

HandBook

# KNOW YOUR ITALIAN FOOD BY REGIONS





# INTRODUCTION

Italian food has been exciting taste buds around the globe for centuries with its **masterful use of fresh and high quality ingredients**. This popular Mediterranean cuisine has a worldwide foodie following, and continues to inspire **diner delight**.

With its mouth-watering collection of **crowd-pleasing comfort dishes** and delectable gastronomic creations, it's not hard to see why Italian cuisine is so loved. The genius of this world famous fare lies in its **delicious authenticity**, which satisfies even the most diverse and selective of palates.

Let's dive deeper inside the kitchen cultures of seven well-known Italian regions.



## THE ULTIMATE Foodie ROAD TRIP Map ACROSS Italy





# Knorr WORLD CUISINE



**Italian cuisine is popular all over the world, and a true diner favourite. To capture the essence of authentic Italian dishes, simplicity and great ingredients are essential.**



## Featured Recipes



### Lombardy – Milan

- ✕ Osso Bucco with Risotto Milanese

### Piedmont

- ✕ Fresh Egg Pasta

### Emilia-Romagna

- ✕ Mushroom Bolognese with Buffalo Mozzarella
- ✕ Three Cheese Tortellini Bolognaise Sauce

### Tuscany – Florence

- ✕ Tuscan Chicken and Tomato Roast

### Lazio – Rome

- ✕ Amatriciana Pasta
- ✕ BBQ Chicken Pizza with Charcoal Chili and Onions
- ✕ Chicken Parmigiano

### Campania

- ✕ Mushroom, Caramelized Onion Pizza
- ✕ Bufalina Pizza
- ✕ Lamb, Peppers & Chilli Pizza

### Sicity

- ✕ Eggplant Caponata
- ✕ Italian Lime Ice





Lombardy



Serves 10

### Ingredients

#### Meat & Sauce

- 10pc Veal shanks
- 5g Salt
- 5g Black pepper, cracked
- 30ml RAFHAN CORN OIL
- 200g Onion, sliced
- 150g Carrot, sliced
- 5g Garlic, finely chopped
- 500ml KNORR TOMATO PUREE
- 1g KNORR DEMI-GLACE BASE
- 200g Water, hot
- 3pc Bay leaves
- 2pc Fresh thyme
- 2pc Fresh rosemary
- 250g Cherry tomato, mixed

#### Risotto Milanese

- 300g Arborio rice
- 80g Shallots, finely chopped
- 50ml Olive oil
- 1.2l Water, hot
- 5g KNORR CHICKEN STOCK POWDER

For full recipe visit: [www.ufs.com](http://www.ufs.com)



# OSSO BUCCO

## with Risotto Milanese

Italian classic rustic style cooking, a slow braised veal shank with saffron risotto. A classic dish of the Lombardy region in Italy. This region with the capital of Milan is also famous for Gorgonzola & Gran Padano cheese. Get cooking on this recipe today!

### Chef's Tip

**Gremolata is an Italian condiment, which simply consists of three ingredients (parsley, garlic and lemon) finely chopped together. It's the secret finisher in this dish.**





# FRESH EGG PASTA

Although there are many variations in pasta dough recipes, here is an egg pasta recipe to get you started. We encourage you to experiment and create your own unique recipe.

## Chef's Tip

Doughs can be coloured with ingredients like spinach, tomato or squid ink.



## Piedmont



Serves 10

## Ingredients

600g All-purpose flour  
6pc Eggs  
5g Salt

## Method

- ◆ Whisk together the flour and salt with a fork in a medium mixing bowl.
- ◆ Create a deep well in the middle of the flour and crack the eggs into this well.
- ◆ As you whisk the eggs, begin gradually pulling in flour from the bottom and sides of the bowl. Don't rush this step.
- ◆ At first, the eggs will start to look like a slurry. Once enough flour has been added, it will start forming a very soft dough. Don't worry if you haven't used all the flour.

For full recipe visit: [www.ufs.com](http://www.ufs.com)



# MUSHROOM BOLOGNESE

with Buffalo Mozzarella

The beautiful town of Emilia-Romagna is famous for Parmigiano Reggiano cheese, tortellini pasta, Bolognese sauce & Balsamic vinegar of Modena. This semi vegetarian recipe – Mushroom Bolognese with Buffalo Mozzarella – takes all these local ingredients into account to create a lush comfort dish.

## Chef's Tip

You can further pump up the intensity of your sauce by adding a couple of anchovy fillets. You'll never realize they are there when you taste the finished article.



