

Gia's Italian Kitchen



**Taste of
What's Cooking in your Kitchen?**

Gia's Italian Kitchen

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Gia's Italian Kitchen was a 2023 quarterfinalist in the Food Network Favorite Chef Competition with Chef Carla Hall.

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**LET'S GET COOKING
WITH GIA!**

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Forward

My name is Kelley Cole, owner of Gia's Italian Kitchen. The idea for GIK started many years ago in my kitchen at home and I am so excited today with the launch of our first cookbook. I teach in-person and online cooking classes to bring people together over food. I love to see the joy on their faces when they think that I cooked something so delicious that makes them smile and talk about it the next day. My happy place is in the kitchen.

One of my goals is to show you how easy it really is to cook Italian, which I have heard is intimidating to some. When I do my cooking classes and write recipes, I try to find tips and tricks to show any make-ahead tricks or shortcuts to a dish. There are instances, however, you just need to take the time to make the real deal, like making ***Nonoini's (my grandmother)*** marinara. ***My first digital full cookbook is available here:*** <https://giasitaliankitchen.biz/shop/ols/categories/cookbooks>

I am showcasing some of the easiest recipes for you, but still deliver mouthwatering results. I hope you will love them and spread the word about Gia's Italian Kitchen to help us grow!

Where did the name come from? My daughter is Gia, short for Giovanna, named after my great-great-grandfather, Giovanni, from the Tuscany region of Italy. My inspiration for this cookbook, for Gia's Italian Kitchen, and all family dinners comes from my heritage, in Italy. Gia's Italian Kitchen is a much more suitable name than "Kelley's Italian Kitchen"; don't you think!?!

You can read more about us in the back of this book, and on [our website](#) & [social media](#). Please follow us, like us, subscribe to YT, and share us! Please and thank you!

Coming up - I am also working on another cookbook, a printed color book, hopefully to be released in the next year. It will be a much larger cookbook, with beautiful pictures and YouTube video links. It will have more recipes from Nonoini, as well as all of the cooking episodes that we have recorded over the past few years. ***The book is also a memoir...it's going to be so incredible! Be on the lookout!***

Check out our website:

<https://giasitaliankitchen.biz/>

All of our social media:

<https://linktr.ee/giasitaliankitchen>



Introduction

Are you getting a new apartment or need a little help in the kitchen? Is your child or grandchild going back to college, but this time, without a meal plan and they are getting their first apartment? Yikes! Are they newly or soon to be out on their own without much cooking experience? Feeling like you can't help much because cooking really isn't your thing either?

They will likely have a bare bones kitchen, with a couple appliances, and maybe some pots and pans. They still need to eat. They may want to impress their friends and significant others! They also need to cook for you when you visit!

Are they equipped with recipes and tips for cooking on their own?

WE CAN HELP! Here are 6 core recipes that everyone should know how to make! There are 21 delicious recipes in the full cookbook, also a downloadable PDF.

Instead of saying “there is nothing to eat” when we think that the cupboards are stocked, you can use our recipes, pictures, and some of our [YouTube video links](#) to make delicious dishes.

I have developed this short cookbook tailored towards those going out on their own or just "dipping their brushes" into the art of cooking. These recipes have very few ingredients, are low cost, and are easy to make. A couple of them are amazing twists on things you may already make today.

My son went away to his first apartment this year and wanted to make homemade pasta with his friends...because you really should make this at some point in your life! So we added homemade pasta and Nonoini's marinara sauce to the back of the the full cookbook. They are the best and taste like nothing you will buy at any grocery store! I hope you will try them!

The recipes in this book have authentic ingredients to make some of my favorites. I hope you have all of the ingredients, but you might not every time. It's okay! I want you to love these recipes, so here are some substitutions to make your meals with what's in your kitchen!

