





scampi al dragoncello

serves 8

24 large shrimp, cleaned and deveined,
tails left on

$\frac{1}{4}$ cup extra virgin olive oil, plus
2 tablespoons for frying

juice and zest of 2 oranges

juice and zest of $\frac{1}{2}$ lemon

2 tablespoons fresh tarragon leaves

1 teaspoon crushed garlic

$\frac{1}{4}$ teaspoon hot red pepper flakes

1 tablespoon chopped italian parsley

a few sprigs fresh tarragon, for garnish

a few orange slices, for garnish

Combine shrimp, $\frac{1}{4}$ cup olive oil, juice
and zest of oranges and lemon, tarragon,
garlic, red pepper flakes, and parsley in a
bowl. Refrigerate at least 30 minutes.

In a skillet, heat 2 tablespoons olive oil
and cook the shrimp on high heat for 3
to 5 minutes, adding a splash of marinade
as you cook to keep them moist.

Serve hot, garnished with fresh tarragon
sprigs and orange slices.

This shrimp also makes a great topping
for greens, tomato salad, or pasta. If using
for pasta, add a splash of white wine to
the shrimp while cooking. Stir the shrimp
into the cooked pasta, along with 2 more
pinches of parsley and tarragon.



cipollata

serves 10

- $\frac{3}{4}$ cup extra virgin olive oil, divided
- 6 yellow onions, cut in 1/4-inch crescents
- 2 russet potatoes, skins on, cut in 1-inch cubes
- 3 bay leaves
- pinch of nutmeg
- salt and pepper to taste
- 1 gallon beef or vegetable stock, warmed
- 10 slices day-old country bread, toasted and broken in half
- $\frac{3}{4}$ cup grated parmigiano

In a soup pot, heat $\frac{1}{2}$ cup olive oil over medium heat. Add the onions and cook until translucent, about 10 to 15 minutes. Increase heat to medium-high, add remaining $\frac{1}{4}$ cup olive oil, and continue stirring until onions are caramelized, about 30 minutes. Add potatoes, bay leaves, nutmeg, salt and pepper. Continue to stir and cook 5 more minutes. Add warm broth and simmer, covered, until potatoes are soft, about 1 hour.

To serve, in ovenproof soup bowls layer the broth, bread, and parmigiano. Repeat the layers, then broil for a few minutes until tops are golden.

This rustic soup from Tuscany traveled to France with Caterina dei Medici and became, after transformation by the French, their famous soupe d'oignons. Caterina was only 14 years old when she was married to Prince Enrico d'Orleans. She arrived in France accompanied by her cooks, nannies, alchemist, and servants—and all the traditions of her Tuscan kitchens. Her cooks kept cooking and the politicians kept eating and soon, as the story goes, the clever Caterina became a powerful political figure. Because of her Italian heritage, she knew that nothing is more effective than discussing important political matters with your feet under a well-furnished table.