



*Vita Bella*



*Spring AAUW Gourmet Dinner*  
*Saturday, May 3, 2014 at 6:00 pm*

*Please join us for appetizers at the home of*  
*Kathy and Bruce Hall*  
*502 Collyer Street*  
*303-776-9615*

*Antipasti*

**Lemony White-Bean Bruchetta**  
**Prociutto and Fig Crostata**  
**Antipasto Tray**

*Insalata e Portata Principale*

**Quick Italian Salad**  
**Chicken Cacciatore**  
**Polenta**  
**Foccacia Bread and Dipping Oil**

*Dolce*

**Holy Cannoli**  
(or better known as Ricotta Mousse  
with Chocolate Swirl and Italian Wafer Cookies)

Planners: Nan Andersson, Kathy Hall, Lyndy Lubbers and Wanda Schnabel

Please call Vicki Moran with the cost of your recipe at 303-772-8775.

# Spring 2014 Gourmet Dinner

## Vita Bella

### Appetizer House and Drinks

Kathy & Bruce Hall	Italian soda and other non-alcoholic beverages	
Wanda & Gene Schnabel	For Appetizers - Prosecco, Chianti and Italian beer For Dinner - Chianti and white wine	

### Hosts and Guests

### Menu Item

### Make Enough to Serve

### Distribute to

Host Ginny Black 2609 Elmburst Circle 303-772-4035	Polenta	8	
Nan & Larry Andersson	Cacciatore	8 (2 recipes)	
Barb & Dennis Bianconi	Cannoli	16 (4 recipes)	Give 8 servings to Johs
Gayle & Frank Rainey	Appetizer - Antipasto	32	

Hosts Mary Blue & Tom Cobb 1460 Ajax Way 303-772-3890	Polenta	8	
Nancy & Doug Birchmeier	Cacciatore	8 (2 recipes)	
Nancy & Peter Holt	Cannoli	16 (4 recipes)	Give 8 servings to Lubbers
Andi & Frank Bigelow	Appetizer - Crostata	32 (3-4 recipes depending on size of slices)	

Hosts Phyllis & Tony Johs 16118 Summit Peak Drive 970-535-4433	Polenta	8	
Joy & Ray Grundy	Cacciatore	8 (2 recipes)	
Wanda & Gene Schnabel	Beer & Wine	32	Will try to distribute ahead of the dinner
Judy & Michael McDonough	Salad	16 ( 2 recipes)	Give 8 servings to Black
Sue Hughes	Appetizer - Bruchetta	32 (3-4 recipes depending on size of slices)	

Hosts Lyndy & Mark Lubbers 12833 North 66th Street 303-678-0324	Polenta	8	
Marleigh & Bill Jacques	Cacciatore	8 (2 recipes)	
Cindy & Neil Piller	Salad	16 (2 recipes)	Give 8 servings to Blue
Kathy & Bruce Hall	Foccacia Bread and Dipping Oil	32	Give 8 servings to each host

**Please bring the serving dishes you need or arrange for them with your host.**

# Antipasti

## Lemony White-Bean Bruschetta

[www.goodhousekeeping.com](http://www.goodhousekeeping.com)

This healthy yet hearty grilled bruschetta recipe features mashed cannellini beans and the bright flavors of fresh lemon and parsley.

Yields: 8 appetizer servings

Total Time: 22 min Prep: 20 min Cook: 2 min

### Ingredients

- 1 (8-ounce) long loaf Italian bread
- 1 lemon
- 1 can(s) (15- to 19-ounce) white kidney beans (cannellini), rinsed and drained
- 1 tablespoon(s) olive oil
- 1/4 teaspoon(s) salt
- 1/8 teaspoon(s) coarsely ground pepper
- 1 tablespoon(s) chopped fresh parsley leaves
- 1 teaspoon(s) chopped fresh parsley leaves
- 2 clove(s) garlic, each cut in half

### Directions

1. Prepare charcoal fire or preheat gas grill for direct grilling over medium heat. Or use your broiler.
2. Meanwhile, slice bread diagonally into 1/2 inch-thick slices; reserve ends for making bread crumbs another day.
3. From lemon, grate 1/2 teaspoon peel and squeeze 1 tablespoon juice. In medium bowl, with fork, lightly mash beans with lemon juice and peel, oil, salt, pepper, and 1 tablespoon parsley.
4. Place bread slices on grill rack and cook 2 to 3 minutes or until lightly toasted on both sides. Rub 1 side of each toast slice with cut side of garlic.
5. Just before serving, top garlic-rubbed side of toast with bean mixture and sprinkle with remaining 1 teaspoon parsley.

