



## **Cooking with Maestro Tim!**

**Sunday, April 2, 2023, at 5:00 pm CST**

### **The Menu:**

- ❖ **Beef Saltimbocca Romana in a Sage Butter Sauce**
- ❖ **Fennel Salad with Mint**

YouTube LIVE event Link: <https://youtube.com/live/cecmbgjW130?feature=share>





## Sunday, April 2, 2023 – GROCERY LIST

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|--|--|
| <ul style="list-style-type: none"><li><input type="checkbox"/> 6 slices of prosciutto</li><li><input type="checkbox"/> 1 bunch of fresh sage leaves (at least 15 leaves)</li><li><input type="checkbox"/> 1 1/2 pound beef top round or veal (not thick), or boneless, skinless chicken breasts (1 ea.)</li><li><input type="checkbox"/> Extra Virgin Olive Oil (EVOO)</li><li><input type="checkbox"/> 1 small pack frozen chopped spinach</li><li><input type="checkbox"/> 1/2 cup all-purpose, unbleached flour</li><li><input type="checkbox"/> 4 tablespoons butter (1/2 stick)</li><li><input type="checkbox"/> 4 whole cloves fresh garlic</li><li><input type="checkbox"/> 1 lemon</li><li><input type="checkbox"/> Toothpicks</li></ul> | <ul style="list-style-type: none"><li><input type="checkbox"/> 1 small loaf crusty Italian bread</li><li><input type="checkbox"/> 1 Tablespoon garlic powder</li><li><input type="checkbox"/> Salt &amp; Pepper</li><li><input type="checkbox"/> 2 fresh bulbs of fennel with fronds</li><li><input type="checkbox"/> 1 small red onion</li><li><input type="checkbox"/> 1/2 cup walnut pieces</li><li><input type="checkbox"/> 1/4 teaspoon dried red pepper flakes</li><li><input type="checkbox"/> 3 Tablespoons good balsamic vinegar</li><li><input type="checkbox"/> 1 cup fresh mint leaves</li><li><input type="checkbox"/> 1/4 cup fresh grated Pecorino Romano cheese</li><li><input type="checkbox"/> 8 oz. chicken broth (only is using chicken instead of beef for saltimbocca)</li></ul> |
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### Wine Pairings (optional)

**White** – Vermentino or White Bordeaux

**Red** – Classico Chianti Reserve or Carmenera

**EMAIL us with questions:**

**Check out our website:**

**See what we are all about:**

**See our past episodes:**

[kelley@giasitaliankitchen.biz](mailto:kelley@giasitaliankitchen.biz)

<https://giasitaliankitchen.biz/>

[FACEBOOK](#)

[YouTube Channel](#)

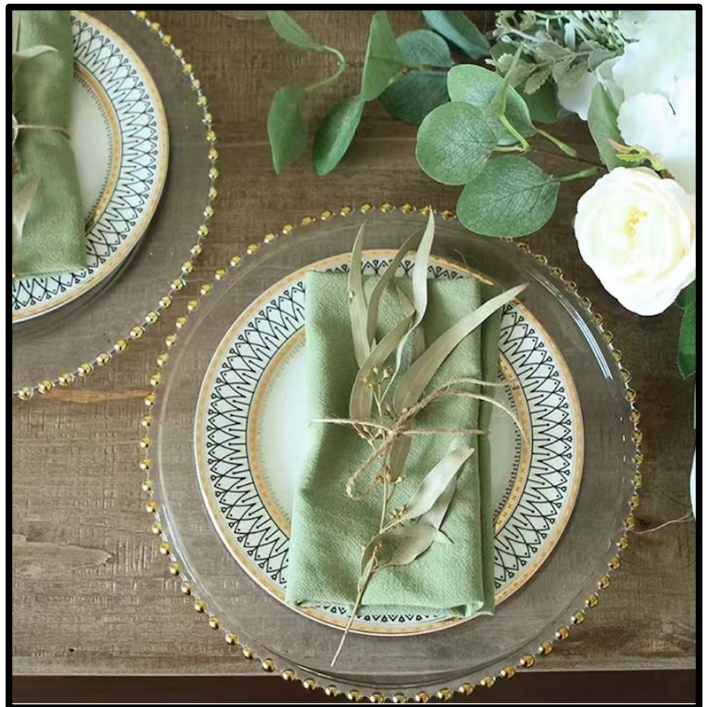


**Equipment List (please read recipes for other small tools):**

- ❖ Beef Saltimbocca Romana in a Sage Butter Sauce
  - Meat tenderizer or rolling pin
  - One gallon-size Ziploc bag (or saran wrap)
  - Two medium saucepans with sides
  - Small colander
  - Toothpicks
  
