

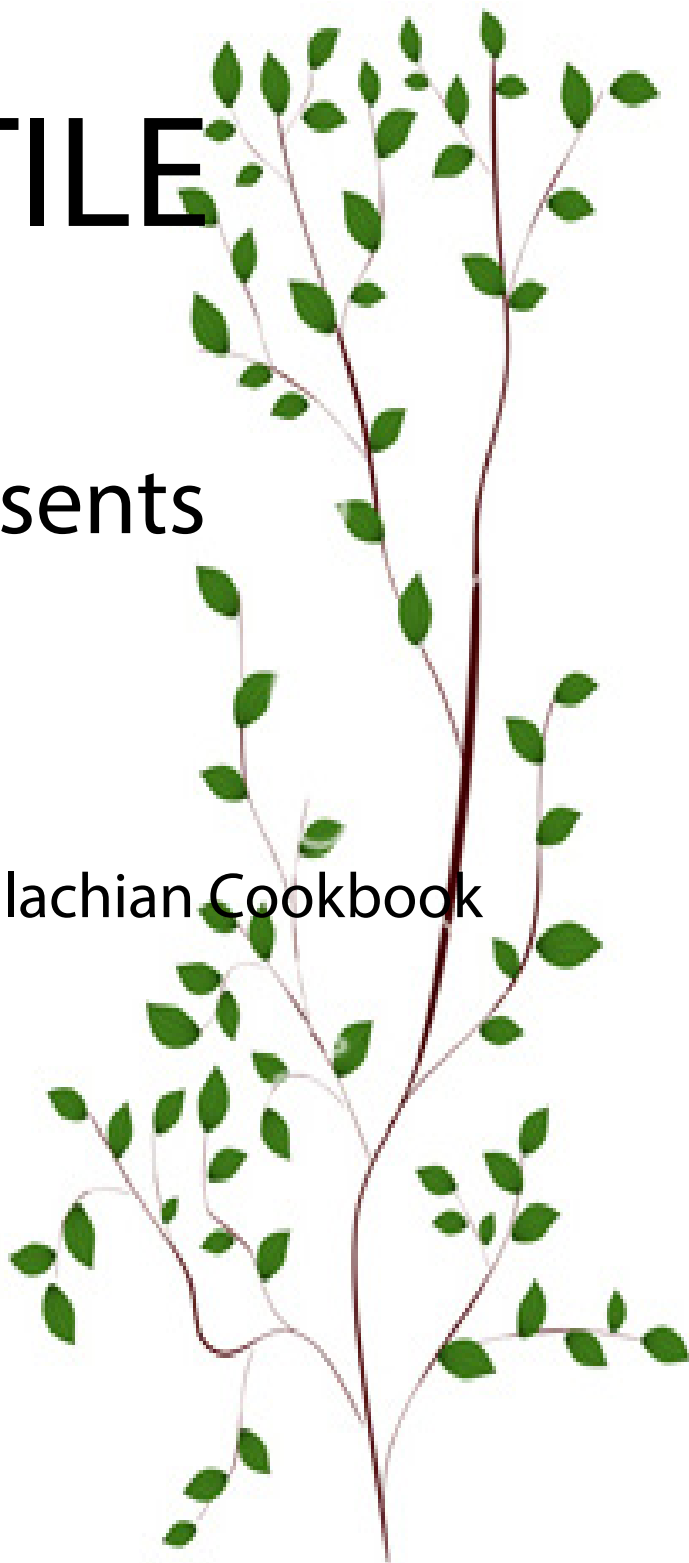
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US Department of Energy Solar Decathlon 2015
West Virginia University & University of Rome Tor Vergata

STILE

presents

An Italian-Appalachian Cookbook





US Department of Energy Solar Decathlon 2015
West Virginia University & University of Rome Tor Vergata

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BEVERAGES: HERBAL INFUSED WATER/CITRUS SWEET TEA**Herbs, Spring Water, Black Tea, Citrus Fruit****Herbal Infused Water**Ingredients

