

# ZUPPA!



A FEW OF OUR FAVORITE SOUPS FROM CHILDHOOD



BY MICHELE & JOE BECCI  
OUR ITALIAN TABLE

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Passatelli in Brodo

~~1 chicken~~  
1 head Escarole  
steamed & chopped

1 lb ground Beef  
chest parsley, egg  
salt & pepper

Make tiny Meat Balls  
drop in soup

6 eggs Beat well  
with grated cheese  
& parsley & drizzle into soup  
Cook for about 1 hr.

Soup  
chicken  
onion 1 Lge  
1 stack celery  
salt & pepper

6 eggs  
1 cup cream  
1 1/2 cup sugar  
6 cup flour  
6 table spoons Flaming

Beat biscuit & sugar  
til creamy  
Add eggs one at a  
time & 6 cup flour  
Bake for 10 min 375  
use muffin all  
thru





# SICILIAN BLOOD ORANGE SANGRIA

Because it is probably 5 o'clock in Italy

We just had to include one libation to help chase away the chill. This crimson-hued sangria is perfect to sip on while making your homemade stock! Salute!

SERVES 4-6

## INGREDIENTS

- 8 blood oranges
- 1/4 cup sugar
- 1 bottle dry white wine
- 1/3 cup brandy
- 3 limes, divided
- Optional: Additional fruit (you can use a mixture of citrus, blackberries, grapes - whatever suits your taste)

## DIRECTIONS

1. Zest one of the blood oranges into a small bowl. Add in the sugar and stir to combine. (We will use it for rimming the glasses.)
2. Juice six of the blood oranges. (Be sure to use the one that was already zested.) Discard any seeds. Slice the 2 remaining oranges crosswise to form little wheels as shown in the photo.
3. In a large pitcher, combine the juice from the blood oranges, white wine, brandy, juice from 2 limes, and blood orange slices. Add in any other fruits if using. Stir well. Put in the refrigerator to chill for a few hours.
4. Cut the remaining lime into quarters. Grab your serving glasses. (We like using canning jars or stemless wine glasses.) Run one of the lime quarters around the rim of each glass. Dunk each glass in the sugar/orange zest, coating the rim well. Fill each glass with a few ice cubes; add in some fruit from the sangria. Pour in the sangria and serve!

## THE ESSENTIALS: HOMEMADE BROTHS

There is nothing like a bowl of steamy soup to warm those chilly, winter days. Keeping your freezer stocked with the essentials to make that soup makes life much easier on those busy, busy days. Homemade broth is one of the most rewarding things to do in the kitchen. For minimal effort, the rich, deep flavor of homemade broth is worth every minute of your time. Granted in today's market, there are now higher-quality offerings on the shelves. And yes, in a pinch, we too reach for those better quality brands but once you have the 'brodo' (broth) mindset under your belt, those times will be few and both your soul and your pocket will feel lighter as a result...and as an extra bonus, there's nothing quite so comforting as the aroma of a pot of stock simmering slowly on the stove.



# OUR TIPS FOR MAKING EPIC BROTH

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No recipe required! There are only a few things to consider when making broths from scratch. Once you have done it a few times, it really does become second nature.

## **Your freezer is your friend:**

**FREEZE YOUR SCRAPS!** We always have bags of frozen bits in our freezers waiting for the next stockpot. Roasted chicken carcass? Freeze it. Vegetable scraps? Freeze them. End of a rind of Parmigiano? Freeze it too. Then when you have time to make stock, simply pull everything out of the freezer, cover in water and bring it to a boil. Water magically turns all those scraps into a golden treasure.

## **Cook with the rhythm of the season:**

Follow the seasons and freeze as you go. Your stock will love you for it. Any extra sweet, fragrant veggies can be frozen until you are ready to make stock. Celery or carrots looking a bit tired? Toss them in the freezer. Take your cues from mother earth and your broths will take on the rich sensual nuances of the season.

## **What not to put in the pot:**

There aren't many rules with making stock except for what to leave out of the pot. You want to leave out the leafy green parts of carrots, any of the brassicas (think cabbage, brussels sprouts, broccoli etc), whole lemons (can make the broth bitter) as well as any of the woody herbs such as rosemary.