1. Extra-Virgin Olive Oil (EVOO) – this is the absolute best oil on the planet, but it's not cheap. True and authentic EVOO is made from Italian olives, and the process to harvest them is similar to making fine wine. When you don't have EVOO, you can use Avocado Oil to cook with. I have noted where you can substitute, but sometimes you should try to find the EVOO, where taste matters!
2. Pecorino Romano Cheese – this is the best cheese, hands down, ever! It is creamy, rich and salty, and made from sheep's milk, so it is a little easier for your digestion. It's what Nonoini used! This is used to eat as an appetizer or included in many sauces. A substitute can be Parmigiano Reggiano...but please never in a super emergency pinch, the “off-the-shelf green Parmesan” from the grocery store.

For a simple timesaver, this will be an easy start to your Italian dishes or stir-fry or soups, try this garlic shortcut. There are preservatives and other unfavorable flavors, such as citric acid, added to the jars of minced garlic available in the grocery stores. Using fresh garlic will really make a difference in any of your cooking, and this tip will make it easier for you!

TIP: Homemade minced garlic

- Bag of whole garlic cloves, preshucked is great if you can find them in the refrigerator section of your local grocery store or big box store.
- Extra Virgin Olive Oil (EVOO)
- Freezer safe jars with screw-tops, such as a bell jar
- Cuisinart or food processor (not a blender)

Shuck the garlic cloves if you bought whole heads of garlic. You can do this by smacking the cloves with the back of a large knife or using a variety of garlic shucking gadgets.

Fill the food processor about 1/3 of the way with just the garlic cloves. Pulse several times until the garlic is roughly minced, but not to the point where it turns to a paste.

Scoop the minced garlic into the bell jars, filling up about 3/4 of the way. Then fill with the EVOO, leaving just a little space before the top. Secure with the screw-top lid.

The garlic will keep in the refrigerator for up to 2-3 weeks and in the freezer for several months.





Craving time with your friends & family, creating memories with them, and sharing a meal?

*Do you want more tips & tricks AND a personalized cooking experience to prep cook for your work week
and make your life a little easier?*

*Are you ready to take action now to make a positive change in your kitchen? Grab a friend or family
member and Let's Get Cooking!*

Join me for a CUSTOMIZED MASTERCLASS

Saturday, April 20 or Sunday, May 26 at 5:00pm CST – You pick!

What's in my Masterclass?

1. Live cooking together, 90 minutes of meal planning for your week
2. Multiple tips and tricks to help the following week
3. Small group setting, virtually in a private video
4. Live chat for real-time questions
5. A detailed class packet with the grocery lists, cooking guides, and recipes
6. Joining the Gia's Italian Kitchen Community
7. *The menu will be announced **over social media** in the coming weeks!*

Special Price – only \$47

After class, you will have a beautiful dinner, and prep cooking for two more dinners. You will have new skills, a revitalized passion for cooking, and memories with your friends & family.



When you want a red sauce, but don't have 3 hours to make it, try this delicious and easy tomato sauce. This will impress both you and your friends! If you want to make the real deal, go to the back of this book, on page 30, for Nonoini's marinara sauce.

Easy Tuscan Pomodoro (Red Sauce), Serves 4

<u>Grocery List</u>	<u>Equipment</u>
<ul style="list-style-type: none"><input type="checkbox"/> 6 large fresh garlic cloves<input type="checkbox"/> 2 tablespoons of EVOO (Extra Virgin Olive Oil)<input type="checkbox"/> 1 big can (approx. 28 oz) diced tomatoes<input type="checkbox"/> 1 yellow onion<input type="checkbox"/> 1/4 cup fresh basil leaves<input type="checkbox"/> 1 teaspoon dried oregano<input type="checkbox"/> 1 teaspoon dried red pepper flakes<input type="checkbox"/> 1 teaspoon grated Pecorino Romano cheese<input type="checkbox"/> 1 box (16 oz.) of spaghetti or other shape<input type="checkbox"/> 1 tablespoon capers (optional)	<ul style="list-style-type: none"><input type="checkbox"/> Large stockpot<input type="checkbox"/> Large saucepan<input type="checkbox"/> Can opener<input type="checkbox"/> Cutting board<input type="checkbox"/> Steak knife or butcher's knife

Make the sauce – In the large saucepan, add 2 tablespoons of EVOO and warm over low-medium heat for a couple minutes. Then dice the garlic & onion and add to the EVOO and sauté for approx. 5 minutes. Add the tomatoes, oregano, and red pepper flakes, stir gently to combine.