- Spring Water
- Fresh Mint
- Blackberries

Preparation

- Add fresh mint and blackberries to pitcher of cold water
- Chill thoroughly

<http://styleblueprint.com/nashville/everyday/diy-herbal-infused-water/>

Citrus Sweet TeaIngredients

- 64 ounces water (or about 2/3 full in a large pitcher)
- 1 cup sugar
- 2 tablespoons honey
- 2 cold brew tea bags (I used Lipton)
- 1 orange

Preparation

1. In the pitcher, stir together the water, sugar and honey until dissolved. Add the tea bags and allow to brew for 3-4 minutes (check your package for directions as different brands may have different suggestions)
2. Remove the bags.
3. Slice the orange very thin, removing any seeds.
4. Add the orange slices and enough ice to fill the pitcher.



<http://www.abeautifulmess.com/2013/07/honey-orange-sweet-tea.html>



Culture Hop

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APPETIZER: "ANTIPASTO BOARD"

Goat Cheese, Smoked Gouda, Fresh Mozzarella, Salami, Prosciutto, Capicola, Apples, Blackberries, Dried Cranberries, Marinated Olives, Jam and Honey

Ingredients

- 4 oz. Goat Cheese
- 4 oz. Smoked Gouda
- 4 oz. Fresh Mozzarella
- 5 oz. Salami
- 5 oz. Prosciutto
- 5 oz. Capicola
- 1 pint Blackberries
- 2 Apples
- 1/2 cup dried Cranberries
- 4 oz Honey
- 4 oz Jam (2 different tastes)
- Marinated Olives
 - parsley
 - garlic
 - basil
 - lemon zest
 - red pepper flakes
 - olive oil



http://foodnetwork.sndimg.com/content/dam/images/food/full-set/2011/8/16/0/entwine_antipasto-platter_s4x3.jpg

Marinated Olives Preparation

1. Mix the olives, parsley, garlic, basil, oregano, lemon zest, red pepper flakes, and olive oil in a bowl
2. let the olives marinate for 30 minutes before serving.

Platter Preparation/Cooking

- Slice meat, cheese, and fruit as desired (thin slices are recommended).
- Arrange meats, cheese, and fruit on platter
- Set bowl of marinated olives on platter
- Pour honey in a small bowl, and place on the platter
- Garnish with fresh herbs such as basil and rosemary

FIRST COURSE: VEGGIE LASAGNA

Lasagna with porcini mushrooms, peas and besciamella sauce

Ingredients

- 1 Lb of fresh pasta for lasagna
- 10 oz porcini mushrooms
- 7 oz of peas
- 3 oz grated Parmesan cheese
- 1 clove of garlic
- extra virgin olive oil
- salt
- some butter
- 2 cups of besciamella:
 - 2 cups of fresh milk
 - ¼ cup of flour 00
 - ¼ cup of butter
 - 1 pinch of salt
 - 1 pinch of grated nutmeg



Image: www.italianfoodnet.com

Preparation/Cooking

1. Cut mushrooms if necessary and stir-fry in a pan peas and mushrooms with a drizzle of olive oil and add garlic whole, cooking for about 15 minutes.
2. Peas and mushrooms are ready when they are soft and the mixture is reduced.
3. Remove the garlic and start composing your lasagna.
4. In a baking pan, put a few spoonfuls of besciamella sauce to cover the bottom evenly; place a layer of pasta, then sauce, then part of the mushrooms and peas mixture, and a sprinkling of grated Parmesan cheese.
5. Start again with a new layer of pasta and layer as before.
6. On the surface, generously sprinkle Parmesan, place some butter and cook the lasagna in a preheated oven at 350 °F for 45 minutes.

Besciamella

1. Heat the milk in a saucepan and add the salt and nutmeg.
2. Separately, in a saucepan, melt the butter over low heat, turn off and add the flour, stir well with a whisk.
3. Now add spoonfuls of the butter-flour mixture into the boiling milk, stir well and you will get a besciamella sauce easy, smooth and velvety.

