

## Risotto alla Milanese – Risotto with Saffron

12 oz. long grain rice  
1/2 cup dry white wine  
3 oz. butter  
1 1/4 qts. of lean beef broth  
1-in. beef marrow (optional)  
1 pinch saffron  
1 medium-size white onion, thinly sliced  
6 tbs. Parmigiano  
salt



Dip the marrow briefly in boiling water. Chop the marrow. Brown the marrow briefly in a saucepan with 2 oz. of butter, and then add the onion. When the onion begins to get tender, add the rice and stir until it is lightly toasted and has absorbed the fat. Pour in the wine and let evaporate. Add a ladle of broth and let the rice absorb it, stirring constantly. Carry on adding broth, one ladle at a time, stirring until the rice is almost done. Allow each ladleful of broth to be absorbed before adding the next one.

Halfway through cooking (after about 6-7 mins.), dissolve the saffron in a little broth and add to the rice. Do not add in the beginning, since the saffron should not cook.

When the rice is done, turn off the heat and mix in the rest of the butter and the Parmigiano. Stir the rice well with a wooden spoon until the ingredients are blended thoroughly and the *risotto* is smooth. The rice grains should be fluffy, yet hold together and should not be too fluid.

## Tripe Milanese

2 lbs. honeycomb tripe  
2 cups boiled rice  
1 cup water  
1/2 cup tomato paste  
2 oz. butter  
2 medium onions  
1 celery  
1 big carrot  
4 leaves of sage  
1/4 cup grated Parmesan cheese  
Salt and pepper, to taste



Have tripe cut into 1-inch squares. Clean thoroughly by rinsing in cold water. Cut onion in 4 parts and fry it with the butter. Cut the celery and the carrot. Add to the onion the celery, the carrot, the beans, the tomato pulp, the leaves of sage and fry for some minutes. Put the tripe and the vegetables together. Let them fry for ten minutes. Place tripe in 4 quarts of cold water in a deep pot; cover; boil slowly about two hours or until tender.

## Cassoeula

1 pig's foot  
1 lb. pork sausage  
1 lb. pork ribs  
1/2 lb. pork rind  
2 tbs. oil  
2 oz. butter  
1 diced onion  
1/2 lb. carrots, diced  
1/2 lb. celery, diced  
tomatoes, diced  
3 lbs. Savoy cabbage  
salt  
pepper



Boil the pig's foot and cut in half, lengthwise. Make a *soffritto* with oil, butter, and chopped onion. Add the pork rind, sausage and ribs, cut into pieces, and the pig's foot. When the meat is golden brown, add all diced carrots, celery, tomatoes. Cook over medium heat. After 30 mins, add the cabbage, cut into strips. Salt and pepper to taste and cook for 45 mins. The cooking juice should be rather thick. If you wish to remove some of the fat from the *cassoeula*, do so before adding the cabbage

## Ossobuco alla Milanese

4-6 veal shanks, cut 1 1/2" thick  
3 tbsp oil  
1/2 onion, chopped  
1 carrot, chopped  
1 celery leaf, chopped  
2 garlic cloves, chopped  
1 piece orange peel  
salt  
1/2 cup dry white wine  
3 tbsp tomato paste  
5 cups chicken broth  
flour



Lightly flour meat and saute' in hot oil, to sear the juices in.  
Add onion, carrot, celery, garlic and orange peel, lowering fire to medium high.  
After a few minutes add salt, and wine.  
Add tomato paste and broth. Keep on medium fire for about 10 minutes.  
In the meantime preheat the oven at 350 F.  
Place everything in a pan, cover and bake at 350 F for 2-3 hours or until meat is tender.  
Serve over a bed of boiled rice, spooning sauce over it

## Panettone

As to the origins of "panettone," there are few historical documents and lots of legends. It is said to have been invented in Milan at the end of the 19th century by accident (as is usually the case with big inventions).

On Christmas Eve in the Milanese court of Duke Ludovico il Moro a grand banquet was held. The head chef's fantastic dessert creation had been burned in the oven. Gathering together his entire kitchen for their assistance, he was approached by a kitchen hand, Toni, who offered the chef a dessert he had made for his lover using expensive ingredients such as raisins and candied fruits. The chef having no other alternative accepted the offer. The sweet bread was an instant success and the Duke named it Pane di Toni, therefore *panettone*.

1 oz. baker's yeast  
3 oz. flour  
2 cups flour  
7 tbs. sugar  
1 whole egg  
5 egg yolks  
salt  
1/2 cup melted butter  
6 tbs. raisins, soaked and squeezed  
2 oz. candied orange and lemon peel, diced  
1 1/2 tbs. butter



Mix the yeast with the flour and as much water as necessary for the dough to be elastic. Wrap in a towel and put into a warm draft-free place (an unlit oven, for example) until doubled in size (it should take approx. 30 mins) and the surface is uneven. Make a small *fontana* with 4 tbs. flour. Crumble the dough cake on top of it, add 1/2 cup warm water and knead until the dough is elastic. Let rise in a warm place for 3 hours.

Punch down the dough, and then, knead in another 4 tbs. flour, with as much warm water as necessary. Place the dough in a warm place to rise for 2 hours. Combine the sugar, the whole egg and the yolks. Mix well and cook in a double boiler for a few minutes, beating the mixture with a whisk so that it becomes light and airy. Let cool.

Make another *fontana* with the remaining flour. Put in a pinch of salt, the risen dough, the butter and the egg mixture into the middle. Knead energetically for 20 mins. When the dough is smooth and elastic, add the raisins and candied peel. Grease and flour a sheet of waxed paper and place the dough in the center. Make a ring around it with a rectangular piece of cardboard and let rise in a warm place for at least 6 hours or until the dough has doubled in size.

Cut a cross on top of the cake with a sharp knife and put 1 tbs. butter in the middle. Cook the *panettone* in a pre-heated 400°F oven for 40-45 mins. The cake is ready when a skewer inserted in the center comes out dry.