

Cucina Della Terra

Gerri Sarnataro, Owner and Chef/Instructor

Summer 2008



Dear Friends and Food Lovers,

Many of you have asked me how our “maiden voyage” went. *Va bene! Va molto bene!*

We are thrilled to report that our first adventuresome troop went home with experiences and memories that surpassed their expectations. How can one properly communicate the sensual experience from the flavors of locally grown fruits, vegetables, olive oils

and wines? Our eggs for our pastas were harvested hours before using, our pastas were made from truly Italian flour, our chickens still had their heads, feet and all the inards including their lungs, our meats had flavor without excessive marbling and our cheeses came from the local sheep.

We went to sleep with night owls cooing and awakened to roosters crowing and the intoxicating aroma of scotch broom. Surrounded by fields of red poppies we chopped, diced,

minced, mixed, sautéed, boiled, braised, and grilled.

Our success could not have happened without the help of many friends and family.

To Mario Barbini who went above and beyond,

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driving me to Perugia with my plea for more energy, to Valentina & Stefano from EMU for bringing our long table to our doorsteps in time for our first pranzo , to ENEL for recognizing urgency, to Luca Borgia, for spending his Saturday morning digging a line across our street for the tube that would house the electrical line, to Charlotte & OXO, for supplying us with some great kitchen tools, to FERRO for delivering a bed to my house within 2 hours so that I had something to sleep on and to Michael in Oceanside, New York and Stephano in Naples who worked together to get our stuff off the boat and up to Umbria on time, I offer my deepest gratitude.

To my mother Lydia Carcone Sarnataro, the unyielding rock in our lives, for her love, faith and family values, to Ann Sarnataro Goodbody for her business acumen, love and sisterly guidance, to Garrett Goodbody for his beautiful long wood benches and mystical direction, to Robert

& Mary Sarnataro, for their support through thick and thin and for their wonderful children who packed, managed and did whatever was needed, to Diane and Phil Cardaci for encouraging me to explore Umbria, to Elliot Merberg for his belief in me and the idea behind Cucina Della Terra, and to Gerard, Mary, and the two Vincents in my childhood who gave me more than anyone could ever imagine.

To my first students for their enthusiasm, humor, love for all things Italian and willingness to get in on the ground floor. Dawn, Doris, Jenny, Kathy, Larry, Lisa, Rachel, Rosellen, you made our opening so worthwhile and so much fun. I hope your memories will bring smiles on your faces for years to come.

To Carol Morali, for planting the idea in my head that she needed to be there, and for her 16 hour days, her camera, her smile and passion for everything genuine.

And to Jack for his incredible spiritual strength, can-do attitude, loyalty, and willingness to do whatever had to be done for a dream to come true.

As we plan our next journey, here are some photos which we hope will entice you to join us for our next cooking vacation in Italy. Our website has our dates for 2009. I hope you'll join us!

www.cucinadellaterra.com



About Gerri Sarnataro



Gerri Sarnataro is a New York native who graduated from New York University with honors in Education, followed by a Master's Degree in Developmental Psychology from Columbia University and a degree in Culinary Arts from The French Culinary Institute.

Soon after graduating, she started to pursue a passion for food which led her to work in New York City restaurants including Lavin's, Wood's, and the 3-star rated Aureole.

Gerri was Chef/Owner of a catering business and retail shop for 6 years, serving New

York City clients in the fashion industry and business world.

For the last 10 years, she has been a Chef/Instructor at the renowned Institute of Culinary Education in New York, teaching professional-level pastry arts, culinary classes and a variety of specialty classes on bread baking, pizza making, Italian cooking and a host of fun-filled cooking classes for the American home cook. She is a consultant on menu development for small businesses and teaches private customized classes.



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Bucatini all'amatriciana

Here's a simply delicious quick pasta dish from Rome. Of course, try to use a truly artisanal pasta like Latini, Rustichelli or Benedetto Cavaliere brands which can be found in some of the better New York markets or ordered online.



Ingredients:

- 8 oz. bucatini
- 1 tablespoon extra virgin Italian olive oil
- 4 oz. guanciale*, diced
- 2 small red onions, peeled and diced
- a pinch of peperoncini (hot chili pepper)
- 2 cloves garlic, peeled and minced
- 28 oz. can Italian peeled tomatoes, puréed in a food mill
- salt & pepper
- 1 cup grated Roman pecorino cheese

* if guanciale (the fat from the cheek) is not available, pancetta can be substituted.

Procedure:

1. Place the olive oil and guanciale in a shallow skillet. Turn the heat to medium low and render the fat. This may take about 10 to 15 minutes.
2. Add the diced onions and let the onions cook until wilted and sweet.
3. Add the garlic and peperoncini. Stir over low heat for a few minutes.
4. Add the puréed tomatoes and cook the sauce for 10 to 15 minutes or until it is slightly thickened and reduced.
5. Season with salt & pepper.
6. Meanwhile, bring a large pot of water to a boil. Add salt. When the water is at a rolling boil, drop the pasta into the pot and cook for 10 to 12 minutes or until al dente.
7. Drain the pasta and add to the skillet with the sauce. Toss the pasta with grated cheese. Serve with additional cheese if desired.

Makes 4 servings.