SECOND COURSE: SEARED PORK TENDERLOIN**Seared Pork Tenderloin with Creamy Gravy and Season Vegetables**

<http://www.tasteofhome.com/recipes/makeover-pork-chops-with-gravy>

Ingredients

- 1 boneless pork tenderloin cut into 8 ¾ inch thick pork chops
- Canola oil
- 2 TBSP Bacon fat/lard (butter if unable to find Bacon fat)
- 1.5 Cup whole milk
- ½ cup chicken stock
- About 2 TBSP all purpose flour
- Salt
- Pepper
- Mixed Vegetables

1. Melt 2 TBSP butter in sauce pan on low, low-medium heat
2. Once butter is melted add 2 TBSP of all purpose flour and mix with butter to make a roux
3. Continue to stir and cook roux until smell of uncooked flour subsides, then cook and stir 2 minutes more
4. Add in liquid (milk and chicken stock)
5. Stir, and bring to low simmer then turn heat down. Taste for salt and pepper add until taste is correct.
6. Cook until desired consistency
7. Note: if Gravy is too thick add some more liquid, if gravy is too thin, add some flour in a slurry (small amount of flour mixed with water) to avoid lumps. Bake for 40-45 minutes.

Preparation/Cooking

1. Coat large pan (or two medium pans) with oil, enough to cover most of bottom. Heat on medium, medium-high heat
2. Season Pork chops thoroughly with salt and pepper
3. Place pork chops in pan, sear on both sides.
4. Turn down heat and let cook 3 to four minutes per side until center is no longer pink. When porkchops are almost done begin gravy.
5. Let rest
6. Serve porkchops topped with gravy and with cooked vegetables as a side.

DESSERT: APPLE BUTTER ICE CREAM**Homemade AppleButter Ice Cream, Caramel Drizzle, Bacon Crumbles**Ingredients

- 4 cups half & half
- 2 large egg yolks
- 1 cup Apple Butter
- 1/4 cup sugar
- 2 teaspoons vanilla extract
- 2 pinches salt
- caramel topping (optional)
- bacon crumbles (optional)
- cinnamon (optional)

<http://www.sheknows.com/food-and-recipes/articles/1004383/brown-butter-and-apple-cinnamon-ice-cream-topping-recipe>

Preparation/Cooking

1. Place a sauce pot over medium heat. Add the half & half, egg yolks, apple butter, sugar, vanilla and salt. Whisk well.
2. Continue to whisk as the mixture warms and thickens. Bring to a low boil and remove from heat.
3. Place the lid on the pot and refrigerate for at least 4 hours or overnight. *If you're in a hurry, place in the freezer for 1 hour, but stir every twenty minutes. Don't forget about it!
4. Turn on the ice cream machine. Place a sieve over the top to remove any egg clumps, and pour the ice cream mixture into the frozen ice cream bowl.
5. Churn for 20+ minutes until thick like soft serve ice cream. Then scoop the ice cream into an airtight container and freeze to harden.
6. Serve and add your favorite toppings! Caramel drizzle and bacon crumbles are both recommended.

BEVERAGES: HERBAL INFUSED WATER/CITRUS SWEET TEA

Herbs, Spring Water, Black Tea, Citrus Fruit

<http://styleblueprint.com/nashville/everyday/diy-herbal-infused-water/>



Herbal Infused Water

Ingredients

- Spring Water
- Fresh Basil
- Cucumber

Preparation

- Add basil and cucumber slices to pitcher of cold water
- Chill thoroughly

Lavender Lemon Sweet Tea

Ingredients

- 1/4 cup fresh lemon balm leaves, chopped OR 1 tablespoon dried leaves
- 1 tablespoon fresh lavender buds OR 2 teaspoons dried buds
- 2 cups hot water
- 2 cups cold water and ice
- Fresh lemon for garnish

Preparation

1. Steep lemon balm and lavender in hot (80- to 90-degree) water about 3 minutes
2. Add cold water and ice.
3. Serve over additional ice with lemon wedges.