Emilia-Romagna

Serves 10

## Ingredients

1Kg	Fettuccine pasta
50ml	Olive oil
300g	Capsicum mixed, minced
180g	Red Onion, minced
40g	Garlic, minced
1Kg	Fresh mushrooms, minced
40g	Oregano, fresh, minced
40g	Basil, fresh, minced
500g	Parmigiano cheese, grated
150ml	Balsamic vinegar
40g	Sugar
400g	KNORR ITALIAN TOMATO BASE
600g	Mozzarella cheese
20g	KNORR CHICKEN STOCK POWDER
50g	Sage, fresh

For full recipe visit: [www.ufs.com](http://www.ufs.com)







Emilia-Romagna

Serves 10

**Ingredients**

Bolognese Sauce

- 30ml Olive oil
- 800g Beef, mince
- 10g KNORR CHICKEN STOCK POWDER
- 100g Green capsicum, brunoise
- 100g Onion, brunoise
- 50g Carrots, brunoise
- 50g Celery, brunoise
- 180g Mushrooms brown, finely chopped
- 400g KNORR ITALIAN TOMATO BASE
- 40g Garlic, minced
- 80g Parsley, fresh

For full recipe visit: [www.ufs.com](http://www.ufs.com)



# THREE CHEESE TORTELLINI BOLOGNAISE SAUCE

The flavour combination of a rich meaty sauce followed by a burst of three cheese-filled tortellinis is magical. Two classic Italian elements coming together to produce a top selling dish.



**Chef's Tip**

For beef bolognese start by making a fried and lightly browned base that's 50% diced onion and 50% diced celery and carrot fried in butter and olive oil. The Italians call this a soffritto and it's at the core of many of central Italy's dishes.



WORLD CUISINE I T A L Y





Tuscany

Serves 10

**Ingredients**

- 2.5kg Chicken, whole
- 15g KNORR CHICKEN STOCK POWDER
- 10g Flour, all-purpose
- 50ml Olive oil
- 2g Fennel, seeds
- 75g Onion, brunoise
- 250g Turkey bacon
- 4g Garlic, diced
- 50ml Balsamic vinegar
- 30g Sugar
- 10g KNORR LIME SEASONING
- 50ml Water for lime seasoning
- 400g KNORR ITALIAN TOMATO BASE
- 20g Rosemary, fresh
- 10g Parsley, fresh
- 50g Basil pesto

For full recipe visit: [www.ufs.com](http://www.ufs.com)



# TUSCAN CHICKEN TOMATO ROAST

Tuscany is famous for fresh local ingredients which they use to cook home-style dishes like this Chicken Tomato Roast. Fresh herbs & top quality tomatoes are the key. The combination of fennel & balsamic vinegar creates serious flavour depth in this dish.

**Chef's Tip**

To keep the recipe authentic use Pancetta rather than turkey bacon in the recipe.



WORLD CUISINE I T A L Y



# AMATRICIANA PASTA

Originating from Italy, Amatriciana Pasta is made with Bucatini which is like fat spaghetti with a hole running through the centre. You can make the dish with any pasta of your choice.

## Chef's Tip

For a vegetarian twist use brown mushrooms. To keep the recipe authentic, use Pancetta rather than turkey bacon.



Serves 10

## Ingredients

50ml	Olive oil
600g	Turkey bacon
10g	Chili flakes
150g	Onion, brunoise
900g	Spaghetti
400g	KNORR ITALIAN TOMATO BASE
200g	Canned tomato
50g	Basil pesto
350g	Pecorino cheese, grated
80g	Parsley, chopped
20g	Black pepper

For full recipe visit: [www.ufs.com](http://www.ufs.com)





# BBQ CHICKEN PIZZA WITH CHARCOAL CHILI AND ONIONS

A topping of spicy charcoal chilis, juicy chicken, cilantro and onion all covered with cheese, and baked to bubbly goodness! Knorr BBQ Base and Knorr Italian Tomato Base makes up the base sauce. Be creative and have fun with pizzas.



Lazio

Serves 10

## Ingredients

- 1Kg All-purpose flour
- 10g Salt
- 15g Instant yeast
- 650ml Lukewarm water
- 600g Chicken, strips
- 50g Chilis, grilled
- 50g Onion, grilled
- 14g KNORR COATING MIX SPICES
- 3g KNORR LIME SEASONING POWDER
- 60ml Olive oil
- 200g KNORR ITALIAN TOMATO BASE
- 100g KNORR BBQ SAUCE
- 400g Mozzarella cheese
- 400g Cheddar cheese
- 10g Crushed chili
- 60g Coriander, fresh

For full recipe visit: [www.ufs.com](http://www.ufs.com)







Lazio

# CHICKEN PARMIGIANO

Made with right mix of tomatoes, herb & spices, vinegar, fried onion & garlic to deliver same quality taste in variety of applications. We highly recommend you to add Knorr Italian Tomato Base to your Mise En Place for an Italian round off. Try it today!



