

WILDLY DELICIOUS: Recipes for the Untamed

by Sassoregale





Deep Dish Italian Sausage Pizza

Ingredients (serves 4)

Dough • 1 pkg. pre-made pizza dough

Sauce • 2 cups tomato sauce • 4 tsp. olive oil • 1 tbsp. sugar • 1 tsp. kosher salt • 1 tsp. black pepper • 2 tsp. garlic powder • 1 tbsp. fresh Italian parsley, chopped

• 1 tbsp. fresh basil, chopped • ½ tsp. red pepper flakes

Pizza Toppings • 1 lb. buffalo mozzarella, torn or sliced • ½ lb. sweet or mild Italian sausage, cooked • ½ red pepper, sliced thin • ½ green pepper, sliced thin • ¼ sweet onion, sliced thin • 1 cup Pecorino Romano cheese, grated • Salt and pepper to taste

Method

Preheat oven to 500°F. Place dough in a warm environment, such as a bowl covered with plastic wrap, allowing it to rise. In a mixing bowl, add tomato sauce, salt, pepper, sugar, garlic, parsley, basil, pepper flakes, and 3 teaspoons olive oil, and set aside. Place dough on counter and coat with flour to prevent sticking. Roll dough into a circle and place in a 10-inch carbon steel pan — drizzling both with remaining olive oil. Work dough up the sides to form a crust, folding edges into small ridges. Bake for 10 minutes. Remove from oven and add sauce (add all of it for a very saucy pie, or half for a less saucy pizza). Top with mozzarella and sprinkle on sausage, peppers, onions, and Pecorino Romano. Season with salt and pepper, bake another 15-20 minutes — or until dough is fully cooked. Let pizza rest for 10 minutes before serving.



Baked Meatballs

Ingredients (serves 4)

- 1 lb. ground beef 90% lean 1 tsp. minced garlic
- 1/4 cup grated Parmigiano Reggiano 1/2 cup whole milk ricotta 1/2 cup panko
- \cdot 1 egg \cdot 1/4 cup milk \cdot Salt and pepper to taste \cdot Cooking spray \cdot 2 cups marinara sauce
 - 2 cups shredded mozzarella cheese 2 tbsp. chopped parsley

Method

Place raw meat in a bowl and add garlic, Parmigiano-Reggiano, ricotta, panko, egg, salt, pepper, and milk — mix thoroughly. Form into individual balls, 1½ - 2 inches in size. Preheat oven to 350°F and coat a 10-12-inch carbon steel pan with cooking spray. Bake meatballs in a single layer for 12-18 minutes, until completely cooked and browned. Remove pan from oven, carefully drain any fat, then add the marinara sauce and top with mozzarella. Return pan to oven for 10-15 minutes or until cheese is noticeably melted. Remove from oven and let cool 10 minutes. Top with parsley and enjoy!



Oven-Roasted Porchetta

Ingredients

- 1 (4-lb.) boneless pork butt or shoulder, rolled and tied 2/3 cup fresh sage
- 1/2 cup leeks, chopped 6 garlic cloves, peeled 1/2 cup fresh Italian parsley
- 2/3 cup fresh rosemary 1 tbsp. fresh thyme 1/2 fennel bulb, quartered
- $\frac{1}{2}$ tsp. crushed red pepper flakes Salt and pepper to taste 2 tbsp. grated lemon zest
 - 2 tbsp. olive oil 1/2 cup Sassoregale Vermentino 1/2 cup chicken stock

Method

Pat the roast dry with paper towels. Combine leeks, garlic, parsley, sage, rosemary, thyme, fennel, pepper flakes, salt and pepper in a blender. Puree into a paste. Add lemon zest and mix well.

Cut slits about 4 inches deep in the roast and stuff about two-thirds of the mixture into the slits. With the remainder of the paste, rub outside of the roast. Wrap meat tightly in plastic wrap and refrigerate overnight.

Preheat oven to 300°F. Heat oil in an ovenproof pan over medium-high heat. Sear the meat on all sides. Transfer pan to the oven and roast for 2 hours. Pour the wine and stock over the meat and continue to roast for an additional 2 to 2½ hours, or until the meat is fork-tender, basting it with the pan juices every 30 minutes. Remove roast from the oven and let rest for 15 minutes. Cut the meat into thin slices against the grain, and moisten with the pan juices. Serve immediately.



Cornbread Chili

Ingredients (serves 4)

- •1 lb. lean ground beef 2 tbsp. chili powder 1 tsp. cumin 1 tsp. garlic powder
- 1/2 cup ketchup 1 10-oz. can tomato sauce 1 15-oz. can black beans, drained
 - 1 15-oz. can diced chili-style tomatoes 1 15-oz. can chili beans, drained
- 1 10-oz. can sweet corn, drained 1 15-oz. box cornbread mix, plus necessary ingredients listed on box (egg, milk, oil) 1 cup shredded sharp cheddar cheese plus more for garnish, if desired

Method

Place ground beef in a skillet with chili powder, cumin and garlic powder and cook over medium heat until no longer pink. Drain excess fat and preheat oven to 350°F. Pour cooked beef into a 10 to 12-inch carbon steel pan and add ketchup, tomato sauce, black beans, diced tomatoes, chili beans, and corn. Stir to combine, then bake for 12-15 minutes.