## **Add a splash of vinegar:**

If there are bones in that pot, add a little splash of vinegar to your pot. It helps break down the bones and pull out the minerals like calcium.

## **Take the fat out:**

The easiest way to defat a stock is to make it a day ahead if you can swing it. Let it cool to room temperature and just toss the entire pot in the fridge overnight. Like magic, the fat will rise to the surface and form its own little 'fat island' that you can just pull off the next day and toss. Magic with so little effort!



## **Roast them bones:**

Roasting the veggies and bones in advance of making the stock helps intensify the flavor and imparts a beautiful color to the stock. If you have the time, toss them in an oven for about 30 minutes before they hit the stockpot. But this step is absolutely not necessary if you are short on time. **REPEAT.** This step is absolutely not necessary. Do not let time be a reason you aren't making homemade stock!

## **Hold the salt:**

Hold off salting your broth until you are ready to use it to make a meal. If you salt early, you may need to reduce that broth and then the salt will concentrate and make everything too salty. Instead, freeze your stock unsalted and when ready to use either for a soup or in a recipe, salt accordingly!

## **Toss in that rind:**

Never knew what to do with that rind from the Parmigiano? Toss it in your stockpot. It will add a nice complexity to the flavor. You can also do this once you have a pot of soup simmering on the stove as well. Simply fish it out before serving if it didn't dissolve fully. Heck, freeze them all year and make a tasty broth just from the rinds.

That's it! Our best tips for making that epic, rich, flavorful stock. Now, go forth and make stock!

*Stock versus Broth: Technically, stock is made primarily from bones whereas broth is made primarily with meat or vegetables. However, today they tend to be used interchangeably. We are sticking with broth but do not hesitate to toss the word stock around instead!*

# BRODO DI CARNE

## BEEF BROTH

Roasting the bones and veggies will add an incredible depth of flavor to the broth, not to mention that it will make the kitchen smell yum!

### INGREDIENTS

- 1 medium onion
- 3 large carrots, scrubbed
- 3 ribs celery, scrubbed
- 1 head garlic
- 3 pounds beef marrow bones
- 1-2 pounds stewing beef, cut up into 1" cubes
- 2 tablespoons apple cider vinegar
- 2 bay leaves
- Handful parsley sprigs, about 6-8
- About 15 or so black peppercorns

### DIRECTIONS

1. Preheat oven to 400 degrees Fahrenheit.
2. Prep all the veggies. Peel (if not organic) and quarter the onions. Wash and trim the carrots and celery, leaving the leaves on the celery stalks. Cut into 2 or 3 large chunks. Remove any loose outer skin from the head of garlic. Cut off the top third of the garlic.
3. Rinse marrow bones and dry. Place in a large roasting pan and roast for 30 minutes, turning occasionally, until browned. Throw in the stewing beef, onions, carrots, celery, and garlic. Continue to roast until the veggies are browned, tossing occasionally, for about another 20-30 minutes.
4. Toss everything into a large stockpot. Add enough cold water to cover everything by about 2 inches. Pour off any fat from the roasting pan and then add a bit of water and simmer over medium heat, scraping up any browned bits. Toss into the stockpot. Add in the vinegar, bay leaves, parsley, and peppercorns.
5. Bring broth to a boil over medium heat. Reduce the heat to medium-low and simmer gently for 3 or 4 hours. Occasionally skim fat and foam off the top and discard. Cover the pot loosely. Add water as needed to keep everything covered.
6. When the broth is finished, strain the broth through a colander or fine mesh strainer. Squish the solids in the strainer to get out any remaining juicy stock from the veggies. If using right away, skim off any fat. If time permits, allow the broth to come to room temperature then place in the refrigerator overnight to allow fat to rise to the top and solidify (this makes it much easier to de-fat!). Next day, remove the congealed fat from the top.
7. Your broth will keep in the refrigerator for approximately 3 days or freeze for future use.