<http://www.keestothekitchen.com/wp-content/uploads/2013/09/lavender-tea.jpg>

APPETIZER: 3 FINGER FOOD APPETIZER

Grilled zucchini rolled with ricotta, Caprese (mozzarella, tomato and basil), and
Crostino with smoked salmon and salt butter

Ingredients

- 4 zucchini
- 4 oz of ricotta cheese
- chives
- 4 oz. of mozzarella
- 4 san marzano tomatoes
- basil
- 8 slices of bread
- 8 slices of smoked salmon
- 2 oz. of salt butter
- thyme
- 8 lemon slices



Image: www.imieiviaggiincucina.com



Imagecrostino:www.gingerandtomato.com

Imagezucchini:www.guidecucina.pianetadonne.it

Preparation/Cooking

1. Slice zucchini lengthwise and put them on a grill covered with salt.
2. When the zucchini slices are ready, dress them with a tbs of olive oil, parsley and oregano.
3. Roll the zucchini slices with ricotta inside. Close them with chives.
4. Cut san marzano tomatoes and mozzarella in similar size slices. Dress them with a pinch of salt and a tbs of olive oil.
5. Put tomato and mozzarella in a finger food cup and layer
6. Top with basil and olive oil if necessary.
7. Grill bread slices until they are all crunchy.
8. Spread salted butter on the slices and place the smoked salmon on the top.
9. Garnish with lemon slices and thyme.
10. Serve the 3 appetizers on the same plate, with space in between.

FIRST COURSE: RISOTTO**Risotto with pumpkins**Ingredients

- 26 oz of Carnaroli rice
- 2 onions
- 5 oz of Parmigiano Reggiano
- 3 oz of butter
- 20 oz of pumpkins
- 2 US quart of vegetarian bouillon
- olive oil
- salt



Image: www.lericettedisonia.wordpress.com

Preparation/Cooking

1. Clean the pumpkins, taking out all the seeds and finally dice it.
2. Cut the onions and sear them in a pan with olive oil.
3. When the onions are brown add the pumpkins dices and Carnaroli rice.
4. Mix the rice well together.
5. Prepare the vegetarian bouillon with water and bouillon cube.
6. While cooking the rice, add a spoonfull of bouillon one by one.
7. Cook the rice for 20 minutes and 2 minutes before the end add butter and parmesan.
8. Mix all together and serve with parsley on the top to decorate.

SECOND COURSE: TROUT WITH LEMON BUTTER SAUCE

Roasted Trout, Lemon Butter Sauce, Fresh parsley, Green Beans

Ingredients

- 8 trout fillets
- 2 sticks of butter (16 tablespoons)
- 4 TBSP capers, rinsed
- chopped parsley, quarter cup
- Kosher Salt
- 10 tsp freshly squeezed lemon juice
- 4 tsp grated lemon rind
- 1 bag frozen steamable Green beans



https://ashmcdash.files.wordpress.com/2011/08/sm_trout2.jpg

Preparation/Cooking

1. Preheat oven to 400
2. Rinse Trout and pat dry.
3. Place trout, skin side down into roasting tray
4. Season thoroughly with salt, and 3 tsp of the lemon juice
5. add 5 TBSP butter chopped and distributed evenly in pan
6. Roast trout for 10-12 minutes
7. Steam green beans
8. When trout is almost ready add remaining butter into frying pan until butter is browned.
9. Once butter is browned take off heat, and add remaining Parsley, Lemon Juice, and Capers.
10. Plate trout and serve sauce on top, serve with green beans.