## Prosciutto and Fig Crostata

[www.delish.com](http://www.delish.com)

Expand your menu with dependable staples from the pantry. Dried figs and prepared piecrust combine to make a sophisticated hors d'oeuvre.

Serves: 8

Yields: One 12-inch crostata (8 servings)

Oven Temp: 425

### Ingredients

- 4 ounce(s) dried Black Mission figs
- 1/4 cup(s) lemon juice
- 1 tablespoon(s) fresh thyme leaves
- 2 clove(s) garlic
- 1/2 teaspoon(s) coarse salt
- 1 refrigerated piecrust, such as Pillsbury, unbaked, unrolled
- 4 ounce(s) cream cheese, softened
- 2 ounce(s) prosciutto, cut into 1/2-inch-wide strips
- 1 large egg white

### Directions

1. Heat oven to 425 degrees F.
2. Place the figs, lemon juice, thyme, garlic, and salt in the bowl of a food processor fitted with a metal blade and process until smooth. Set aside.
3. Roll the dough into a 13-inch circle on a lightly floured surface. Transfer the dough to a baking sheet and gently spread the cream cheese onto the dough, leaving a 3/4-inch-wide border around the edge. Spread the fig mixture over the cream cheese and fold the border edge over the fig mixture to form a 12-inch crostata. Top the crostata with the prosciutto strips and lightly brush the folded edge of the dough with the egg white. Bake until golden -- about 15 minutes. Cool on the sheet for 10 to 15 minutes. Cut into 8 wedges and serve.



## Antipasto Tray

Make a tray that would serve 16 people

These are typical ingredients of antipasto:

- cured meats (salami, sopressata)
- olives
- pepperoncini
- mushrooms
- anchovies
- artichoke hearts
- cheeses
- pickled meats
- vegetables in oil or vinegar

The Cheese Importers has a great selection of cheeses, salamis, olives, plus other items. Because of the other appetizers, the antipasto should not have prosciutto or figs.



## Insalata

### Quick Italian Salad

Recipe courtesy of Ree Drummond – The Pioneer Woman

Total Time: 20 min; Prep: 20 min

Yield: 6 to 8 servings

Level: Easy

#### Dressing:

1/2 cup olive oil

1/4 cup mayonnaise

1/4 cup grated Parmesan (pre-grated in a pack from the store)

1/4 cup minced fresh parsley

1 tablespoon sugar

1 tablespoon vinegar

2 teaspoons black pepper

1 teaspoon salt

1/4 teaspoon red pepper flakes

1 clove garlic, pressed

Juice of 1 lemon

#### Salad:

1 head romaine lettuce, roughly chopped

1/2 head iceberg lettuce, chunked

6 whole pepperoncini

1/2 cup whole black olives

1/2 cup whole red cherry tomatoes

1/2 small red onion, very thinly sliced into circles

1/3 cup grated Parmesan

#### Directions

For the dressing: In a blender, add the olive oil, mayonnaise, Parmesan, parsley, sugar, vinegar, black pepper, salt, red pepper flakes, garlic and lemon juice and blend until pureed.

For the salad: Put the romaine and iceberg greens in a large bowl and toss with the dressing. Top the salad with the pepperoncini, olives, tomatoes and onions. Sprinkle with Parmesan at the end.

Note: This salad can be served alone as the 1<sup>st</sup> course or along with the cacciatore.

