

# FOOD EXPLORERS

## SUMMER IN ITALY



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# FRIED DOUGH

## INGREDIENTS

### Dough (per serving, 1 dough):

- ½ cup all-purpose flour
- 1 teaspoon baking powder
- ⅛ teaspoon salt
- ½ tablespoon whole milk
- ¼ cup plain whole milk Greek yogurt
- 1 stick of butter (for cooking)

### Filling (per serving, 1 dough):

- 2 tablespoons mini semi-sweet chocolate chips

### Sweet Whipped Ricotta Cream (for 6 servings, 6 doughs):

- ½ (15 oz) container whole milk ricotta cheese
- ½ cup (¼ pint) heavy whipping cream
- ¾ cup powdered sugar
- 1 teaspoon vanilla extract
- ½ tablespoon lemon zest

### Topping (per serving, optional):

- Dusting of powdered sugar



## DIRECTIONS

- **Dough:** In a small bowl, mix the all of the dough ingredients with a spoon until it starts to come together (it may seem dry at first, keep mixing).
- Transfer the dough to a lightly floured surface and knead for 1–2 minutes. Shape into a ball and let rest for 10–15 minutes.
- **Whipped ricotta cream:** Place ricotta in a large bowl lined with paper towels. Gently press out excess moisture, then discard paper towels. Add cream, powdered sugar, and vanilla. Mix on low with an electric mixer until creamy (about 1 minute), then whip on high until fluffy (2–3 minutes). Fold in lemon zest.
- **Dough:** After the dough has rested, roll it into a round shape, about the size of a coaster.
- Place 2 tbsp mini chocolate chips in the center. Pinch and crimp the dough to seal, forming a ball with the filling inside. Gently flatten and roll again into a rough oval, about the length of a paper plate.
- **Cook:** Heat a griddle or skillet over medium-high heat. Grease lightly with butter. Cook dough for 1–2 minutes per side until golden brown.
- Dust with powdered sugar if desired. Serve warm with sweet ricotta cream for dipping.
- Enjoy!



# POTATO GNOCCHI

## INGREDIENTS

### Gnocchi Dough (for 6 servings):

- 2 cups canned potatoes, mashed
- 1 egg
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{8}$  teaspoon black pepper
- 1 -  $1\frac{1}{2}$  cups all-purpose flour

### Creamy Spinach Sauce (for 6 servings):

- $\frac{1}{2}$  yellow onion, chopped
- 2 tablespoons unsalted butter
- 1 (6 oz) bag fresh spinach, roughly chopped
- $\frac{1}{2}$  teaspoon garlic powder
- $\frac{1}{2}$  (8 oz) block cream cheese
- $\frac{3}{4}$  cup heavy whipping cream
- $\frac{1}{4}$  cup parmesan cheese
- 1 pinch of salt
- 1 pinch of black pepper

## DIRECTIONS

- **Dough:** Drain and rinse your canned potatoes. Add them to a large bowl, mash until you have 2 cups of very smooth mashed potatoes.
- Add flour, egg, and salt to the mashed potatoes. Mix gently with a spatula until the dough comes together, avoid over-mixing. The dough should hold together, but might be a little sticky. If it's too wet, sprinkle in a bit more flour.
- Turn the dough out onto a lightly floured cutting board. Take a portion of the dough and roll it into a log shape. Cut the log into bite-sized pieces, dusting with a little flour as needed to prevent sticking. Try to keep the pieces about the same size so they cook evenly.
- **Boil:** Bring a large pot of salted water to a boil. Boil gnocchi until they float, scoop them out with a slotted spoon until they are all cooked. Set aside.
- **Sauce:** In a large pan over medium heat, melt the butter. Add finely chopped onion and cook until softened, about 5 minutes. Stir in chopped spinach and cook until wilted. Add cream, cream cheese, and parmesan, stirring until melted and the sauce thickens. Season with salt, pepper, and garlic powder.
- **Assemble:** Toss cooked gnocchi in the sauce.
- Enjoy!