# BRODO DI POLLO

## CHICKEN BROTH

Just finished eating that gorgeously roasted chicken and nothing but a carcass remains? You have the beginnings of a beautiful stock. Just toss it in a pot and add some veggies. Add in extra raw chicken parts for a more robust flavor.

INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none"><li>• 2 medium onions</li><li>• 3 large carrots, scrubbed</li><li>• 3 ribs celery including the leafy bits, scrubbed</li><li>• 1 head garlic</li><li>• 4-5 pound chicken or chicken parts such as backs, wings, necks</li><li>• 2 tablespoons apple cider vinegar</li><li>• 2 bay leaves</li><li>• Handful parsley sprigs, about 6-8</li><li>• About 15 or so black peppercorns</li></ul>	<ol style="list-style-type: none"><li>1. Prep all the veggies. Peel (if not organic) and quarter the onions. Wash and trim the carrots and celery, leaving the leaves on the celery stalks. Cut into 2 or 3 large chunks. Remove any loose outer skin from the head of garlic. Cut off the top third of the garlic.</li><li>2. Put all of the ingredients in a large stockpot. Add enough cold water to cover the ingredients by a few inches. Bring to a boil over medium heat,</li><li>3. Reduce the heat to medium-low and simmer gently, partially covered. Skim off any foam that rises to the surface. Simmer for 3 or 4 hours until the broth has developed a deep yellow color. Add water as needed to keep everything covered.</li><li>4. When the broth is finished, strain the broth through a colander or fine mesh strainer. If time permits, allow the broth to come to room temperature then place in the refrigerator overnight to allow fat to rise to the top and solidify (this makes it much easier to de-fat!). Next day, remove the congealed fat from the top.</li><li>5. Your broth will keep in the refrigerator for approximately 3 days or freeze for future use.</li></ol>



# BRODO DI VERDURE

## VEGETABLE BROTH

*Please do not follow this recipe! Use whatever additional veggie bits you have. Remember to freeze any tired or extra veggies – then just use whatever you have accumulated in the freezer along with the fresh veggies listed here.*

### INGREDIENTS

- 2 leeks
- 2 large onions
- 3 carrots, scrubbed
- 3 ribs celery, scrubbed
- 1 head garlic
- 2 tablespoons olive oil
- 2 bay leaves
- Handful parsley sprigs, about 6-8
- About 15 or so black peppercorns

### DIRECTIONS

1. Prep the veggies. Cut off the very tough ends of the leeks and slice coarsely. Peel (if not organic) and quarter the onion. Wash and trim the carrots and celery, leaving the leaves on the celery stalks. Cut into 2 or 3 large chunks. Remove any loose outer skin from the head of garlic. Cut off the top third of the garlic.
2. In a large stockpot, heat the olive oil over medium heat. Add in the leeks, onions, carrots, and celery. Sauté until the vegetables have softened a bit. Add enough cold water to cover the ingredients by a few inches. Add in the garlic, bay leaves, parsley, and peppercorns. Bring to a boil over medium heat. (Cook's note: Remember you can add whatever veggies you may have saved in the freezer. Just add to the pot and allow to simmer with everything else.)
3. Reduce the heat to medium-low and simmer gently, partially covered, for a few hours until the broth has reduced a bit and has developed a rich flavor.
4. When the broth is finished, strain the broth through a colander or fine mesh strainer. Use immediately or allow to cool to room temperature and place in the refrigerator.
5. Your broth will keep in the refrigerator for approximately 3 days or freeze for future use.



## FROM THE HEART: SOUPS OF OUR CHILDHOOD

Few things in life are more comforting than a steaming bowl of soup. The recipes in the following section are ones that have been part of our lives for as long as we can remember. They are the ones that waited for us after a frosty walk home from school; warmed us to our core after neighborhood snow angel contests; soothed our souls after the big breakups and graced our family table for holiday celebrations. From our table to yours, may they also fill your heart and soul with love.





# STRACCIATELLA ALLA ROMANA

## ROMAN EGG DROP SOUP

This soup originates in Rome and takes its name from eggs being stirred into the hot broth, forming *stracci* or 'shreds'. On many a cold winter's day, our mother had this simple soul-warming soup waiting for us after school. Given its simplicity, the quality of the broth is especially important so be sure to use your homemade version for this recipe.

