

the  
silver spoon

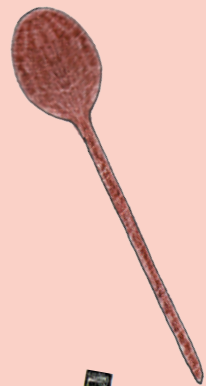
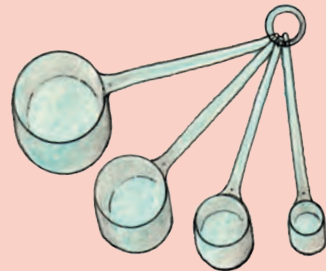
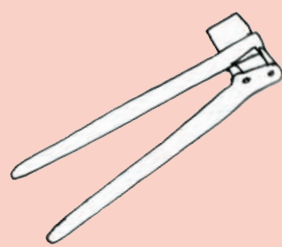


for Children

FAVORITE ITALIAN RECIPES

phaidon

# COOKING THE ITALIAN WAY



Most people love eating Italian food, so it's fantastic if you know how to cook it! We have chosen forty recipes from *The Silver Spoon*, the best-selling cookbook that can be found in almost every Italian family's kitchen. We've adapted the recipes so they are very easy for you to follow. These are traditional Italian recipes that have been handed down from generation to generation, so with this book you can imagine that you are in a kitchen in Italy, learning how to cook the Italian way.

Over the centuries, Italians have discovered exactly how to mix a few simple, good-quality ingredients to make meals that are full of flavor. For instance, you can make a delicious sauce for pasta with just a few basic items such as good-quality canned tomatoes, fresh basil, garlic, and a good olive oil. The recipes in this book will help you learn some key skills and techniques used in any kitchen, not just Italian ones: you will learn how to use a small sharp knife (which is essential if you are going to do some proper cooking!), how to prepare vegetables, how to cook pasta, even how to make your own pizza dough from scratch.

Cooking isn't just about making something good to eat: by following the recipes, you will practise some maths (measuring, sharing), reading (the recipes as well as lots of fun bits of information along the way), geography (you will learn some interesting facts about Italy), and perhaps even art (you could try drawing the food you have cooked, just like Harriet has done for the recipes in this book).

All the recipes in *The Silver Spoon for Children* have been tested by children—if you're aged nine or ten or older, you should be able to follow most of the recipes by yourself, with some occasional help from an adult. But do always remember to check with an adult before you begin and make sure that there is someone with you when you use a sharp knife, the oven, or electrical equipment like a food processor. If you're younger than nine you will need help from an adult, or an older brother or sister. Harriet's drawings will help you along the way.

So make some time to have fun in the kitchen preparing these delicious Italian dishes. You can then enjoy sharing your meal with family and friends—just like the Italians!



# TOMATO BRUSCHETTA

Bruschetta (pronounced “broos-ketta”) was originally invented as a good way of using up stale bread by toasting it and adding a range of delicious toppings. The simplest one is made with juicy, ripe tomatoes, and many Italians would say it’s the best! You could also try toppings such as mozzarella cheese, basil, ham, or roasted vegetables.

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SERVES	PREPARATION TIME	COOKING TIME
4 people as an appetizer	15 minutes	20 minutes

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You might need to make more if you want to eat this for lunch

- 1 small rustic loaf or 1 small baguette
- 
- 4 tablespoons extra-virgin olive oil for drizzling
- 
- 8 ripe plum tomatoes
- 
- 1 garlic clove
- 
- freshly ground black pepper (optional)
- 
- a few fresh basil leaves (optional)



## TOMATO BRUSCHETTA

### STEP 1

Turn on the oven to 350° F. Using a serrated knife (a knife with a jagged edge) use the claw cutting technique (see pages 12–13) to slice the bread into 8 slices. Try to cut the bread slightly diagonally so that the slices have an oval shape. You might want to ask an adult to cut it for you.

### STEP 2

Lay the bread slices flat on a baking tray. Using a spoon, drizzle 2 tablespoons of oil over all the slices—it won't cover all the bread, just drip it over in places.

### STEP 3

Wearing your oven mitts, put the baking tray into the oven. After 10 minutes, take the tray out, carefully turn the bread over, and then put back into the oven for another 10 minutes.

### STEP 4

The bread should now be a light golden color and crisp. Take the bread out of the oven and rest the tray on a pan stand. Let cool slightly.

### STEP 5

For the tomato topping, cut a ripe plum tomato in half lengthwise using the bridge cutting technique (see pages 12–13). Put a tomato half on a cutting board, with its flat side facing down.