# VEGETABLE RAGU WITH FETTUCCINE

## INGREDIENTS

### Pasta Dough (per serving):

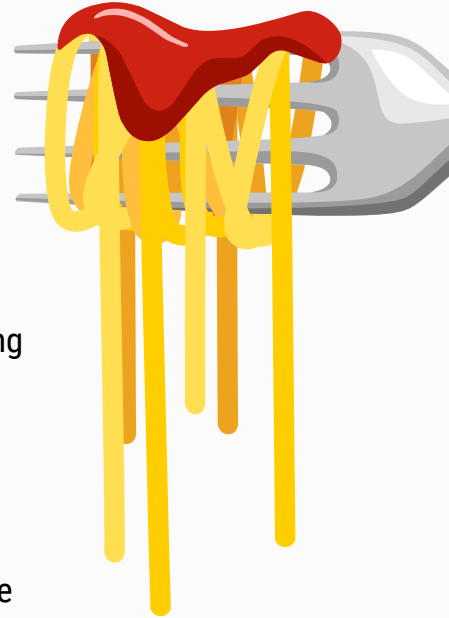
- ½ cup + 2 tablespoons all-purpose flour
- ½ teaspoon salt
- 1 teaspoon olive oil
- 1 egg

### Topping (for 6 servings, optional):

- 1 (8 oz) container of parmesan cheese

### Ragu Sauce (for 6 servings):

- 1 ½ tablespoons olive oil
- 1 ½ cloves of garlic
- ½ tablespoon Italian seasoning
- ½ large yellow onion
- 3 large carrots
- 1 ½ celery sticks
- 1 ½ cups vegetable broth
- 1 ½ tablespoons tomato paste
- ½ (28 oz) can tomato puree
- 1 (8 oz) container fresh button mushrooms
- 1 pinch of salt
- 1 pinch of black pepper



## DIRECTIONS

- **Dough:** In a small bowl, gently mix together flour and salt with a fork. Make a well in the center.
- Crack an egg into a small bowl (check for shells), then pour it into the well. Add 1 tsp olive oil.
- Scramble the egg with a fork, then gradually incorporate the flour until a lumpy, sticky dough forms.
- Turn the dough out onto a floured cutting board. Knead the dough for about 10 minutes, adding more flour if needed to prevent sticking. The dough should be soft and springy.
- Place the dough in a ziplock bag or wrap in plastic and let it rest for about 30 minutes.
- **Sauce:** Dice/mince your veggies (onion, garlic, carrots, celery, and mushrooms). Heat 3 tablespoons olive oil in a skillet over medium heat. Add the veggies, season with salt, pepper, Italian seasoning, and cook until softened and slightly caramelized, about 15 minutes.
- Stir in vegetable broth, tomato paste, and tomato puree. Bring to a high simmer and cook while you prepare the pasta, allowing the sauce to thicken.
- **Roll dough:** Roll out the rested dough on a floured surface into a large, thin rectangle. Cut into long thin noodles.
- **Boil:** Boil the pasta for 3–4 minutes, drain, and toss the cooked pasta in the sauce, or in olive oil first if the sauce needs a little more time to thicken.
- Serve warm with optional parmesan cheese.
- Enjoy!





# COFFEE LATTE TRIFLES



## INGREDIENTS

### Mocha Cake Batter (for 6 servings):

- $\frac{3}{4}$  cups granulated sugar
- $\frac{1}{4}$  cup light brown sugar, packed
- 1 cups all-purpose flour
- $\frac{1}{2}$  cup unsweetened cocoa powder
- $\frac{3}{4}$  teaspoons baking soda
- $\frac{1}{4}$  teaspoon salt
- 2 large eggs
- $\frac{1}{2}$  cup sour cream
- $\frac{1}{2}$  cup whole milk
- 6 tablespoons vegetable oil
- 1 teaspoon vanilla extract
- 1 teaspoon instant espresso

### Espresso Whipped Cream (for 6 servings):

- 1 cup ( $\frac{1}{2}$  pint) heavy whipping cream
- $\frac{1}{4}$  cup powdered sugar
- 1 teaspoon instant espresso
- $\frac{1}{2}$  teaspoon vanilla extract