6-8 SERVINGS

### INGREDIENTS

- 8 cups chicken broth, homemade if possible
- Kosher salt
- Black pepper
- 6 large eggs
- 1/2 cup grated Parmigiano-Reggiano cheese, plus additional for serving
- Fresh parsley, chopped

### DIRECTIONS

1. In a medium pot, bring the broth to a boil over medium heat. Reduce the heat to a slow simmer. Season with salt and pepper to taste.
2. In a bowl, whisk together the eggs and grated cheese. Whisk in 1/4 teaspoon of salt, and a few grinds of black pepper.
3. Slowly pour the egg-cheese mixture into the simmering broth, stirring gently as you do. Continue stirring for a few minutes until the eggs form little shreds. Cover and simmer for another few minutes. Remove from the heat. Taste and adjust salt and pepper if needed.
4. Ladle the soup into bowls. Sprinkle with the chopped fresh parsley. Pass plenty of additional Parmigiano to sprinkle on top.

Variation: Stir in about 4 cups of baby spinach a few minutes prior to removing from the heat.



# ACINE DI PEPE SOUP

*Acine di pepe* translates to 'seeds of pepper' and is a small, round pasta named after its resemblance to peppercorns. This very simple but oh-so-satisfying soup doesn't really need a recipe but we have included it here as it is one we make so often today - perfect to ward off the chill on a frosty day or help chase away a cold when feeling down.

4-6 SERVINGS

## INGREDIENTS

- 8 cups homemade broth (meat, chicken or vegetable)
- Kosher salt
- Black pepper
- Parmigiano rind (optional)
- 1 cup acine di pepe pasta
- Grated Parmigiano-Reggiano cheese

## DIRECTIONS

1. In a medium pot, bring the broth to a boil over medium heat. Reduce the heat to a slow simmer. Season with salt and pepper to taste. Toss in the rind. Simmer for about 15 minutes to allow the rind to infuse the broth.
2. Add in the pasta. Cook the pasta in the broth, according to package directions, until cooked and the broth is slightly thickened, usually about 8 to 10 minutes.
3. Remove from the heat. Remove the rind. Taste and adjust seasonings.
4. Ladle the soup into bowls. Sprinkle with plenty of Parmigiano and serve!



# MOM'S ITALIAN WEDDING SOUP

## MINESTRA MARITATA

Italian wedding soup is a popular Italian American soup that has deep roots in Naples. The original version, Minestra Maritata, is a reference to the fact that the long-simmered meat was 'married' to the greens in the soup. Our mother's Italian-American version simmered little meatballs in broth until cooked through and then stirred.

6-8 SERVINGS

### INGREDIENTS

For the meatballs:

- ½ cup breadcrumbs
- 3 tablespoons milk
- 1 small onion, minced or grated
- 1/4 cup chopped fresh parsley
- 2 cloves of garlic, minced
- 1 large egg, lightly beaten
- 1 teaspoon kosher salt
- ½ teaspoon black pepper
- 1/2 cup grated Parmigiano-Reggiano cheese
- 1 pound ground meat (pork, beef, chicken or a mixture)

For the soup:

- 8 cups chicken broth
- About 1 pound escarole or other green such as lacinto kale, roughly chopped
- 2 large eggs
- 2 tablespoons grated Parmigiano-Reggiano cheese
- Kosher salt
- Black pepper

### DIRECTIONS

- 1. For the meatballs:** Soak the breadcrumbs in the milk in a small bowl. Mix the onion, parsley, garlic, egg, salt, and pepper together in a large bowl. Add in the cheese, the breadcrumb mixture, and the meat. Mix together. (We like to fry a little bit in a pan to taste so we can adjust salt and pepper if needed.)
2. Shape the mixture, by hand, into little meatballs, approximately 1 inch in diameter. Place on a sheet pan.
- 3. For the soup:** Bring broth to a boil in a large pot over medium-high heat. Reduce the heat to a slow simmer. Add the meatballs to the broth and cook until the meatballs are cooked through, about 5 minutes. Add the greens to the broth. Cook until wilted, about 3 minutes.
4. In a medium bowl, whisk together the eggs and cheese. Stir the soup and gradually drizzle in the egg mixture, stirring gently so that little ribbons of egg form. Stir for about 1 minute. Add salt and pepper to taste.
5. Ladle into warmed bowls and serve with plenty of additional Parmigiano.



