

Westchester Community College - Taste of Westchester
Sip and Savor Italian Dinner with Wendy Pregiato
October 16 and 29, 2025

Homemade Easy Caesar

1/2 cup olive oil
1 clove minced garlic
1/2 lemon
2 tsp anchovy paste
1/2 Tbsp Worcestershire sauce
1 Tbsp honey
1/4 cup grated parmesan cheese
Pinch salt
Romaine lettuce, cut into bite-sized pieces
Croutons

In a big salad bowl, line the bottom with a good pour of olive oil. Add garlic, squeeze juice of half a lemon, anchovy paste, Worcestershire sauce, honey, pinch of salt and parmesan cheese. Whisk until well-combined. Add lettuce and toss to coat. Finish with some croutons and an additional sprinkle of parmesan, if desired.

Garlic Bread

1 loaf Terranova pizza bread
1 stick butter
1/4 cup olive oil
2 Tbsp garlic powder
1 tsp fennel seeds
Sprinkle sea salt
1/4 cup fresh parsley leaves

Pre-heat oven to 350 degrees. Cut bread in half and put on baking sheet. Melt butter, olive oil and garlic in microwave for 30 seconds or more until butter is melted. Spoon butter mixture evenly over bread. Add salt and fennel seeds. Bake in oven for 12 - 15 minutes until slightly browned on top. Remove from oven and sprinkle parsley on top. This is also delicious with some tomato sauce and mozzarella on top and baked like a pizza bread!

Basil Chicken Saltimboca with Burrata

2 boneless, skinless chicken breasts, sliced in half horizontally (or 4 thin chicken cutlets)
1 Tbsp olive oil
2 tsp garlic powder
2 tsp paprika
Pinch salt
1 cup fresh basil
8 thin slices prosciutto
3 large eggs, beaten
2 cups Panko bread crumbs (can use plain or Italian seasoned)
2 cups cherry tomatoes, halved
1/4 cup extra virgin olive oil
2 tablespoons balsamic vinegar
2 tablespoons fresh thyme leaves
zest of 1 lemon
1 large or 2 small balls burrata cheese, torn

Preheat oven to 365 degrees. Place foil on a baking sheet and spray with non-stick spray.

Place the eggs and Panko in separate shallow bowls.

Sprinkle the chicken with olive oil, garlic powder, paprika, oregano and salt. Working with 1 cutlet at a time, press a basil leaf on top of each cutlet. Wrap prosciutto around each cutlet to secure the basil (you can use a toothpick if you would like). Dredge chicken through the egg and then into the Panko, pressing gently to adhere. Place the chicken on the baking sheet. Repeat with remaining pieces of chicken, keeping them spaced apart and not touching.

Spray the chicken pieces evenly with olive oil. Place in the oven for 12 - 15 minutes until cooked through.

While chicken is baking, make the marinated tomatoes. In a bowl, toss together tomatoes, 3 tablespoons olive oil, balsamic vinegar, thyme, lemon zest, and a pinch of salt.

Remove the chicken from the oven and carefully remove toothpicks. Serve with a scoop of the thyme tomato mixture and cut or tear the burrata into pieces and top each chicken and tomato with a couple pieces of the burrata. Sprinkle with a pinch of sea salt. Enjoy!

Alternative cooking methods: You can do a partial fry/partial bake to get a crispier crust on the chicken. Heat olive oil in a pan over medium heat. Add chicken pieces and brown on each side about 2 - 3 minutes each side. Once brown, put on a baking sheet and place in the oven for 10 - 12 minutes until cooked through. Likewise, you can cook entirely in a frying pan on the stovetop if you prefer.

Toffee Tiramisu

The legend of Tiramisu:

Tiramisu was named after the word “pick me up” in the Treviso dialect of Italy. It comes from “Tireme su” and evolved into the word we know today in the later half of the 20th century. Rumor has it that this dessert was invented by the clever “maitresse” of a house of pleasure in the center of Treviso. She wanted to create an aphrodisiac dessert to offer customers to reinvigorate them so they would be able to perform their conjugal duties when they returned home to their wives. Between the rich espresso, the sugar kick, and the creamy richness, this dessert acted like a natural Viagra in the 19th century.

8 ounces mascarpone, room temperature

1 tsp vanilla extract

1 pint heavy cream

6 Heath bars (can also use a 8 ounce bag of Heath chips)

Lady fingers - I use Bellino Savoiardi Lady Fingers, 7 Ounces \$4.19 at amazon

1 1/2 cups prepared espresso, cooled to room temperature*

Stir vanilla into the mascarpone until smooth and creamy. Use an electric mixer or a blender to beat the cream until soft peaks form. Mix the mascarpone into the whipped cream until just combined. Add Heath chips or crumble the Heath bars into small chips. Reserve a handful for the top and mix the rest into your whipped cream mixture.

To assemble: line the bottom of a 11 x 7 baking dish with the lady fingers. Carefully spoon 3/4 of the espresso onto the cookies. Add half of the cream mixture on an even layer. Repeat with another layer of the lady fingers, the remaining espresso and the rest of the cream. Sprinkle the reserved Heath bar crumbles on top. Cover with plastic wrap and refrigerate at least 4 hours prior to serving.

*I use 5 heaping teaspoons of Ferrara instant espresso powder with 1 1/2 cups of water to make my espresso for this recipe.