### Chocolate Pudding (for 6 servings):

- 1 (3.9 oz) package instant chocolate pudding
- 2 cups whole milk

### Cocoa Krispies Cereal (per serving):

- $\frac{1}{4}$  cup Cocoa Krispies Cereal

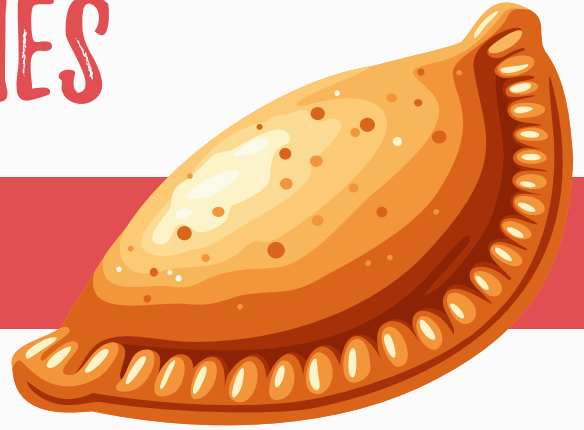
Non-stick cooking spray

## DIRECTIONS

- **Batter:** In a large bowl, combine both sugars, flour, cocoa powder, baking soda, and salt. Mix on low speed with an electric mixer until everything is evenly combined, breaking up any clumps.
- In a new bowl, whisk together the eggs, sour cream, milk, oil, espresso powder, and vanilla until smooth.
- Pour the wet ingredients into the dry and stir gently with a large spoon until just combined. The batter will be thick, don't overmix.
- **Bake:** Spray a preheated cake pop machine with non-stick spray and bake in batches until cooked through.
- **Pudding:** Make the chocolate pudding according to the package directions. Chill in the fridge to set.
- **Whipped cream:** In another bowl, whip together the whipped cream ingredients using an electric mixer until stiff peaks form.
- **Assemble:** Layer cooled crumbled cake pops, chocolate pudding, cocoa krispies, and whipped cream.
- Enjoy!



# CALZONES



## INGREDIENTS

### Pizza Dough (per serving, 1 calzone):

- ⅓ cup + 1 tablespoon all-purpose flour
- 2 ½ tablespoons water, warm
- ½ teaspoon granulated sugar
- ½ teaspoon active dry yeast
- ½ teaspoon olive oil
- 1 pinch of salt

Non-stick cooking spray

### Filling (for 6 servings, 6 calzones):

- 1 (15 oz) container ricotta cheese
- ½ (8 oz) bag shredded mozzarella cheese
- ¼ cup parmesan cheese
- ½ teaspoon salt
- ½ teaspoon garlic powder
- 1 teaspoon Italian seasoning

### Topping (for 6 servings, optional):

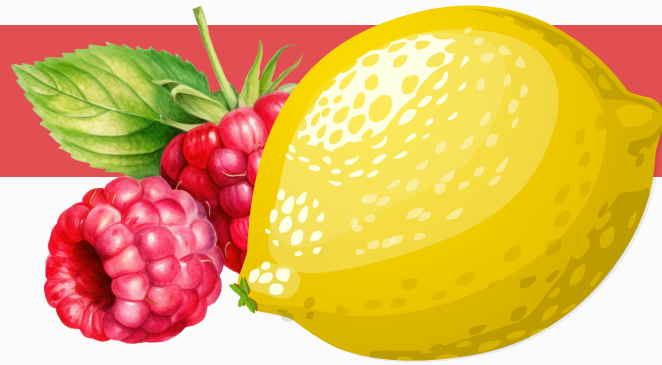
- 1 (24 oz) jar of marinara sauce

## DIRECTIONS

- **Dough:** Measure 2 ½ tbsp warm water into a small bowl with sugar. Stir to dissolve. Sprinkle yeast on top and let sit for 5 minutes until foamy and fragrant.
- Stir in ½ teaspoon olive oil. Add the flour and salt to the bowl and mix with a fork until a shaggy dough forms.
- Turn the dough out onto a lightly floured cutting board. Knead for about 5 minutes until smooth and springy.
- Place dough in a bowl, loosely cover with a damp paper towel, and let rest for 30 minutes.
- **Filling:** In a large bowl, combine all filling ingredients, cover, and set aside in the refrigerator until ready to use.
- **Roll dough:** Once the dough has rested, lightly flour a cutting board and roll the dough into a thin circle.
- **Assemble:** Spoon filling onto one half of the dough. Dip a finger into water and run it around the edge of the dough. Fold the dough over the filling to form a half-moon shape. Press the edges down with a fork to seal.
- **Cook:** Heat a griddle or skillet to medium. Lightly spray with non-stick spray. Cook calzones for about 4-5 minutes per side until golden, pressing gently with a spatula as they cook.
- Serve warm with optional marinara sauce on the side.
- Enjoy!



