



MERCATO  
ITALIAN FOOD STORE

# TIPS FOR OUR RECIPES

by  
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# MERCATO

ITALIAN FOOD STORE

BENVENUTI

A NEW CONCEPT NEIGHBORHOOD  
FOOD MARKET WHERE YOU CAN FIND  
ALL SORTS OF ITALIAN PRODUCTS  
AND MORE.

# HOW TO COOK OUR HOMEMADE PASTA

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 three minutes  
from boiling time. It depends on how you prefer to eat your pasta.



# PASTA WITH DIFFERENT STUFFING

## RAVIOLI MUSHROOMS



min



Suggestion for  
one Portion

Recommend 8 minutes  
from the boiling.  
We suggest to be accompanied with our  
Porcini Mushrooms Sauce.



## RAVIOLI PARMA HAM



min



Suggestion for  
one Portion

Recommend 12 minutes  
from the boiling.  
We suggest to be accompanied with our  
Amatriciana Sauce.

## RAVIOLI RICOTTA & SPINACH



min



Suggestion for  
one Portion

Recommend 13 minutes  
from the boiling.  
We suggest to be accompanied with our  
Bolognese Sauce.



# HOW TO PREPARE OUR:

## LASAGNA

Lunch at mom's house, holidays, Sunday.

Images that remind you immediately:  
lasagna.

One of the very symbols of Italianness,  
able to combine ancient roots  
with numerous regional variations.

## PARMIGIANA

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

For the lasagna and parmigiana defrost in its bag in the fridge overnight for cooking,  
place it in a buttered pan covered with aluminum in a hot oven at 180 ° for 10 minutes





# ABOUT SALMON

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*Our fresh marinated Norwegian Salmon can be used in different ways.  
Defrost about 8 hours in the fridge before used.*

## **Carpaccio of Salmon with Citronette Sauce**

Slice the salmon to 2 millimeters, 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 20 g of lemon juice  
60 g of extra virgin olive oil.

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## **Tartare of Salmon**

Cut the salmon in cubes shape (about 1 cm). Put in a bowl.

Prepare chopped 20g of celery, 20g of cucumber, 10g of shallot;  
combine everything with the salmon,  
season with salt, pepper and lemon sauce.

Drain it well and serve in small circular-shaped.

Eat together with caviar, bread and butter.

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## **Salmon Fillet**

Seared the salmon in a hot pan with a little amount of oil,  
have the both sides cooked a bit, and then finish it in the oven,  
heated to 180 C, for eight minutes.

Bring it out from the oven, put basil pesto on the top,  
vegetable caponata, or fresh cherry tomatoes seasoned  
with caper, shallot, olive oil.

# The Importance of the Sauce

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## **Pesto Sauce**

While boiling the pasta, put the defrosted pesto sauce in a bowl with a pinch of salt. Add 30 ml of pasta cooking water to the bowl.

Drain the pasta and mix with the pesto sauce.

Put some more pasta cooking water if it's still too thick.

Never 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.

## **Amatriciana Sauce**

While boiling the pasta, put the defrosted sauce in a pan.

Add 10 ml of vegetable broth or pasta cooking 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 the top before serving.

Suggested pasta: bucatini, penne, rigatoni, spaghetti.



## **Porcini Mushroom Sauce**

While boiling the pasta, put the little oil and garlic in another pan.

Let the garlic turn a bit brown, 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.



## **Bolognese Sauce**

While boiling the pasta, put some butter in another pan to prepare the sauce.

After the butter melted, put the defrosted bolognese sauce.

Add 10 ml of vegetable broth or pasta cooking water.

Add salt and pepper as your preference.

Add some parmesan cheese in the pan and sprinkle a bit more before serving.

Suggested pasta: tagliatelle, rigatoni, penne, or spaghetti.

