

MERCATO

A HOW-TO-COOK HANDBOOK

COOKING TIPS AND MORE

TIPS FOR
OUR RECIPE

BY EXECUTIVE CHEF MICHELE ANTONUCCI



WELCOME TO MERCATO

FOOD STORE | PANINI | WINE

"A new concept neighborhood gourmet food market that provides all sorts of high quality goods and our very own hand-crafted produce."



**"WE BRING IN THE TABLE THE PASSION FOR
TRADITION, LOVE FOR GOOD THINGS AND
THE PLEASURE OF COOKING"**

— MICHELE ANTONUCCI

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HOW TO COOK OUR HOME MADE FRESH PASTA



3-5 minutes in boiling water



a pot of water, salt

All of our homemade pasta (both stuffed and not stuffed) can be cooked immediately in frozen condition and must be cooked in boiling water with some salt. The cooking time is indicative and for the not stuffed homemade pasta is about **3-5 minutes** from the water's boiling time. After taking it out of the boiling water, mix with your preferred sauce from our selection of home-made sauce; **Bolognese, Amatriciana, Pesto, Porcini Mushroom Sauce.**

HOW TO COOK OUR HOME MADE FRESH STUFFED PASTA



MUSHROOM RAVIOLI 🌿

🕒 5 minutes in boiling water

🍲 a pot of water, salt

🍴 10 pcs per portion

We recommend to cook for **5 minutes** from the boiling time. We suggest to be accompanied with our home-made **Porcini Mushroom Sauce**.

RICOTTA & SPINACH RAVIOLI 🌿

🕒 5 minutes in boiling water

🍲 a pot of water, salt

🍴 10 pcs per portion

We recommend to cook for **5 minutes** from the boiling time. We suggest to be accompanied with our home-made **Bolognese / Amatriciana Sauce**.



PARMA HAM RAVIOLI 🐷

🕒 8 minutes in boiling water

🍲 a pot of water, salt

🍴 10 pcs per portion

We recommend to cook for **8 minutes** from the boiling time. We suggest to be accompanied with our home-made **Amatriciana Sauce**.

EGGPLANTS RAVIOLI 🌿

🕒 5 minutes in boiling water

🍲 a pot of water, salt

🍴 10 pcs per portion

We recommend to cook for **5 minutes** from the boiling time. We suggest to be accompanied with our home-made **Porcini Mushroom Sauce**.



🐷 CONTAINS PORK

🌿 VEGETARIAN

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HOW TO PREPARE OUR:



LASAGNA

🕒 10 minutes in preheated oven

🍲 oven at 180°C

🍴 1 slice per portion

Lunch at mom's house, holidays, or Sundays. Images that immediately reminds us of home: lasagna. One of the very symbols of Italy is being able to combine ancient roots with numerous regional variations.

Defrost in its bag in the fridge overnight for cooking, place it in a buttered pan, covered with aluminum and place in a preheated oven at **180°C for 10 minutes**.

PARMIGIANA 🌿

🕒 10 minutes in preheated oven

🍲 oven at 180°C

🍴 1 slice per portion

According to some, the term "parmigiana" derives from the Sicilian word "*parmiciiana*", indicating the wooden strips that make up a shutter: their overlap, in fact, recalls the composition of layers for the preparation of eggplant parmigiana.

Defrost in its bag in the fridge overnight for cooking, place it in a buttered pan, covered with aluminum and place in a preheated oven at **180°C for 10 minutes**.



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SALMON

Our marinated Norwegian Salmon can be used in different ways. **Defrost for ±8 hours** in the fridge before using.

SALMON CARPACCIO WITH CITRONETTE DRESSING

🕒 ±10 minutes preparation time

🍴 ±150gr per portion

Slice the salmon to 2 millimeters thick, arrange it on a plate and season lightly with salt and pepper. Cover the surface with sour cream and rocket salad. Prepare the dressing by mixing 20gr of lemon juice, 60gr of extra virgin olive oil and season with salt and pepper. Pour the dressing on top of the salmon carpaccio.