Finely chop the basil, trying to omit the stems, then add to the sauce. Turn the heat down to low and simmer for at least 20 minutes, covered, up to an hour if possible. Taste the sauce, adding 1/4 teaspoon of salt if needed.

Make the pasta – In a large stockpot, about 3-quarts, fill with water about 1/2 way, and bring to a boil on high heat. Add 2 heaping tablespoons of salt and stir. Reduce the heat to medium-high and add the pasta. Cook until al dente, about 10 minutes, tender but a little firm to the bite. Turn the stove off. Retain about 1/2 cup of the pasta water and set aside. Drain the pasta but do not rinse.

Finish the dish – Add the pasta into the saucepan and 1/4 cup at a time of the pasta water, then toss to combine. Turn the heat back to low-medium and warm for about 2 minutes to allow the sauce to cling to the pasta. Add more pasta water only if needed. Serve with the Pecorino Romano cheese (Parmigiano Reggiano works too).

Dazzle Tip – For a classic twist towards a Puttanesca sauce, add 1 tablespoon of capers when simmering the sauce. Capers taste a bit like a salty, lemony green olive.

Watch us make homemade pasta!

<https://youtu.be/piKkVEvKFkU>



Once you have some of these ingredients chopped / prepped, your easy go-to dish is going to be your new favorite gourmet lunch for at least a couple days next week! This dish is loaded with flavor, texture, protein, and veggies to help you thrive!

Spice up your Ramens, Serves 1

<u>Grocery List</u>	<u>Equipment</u>
<ul style="list-style-type: none"><input type="checkbox"/> 1 pack standard ramen of choice<input type="checkbox"/> 1 small bag of frozen peas and carrots (about 10 oz.)<input type="checkbox"/> 1 bag fresh spinach (about 5 oz.)<input type="checkbox"/> 1 bag fresh shredded carrots (10 oz.)<input type="checkbox"/> 1 bag fresh broccoli florets (12 oz.)<input type="checkbox"/> 1 fresh red or orange bell pepper<input type="checkbox"/> 1 egg<input type="checkbox"/> 1 avocado	<ul style="list-style-type: none"><input type="checkbox"/> Microwave-safe soup bowl<input type="checkbox"/> Soup spoon<input type="checkbox"/> Cutting board<input type="checkbox"/> Steak knife or butcher's knife

Prepare the veggies – Wash the veggies that you have selected for your gourmet ramen. You can select your favorite veggies from the list. Slice the bell pepper and other veggies into small bite-sized pieces.

In a microwave-safe soup bowl, add your ramen of choice and water.

Build the bowl – Add some of the fresh spinach, shredded carrots, bell pepper, broccoli and one raw egg. The egg will poach (cook) right in the water while cooking the noodles. The avocado will be added after you have finished cooking.

Microwave for about 5 minutes.

Finish the bowl – Add your protein, such as the shredded chicken breast, or even imitation crab meat. Add the seasoning packet and gently mix.

For an extra punch, you could add a sliced avocado and some chili oil or sesame oil, after cooking.

Store the leftover veggies in the refrigerator to be used in your ramen bowl, in 1-3 days.





This is one of my favorite chicken recipes. It's so easy and scrumptious, as well as highlighting the beauty of lemons. In Italy, the lemon orchards are simply amazing. The trees are beautiful and fill the air with a wonderful aroma.

Baked Lemon Chicken, Serves 4

<u>Grocery List</u>	<u>Equipment</u>
<ul style="list-style-type: none"><input type="checkbox"/> Chicken – 4-6 pieces of bone in, skin on, chicken thighs or breasts<input type="checkbox"/> 1/4 cup Extra Virgin Olive Oil (EVOO) or canola or avocado oil<input type="checkbox"/> 1 teaspoon each salt and pepper<input type="checkbox"/> 8-10 cloves of fresh garlic<input type="checkbox"/> 1/3 cup dry white wine or chicken stock<input type="checkbox"/> 4 lemons<input type="checkbox"/> 2 teaspoons dried oregano<input type="checkbox"/> 1 teaspoon dried thyme<input type="checkbox"/> 1 head of cauliflower	<ul style="list-style-type: none"><input type="checkbox"/> Small saucepan<input type="checkbox"/> 8x8 baking/casserole dish<input type="checkbox"/> Cutting board<input type="checkbox"/> Sharp knife<input type="checkbox"/> Citrus juicer

Preheat the oven to 400 degrees F.

