté the onions, garlic and celery until the onions are translucent, stirring occasionally. Add the tomatoes and cook for 2-3 minutes. Add the eggplant, capers, pine nuts, raisins, olives, brown sugar and vinegar. Over moderate heat, cook for 6-8 minutes, stirring frequently. Season with salt and chile flakes. Refrigerate, covered for 4 hours or overnight. Bring to room temperature before serving. May be kept, refrigerated, for up to 5 days.

SHOPPING LIST

ITALIAN MEATS

Peppered
Salami
Mortadella
Capicola
Pepperoni

ROASTED

Roasted tomatoes
Roasted peppers
Roasted artichokes (fresh
or canned)
Mixed Olives

READY TO EAT

Seasonal Jam
Almonds
Pistachios
Dark Chocolate

BREADS

Grissini
Rustic bread
Baton
Taralli (Italian olive oil crackers)
Flat bread

ROASTED PEPPERS

4 each large bell peppers
(red, yellow, orange)
Olive oil
Red wine vinegar

ROASTED ROMA TOMATOES

6 ripe plum tomatoes
Kosher or sea salt.

CHEESES

Fresh Mozzarella
Sharp Provolone
Gorgonzola
Fontina

FRESH

Heirloom tomato
Asparagus
Mushrooms
Zucchini
Green beans
Baby carrots
Fresh cherries
Stone fruit
Gapes
Basil leaves
Rosemary

OILS & VINEGARS

Olive oil
Red wine vinegar
Balsamic vinegar reduction

ROASTED GARLIC

Garlic whole clove
Olive oil
Salt & Pepper

WHITE BEAN HUMMUS

1 can (15 oz.) or dried
cannellini beans
2 cloves garlic
1 lemon
1 bunch Italian Parsley

MISE EN PLACE

TO COOK AND
ASSEMBLE



PREP AHEAD

- Make Caponata (best if made at least 1 day prior)
- Make hummus
- Roast & season peppers
- Roast garlic
- Roast & season tomatoes
- If you want to grill seasonal stone fruit- do so in advance
- Wash all fresh produce

FOR STARTERS

- Cutting board - wood or plastic
- Countertop trash bin (for scraps and such) – can be just a bowl or plastic bag
- Chef's knife
- Towel or wipes

ESPECIALLY FOR TODAY

- Measuring cup with ounces
- Measuring spoons
- Citrus juicer or fork to extract juice
- Mixing bowls
- Food processor

PRESENTATION

- Large wood cutting board
- Cheese knives
- Small 4oz. Bowls for dips, olives

TIPS

LOCAL OPTIONS ARE BEST

COLORFUL & ABUNDANT

ITALIAN MEATS & CHEESES

Mix up your cheese selection to include sharp, creamy & nutty cheeses. Incorporate a bleu cheese as well

JAM

Any seasonal jam is perfect.

SEASONAL VEGETABLES

Pick local and seasonal...what's available

BREAD & CRACKERS

Mix and match different sizes, types and flavors