### STEP 6

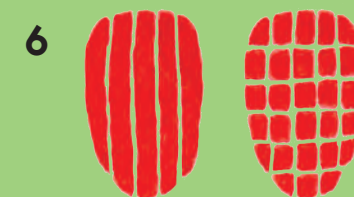
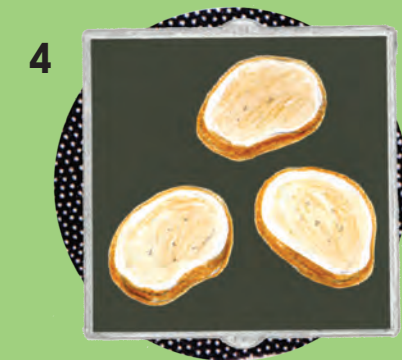
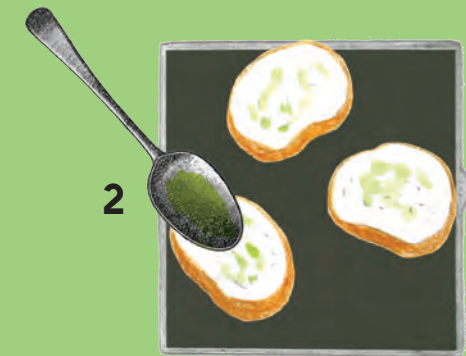
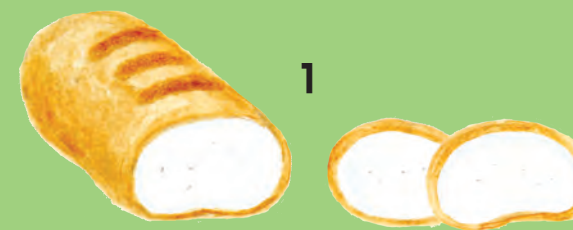
Again using the bridge technique, cut the tomato half into long thin strips, then move your fingers into the claw position, and cut the long strips into little pieces. This is called dicing. The diced tomatoes should be in tiny squares, but it doesn't matter if they are different sizes—they will still taste great!

### STEP 7

Peel the papery skin away from the garlic clove. Pick up a slice of toasted bread and rub both sides with the garlic. Do the same with the other slices of toasted bread.

### STEP 8

Put the toasted bread slices on a big plate, divide the tomatoes among them, and drizzle with the remaining olive oil. If you like, you could sprinkle some black pepper over the top, too, or some fresh basil leaves, torn into small pieces.



# TAGLIATELLE WITH CREAM, PEAS & HAM

This is a delicious sauce for fresh homemade tagliatelle, but it's also good with dried tagliatelle. This recipe shows how Italians like to eat their pasta sauce—just enough to coat the pasta, not a great big pile of sauce on top!

If you like the flavor of garlic, you could add a crushed garlic clove to the pan with the onion in step two.

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SERVES	PREPARATION TIME	COOKING TIME
4	1¼ hours	25 minutes

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1 quantity fresh pasta dough (see pages 74–77)  
or 14 ounces dried tagliatelle

—  
1 onion or 2 scallions

—  
2 teaspoons butter

—  
2 teaspoons olive oil

—  
1¼ cups shelled fresh peas  
(or frozen peas if you don't have fresh)

—  
2 slices cooked ham

—  
scant ½ cup heavy cream

—  
1½ ounces Parmesan cheese



## TAGLIATELLE WITH CREAM, PEAS & HAM

### STEP 1

If you are making fresh pasta, follow steps 1 to 7 on pages 74–77, cutting the pasta into long thin strips to make tagliatelle.

### STEP 2

Using the bridge and claw cutting techniques (see pages 12–13), chop the onion or scallions. Heat the butter and oil in a pan over low heat (the butter adds flavor and the oil keeps it from burning). Add the onion and cook gently for 5 minutes until really soft. Stir every now and then with a wooden spoon.

### STEP 3

Add the peas, stir to coat them in the buttery juices, and cook for 5 minutes, stirring every now and then with a wooden spoon. Using kitchen scissors, snip the ham into small pieces.