DESSERT: 3 TIRAMISU TASTES

Traditional tiramisu with mascarpone cream and coffee, Strawberry tiramisu and Peanutbutter tiramisu

Ingredients

- 2 cups of mascarpone
- 5 eggs
- 5 tbs of sugar
- pinch of salt
- 15 oz of Ladyfingers
- 1 cup of coffee
- 2/3 cup of milk
- cocoa
- 1 bunch of strawberries (dressed with lemon and 1 tbs of sugar)
- peanutbutter

Preparation/Cooking

1. Separate the eggs white from the yolks.
2. Add the egg yolks to the sugar and beat with an electric mixer fitted with whisk until you get a nice mixture light, frothy and creamy.
3. Add the mascarpone to this mixture and continue to beat until getting a fluffy mixture.
4. In a clean bowl beat the egg whites with an electric mixer, beating until you get crem that looks like a "snow".
5. Once the egg whites will be assembled to perfection add them to the mixture of egg yolks, sugar and mascarpone.
6. Do this gently, stirring from the bottom to the top, with a spoon so as not to de-beat the egg whites.
7. Now that the cream is ready, put a spoon of it at the bottom of each cup, or in a single baking sheet, pass the ladyfingers in the coffee and milk being careful not to soak too, and then arrange them in the cup by cutting them according to the form of the container.
8. Place a tablespoon of cream over the ladyfingers, level the cream and sprinkle with cocoa powder. If you want you can sprinkle the top of the cup with some curls of chocolate. Put in the fridge for a few hours to shrink the sweet and ... enjoy!
9. For the strawberry alternative, use the same ingredients without coffee and put small pieces of strawberries on the top. For the peanutbutter tiramisu, use the same ingredients and add peanutbutter between cream and ladyfingers.

Pizza Margherita and Pizza Dessert with Nutella



Image: www.frescofreddo.it

Ingredients for 4 pizzas

- 4 Prepared dough

Topping

- 34 oz of tomato sauce
- 28 oz of mozzarella
- salt
- olive oil
- oregano
- basil
- 1 cup of nutella

Preparation/Cooking

1. Put oil on 4 baking pans (about 34 cm each) and spread out the dough on them.
2. Prepare the tomato sauce dressing it with olive oil, salt and oregano.
3. Dice mozzarella in small pieces.
4. Spread the tomato on the dough and put mozzarella on the top.
5. Cook for 15/20 minutes at 356 °F until the pizzas are all well golden.
6. For the nutella pizza, cook the dough punching holes with a fork before baking.
7. After 15 minutes they should be ready and you can spread nutella on the top!

MOVIE NIGHT SNACKS

Pepperoni Rolls



<http://www.americanfoodroots.com/my-american-roots/pepperoni-rolls-west-virginia-with-an-italian-accent/>

Ingredients

- One package of dough for 36 frozen dinner rolls, thawed
- 8 ounces pepperoni stick, sliced or pre-sliced pepperoni, sliced again in half
- Cooking spray
- 2 tablespoons butter
- 2 teaspoons sugar
- 1 egg

Preparation/Cooking

1. First, defrost your frozen dough on a baking pan, according to package directions. Cook's tip: while your dough is defrosting and rising, cover it with plastic wrap, so it doesn't dry out. Spray the inside of your plastic wrap with cooking spray so it doesn't stick to your dough.
2. Once your dough has fully defrosted (it will also rise), push a piece flat with your hand on a lightly greased cutting board, then place 4-5 pieces of pepperoni in the middle. Be generous.
3. Next, wrap up the pepperoni roll (burrito-style) and pinch the edges closed. Return to a baking pan, seam down. Repeat this process until you've used up all your dough balls and pepperoni.
4. Cover your pepperoni rolls with plastic wrap (don't forget to spray the inside of the wrap!) and let rest in a warm spot for an hour or until they double in size. Cook's tip: For a denser pepperoni roll, do not rise a second time. For a lighter, airier roll, add this this next step.
5. In a small saucepan, melt butter and sugar, then let cool. Add one egg and whisk well.
6. Brush the tops of your pepperoni rolls with the egg wash, and preheat oven to 350 degrees.
7. Bake your pepperoni rolls until golden brown on top, about 10 minutes.
8. Serve pepperoni rolls hot from the oven

THE WVU-UTV TEAM WOULD LIKE TO
THANK YOU FOR ATTENDING
OUR DINNER PARTY.