- ❖ Fennel Salad with Mint
  - Two cookie sheets with sides
  - Garlic press / chopper
  - Mandoline or Cuisinart or sharp butcher's knife
  - Lemon juicer
  - Large serving bowl

**Equipment List, general**

- Cutting boards
- Several mixing bowls
- Several spoons





## Sunday, April 2, 2023 – COOKING GUIDE

\*The times are approximate and may vary during the live experience.

Priority	Clock CST	Temp	Food Item	Cook Time
	5:00 pm		<b>WELCOME TO GIA'S ITALIAN KITCHEN</b>	
1		400 F	Toast the walnuts	4 min
2		400 F	Bake the croutons	10 min
3			Make the salad dressing	
4			Prepare the meat	
5			Make the sauce for the meat	
6			Make the salad	
7			Cook the meat	
8	6:00 pm		Pull dinner together 😊	
9	6:00 pm		<b>TIME TO EAT – MANGIA!</b>	







## Beef Saltimbocca Romana in a Sage Butter Sauce

- 4 tablespoons butter (1/2 stick)
- 3 whole cloves fresh garlic
- 1 bunch of fresh sage leaves (at least 15 leaves)
- 1 1/2 pound beef top round or veal (not thick), or boneless skinless chicken breasts (1/2 ea.)
- 6 slices of prosciutto
- 1 small pack frozen chopped spinach, thawed & drained (pressing to get all the water out)
- 1/2 cup all-purpose, unbleached flour
- Extra Virgin Olive Oil (EVOO)
- Salt and pepper
- 1 lemon
- 8 oz. of chicken broth (only if using chicken instead of beef)

**Spinach.** Thaw in the refrigerator overnight if possible. The day of, put spinach in a colander and press to squeeze as much of the water out as you can. Do not rinse. Set aside.

**Prepare the meat.** Cut the meat into serving sizes. If you are using chicken, you may want to slice horizontally so they are thinner. Place one piece into a gallon Ziploc bag and close. Pound the meat with a meat tenderizer or rolling pin to evenly flatten. Take the meat out of the bag and place it on a cutting board. Sprinkle with salt and pepper. Lay 1 slice of prosciutto on the meat, then arrange a thin layer of spinach on the prosciutto. Gently roll up the meat and secure with a toothpick.

**Make the Sauce.** Melt the butter in a medium saucepan over low heat, about 3 minutes. Dice the garlic and add to the saucepan. Roughly chop the fresh sage leaves and add to the saucepan. As the butter should be slightly simmering, continue for about 3-4 minutes, stirring constantly. The butter should turn a very light brown. You need to watch this the whole time, as it can quickly turn to burnt butter. Simmer on super low.

**Cook the meat.** Heat 3 tablespoons of EVOO into a separate saucepan on medium-high heat. Juice one half of the lemon and add to the pan. Bring the liquid up to heat. Gently dust the meat with flour. Add the meat to the pan and cook for about 2 minutes per side. Transfer to a plate with a paper towel to drain a little.

If using chicken, will need to cook longer. Add 8 oz. of chicken broth to the saucepan and bring to a low boil. Reduce the heat to medium, cover, and cook the chicken for another 8-10 minutes.

Transfer one piece of meat to a serving plate. Drizzle the sauce over the meat. Mangia!