### STEP 4

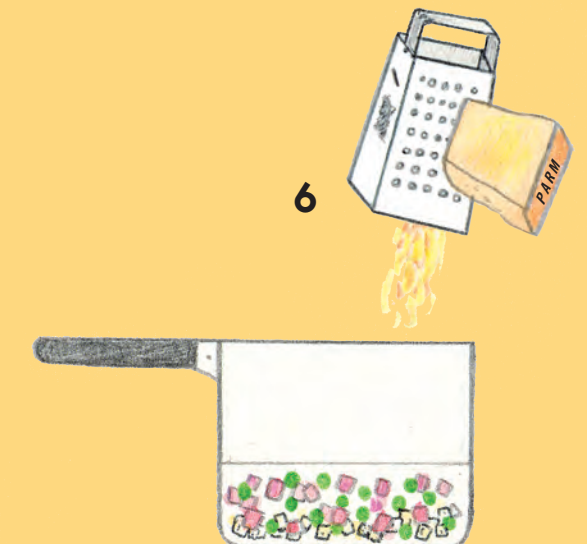
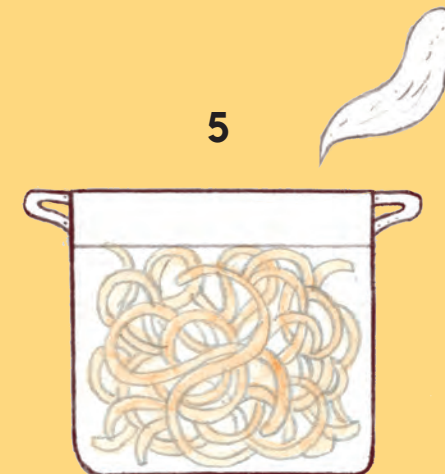
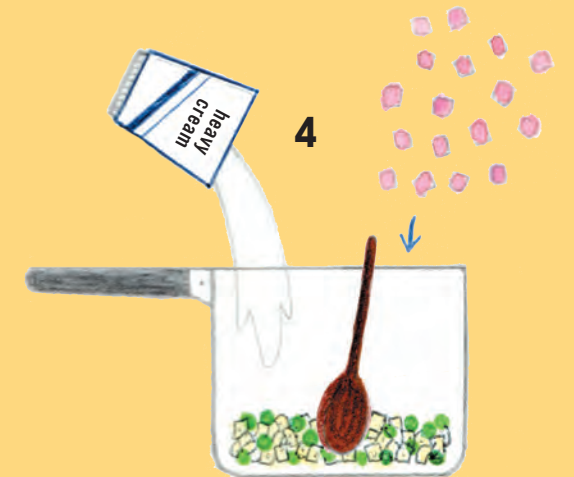
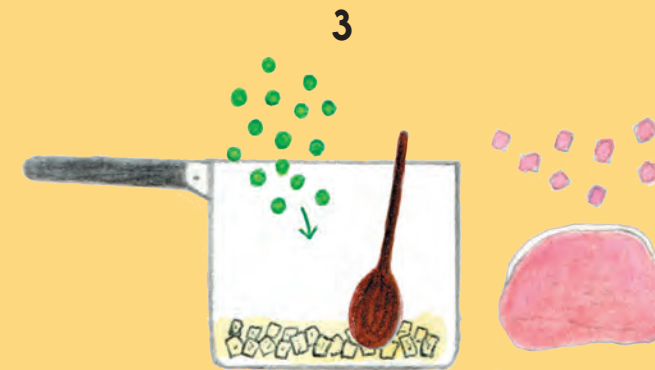
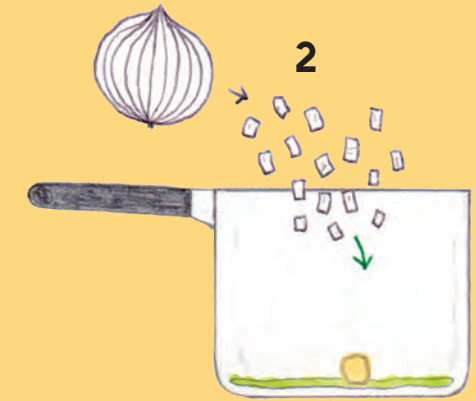
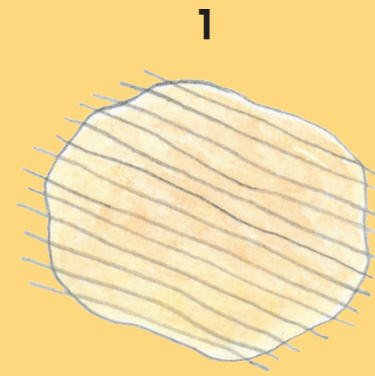
Add the cream to the pan and cook for another 5 minutes, then add the ham.