# PASTA E FASUL (AKA FAZOOOL)

## PASTA AND BEAN SOUP

As Dean Martin sang, 'when the stars make you drool just like a pasta e fasul, that's amore!' We wholeheartedly agree. This Italian American staple is often called *pasta fasul* or *pasta fazool* by New York Italians which is derived from its Neapolitan name, *pasta e fasule*. If using dried beans, start the night before by soaking the beans overnight.

6-8 SERVINGS

### INGREDIENTS

- 1/2 pound dried or 2 (15-ounce) cans cannellini or borlotti beans
- 3 rosemary sprigs, 1 whole and 2 with leaves removed, chopped
- 1 bay leaf
- Extra virgin olive oil
- 1/4 pound diced pancetta
- Pinch of red pepper flakes
- 1 medium onion, diced
- Kosher salt
- 2 celery stalks, diced
- 3 garlic cloves, chopped
- About 6 to 8 small fresh tomatoes, rough chopped or 2 canned plum tomatoes, crushed - remaining tomatoes and juice used for another purpose
- Parmigiano cheese rind
- 1 teaspoon fresh oregano, chopped
- 1 teaspoon fresh parsley, chopped
- 1/4 pound ditalini pasta (or other small pasta shape)
- Grated Parmigiano-Reggiano or Pecorino cheese

### DIRECTIONS

1. If using dried beans, place the beans in a container with a lid. Cover with twice as much water as the volume of the beans, cover, and leave overnight at room temperature.
2. The next day, drain the beans and rinse. Add them to a heavy-bottomed pot and add the whole rosemary sprig and bay leaf. Add twice as much water as the volume of the beans. Cover and bring to a boil and then reduce to a low simmer with the lid ajar. Cook for 1-1/2 hours until the beans are tender and soft. Remove from heat and let cool in the cooking liquid. Remove the rosemary sprig and bay leaf. Drain the beans, reserving the cooking liquid.
3. Rinse and dry the pot. Put over medium-low heat and add a splash of extra virgin olive oil. Add the pancetta and a pinch of red pepper flakes and cook, stirring, until the pancetta is partially browned.
4. Add the onions and a pinch of salt. Cook, stirring until the onions are softened.
5. Add the celery, and garlic along with another pinch of salt. Cook and stir until the celery is soft and the garlic gives off its aroma, being careful not to burn the garlic.
6. Add the chopped tomatoes and stir. Cover the pot, lifting the lid occasionally to stir until the tomatoes have fallen apart.
7. Add the drained beans and most of the cooking liquid reserving about 1/4 and stir well. (If using canned beans, add the beans and their liquid.) Add the rind, oregano, and parsley. Bring to a boil and then reduce to a simmer. Cook for about 30 minutes adding the reserved bean liquid or water if it becomes too thick. Taste the liquid since this will be the cooking liquid for the pasta. It should be to your desired saltiness. Remove and discard the parmesan rind.
8. Bring the mixture to a boil and then add the pasta. Cook for the time indicated on the package stirring the pasta in the liquid frequently to avoid it from sticking.
9. Remove from heat and let sit for 1/2 hour. The pasta will absorb most of the remaining cooking liquid and you may have to add some additional water to loosen the stew.
10. Serve hot or at room temperature with a sprinkle of grated cheese.



# ZUPPA DI LENTICCHIE E SALSICCIA

## LENTIL AND SAUSAGE SOUP

Our mother loved to have this hearty soup on the stove for us when we visited home during our college years. Today, it continues to be one of our favorites. We frequently make and freeze so we always have a hearty soup on hand.

