



In honor of the "Eat" portion of the book, **Eat Pray Love**, we've put together an **Italian-Inspired Dinner Party Menu**, along with **all of the recipes** and some **Timing Tips!** Buon Appetito!

Antipasti

Bruschetta & Parmesan Cheese with Balsamic Reduction

Primo

Spaghetti All' Amatriciana

Secondo

Beef Brasato

Contorni

Salad

Dolce

Tiramisu

Want to throw a dinner party but don't have the time or energy to do it *all* yourself? Check out our **Grab & Go** selection – it can be viewed by clicking the link on our home page, www.DinnerDone.com. For Centreville Grab & Go, call 703.266.4004. We have plenty of great options available!

Timing Tips:

Dinner parties are all about spending time with friends. Many of these recipes were chosen because they can be made ahead, leaving you free to enjoy a deliciously relaxing evening with your guests... just as it should be!

- **Bruschetta:** Prepare the bruschetta tomato topper several hours in advance and refrigerate.
- **Spaghetti All'Amatriciana:** The Amatriciana sauce can be prepared a day before and reheated by simmering over low on the stovetop.
- **Beef Brasata:** This dish simmers for several hours, so it *must be made at least a little ahead of time*. It can also be made the day before if you'd like. Though it does make the house smell great if you've been simmering it all afternoon before your guests arrive!
- **Salad:** Make the dressing – and chop the artichoke hearts - as much as a day early.
- **Tiramisu:** This has to be made *at least 5 hours prior* to serving. You can put it together in the morning, or prepare it the night before. It is so worth it!

Buon Appetito!



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Bruschetta

Bruschetta is a simple thing to prepare – no recipe needed, but good ingredients are essential!

You'll Need:

Fresh, ripe tomatoes
Fresh basil
Extra virgin olive oil

Fresh garlic cloves
Thick-sliced Italian bread
Sea salt and black pepper

To Prepare:

Chop tomatoes and toss with fresh sliced basil leaves. Drizzle with olive oil and a touch of salt and pepper to taste. Toast the bread on both sides and then rub the bread with sliced garlic cloves. Spoon tomato-basil over top of toasted bread and serve immediately.

Parmesan Cheese with Balsamic Reduction

So simple to make there truly is no recipe for this! Buy a hunk of excellent quality parmesan cheese and break it into bite-size chunks. Drizzle with a balsamic reduction that you've prepared by simply simmering a good balsamic vinegar over low heat until it thickens to a syrupy consistency. Let the reduction cool before drizzling over cheese.

Salad

The key to this salad is the freshly prepared vinaigrette. It really is a breeze to make and tastes fresh and delicious. Feel free to modify according to your personal taste!

You'll Need:

Fresh baby field greens
Thin sliced red onions
Chopped artichoke hearts
¼ cup extra virgin olive oil

1 tsp Dijon mustard
3 Tbls Balsamic vinegar or red wine vinegar
1-2 large cloves garlic, minced
Salt and pepper to taste

To Prepare:

In a small bowl, use a fork to whisk together the Dijon mustard, balsamic vinegar, garlic and a touch of salt and pepper. *Mixing these ingredients together *before* adding the oil is the trick to getting a well-blended salad dressing!* Now, drizzle in the olive oil while still whisking with a fork until the dressing emulsifies and becomes creamy. You can try a little less olive oil at the start and taste the dressing to get it just right for you.

Toss the field greens, red onions and artichoke hearts in dressing to your taste. Start with a small amount as a little bit goes a long way!



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Spaghetti All'Amatriciana

A spicy Italian classic that is simple to prepare and full of flavor!

You'll Need:

- 1 ½ cup of thin sliced smoked bacon
- 2 Tbsp olive oil
- 1 small onion, diced (about 1 cup)
- 2 14-oz can diced tomatoes (undrained)
- ½ tsp red pepper flakes
- ¼ tsp salt
- ¼ tsp pepper
- ½ cup parmesan cheese
- 1 lb spaghetti, cooked al dente

To Prepare:

In a large skillet, over medium heat cook the bacon in olive oil until bacon begins to brown. Add onions and continue sautéing for 3 minutes. Lower heat and add all other ingredients, except the spaghetti and parmesan cheese. Simmer, covered, for five minutes. Toss the spaghetti, parmesan and sauce together and serve immediately. Voila! It's that easy!

Serves 6. Nutritional Information Per Serving: Includes pasta. 496 cal, 18g fat (5g sat), 22mg chol, 677mg sodium, 67g carb, 4g fiber, 16g protein.

Nutrition Notes: Reduce fat in this dish by using lean turkey bacon.



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Beef Brasato

Hearty and flavorful!

You'll Need:

3 pounds Chuck Roast, cut in 2" chunks (fat trimmed off)
1 teaspoon salt
1/2 teaspoon pepper
1 tablespoon olive oil
1 cup diced carrots
1 cup diced celery
1 1/2 cup diced onion

2 teaspoons minced garlic
2 bay leaves
1 tablespoon fresh rosemary (*or 2 tsp. dry-
but fresh is **much** tastier in this dish!*)
2 cups red wine
1 1/2 cups sliced mushrooms
2 cups crushed tomatoes

Serves 6.

To Prepare:

First, let's season the beef with salt and pepper. Then heat a large skillet over med-high heat. Add olive oil and brown the beef, cooking about 5 minutes per side. Set beef aside and remove any excess fat from the skillet. Add carrots, celery and onion to the pan and cook, stirring occasionally for about 10 minutes. Add garlic, bay leaves, rosemary, red wine, tomatoes, mushrooms and the browned beef. Reduce heat to low, and gently simmer, covered, for about 3 hours until beef is tender.

This dish is especially delicious the next day when all of the flavors have really had a chance to blend together!

Nutritional Information Per Serving: Amount Per Serving: 450 cal, 17g fat (6g sat), 150mg chol, 700mg sodium, 15g carb, 4g fiber, 46g protein, 9.7 mypoints



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Tiramisu

A traditional Italian dessert that's great for a dinner party.
It takes minutes to prepare, but has to be made in advance!

You'll need:

1 lb mascarpone cheese
½ cup sugar
2 cups heavy cream
1 tsp vanilla extract
1 cup strong espresso
½ cup Baileys Irish Cream
1 package lady fingers (about 18-28 cookies)
Cocoa powder and white chocolate baking squares for garnish

To Prepare:

First let's prepare our cream filling by mixing the mascarpone, sugar, cream and vanilla until it is completely smooth.

Add Baileys and espresso to a small bowl. Dip ladyfingers in Bailey-espresso blend and create a single layer of ladyfingers in the bottom of a casserole dish. Spread half of the cream filling over the ladyfingers, and then top with another layer of espresso-dipped ladyfingers and top with the remaining cream filling.

Dust with cocoa powder and garnish with a generous amount of grated white chocolate. Refrigerate at least 5 hours before serving.

Nutritional Information per Serving (Serves 12): 512 cal, 38g fat (12g sat), 215mg chol, 90mg sodium, 35g carb, 1g fiber, 6g protein.



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