

## SHOW 293

## RISI E BISI

## RICE AND GREEN PEA SOUP

## PROSCIUTTO FRESCO BRASATO AL MARSALA

## FRESH HAM BRAISED IN MARSALA

## MELANZANE CON AGLIO AL FORNO

## BAKED EGGPLANT WITH GARLIC

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Minestrone is probably the best known and universal of the Italian soups with the ingredients varying from south (tomato), central (beans), to north (rice) of Italy. However, another soup which has an ancient history from the time of the Doges of Venice is Risi e Bisi—Rice and Green Pea Soup—a very thick soup (not a risotto). Onions and green peas join with rice to simmer for twenty minutes and are then garnished with butter and parmesan cheese. I could make a meal on the soup alone.

Our main course is one of the few recipes for pork in the Italian cuisine. On show 268, page 45, we prepared Pork Braised in Milk and today we prepare Fresh Ham Braised in Marsala. A sicilian desert wine, Marsala (available both dry and sweet), and stock are used as our braising liquids. These liquids along with aromatic vegetables form a flavorful sauce to nap our pork ham roast.

Beautiful purple eggplants are stuffed by cutting four or five slits in the vegetable, each seasoned with garlic and basil and inserting slices of tomato. Wrapped in foil, they are baked for an hour and a quarter. The result—a fragrant, beautiful, and tasty companion to the braised ham. Some crusty Italian bread and a nice dry wine will round out this meal.

RISI E BISI

2 Onions  
8 tbs Butter  
4 tbs Peanut oil  
4 cups Green peas, frozen  
8 cups Chicken stock  
1 lb Rice  
3 oz Parmesan cheese, grated  
Salt and pepper

- Saute the onions in the oil and half the butter.
- Add the peas.
- Cook about 3 minutes.
- Add the stock.
- Bring to a boil.
- Add the rice and return to a boil.
- Reduce heat to simmer.
- Simmer for 20 minutes stirring from time to time.
- Add the remaining butter and the cheese.
- Salt and pepper.
- Serve in individual plates or in a soup tureen.

RICE AND GREEN PEA SOUPPROSCIUTTO FRESCO BRASATO AL MARSALAFRESH HAM BRAISED IN MARSALA

3½ lb Slice fresh ham  
2 cup Marsala wine, dry  
2 tbs Olive oil  
2 Onions, chopped  
2 Carrots, chopped  
2 Celery, chopped  
1 stalk Parsley, chopped  
2 tsp Salt and pepper  
1½ cups Chicken stock  
1 tbs Flour  
1 tbs Butter

- Marinate ham in marsala about 2 hours.
- Brown ham in oil in a dutch oven.
- Add onions, carrots, celery, parsley, salt, and pepper.
- Slowly add the wine marinade.
- Cook until evaporated.
- Add stock and simmer about 2 hours, turning ham frequently.
- Remove ham to a serving dish.
- Blend flour and butter together.
- Slowly dissolve in the sauce.
- Simmer until thickened.
- Pour over the ham.

MELANZANE CON AGLIO AL FORNOBAKED EGGPLANT WITH GARLIC

8 small Eggplant (or 4 large)  
6 tbs Olive oil  
4 cloves Garlic, cut in slivers  
Salt and pepper  
2 tbs Basil (fresh)  
OR  
2 tsp Dried basil  
3 lbs Tomatoes, cut in slices

- Make four or five deep slits in each eggplant from stem to flower end.
- Oil the eggplant with olive oil.
- Blend together the garlic, salt, pepper, and basil.
- Place in each slit in the eggplant some of the garlic, and several slices of tomato.
- Wrap the eggplant in aluminum foil.
- Bake at 400 degrees or 1 hour and 15 minutes.
- Remove from foil to a serving plate.