Make the sauce – Warm the EVOO in a small saucepan over low-medium heat, crush the garlic and add to the pan. Sauté for just a few minutes. Reduce to low heat. Juice 2 of the lemons and add to the pan. Catch and discard any of the lemon seeds that may have fallen in. Add the white wine (or chicken stock), oregano, thyme, and 1 teaspoon of salt. Simmer for just a couple minutes, then pour into a baking dish.

Prepare the chicken – Place the chicken in the sauce, with the skin side up. Brush the chicken with olive oil and sprinkle with salt and pepper. Slice 2 more lemons and lay them on top of the chicken. Roughly chop up the cauliflower and add to the baking dish, around the chicken.

Bake for 35 minutes for chicken thighs (add 10 minutes for bone-in, skin-on chicken breasts), until the chicken is done, and the skin is lightly browned. Remove from the oven, cover the pan with aluminum foil and rest for 10 minutes.





Whether summer or winter, we all love smoothies! You can make this at home with just a few simple ingredients, for a snack or quick breakfast / lunch. Grab a spoon, this is not a smoothie for a straw! The dazzle tip is to combine this with granola to make an awesome smoothie bowl.

Powerful and Bright Fruit Smoothie

<u>Grocery List</u>	<u>Equipment</u>
<ul style="list-style-type: none"><input type="checkbox"/> 2 cups frozen mixed berries<input type="checkbox"/> 1 banana<input type="checkbox"/> 1 scoop of vanilla or chocolate protein powder<input type="checkbox"/> 1/2 cup of oat milk (or other milk, or water)<input type="checkbox"/> 1 cup raw kale or spinach leaves<input type="checkbox"/> 1 lemon (optional)<input type="checkbox"/> 1/2 cup vanilla yogurt (optional)<input type="checkbox"/> 1/2 cup your favorite granola or grape nut cereal (optional)	<ul style="list-style-type: none"><input type="checkbox"/> Blender<input type="checkbox"/> Measuring cups

Start with fruit – In a blender, add the frozen berries and the milk (or water), then pulse to combine.

Build the smoothie – Add the kale or spinach next. Take the kale or spinach off the stems and roughly break them up with your hands. This will help them get blended more evenly.

Add the banana, protein powder and optional yogurt, then pulse. If you want a little of the citrus flavor, add the juice of 1/2 lemon.

You can add a handful of ice if you want it to be more like a milkshake, but if you used the frozen mixed berries, that should do the trick.

Store the leftovers in the freezer in a freezer-safe container. You can also store it in the refrigerator and blend with another handful of ice the next day.

Dazzle Tip – Use a frozen banana to add a nice thick texture, like a frosty.

Dazzle Tip – Add your favorite granola or cereal to make this a delicious smoothie bowl.



This quick and easy dish is good for breakfast, lunch or dinner. Packed with nutrients to get you through class time and homework, you will love how delicious it is!

Overnight Oats, Serves 1

<u>Grocery List</u>	<u>Equipment</u>
<ul style="list-style-type: none"><input type="checkbox"/> • 1/2 cup old-fashioned oats (not quick)<input type="checkbox"/> • 1 teaspoon chia seeds<input type="checkbox"/> • 1 teaspoon vanilla protein powder<input type="checkbox"/> • 1 heaping tablespoon of peanut butter or nut butter<input type="checkbox"/> • 1 teaspoon agave or maple syrup<input type="checkbox"/> • 1/2 cup milk	<ul style="list-style-type: none"><input type="checkbox"/> Glass jar with a top<input type="checkbox"/> Measuring spoons<input type="checkbox"/> Measuring cups

In a glass jar, add all of the ingredients and mix thoroughly.