SALMON TARTARE

🕒 ±10 minutes preparation time

🍴 ±150gr per portion

Cut the salmon in cubes shape (about 1 cm). Place it in a bowl. Prepare 20gr of chopped celery, 20gr of cucumber, 10gr of shallot and mix everything together with the salmon. Season with salt, pepper and citronette dressing. Drain it well and serve in small circular-shaped plate. It is best served with caviar, baguette bread and butter.

PAN-COOKED SALMON FILLET

🕒 ±20 minutes preparation time

🍴 ±150gr per portion

Sear the salmon in a hot pan with about 1 spoon of oil, have both sides cooked a bit, and then finish it in the oven at 180°C for about 8 minutes until it turns golden browns. Take it out from the oven, put basil pesto on top, vegetable caponata, or fresh cherry tomatoes seasoned with caper, shallot, olive oil.

THE KEY TO THE RIGHT SAUCE



PESTO SAUCE

(BASIL LEAVES, OLIVE OIL, PINE NUTS, PARMESAN, PECORINO)

While boiling the pasta, put the defrosted pesto sauce in a bowl with a pinch of salt. Add 30 ml of pasta water to the bowl. Drain the pasta and mix with the pesto sauce. Add more pasta water if it's still too thick. Do not cook the pesto sauce. Add some grated pecorino cheese. Can be combined with squid, shrimp, tomatoes or marinated cooked salmon. **Suggested pasta: linguine, spaghetti, penne, or capellini/angel hair.**

BOLOGNESE SAUCE

(MINCED BEEF, CELERY, ONION, CARROTS, TOMATO SAUCE)

While boiling the pasta, put some butter or olive oil in another pan to prepare the sauce. After the butter has fully melted, pour the defrosted bolognese sauce in. Add 10 ml of vegetable broth or pasta water. Add salt and pepper as you prefer. Add some parmesan cheese and sprinkle more before serving. **Suggested pasta: tagliatelle, rigatoni, penne, or spaghetti.**



AMATRICIANA SAUCE

(PORK CHEEK, ONION, TOMATO SAUCE)

While boiling the pasta, place the defrosted sauce in a pan. Add 10 ml of vegetable broth or pasta water. Add some salt and pepper as your preference. Add some parmesan cheese or pecorino cheese and olive oil. Add small cubes pecorino cheese on top before serving.

Suggested pasta: bucatini, penne, rigatoni, spaghetti.

PORCINI SAUCE

(PORCINI MUSHROOM, GARLIC, OLIVE OIL, CREAMY SAUCE)

While boiling the pasta, put the little oil and garlic in another pan. Let the garlic turn a little bit brown and put porcini mushroom sauce afterwards. Add about 30 ml of the pasta cooking water. Add salt and pepper as your preference. Add a little parmesan cheese and chopped parsley. Sprinkle with parmesan cheese before serving.

Suggested pasta: penne or ravioli with mushrooms.



 CONTAINS PORK

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HOW TO PREPARE OUR:



US SCALLOPS

Defrosting properly is the key to retain their fresh texture and flavour. Place the scallops in a container in a single layer, cover, and refrigerate. You can choose to defrost them in water to shorten the defrosting time, but be gentle with them, as they can easily fray. Once defrosted, I always use the following technique to quickly cook my scallops to get perfectly crispy, browned sides and tender, sweet centers.

Pro Tip to Pan-Sear:

No matter which way you cook them, always pat your scallops dry beforehand (you can use kitchen paper roll), and season right before you are ready to cook (adding salt too early will draw out moisture). Excess moisture is often the cause of scallops sticking to the pan.

TIGER PRAWNS

Defrosting properly is the key to retain their fresh texture and flavour. Place the prawns in the refrigerator a few hours before you want to cook them, or for a faster result, you can leave it out at room temperature. Once defrosted, you can enjoy them right away as it has already been pre-cooked and seasoned. But if you want it to be more warm and a bit tastier, you can also pan sear the prawns and season as your preference before enjoying it on a nice plating. Enjoy!