6-8 SERVINGS

### INGREDIENTS

- 2 tablespoons olive oil
- 3/4 pound link pork sausage
- 1 medium onion, diced
- 3 medium carrots, diced
- 3 celery stalks, diced
- 4 cloves garlic, minced
- Kosher salt
- 1/2 cup dry red wine
- 1 1/2 cups brown lentils, picked over (see note below)
- 4 cups chicken or beef stock
- 1 (28-ounce) can crushed tomatoes
- Black pepper
- 2 tablespoons red wine vinegar
- Extra virgin olive oil, for serving
- Grated Parmigiano-Reggiano cheese

Note: We like to use brown lentils which tend to fall apart and thicken the soup. You can also use French du Puy lentils which retain their shape when cooked and make for a brothier dish.

### DIRECTIONS

1. In a large pot or Dutch oven, heat the olive oil over medium heat. Add the sausages and saute until browned and cooked through about 10 minutes. Remove the sausages with a slotted spoon and set aside.
2. In the same pot, add the onions, carrots, celery, garlic, and a pinch of salt. Sauté until the onions are translucent and the veggies are soft about 5 minutes.
3. Add the wine. Simmer for a few minutes to deglaze the pot, gently scraping the bottom of the pot to get all those yummy sausage bits.
4. Add in the lentils. Stir to coat. Add in the broth and tomatoes. Stir to combine. Bring to a boil over medium heat. Reduce heat to a simmer and cook until the lentils are tender about one hour. Keep an eye on the soup. If it thickens too much, add additional stock or water.
5. Slice the sausage into 1/2-inch thick slices and then into half moons. Stir the sausage and any drippings back into the pot. Add a few grinds of black pepper. Stir. Taste and adjust salt and pepper if necessary. Stir in the red wine vinegar. Allow to simmer for about 10 minutes to reheat the sausage and allow the flavors to meld.
6. Serve in warmed soup bowls with a drizzle of good quality extra virgin olive oil on top and lots of freshly grated Parmigiano!

**Variation:** Like your greens? Throw in a few leaves of spinach, kale, chard just after the sausage goes back in the pot. You may need to add a bit of additional stock if the greens make the soup too thick.



# PASSATELLI IN BRODO

This soup, which originates from the Emilia Romagna region of Italy, is much easier to make than to pronounce. This simple, comforting blend of parmesan cheese, breadcrumbs and eggs are enough to chase the winter chill away. Our Mom used a meat grinder (which I still own) to shape her passatelli but a ricer works just as well. Do not let the need for a ricer scare you away - you know you have one buried somewhere in your cabinet!

6-8 SERVINGS

## INGREDIENTS

- 10-12 cups chicken broth, preferably homemade
- Kosher salt
- Black pepper

### For the passatelli:

- 2 cups Parmigiano-Reggiano, grated
- 2 cups breadcrumbs, unseasoned
- Fresh nutmeg
- Zest of 1 lemon
- 4-6 eggs (depending on size)
- Grated Parmigiano-Reggiano cheese, for serving

### Special Equipment:

Ricer or meat grinder

## DIRECTIONS

1. In a large soup pot, bring chicken broth to a boil over medium heat. Lower heat. Season to taste with salt and pepper. Keep broth at a slow rolling simmer.
2. In a medium bowl, mix together the Parmigiano, bread crumbs, a few scrapes of nutmeg, and lemon zest. Add in 4 eggs and mix together until the dough starts to come together (using your hands is best!) The number of eggs you use will vary depending on the size of the eggs. If the dough is too dry, add 1 additional egg at a time and combine. You want a slightly wet mixture that will stick together nicely. If the mixture becomes too wet, simply add in a bit of Parmigiano or bread crumbs.
3. Press a handful or two of the dough through the ricer, breaking off 2-3 inch lengths of dough. Drop directly into the boiling broth. Repeat with the remaining dough.
4. When the passatelli float to the surface in a minute or two, they are done. If you stir the pot, be sure to do so gently so as not to break up the passatelli. Ladle into warmed soup bowls and serve with lots of freshly grated Parmigiano!



*From our table to yours, *

XX MICHELE AND JOEY

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