Simply place in the refrigerator overnight to do it's magic.

Enjoy cold or warm it up in the morning...Mangia!

Watch us make it.....so easy...click here!

<https://youtu.be/VQEuNJBQQck>



These scrumptious cookies couldn't be easier! Give them a try! Anyone can make these! This gluten-free cookie will surprise you!

Crazy Peanut Butter Cookies

<u>Grocery List</u>	<u>Equipment</u>
<ul style="list-style-type: none"><input type="checkbox"/> 1 egg<input type="checkbox"/> 1 cup peanut butter<input type="checkbox"/> 1 cup brown sugar<input type="checkbox"/> 1 teaspoon vanilla extract	<ul style="list-style-type: none"><input type="checkbox"/> Stand mixer or hand mixer<input type="checkbox"/> Mixing bowl<input type="checkbox"/> Spatula<input type="checkbox"/> Cookie sheet<input type="checkbox"/> Spoon and Fork

Preheat your oven to 350 F.

In the stand mixer or mixing bowl, add the egg, peanut butter, vanilla and brown sugar. Mix until smooth and creamy. It may appear a bit crumbly, but if you push into it, it will be moist.

Using the spoon, get one scoop of dough, then roll into a ball with your hands, about the size of a golf ball. You should be able to get 12 of these on the cookie sheet, in rows, 4 x 3, leaving space between.

Please the little balls directly on the cookie sheet. You do not need parchment paper or anything.

Using the fork, gently press down on each ball, then turn the fork and press again, making a crisscross pattern.

Bake for 10 minutes. Cool for about 5 minutes on the cookie sheet, then gently transfer to a cookie rack and cool for another 15 minutes.

Store extras in an airtight container, if there are any!

Allergy Tip: You can replace the egg with 1/4 cup apple sauce.

Dazzle Tip: Add 1/4 cup mini chocolate chips





BONUS RECIPES

Italian Sausage & Beef Chili

Enjoy this delicious twist on your classic Super Bowl chili.

- 2 pound ground beef
- 1 pound ground Italian sausage
- 2 large yellow onions
- 2 green peppers
- 8 cloves garlic
- 1 – 24 oz can or fresh diced tomato, with juices
- 1 – 12 oz can or fresh diced tomato, with juices
- 1 – 16 oz can dark red kidney beans
- 2 – 16 oz cans black beans



The seasonings:

- 6 tablespoons chili powder
- 3 tablespoon ground cumin
- 2 tablespoon chipotle chili powder
- 3 tablespoon smoked paprika
- 2 teaspoons dried oregano
- Salt and freshly ground black pepper

In a large stockpot, at least 4-quarts, heat 2 tablespoons of EVOO on low heat. Roughly chop the onions and peppers, then add to the pot. Sauté for about 7-10 minutes, until the onions start to soften and turn translucent.

Mince the garlic and add to the pot, as well as the ground Italian sausage. Break up the sausage in the pot, and cook for about 10 more minutes, stirring occasionally.

Drain and rinse the cans of beans, set aside.

Meanwhile, in a separate, smaller pot, brown the ground beef until almost, but not fully cooked. I like the meat to be in smaller chunks so I will pulse in a food processor. In batches, transfer the ground beef to the food processor with a slotted spoon, omitting the fats. Add the chopped beef to the large stockpot. Pour the fat from the ground beef into one of the empty bean cans, to discard. Do not pour it down your sink!

Add the can of tomatoes, with the juices, and the beans to the pot. Add the spices, mix gently, then cover and simmer on low for at least 30 minutes. Taste and add more seasonings if desired.

Watch us make this! <https://youtu.be/Tep4rSUOL9w>

Stuffed Portabella Mushrooms

This high protein and heart-healthy dinner is an easy and delicious weeknight vegetarian meal.

- 1 cup Quinoa
- 1 pound fresh brussels sprouts
- 1 pound fresh broccoli florets
- Extra-Virgin Olive Oil (EVOO)
- 4 large portabella mushroom caps
- 1 sprig fresh thyme leaves
- 1 cup fresh or frozen corn
- 4 oz. crumbled feta cheese

In a medium saucepan, bring 2 cups of water to a boil. Add the quinoa and reduce heat to low. Cover and cook for about 15 minutes. Turn the heat off and set aside.