# Portata Principale

## Chicken Cacciatore

[www.womensday.com](http://www.womensday.com)

Serves 4

Active: 10 min

Total: 2½ to 3½ hrs on high; 5 to 8 hrs on low

### Ingredients:

1½ C marinara sauce

½ C thinly sliced onions

¼ C tomato paste

¼ C red or white wine

½ tsp each dried rosemary and kosher salt

8 small chicken thighs (about 1 ¾ lb), skin removed

8 oz mushrooms, cut in half or quartered if large

Italian parsley or fresh basil

Extra-virgin olive oil

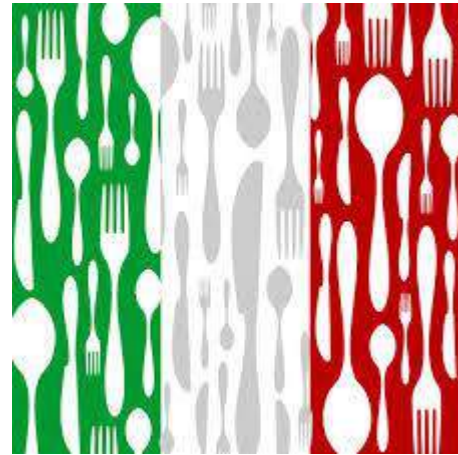
### Directions:

1. Mix marinara sauce, sliced onions, tomato paste, wine, rosemary and kosher salt in a 4-qt or larger slow cooker.
2. Add chicken and mushrooms; toss to mix and coat.
3. Cover and cook for 2 ½ to 3 ½ hours on high or 5-8 hours on low until chicken and onions are tender.
4. Remove to a serving platter. Top with chopped Italian parsley or fresh basil and drizzle with extra-virgin olive oil. Serve over polenta.

Note: You can slow cook this entrée the day before and heat it up again for the dinner. In some ways it is better that way.

## Focaccia and Dipping Oil

Store bought and enough for each of the 4 hostesses to serve 8 people each. Will be delivered to the hostesses at the Hall's.



## Polenta

Serves 8: accompanying the chicken and sauce

### Ingredients:

4 cups water

1 tsp salt

1 cup yellow cornmeal (medium ground – not the fine ground that is Quaker's in the grocery store)

1/2 cup butter

1/2 cup grated Parmesan cheese

### Directions:

Stir together 1 c. cold water, salt and cornmeal. Using the top of a double boiler, bring 3 cups of water to a boil over direct heat. Stir in the cornmeal mixture gradually. Cook for 5 minutes. Place over boiling water and cook for 4 minutes, stirring often. Pour into a greased loaf pan and chill until firm.

Remove from loaf pan and slice with a sharp knife. Place slices overlapping on a greased shallow baking dish. Melt butter and pour over polenta. Sprinkle on grated Parmesan cheese. Bake uncovered at 350 degrees for 20 minutes.

Note: The person making the polenta could do everything except bake it and take it for the hostess to bake.

# Dolce

## Holy Cannoli

(or better known as  
Ricotta Mousse with Chocolate Swirl)

Serves 4

Active Time: 20 min.; Total 50 min.

### Ingredients:

1  $\frac{1}{3}$  cups heavy cream, divided  
3 oz dark chocolate, chopped  
1 cup ricotta cheese  
 $\frac{1}{2}$  cup confectioners' sugar  
Finely grated zest of  $\frac{1}{2}$  orange  
 $\frac{1}{2}$  tsp vanilla extract  
Chopped unsalted pistachios or almonds, for  
topping  
Crisp wafer cookies, for serving

### Directions

1. Warm  $\frac{1}{3}$  cup cream in a saucepan over low heat until hot but not boiling. Remove from heat. Stir in chocolate and let melt, about 3 minutes. Stir until smooth; let cool.
2. Meanwhile, combine ricotta, confectioners' sugar, orange zest, and vanilla in a large bowl and beat with an electric mixer on medium speed until smooth, about 1 minute.
3. Pour remaining 1 cup cream into another bowl and beat on medium-high speed until stiff peaks form, about 2 minutes. Fold one-third of the whipped cream into ricotta mixture with a rubber spatula until combined and uniform. Gently fold in remaining whipped cream.
4. Spread half the ricotta mousse into a pie plate or loaf pan. Drizzle with half the chocolate sauce. Repeat with remaining mousse and chocolate sauce. Chill, uncovered, 30 minutes or up to overnight.
5. Spoon mousse into cups or bowls and sprinkle with chopped nuts.
6. Serve with Italian wafer cookies on the side (store-bought).



**Please call Vicki Moran with the  
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