# LEMON RASPBERRY CUPCAKES



## INGREDIENTS

### Cupcakes (for 6 servings, 12 cupcakes):

- 1 ½ cups all-purpose flour
- 1 ¼ teaspoons baking powder
- ½ teaspoon salt
- 4 tablespoons unsalted butter, softened
- ¾ cups granulated sugar
- 2 eggs
- 1 ½ teaspoons vanilla extract
- ½ cup whole milk
- ⅓ cup lemon juice
- Zest of 2 lemons

### Raspberry Jam Filling (per serving, 2 cupcakes):

- 1/4 cup raspberries, frozen
- 1 teaspoon chia seeds
- 1 teaspoon granulated sugar

### Frosting (for 6 servings, 12 cupcakes):

- 2 sticks unsalted butter, softened
- 2-2 ½ cups powdered sugar
- ¼ cup heavy whipping cream, room temperature
- 1 teaspoon vanilla extract
- ⅛ teaspoon salt

Non-stick cooking spray

## DIRECTIONS

- **Cupcakes:** In a large bowl, cream the butter and sugar with an electric mixer until light and fluffy, about 2–3 minutes. Then add eggs, vanilla, and milk.
- In another bowl, combine the flour, baking powder, and salt. Gradually mix the dry ingredients into the wet, until fully combined.
- Zest the lemons into a small bowl, then add the zest to the batter. Cut the lemons in half, squeeze out ⅔ cup of juice, and stir it into the batter until smooth.
- Preheat a cupcake machine, spray with nonstick spray, and bake the cupcakes until a toothpick inserted in the center comes out clean. Let them cool completely.
- **Jam:** Mash the raspberries with a fork, stir in the chia seeds and sugar. Set aside to thicken.
- **Frosting:** In a large bowl, beat the butter until light and creamy, about 2–3 minutes. Add the cream, vanilla, and salt, then gradually mix in the powdered sugar, one cup at a time.
- **Fill cupcakes:** Once cooled, cut a small hole in the center of each cupcake, about an inch deep, and fill with the chia jam.
- Spoon the frosting into a ziplock bag, snip off one corner, and pipe it onto the cupcakes.
- Enjoy!



# PIZZA CUPS

## INGREDIENTS

### Pizza Dough (per serving, 2 cups):

2 ½ tablespoons water, warm (~108-110°F)  
½ teaspoon granulated sugar  
½ teaspoon active dry yeast  
¼ cup + 2 tablespoons all-purpose flour  
½ teaspoon olive oil  
1 pinch of salt

Non-stick cooking spray

### Filling (per serving, 2 cups):

1 - 2 tablespoons pizza sauce  
2 - 4 tablespoons shredded mozzarella cheese  
1 sprinkle of Italian seasoning



## DIRECTIONS

- **Dough:** Measure 2 ½ tbsp warm water into a small bowl with sugar. Stir to dissolve. Sprinkle yeast on top and let sit for 5 minutes until foamy and fragrant.
- Stir in ½ teaspoon olive oil. Add the flour and salt to the bowl and mix with a fork until a shaggy dough forms.
- Turn the dough out onto a lightly floured cutting board. Knead for about 5 minutes until smooth and springy.
- Place dough in a ziplock bag and let rest for 30 minutes.
- **Roll dough:** After proofing, divide the dough into two equal pieces. Roll each piece into a square about the size of a paper napkin, thick enough to hold the filling but not too thin.
- Spray a preheated cupcake machine with non-stick spray and place a rolled dough piece into each well.
- **Filling:** Spoon a few tbsp of pizza sauce into each dough cup. Sprinkle about 1 tbsp mozzarella on top. Add a pinch of Italian seasoning if desired.
- **Bake:** Bake pizza cups in the cupcake machine for 18–22 minutes, until the crust is golden and the filling is hot. Cool slightly before serving.
- Enjoy!



# FARFALLE WITH ZUCCHINI MEATBALLS

## INGREDIENTS

### Pasta Dough (per serving):

½ cup + 2 tablespoons all-purpose flour  
½ teaspoon salt  
1 teaspoon olive oil  
1 egg

### Topping (for 6 servings):

1 jar of marinara sauce

### Zucchini Meatballs (for 6 servings):

1 ½ cloves of garlic, minced  
2 large zucchini  
½ teaspoon salt  
2 tablespoons fresh basil, chopped  
1 cup seasoned Italian breadcrumbs  
¼ cup parmesan cheese  
1 egg