Preheat your oven to 425 F. Trim the stems off the brussels sprouts and cut in half. Cut the broccoli florets into bite-sized pieces. On a large baking sheet, toss the brussels sprouts and broccoli with about 3 tablespoons of EVOO, then season with sea salt and fresh ground black pepper. Bake for 10 minutes.

In a large mixing bowl, add the corn and feta. Finely chop the fresh thyme and add to the corn mixture. Add the quinoa and toss to combine.

On a separate baking sheet, place a piece of parchment paper, then the mushroom caps, gill side up. Fill the mushrooms with the quinoa mixture and bake for about 10-12 minutes, or until the mushrooms are tender. Serve with the side of vegetables.



Stromboli with Italian Sausage & Veggies

- 2 tablespoons Extra-Virgin Olive Oil (EVOO)
- 1 large onion
- 2 large green peppers
- 3 cups of homemade Nonoini's Marinara with Italian Sausage (or your own sauce, or a jar of store bought sauce)

Homemade dough

- 3 1/2 cup bread flour (AP flour will work too)
- 2 tablespoon rapid rise yeast
- 1 cup plus 2 tablespoons warm water
- 1/3 cup Extra-Virgin Olive Oil (EVOO)
- 1/4 cup sugar
- 1 1/2 teaspoon salt
- 2 eggs

Preheat your oven to 400 F. Place 2 pieces of parchment paper onto a large cookie sheet, in a cross pattern.



Filling: In a small saucepan, warm the marinara over low heat.

Slice the onion and green pepper into thin strips. In a large saucepan, warm the EVOO on medium heat. Add the onions & green peppers and sauté for about 5 minutes, stir occasionally. Add the 2 cups of marinara to the veggies, reduce the heat to low and simmer for another 10 minutes. Turn off heat.

Dough: In a mixing bowl, mix the rapid rise yeast to the flour. Using a stand mixer, combine the water, oil, sugar, salt, and 1 egg. Mix for about one minute. Add in the flour/yeast mixture into the stand mixer. Change to the hook attachment and knead the dough until it is soft and smooth, about two minutes. If dough seems too wet add a little more flour, one tablespoon at a time.

On a lightly floured surface, roll the dough to approximately a thin pizza dough. Transfer the dough to the prepared cookie sheet. Spread the filling then loosely roll into the Stromboli (like a pinwheel, not a Calzone). Roll to seam side down.

In a small bowl, whisk together one egg and a tablespoon of water. Brush the egg mixture over the strombolis. Bake for 10 minutes at 400 F or until light golden brown. Using the parchment to assist, roll it over, turn it, and bake for another 10 minutes.

Let cool slightly. With the serrated bread knife, slice into long pieces, about 1 inch wide. Add a small scoop of the extra marinara to each serving plate, under the Stromboli.

Watch us make this! <https://youtu.be/smtt1OI78BQ>

Almond Orange Biscotti with Chocolate Chips

This delicious classic Italian dessert is one of my mom's favorites. I remember my grandfather dunking this in his morning coffee!

- 2 cups unbleached all-purpose flour
- 3/4 cup sugar
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon salt
- 2 large eggs
- 2 large egg whites
- 1 tablespoon finely grated orange peel/zest
- 1 1/2 teaspoons pure vanilla extract
- 1 teaspoon pure almond extract
- 1 cup thinly sliced almonds
- 1 cup chocolate chips



Preheat oven to 325° F. Line a baking sheet with parchment paper.

In a large mixing bowl, whisk together the flour, sugar, baking powder and salt.

In a stand mixer or separate medium mixing bowl, beat the eggs, egg whites, orange zest, vanilla, and almond extracts. Beat on high for about 1 minute. The mixture will still be runny, not like a meringue.

Make a shallow hole (like a pasta volcano) in the center of dry ingredients, pour all the egg mixture in slowly and stir with a wooden spoon to gradually incorporate into the flour mixture. Mix well until the dough holds together, it will be sticky. Gently mix in the almonds and the chocolate chips.