### STEP 5

Three-quarters fill a large pan with water and bring to a boil. Add the fresh tagliatelle and cook for 3–4 minutes until the pasta is just cooked. It should be soft and not taste “raw.” If you are using dried pasta, follow the instructions on page 73. Ask an adult to help you drain the pasta in a colander and put it back into the empty pan.

### STEP 6

Ladle the sauce over the pasta in the pan. Carefully grate the Parmesan using the small holes on a grater (see pages 14–15), and sprinkle over the pasta. Mix together, and serve right away!



# HAZELNUT CAKE

This is a simple and delicious cake to make. The lemon zest (the grated yellow rind of a lemon) adds a wonderful flavor and the nuts give the cake texture. If you want the cake to taste even more lemony, mix the juice of the lemon with a little confectioner's sugar and drizzle this over the cake.

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**SERVES**  
6–8

**PREPARATION TIME**  
30 minutes

**COOKING TIME**  
30–35 minutes

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7 tablespoons sweet butter,  
plus extra for greasing the cake pan

—  
1½ cups whole hazelnuts  
(or ground almonds, to save time)

—  
1½ cups self-rising flour

—  
1 cup superfine sugar

—  
1 lemon

—  
2 barnyard eggs

—  
¼ cup milk

—  
confectioner's sugar, for dusting  
the top of the cake (optional)



## HAZELNUT CAKE

### STEP 1

Turn on the oven to 350°F. Grease an 8-inch cake pan—rub a little butter all over the inside.

### STEP 2

Sit the pan on a piece of baking parchment and draw around it, then cut out the round and use it to line the bottom of the pan.

### STEP 3

Put the butter into a small pan and melt over gentle heat or melt in a small bowl in the microwave. Let cool.

### STEP 4

To make the hazelnuts taste even more nutty, you can “toast” them in a skillet over gentle heat. It will only take a few minutes—you don’t want them to be too brown. Move them around the skillet with a wooden spoon so they don’t burn.

### STEP 5

Put the hazelnuts into a food processor and whizz until they are finely chopped. Ask an adult to help you with this (see pages 10–11). If you don’t have a food processor, you can put the nuts in a plastic bag and bash them with a rolling pin.

If you want to save time, you can use ground almonds instead of toasting and grinding whole hazelnuts.

### STEP 6

Sift the flour into a big bowl. Add the sugar and ground nuts to the flour.

### STEP 7

Grate the lemon zest (see pages 14–15). Watch your fingers and keep them well away from the grater! Add the zest to the flour. Stir together and then make a well in the middle of the bowl so that you can see the bottom.