Serves 10

## Ingredients

- 10pc Bread slice
- 100ml Olive oil
- 50g Basil Pesto
- 1kg Chicken breast
- 10g Oregano, dry
- 5g Black pepper
- 10g KNORR CHICKEN STOCK POWDER
- 50ml Olive oil
- 250g KNORR ITALIAN TOMATO BASE
- 50g Basil pesto
- 500g Parmesan, grated
- 10g Fresh thyme
- 50g Fresh greens

For full recipe visit: [www.ufs.com](http://www.ufs.com)



WORLD CUISINE I T A L Y





Campania

Serves 10

### Ingredients

- 1Kg All-purpose flour
- 10g Salt
- 15g Instant yeast
- 650ml Lukewarm water
- 450g Onion, thinly slice
- 100ml Olive oil
- 1Kg Button Mushrooms, thinly slice
- 20g Thyme, dried
- 800g Mozzarella, grated
- 200g KNORR ITALIAN TOMATO BASE
- 80g Basil, fresh

For full recipe visit: [www.ufs.com](http://www.ufs.com)



# MUSHROOM, CARAMELIZED ONION PIZZA

With this recipe, we have broken away from the traditional round pizza and made a square one. Served on the streets of Naples Italy. Topped with caramelized onions and earthy mushrooms. Knorr Italian Tomato Base forms the base of the flavour. Your guests should love this pizza.





# BUFALINA PIZZA

## Campania Style

The city of Naples in Campania region of Italy is the original birth place of the pizza. In this recipe, the simplicity and quality of each ingredient is the most important thing. A little basil.

### Chef's Tip

If you can, cook the pizzas on a piece of granite in your conventional oven - if not, cook them one by one on pieces of tin foil directly on the bars of the oven shelf towards the bottom of the oven.



Campania

Serves 10

### Ingredients

1Kg	All-purpose Flour
15g	Salt
14g	Yeast, dried
15g	Caster sugar
700g	Mozzarella, buffalo
400g	KNORR ITALIAN TOMATO BASE
80g	Basil, fresh
50ml	Olive oil, extra virgin

For full recipe visit: [www.ufs.com](http://www.ufs.com)





# LAMB, PEPPERS & CHILI PIZZA

Is there anything better than perfect pizza? The delicious seasoning of peppers and hot chili with juicy lamb meat. This recipe is sure to be a best seller. Try it today!



Campania

Serves 10

## Ingredients

1000Kg	All-purpose flour
10g	Salt
15g	Instant yeast
650ml	Lukewarm water
200g	Onion, diced
800g	Lamb meat, minced
60ml	Olive oil
20g	Black pepper, crushed
20g	Salt
100g	Ginger garlic, paste
400g	Mozzarella cheese, shredded
400g	Cheddar cheese, shredded
400g	KNORR ITALIAN TOMATO BASE
30g	Crushed red chili

For full recipe visit: [www.ufs.com](http://www.ufs.com)





# EGGPLANT CAPONATA

Caponata is a delicious Sicilian eggplant salad with creamy caramelized eggplant, crisp celery and a savoury sweet and sour flavour from the tomatoes and vinegar. Serve as an antipasto with bread, or as a relish for fish and meat dishes.



## Chef's Tip

Small eggplants like Italian Graffiti and Japanese are great for this dish as they have fewer seeds.



Serves 10

## Ingredients

100ml	Olive oil
800g	Eggplant
100g	Pine nuts
250g	Onion, brunoise
200g	Celery, diced
200g	Capsicum, yellow
150g	Olives, green
50g	Capers
500g	KNORR ITALIAN TOMATO BASE
30g	Sundried tomato pesto
80g	Parsley, chopped
20g	Black pepper

For full recipe visit: [www.ufs.com](http://www.ufs.com)





# ITALIAN LIME ICE

A simple yet very popular ice dessert like sorbet or ice cream, which was made popular in the USA by Italian immigrants in the early 1900s.



## Chef's Tip

**Knorr Lime Seasoning reduces unwanted wastage from having to squeeze and then discard lime or lemon skins. Perfect to use for Lime ice-cream, Lime sorbets and Lime Gelatos.**



Serves 10

## Ingredients

### Lime Juice

150g KNORR LIME SEASONING  
450ml Water

### Italian Ice

500ml Water  
200g Sugar  
0.5g Salt

### Garnish

10pc Candied lime slice

### Benefits of Knorr Lime Seasoning vs Scratch



Save time - No cutting & squeezing



No seasons - We only pick the best limes in season



No waste - No peels no seeds



Less storage 1 pack = 4kg of limes

For full recipe visit: [www.ufs.com](http://www.ufs.com)







### **KNORR ITALIAN TOMATO BASE**

Sauce made with right mix of tomatoes, herb & spices, vinegar, fried onion & garlic to deliver same quality taste in variety of applications including tomato base for pizzas, pasta & lasagna.



### **RAFHAN CORN OIL**

Rafhan Corn Oil lets the true flavours of your dish come through.



### **KNORR TOMATO PUREE**

Knorr Tomato Puree is made with 100% real and natural tomatoes for use as gravy base.



### **KNORR CHICKEN STOCK POWDER**

Knorr Chicken Stock Powder brings that full, intense, meaty taste to every dish.



### **KNORR DEMI GLACE SAUCE**

Knorr Demi Glace delivers a classic, meaty taste in just 5 minutes.



### **KNORR LIME SEASONING POWDER**

Knorr Lime Seasoning is made from real limes for consistent sourness and aroma.



**For more beautiful Italian recipe inspiration,  
Go to [ufs.com](http://ufs.com)**