Transfer the dough to a lightly floured surface (countertop) and divide in half. Shape into 2 logs, about 12 inches long by 2 inches thick. Place the logs on the prepared baking sheet and flatten the logs gently until they are about 3 inches wide, like a ciabatta loaf.

Bake for 30 minutes until firm to the touch. Transfer from the baking sheet to a wire rack and let cool for 5 minutes. Reduce oven temperature to 300° F.

Slide the baked logs onto a cutting board. Using a long serrated knife, cut each log diagonally into 1/2 inch slices. Arrange the biscotti, cut side down, on the baking sheet. Bake the biscotti for another 10 minutes, then flip all pieces and cook for another 5 minutes, until they are dry and toasted to a light golden brown color.

Transfer the biscotti to a wire rack and let cool completely.

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<https://giasitaliankitchen.biz/shop/ols/categories/cookbooks>

Tips for your new apartment kitchen

What is the most important thing to being a good cook? CLEAN your kitchen as you cook. If you can't do both at the same time, you still need to clean up later, right?!?! Here are some cleaning and other tips to make life a little easier!

1. You can easily rinse plates and pans that have only touched raw vegetables and fruits. If there has been no contact with dairy or meats, that's an easy win for you!
 - a. Do – rinse and gently wash the plates from raw veggies and fruits, then set aside to dry.
 - b. Don't – just throw them in the sink with everything else, like dishes that have touched dairy and meat, etc....then you have to wash all of the dishes and pans with lots of soap and water.
2. Dishwasher tips:
 - a. Don't – put dishes with piles of food in the dishwasher. There is NOT a cookie monster in there!
 - b. Don't – put big pots and pans in the dishwasher. They don't really get clean, and they take up so much space that actually blocks the other dishes from getting clean too. Just wash these by hand.
 - c. Don't – put your wooden spoons and cutting boards in the dishwasher. They will get warped, split, and ruined.
3. When making any dish, use a paper towel to wipe your frypan or stockpot after it has cooled, before you put it in the sink. This will make your cleanup much easier.
4. If you don't have time to do the dishes, at least put them in the sink with a quick rinse so all the food doesn't dry and stick to your dishes and pans.
5. When making pasta, rinse your strainer as soon as you put the pasta back in the stockpot, it will clean up much easier later!
6. If you don't already have these small appliances, you should consider adding them to your wish list for the holidays or birthday...you will use them countless times in your future and help you expand your horizons in the kitchen...**a food processor, such as Cuisinart, and a stand mixer, such as KitchenAid.**
7. Listen to our podcast while you cook and clean 😊

<https://www.buzzsprout.com/1876610>





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! **Multiple locations make a fun progressive dinner!**

What do you get?

- Up to 20 participants in each employee class. More than 20, we can do that too!
 - A gift card can be sent to virtual participants 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:

Check out our website:

<https://giasitaliankitchen.biz/>

All of our social media:

<https://linktr.ee/giasitaliankitchen>



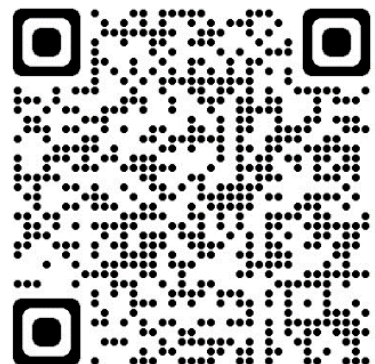


WE WERE ON TV!!!

<https://www.kcrg.com/video/2023/11/09/everyday-iowa-gias-italian-kitchen/>



“Learn more about how Gia's can help you make authentic Italian food with loved ones near and far”





DID YOU KNOW WE MADE THE NEWSPAPER AGAIN?

<https://www.thegazette.com/people-places/local-cook-brings-others-together-through-classes/>



“Business owner uses cooking as social tool in a world spread too thin”

When Kelley Cole wanted to learn how to cook, there was a waiting list. Not for a prestigious cooking school, but for her grandmother’s kitchen when she was a child. For years, the Chicago native watched and waited as the Italian woman commanded the six stations of making ravioli, slowly folding Cole’s many older cousins into the process.