### STEP 8

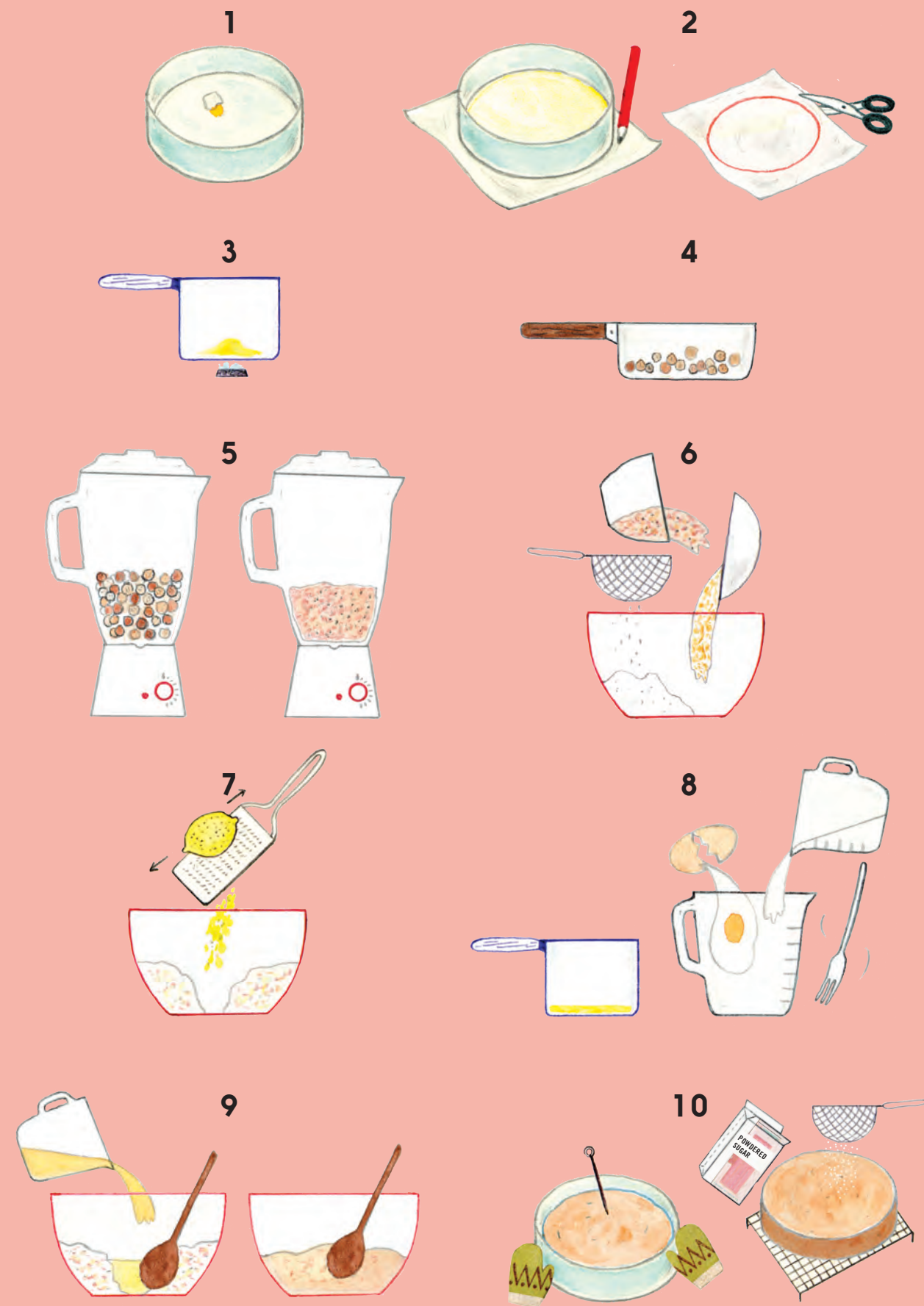
Crack the eggs into a pitcher (see pages 14–15). Add the cooled melted butter and milk and mix with a fork.

### STEP 9

Pour the egg mixture into the well in the bowl and then carefully stir the egg mixture so that you gradually bring all the ingredients together.

### STEP 10

Spoon the cake mixture into the pan. Using oven mitts, put in the oven and bake for 30 minutes. Test to see if the cake is cooked by poking a skewer into the middle. If the skewer comes out clean, the cake is cooked. If it has mixture stuck to it, put the cake back into the oven for another 5 minutes. Let cool in the pan and then carefully turn the cake out onto a cooling rack. Using a small strainer, sprinkle confectioner’s sugar over the cake to decorate.





# TOMATO BRUSCHETTA

Bruschetta (pronounced 'broos-ketta') was originally invented as a good way of using up stale bread by toasting it and adding a range of delicious toppings. The simplest one is made with juicy, ripe tomatoes, and many Italians would say it's the best! You could also try toppings such as mozzarella cheese, basil, ham or roasted vegetables.

SERVES	PREPARATION TIME	COOKING TIME
4 people as a starter	15 minutes	20 minutes

You might need to make more  
if you want to eat this for lunch

1 small rustic loaf or 1 small baguette

4 tablespoons extra-virgin olive oil for drizzling

8 ripe plum tomatoes

1 garlic clove

freshly ground black pepper (optional)

a few fresh basil leaves (optional)



## TOMATO BRUSCHETTA

### STEP 1

Turn the oven on to 180°C/350°F/Gas Mark 4. Using a serrated knife (a knife with a jagged edge) use the claw cutting technique (see pages 12–13) to slice the bread into 8 slices. Try to cut the bread slightly diagonally so that the slices have an oval shape. You might want to ask an adult to cut it for you.

### STEP 2

Lay the bread slices flat on a baking tray. Using a spoon, drizzle 2 tablespoons of oil over all the slices – it won't cover all the bread, just drip it over in places.

### STEP 3

Wearing your oven gloves, put the baking tray into the oven. After 10 minutes, take the tray out, carefully turn the bread over and then put the tray back into the oven for another 10 minutes.

### STEP 4

The bread should now be a light golden colour and crisp. Take the bread out of the oven and rest the tray on a pan stand. Leave to cool slightly.

### STEP 5

For the tomato topping, cut a ripe plum tomato in half lengthways using the bridge technique (see pages 12–13). Put a tomato half on a chopping board, with its flat side facing down.