Cheesecloth

Non-stick cooking spray

## DIRECTIONS

- **Dough:** In a small bowl, mix the flour and salt with a fork. Make a well in the center.
- Crack the egg into a separate bowl, check for shells, then pour into the well. Add olive oil.
- Scramble the egg with a fork, gradually incorporating the flour until a lumpy dough forms.
- Turn out onto a floured surface. Knead gently for about 10 minutes until soft and springy. Let rest in a sealed bag or covered bowl for about 30 minutes.
- **Meatballs:** Grate zucchini and squeeze out as much moisture as possible using cheesecloth or a paper towel.
- In a large bowl, mix the zucchini with an egg, garlic, basil, breadcrumbs, and parmesan. The mixture should feel like moist dough (if too sticky, add breadcrumbs; if too dry, add an extra egg).
- Scoop and gently roll into meatballs (about 3 tbsp each).
- **Roll dough:** Roll out pasta dough on a floured board into a large thin rectangle. Cut into small rectangles for farfalle. Wet your fingertip and paint a thin line down the center. Pinch the dough together in the middle to make a bowtie shape.
- **Cook meatballs:** Preheat a greased cupcake maker and cook meatballs for about 20 minutes, rotating every 5 mins.
- **Topping:** Warm marinara sauce in a saucepan.
- Boil pasta for 3–4 minutes until tender. Drain and toss with sauce.
- Serve pasta warm with meatballs on top.
- Enjoy!





# SWEET POTATO RAVIOLI



## INGREDIENTS

### Pasta Dough (per serving):

½ cup + 2 tablespoons all-purpose flour  
½ teaspoon salt  
1 teaspoon olive oil  
1 egg

### Filling (for 6 servings):

½ (15 oz) whole milk ricotta  
½ (15 oz) can sweet potato puree  
½ cup parmesan cheese  
1 teaspoon garlic powder  
½ teaspoon salt  
1 pinch of black pepper

### Topping (per serving, optional):

1 sprinkle of Italian seasoning  
1 sprinkle of parmesan cheese  
1 tablespoon unsalted butter, melted

## DIRECTIONS

- **Dough:** In a small bowl, mix flour and salt. Create a well in the center.
- Crack an egg into a separate bowl to check for shells, then pour it into the well. Add olive oil.
- Scramble the egg and slowly incorporate flour from the edges to form a lumpy, sticky dough.
- Turn out onto a floured surface and knead gently for about 10 minutes until soft and springy. Place in a ziplock bag to rest for 30 minutes.
- **Filling:** Combine filling ingredients in a large bowl, set aside.
- Roll dough: On a floured surface, roll dough into a thin, long rectangle.
- **Assemble:** Trim edges for straight lines. Spoon filling in mounds along half the dough, spacing them about two finger widths apart. Wet around each mound with water, fold dough over, press out air starting from the middle and working your way out, and seal. Cut into individual ravioli.
- **Boil:** Cook ravioli 3–4 minutes in boiling water with a little oil to prevent sticking.
- **Topping:** Drain and toss in 1 tbsp melted butter.
- Serve with optional parmesan and Italian seasoning if desired.
- Enjoy!



# TIRAMISU PIES



## INGREDIENTS

### Pie Crust (per serving, 1 pie):

- 2 sheets graham crackers
- 1 tablespoon unsalted butter, melted
- 1 teaspoon granulated sugar

### Coffee Pudding (for 6 servings, 6 pies):

- 1 (3.9 oz) JELL-O instant chocolate pudding
- 1 ½ teaspoons instant coffee
- 2 cups whole milk

### Tiramisu Filling (for 6 servings, 6 pies):

- 1 cup (½ pint) heavy whipping cream
- 1 (8 oz) package mascarpone cheese
- 1 cup powdered sugar
- 1 ½ cups ricotta cheese
- 1 teaspoon vanilla extract
- 1 ½ teaspoon instant coffee
- ½ teaspoon salt

1 (5") mini foil pie pan (1 per serving)

## DIRECTIONS

- **Pudding:** In a large bowl, prepare chocolate pudding according to the package instructions. Stir in 1 ½ tsp instant coffee. Chill the pudding in the fridge to set.
- **Filling:** In another large bowl, add heavy cream. Using an electric mixer, beat the cream starting on low speed, gradually increasing to high, until stiff peaks form.
- In a separate bowl, mix mascarpone cheese, instant coffee, and powdered sugar with an electric mixer until smooth. Fold in ricotta, vanilla extract, and salt until fully combined.
- Gently fold the whipped cream into the ricotta mixture.
- **Crust:** Add graham crackers to a ziplock bag and gently crush them into a fine powder.
- Add 1 teaspoon sugar and 1 tablespoon melted butter to your ziplock. Shake the bag until the mixture is completely combined and has the texture of wet sand.
- **Assemble:** Press the graham cracker crust mixture evenly into a mini foil pie pan, gently pressing up the sides.
- Layer your coffee pudding first into the crust, then spread the creamy tiramisu filling on top.
- Enjoy!