“As a kid, you’re longing to be in the kitchen, because they tell you that you can’t,” said Cole, who has lived in Cedar Rapids for 16 years. “There was always this longing to be part of the ravioli making.”

Since 2021, her business, [Gia’s Italian Kitchen](https://giasitaliankitchen.biz), has transformed into a platform for cooking classes that doesn’t gatekeep cooking skills. Through several mediums, Cole has leveraged a basic life skill into more than making a bite to eat.

“There’s so many barriers to creating those bonds and connections. They’re important to me,” said Cole. “If I can help other people (bond), that makes me feel good — I’m impacting them and their lives.”

Want to get cooking? To learn more about Kelley Cole’s cooking classes, private sessions or corporate offerings for team building, visit Gia’s Italian Kitchen at <https://giasitaliankitchen.biz>

When it comes to cooking, showing the shortcuts is half the magic. Mincing pre-peeled garlic and keeping it in a jar with olive oil or chopping up vegetables to keep in a bag can mean all the difference between making cooking approachable or a hassle on a daily basis.

“When you talk to friends, they’re always running around. Their kids have got 10 million things to do. Families don’t live in the same communities anymore,” Cole said. “Bringing them back together to reconnect over food and tell stories is just very invigorating. I’ve always been that connector, so it feels natural to do it over food.”



Acknowledgements

I couldn't do any of this without my husband, Peter. He gives me love and encouraging words, helps with our two children, and allows me time (sometimes a lot of time) to work on my business (and experiment with food). He has brilliant ideas! In a tight second is my mom. She has spent countless hours with me writing down recipes from her mother, Nonoini, while we tested them out and filmed. Remember none of this was written down, so a handful of this and a dash of that had to be converted to actual measurements. This was such a fun part of the journey and amazing quality time with my mom!

My children, Ernesto (Ernie) and Giovanna (Gia), have been so supportive, while at the same time giving me those teenage expressions. They are always, however, happy and willing to test and eat the homemade food!

There have also been so many people along the way who have supported me and helped me in some big or small way...my brother, Matthew...my family, Anne, Matt, Pat, Catherine, Grandma, Julia, Marla, Medean, and Amy...my friends, Holly, Jeannie, Will, Amy, Jeanne, Caitlin, Kevin, Jenni, Kari, Alexis, Larke, Ellery, Nadine, Mollie, Tanya, Melanie, and am surely missing some. To all of you, thank you from the bottom of my heart for your love, support, and time. I can't do this without you! You all have helped with setup, filming, cleanup....and eating! The future awaits!

In the spotlight is Holly! She spends time with me almost every week brainstorming about food and marketing, providing feedback from my cooking episodes, strategizing about future events, and so much more. Thank you for your forever friendship and for your valuable advice.

“We really hope you'll remember us and our kitchen, cook with a lot of love because love improves the taste of food” – Susanna in Tuscany

Thank you to Ed Kempf, owner of **Impact Photo**, for some of the beautiful photography in this book. Whether at my house or offsite locations, Ed has been awesome! He has taken great photos of both me, as well as of my food. I appreciate all of his help!

<https://www.facebook.com/ed.kempf> or <https://www.facebook.com/joephotoiowa>

Thank you to **The Brick Kitchen**, as one of the first sponsors of Gia's Italian Kitchen! This is one of the most beautiful kitchen stores you have ever seen! They have cooking classes, knives, cookware, bakeware, gadgets galore, Extra Virgin Olive Oil and Balsamic Vinegar tasting, and much more! “We have everything you didn't know you needed!” is their favorite phrase! You must visit!

<https://www.thebrickkitchenstore.com/>

Thank you to **The Marion Library**, another supporter of Gia's Italian Kitchen! This beautiful library was recently built after a natural disaster and was designed with an amazing kitchen and event space. As a resident chef, I am honored to donate my time to the local community and share my message of cooking with friends and family.

<https://marionpubliclibrary.org/>



**There is a lot more coming from Gia's
Italian Kitchen!**