### STEP 6

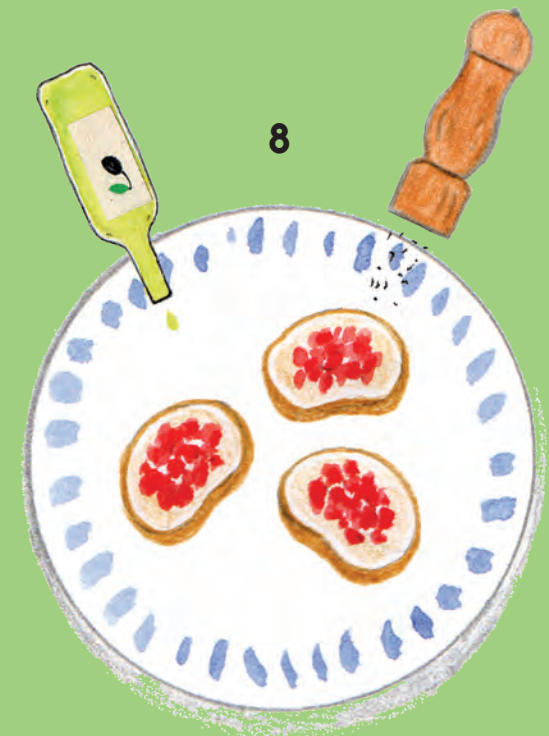
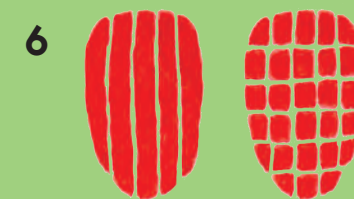
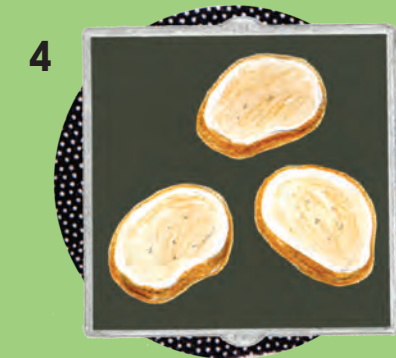
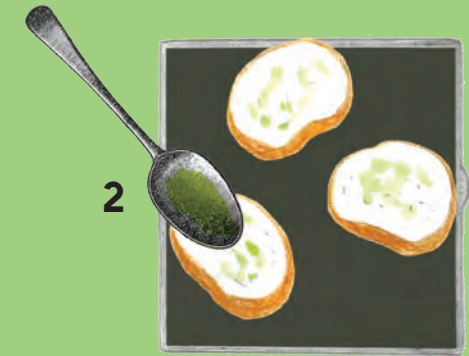
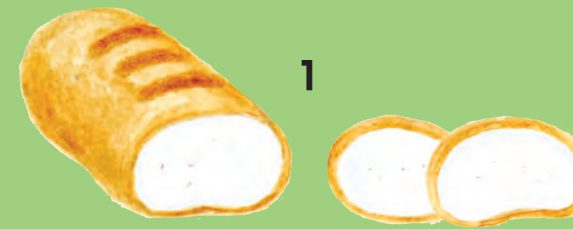
Again using the bridge technique, cut the tomato half into long thin strips, then move your fingers into the claw position and cut the long strips into little pieces. This is called dicing. The diced tomatoes should be in tiny squares, but it doesn't matter if they are different sizes – they will still taste great!

### STEP 7

Peel the papery skin away from the garlic clove. Pick up a slice of toasted bread and rub both sides with the garlic. Do the same with the other slices of toasted bread.

### STEP 8

Put the toasted bread slices on a big plate, divide the tomatoes among them and drizzle with the remaining olive oil. If you like, you could grind some black pepper over the top, too, or scatter over some fresh basil leaves, torn into small pieces.



# TAGLIATELLE WITH CREAM, PEAS & HAM

This is a delicious sauce for fresh homemade tagliatelle, but it's also good with dried tagliatelle. This recipe shows how Italians like to eat their pasta sauce – just enough to coat the pasta, not a great big pile of sauce on top!

If you like the flavour of garlic, you could add a crushed garlic clove to the pan with the onion in step two.