THIS MENU WAS CREATED WITH RESPECT
TO BOTH THE ITALIAN AND APPALACHIAN
CULTURES OF OUR TEAM. WE HOPE YOU
ENJOY THE FOOD, AS WELL AS
THE EXPERIENCE.

~ BUON APPETITO! T

Fresh & Green

Herbal Infused Water
Spring Water, Fresh Basil, Cucumber

Lavender Lemon Sweet Tea
Lemon balm leaves (fresh chopped OR dried),
fresh lavender buds OR dried buds, water, Fresh lemon

3 Finger food appetizers
Zucchini roll (Zucchini, ricotta cheese, chives),
Caprese (mozzarella, san marzano tomatoes, basil),
Crostino (bread, smoked salmon, salt butter, thyme),
lemon slices

Risotto with pumpkin
Carnaroli rice, onions, Parmigiano Reggiano, butter,
pumpkin, vegetarian bouillon, olive oil, salt

Roasted Trout, Lemon B utter Sauce, Green Beans
Trout, butter, capers, rinsed, chopped parsley, Kosher Salt, freshly
squeezed lemon juice, lemon, Green beans

3 Tiramis  tastes
Mascarpone, eggs, sugar, salt, Ladyfingers, coffee, milk, cocoa,
strawberries, lemon, peanut butter

Culture Hop

Herbal Infused Water
Spring Water, Fresh Mint, Blackberries

Citrus Sweet Tea
Water, sugar, honey, cold brew tea, orange

Antipasto board
Goat Cheese, Smoked Gouda, Fresh Mozzarella, Salami, Prosciutto,
Capicola, Apples, Blackberries, Dried Cranberries,
Marinated Olives (Garlic, basil, lemon zest, red pepper flakes, olive oil),
Jam and Honey.

Lasagna with porcini mushrooms, peas and besciamella sauce
Fresh pasta for lasagna, porcini mushrooms, peas,
grated Parmesan cheese, garlic, extra virgin olive oil, salt, butter,
besciamella (milk, flour, butter, salt, nutmeg)

Seared Pork Tenderloin with Creamy Gravy and Season Vegetables
Pork tenderloin, Canola oil, Bacon fat/lard or butter whole milk,
chicken stock, all purpose flour, Salt, Pepper, Mixed Vegetables

Homemade Apple Butter Ice Cream, Caramel Drizzle, Bacon Crumbles
Half & half milk, egg yolks, Apple Butter, sugar, vanilla extract, salt,
caramel topping, bacon crumbles, cinnamon

Movie Night

Pizza Margherita
Dough, mozzarella, tomato, basil, salt, olive oil

Pizza with Nutella
Dough, Nutella, sugar, salt

Pepperoni Rolls
Dough, thawed, pepperoni, cooking spray, butter, sugar, egg

STILEhouse

MOVIE NIGHT

Bits of homemade

Pizza Margherita

tomatoes, fresh mozzarella and basil.

Bits of homemade

Pizza with Nutella

Nutella and sugar.

Pepperoni Rolls

Enjoy the movie!

STILEhouse

FRESH & GREEN

“Antipasto board”

*Goat Cheese, Smoked Gouda,
Fresh Mozzarella, Salami, Prosciutto,
Capicola, Apples, Blackberries,
Dried Cranberries, Marinated Olives,
served with fruits, honey and jam.*

Lasagna

*with porcini mushrooms, peas and
besciamella sauce.*

Seared pork tenderloin

*with creamy gravy and
season vegetables.*

Applebutter ice cream

*with caramel drizzle and
bacon crumbles.*

Fruit skewer

Buon appetito!

STILEhouse

CULTURE HOP

3 finger food appetizers

Grilled zucchini rolled with ricotta (or similar cheese), Caprese (mozzarella, tomato and basil) and Crostino with salmon and salt butter.

Risotto

with pumpkin.

Trout

with lemon butter sauce.

3 tiramisu tastes

traditional, strawberries, peanutbutter.

Fruit skewer

Buon appetito!