In a medium bowl, make cornbread following the package directions, but do not bake. Add shredded cheddar and gently combine. Set aside. Remove baked chili from oven and let it sit while increasing oven temperature to 400°F. Drop cornbread batter over the chili, one spoonful at a time, spreading evenly to each edge. Bake for 20 minutes, or until golden brown. To check doneness, insert a toothpick into the center of the cornbread. If it comes out clean (no wet batter), it is ready. Enjoy!



Baked Ziti

Ingredients (serves 4)

- 16 oz. box ziti pasta 3 cups cherry tomatoes (use 14 oz. cans)
- 1 tbsp. extra-virgin olive oil 6-8 garlic cloves, minced 1/2 cup chopped fresh basil, plus more for garnish 1 tbsp. tomato paste 3 cups water, plus more as needed
 - 1/2 cup Parmigiano-Reggiano, grated 1 cup mozzarella cheese, shredded
 - **Salt** and pepper to taste **Pinch** of red pepper flakes

Method

Bring a large pot of water to boil and cook ziti according to directions. Do not overcook. While pasta boils, pour canned tomatoes into a mixing bowl and smash lightly, then add the olive oil, garlic, basil, and tomato paste. Drain cooked pasta and add to bowl of tomatoes, gently stirring to combine. Sprinkle in Parmigiano-Reggiano, salt, pepper, and red pepper flakes. Preheat oven to 350°F. Grab a 10 to 12-inch deep-dish pan and pour in half of the pasta mixture. Top pasta mixture with an even layer of mozzarella, then gently add remaining pasta. Top off with Parmigiano cheese and bake for 25-30 minutes, or until cheese is melted with pasta slightly charred. Garnish with fresh basil if desired.



Oven-Roasted Chicken Curry

Ingredients (serves 4)

- 6-10 chicken thighs (skin on) 8 oz. coconut milk 7 oz. chickpeas, drained
- 1 oz. vegetable or coconut oil 6-10 cherry tomatoes 1 cup chopped onion 2 red Thai chilis (bird's eye), chopped 10-12 garlic cloves
- 1/2 tsp. red chili powder 1/2 tsp. turmeric powder 2-3 tsp. curry powder 10-15 curry leaves (as desired) Salt, to taste

Method

Preheat oven to 350°F. Grab a 10 to 12-inch carbon steel pan. To the pan, add the oil, tomatoes, onion, chilis, garlic and chicken thighs. Add red chili powder, turmeric, curry powder and curry leaves and salt to taste. Be sure the thighs get a nice coating of the powdered spices. Place pan in oven and bake for one hour. Remove from oven, add chickpeas and coconut milk, and stir. Bake an additional 30 minutes to one hour. Serve with your favorite rice.



Baked Salmon Fillets

Ingredients (serves 4)

• 3 - 4 skinless salmon fillets (6 oz. each) • 8-12 asparagus spears • 3 oz. lemon juice
• 2 oz. melted butter • 1 oz. vegetable oil • 1 oz. Sassoregale Vermentino
• 1/2 tsp. sea salt • 1/2 tsp. black or white pepper

Method

Preheat oven to 400°F. Season both sides of fillets with oil, salt and pepper. In a separate bowl, combine lemon juice and butter. Place seasoned fillets in the center of a deep-dish pan, add asparagus spears to sides. Gently pour half the lemon-butter over salmon and asparagus. Place pan in oven for 12–15 minutes, or until the salmon flesh turns opaque and flakes easily. While salmon bakes, add Vermentino wine to remaining lemon-butter mixture. Drizzle mixture over salmon and veggies right before serving.



Oven-Roasted Chicken and Brussels Sprouts

Ingredients (serves 4)

Ingredients for the Chicken Marinade • 2 tbsp. olive oil

• 2 garlic cloves, chopped • 2 tbsp. parsley, chopped • 2 Tbsp. lemon juice

• 1 tbsp. Dijon mustard • Salt and pepper to taste

Ingredients for Chicken and Brussels Sprouts • **4-6** chicken thighs, preferably skin-on, boneless • **1 lb.** whole Brussels sprouts • **2 tsp.** olive oil • **Salt** and pepper to taste

Method

Place marinade ingredients into an extra-large zip-style bag. Add boneless chicken thighs. Seal bag properly and place in refrigerator for 8-12 hrs. Remove chicken from marinade and set aside. Discard marinade.

Preheat oven to 400°F. Rinse Brussels sprouts, slice off each bottom and cut each vertically in half. Place Brussels sprout halves in 10-inch carbon steel pan and add olive oil, salt and pepper. Move sprouts to the sides of pan and place marinated chicken, skin-side-up, in center. Bake for 25-30 minutes, or until the skin is golden brown.