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SERVES	PREPARATION TIME	COOKING TIME
4	1½ hours	25 minutes

---

1 quantity fresh pasta dough (see pages 74–77)  
or 400 g dried tagliatelle

—  
1 onion or 2 spring onions

—  
10 g butter

—  
2 teaspoons olive oil

—  
200 g shelled fresh peas  
(or frozen peas if you don't have fresh)

—  
2 slices cooked ham

—  
100 ml double cream

—  
40 g Parmesan cheese



## TAGLIATELLE WITH CREAM, PEAS & HAM

### STEP 1

If you are making fresh pasta, follow steps 1 to 7 on pages 74–77, cutting the pasta into long thin strips to make tagliatelle.

### STEP 2

Using the bridge and claw cutting techniques (see pages 12–13), chop the onion or spring onions. Heat the butter and oil in a saucepan over a low heat (the butter adds flavour and the oil keeps it from burning). Add the onion and cook gently for 5 minutes until really soft. Stir every now and then with a wooden spoon.

### STEP 3

Add the peas, stir to coat them in the buttery juices and cook for 5 minutes, stirring every now and then with a wooden spoon. Using kitchen scissors, snip the ham into small pieces.

### STEP 4

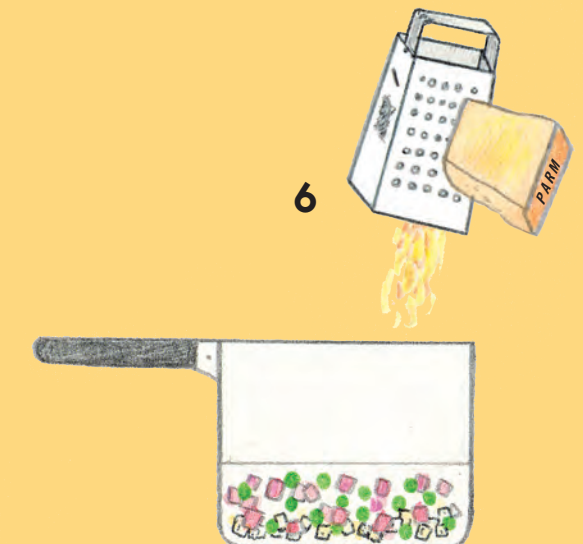
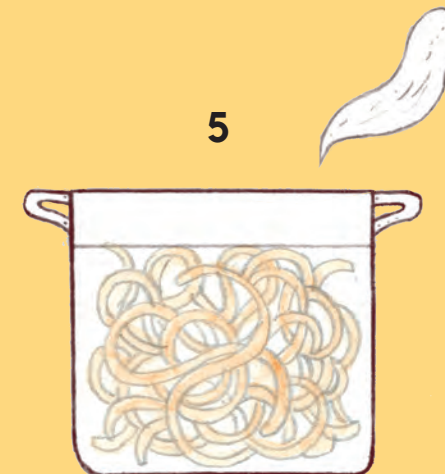
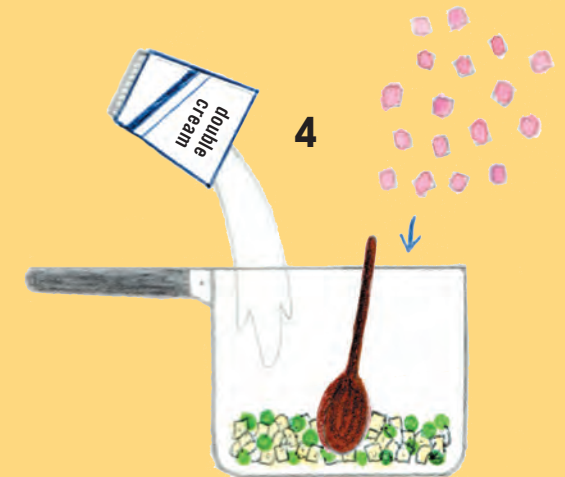
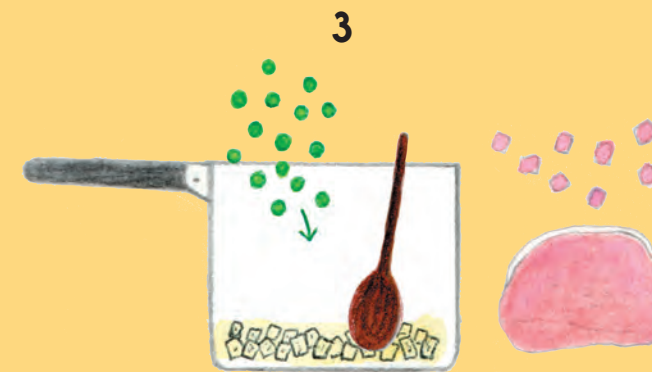
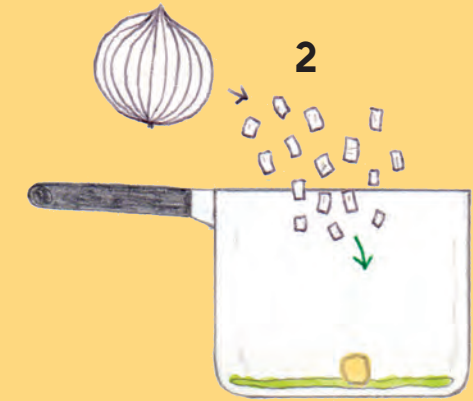
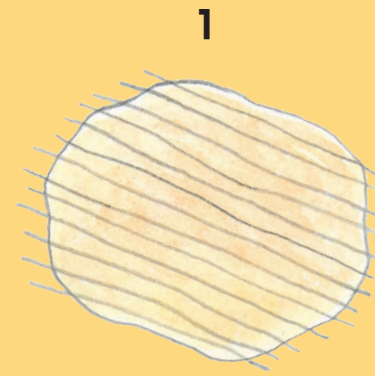
Add the cream to the pan and cook for another 5 minutes, then add the ham.