## **Fennel Salad with Mint**

- 1 small loaf crusty Italian bread
- 1 Tablespoon garlic powder
- Salt & Pepper
- 2 fresh bulbs of fennel with fronds
- 1 small red onion
- 1 clove of fresh garlic
- 1/2 cup walnut pieces
- Extra Virgin Olive Oil (EVOO)
- 1/4 teaspoon dried red pepper flakes
- 3 Tablespoons good balsamic vinegar
- 1 cup fresh mint leaves
- 1 lemon
- 1/4 cup fresh grated Pecorino Romano cheese

**Make homemade croutons.** Preheat your oven to 400 F. On one small cookie sheet with sides, spread out the walnuts. Bake until just golden brown, about 4 minutes. Meanwhile, cut the bread into small cubes and spread onto the other small cookie sheet. Drizzle with EVOO, garlic powder, salt & pepper. Toss and repeat. Bake the bread cubes for about 10 minutes.

**Make the dressing.** Finely mince the garlic clove, then combine in a bowl with the vinegar and red pepper flakes. Whisk in 3 tablespoons of EVOO. Set aside.

**Prepare the salad.** Cut off the fennel bulb and about 1/2 of the green stalks and leaves (fronds). Chop the stalks and leaves, then place in a large serving bowl. Thinly slice the fennel bulb using a mandoline or Cuisinart or sharp butcher's knife. Add to the bowl. Thinly slice 1/2 of the red onion, then add to the fennel.

Zest one lemon. Add all of the zest and 1/2 of the juice, then add to the fennel. Thinly slice the fresh mint leaves, then add to the bowl. Toss the salad.

Add the croutons and Pecorino Romano, as well as the dressing. Toss and serve.





## WHAT'S NEXT FOR YOU?

### A Private Group Cooking Experience!



If you enjoyed the cooking course, you are going to LOVE a group class. Bring your 6 closest friends or family members together for a private virtual cooking class (or in person for locals). Create a unique experience that everyone will rave about! We will send grocery lists and recipes ahead of time, so everyone is ready at showtime, just like our online courses. We will select a date that works for both of us, and YOU pick the menu. The audio (and video if you want) will be on, so you can chat as we cook, and ask questions in real time!

### Teambuilding at Work!

Culture is your competitive advantage! Take stock in how your culture is helping or hindering your ability to drive business outcomes. Team building activities, such as group cooking classes, are great options to add to your culture program! Show your employees that you value them, and you could improve your recruitment and retention!

#### What do you get?

- Up to 20 participants in each employee class. More than 20, let's chat!
- A gift card sent to each participant to purchase their groceries
  - Kitchen options available or use your company location
  - Time spent with coworkers in a casual and fun environment
    - *"Work teams that laugh together become resilient."*

Read more details on the [website](#) or [email us](#) to set up a time to talk about the possibilities:

EMAIL us with questions:

[kelley@giasitaliankitchen.biz](mailto:kelley@giasitaliankitchen.biz)

Check out our website:

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See our past episodes:

[YouTube Channel](#)



WEBSITE

Kelley Cole, Founder  
**Let's Get Cooking!**



Facebook



YOUTUBE





## DID YOU KNOW WE MADE THE NEWSPAPER???

<https://www.thegazette.com/business/my-biz-chef-shares-love-of-cooking-through-in-person-and-online-classes/>



"The virtual parties are a lot of fun. No matter what, I love meeting new people and I love hearing their stories and what brought them together," she said. "Everyone has a story."

And with the online format, Cole can accommodate people all over the country and groups of all sizes, including corporate team-building sessions.

"I have a group of seven coming up, but then I have one in a few weeks that will be almost 200 people," she said.

Cole offers some short cooking video tips on her website and Facebook page to give people an idea of what a Gia's Italian Kitchen session will be like.

"My mom does help me sometimes and comes into episodes as my sidekick and that's super fun because she tells stories while we cook," she said. "Some of these recipes were my grandmother's and we've just written them down in the past few years. They were all in our heads until now."







[Where can I get the good stuff? Click on the pictures!](#)

**Glorioso's Italian Market, Milwaukee WI**



**Hy-Vee, Iowa**



**Portland, OR - La Bottega (1905 Main St, Vancouver, WA)**



**Des Moines, IA - Graziano's (1601 South Union St.)**



**St. Petersburg, FL - Mazzaro's (2909 22nd Avenue N)**



**Chicago, IL (and other big cities) - Eataly (43 E Ohio St, Chicago, IL)**



**Savannah, GA - FraLi Gourmet (217 W. Liberty St.)**



**Central Market in Austin, TX**