### STEP 5

Three-quarters fill a large pan with water and bring to the boil. Add the fresh tagliatelle and cook for 3–4 minutes until the pasta is just cooked. It should be soft and not taste 'raw'. If you are using dried pasta, follow the instructions on page 73. Ask an adult to help you drain the pasta in a colander and put it back into the empty pan.

### STEP 6

Ladle the sauce over the pasta in the pan. Grate the Parmesan using the small holes on a grater (see pages 14–15), and sprinkle over the pasta. Mix together and serve immediately!



# HAZELNUT CAKE

This is a simple and delicious cake to make. The lemon zest (the grated yellow rind of a lemon) adds a wonderful flavour and the nuts give the cake texture. If you want the cake to taste even more lemony, you can mix the juice of the lemon with a little icing sugar and drizzle this over the cake.

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**SERVES**  
6–8

**PREPARATION TIME**  
30 minutes

**COOKING TIME**  
30–35 minutes

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100 g unsalted butter,  
plus extra for greasing the cake tin

—  
200 g whole hazelnuts  
(or ground almonds, to save time)

—  
200 g self-raising flour

—  
200 g golden caster sugar

—  
1 lemon

—  
2 free-range eggs

—  
50 ml milk

—  
icing sugar, for dusting  
the top of the cake (optional)



## HAZELNUT CAKE

### STEP 1

Turn the oven on to 180°C/350°F/Gas Mark 4. Grease a 20 cm cake tin – rub a little butter all over the inside.

### STEP 2

Sit the tin on a piece of baking paper and draw around it, then cut out the circle and use it to line the bottom of the tin.

### STEP 3

Put the butter into a small saucepan and melt over a gentle heat or melt in a small bowl in the microwave. Leave to cool.

### STEP 4

To make the hazelnuts taste even more nutty, you can ‘toast’ them in a frying pan over a gentle heat. It will only take a few minutes – you don’t want them to be too brown. Move them around the pan with a wooden spoon so they don’t burn.

### STEP 5

Put the hazelnuts into a food processor and whizz until they are finely chopped. Ask an adult to help you with this (see page 11). If you don’t have a food processor, you can put the nuts in a plastic bag and bash them with a rolling pin.

If you want to save time, you can use ground almonds instead of toasting and grinding whole hazelnuts.

### STEP 6

Sift the flour into a big bowl. Add the sugar and ground nuts to the flour.

### STEP 7

Grate the lemon zest (see pages 14–15). Watch your fingers and keep them well away from the grater! Add the zest to the flour. Stir together and then make a well in the middle of the bowl so that you can see the bottom.

### STEP 8

Crack the eggs into a jug (see pages 14–15). Add the cooled melted butter and milk and mix with a fork.

### STEP 9

Pour the egg mixture into the well in the bowl and then carefully stir the egg mixture so that you gradually bring all the ingredients together.

### STEP 10

Spoon the cake mixture into the tin. Using oven gloves, put in the oven and bake for 30 minutes. Test to see if the cake is cooked by poking a skewer into the middle. If the skewer comes out clean, the cake is cooked. If it has mixture stuck to it, put the cake back into the oven for another 5 minutes. Leave to cool in the tin and then carefully turn the cake out onto a cooling rack. Using a small sieve, sprinkle icing sugar all over the cake to decorate.

