



MERCATO  
ITALIAN FOOD STORE

# TIPS FOR OUR RECIPES

by  
*Executive Chef*  
*Michele Antonucci*





# MERCATO

ITALIAN FOOD STORE

# BENVENUTI

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

Our Italian chef, Michele Antonucci, who brings with him experience of working in Italy and Switzerland. He also spent six years working in Japan, during which time he collaborated with the renowned restaurant Bvlgari.

Taking over the reins of the Sale restaurant, he has recently been developing a program of Italian cookery classes, and will soon open the 'Chef's table' (as he did in Japan), which allows clients to interact with the chef while they dine.



# 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 5 minutes  
from the boiling.

We suggest to be accompanied with our  
Porcini Mushrooms Sauce.



## RAVIOLI PARMA HAM



min



Suggestion for  
one Portion

Recommend 8 minutes  
from the boiling.

We suggest to be accompanied with our  
Amatriciana Sauce.

## RAVIOLI RICOTTA & SPINACH



min



Suggestion for  
one Portion

Recommend 5 minutes  
from the boiling.

We suggest to be accompanied with our  
Bolognese Sauce.



## RAVIOLI EGGPLANTS



min



Suggestion for  
one Portion

Recommend 5 minutes  
from the boiling.

We suggest to be accompanied with our  
Mushrooms 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.





# How to Prepare Our Scallops



Defrosting properly is the key to retain their fresh texture and taste. Place the scallops in a container in a single layer, cover, and refrigerate. You can choose to defrost them in water to shorten 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 for crispy, browned sides and tender, sweet centers.

## PAN-SEARED

No matter which way you cook them, always pat your scallops dry beforehand (you can use kitchen towel tissue), and wait to season until 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.

# How to Prepare Our Prawns



Defrosting properly is the key to retain their fresh texture and taste. Place the prawns at the refrigerator few hours before you want to cook it, or if you want to do it faster then you can put it out at the room temperature. Once defrosted, you can eat it right away since it is already been cooked and seasoned. But if you want it to be more warm and a bit saltier you can also pan sear for a while and add a bit salt (really a bit) before do the nice plating. Enjoy!



# Rigatoni alla Carbonara

680 Calories per Serving

Preparation: 15 minutes

Serves for: 2 people

## Ingredients:

200 gr Rigatoni Pasta

150 gr Pork/Beef Bacon

4 Eggs

50 gr Pecorino Cheese

Pepper and Salt

20 ml Olive Oil

## Cooking Directions:

1. Put some water in a pan with a bit of salt as your preference (Suggestion: 10 gr of salt for 2 litter of water for 200 gr of pasta).
2. Once the water starts to boil put the pasta in the pan for about 12 minutes.
3. Prepare another pan and before heating it up, put a bit of oil, put the bacon with a little pepper.
4. Turn on the heat, let it brown and stir with the ladle until it reaches the desired crisp.
5. Turn off the heat, put 360 ml from the pasta cooking water, and leave the pan apart.
6. In a bowl, put 2 whole eggs and 2 red eggs. Add the salt, pepper and pecorino cheese as your preference. Spare a bit pecorino cheese for the final sprinkling. Mix with a fork.
7. Put the cooked pasta inside the sautéed bacon pan, cook for one minute.
8. Turn the stove off, add the egg and pecorino cheese mixture. If the sauce is too liquid, bring the pan back to low heat and stir with a ladle until the desired consistency is obtained.
9. Do a nice plating step with 2 plates and sprinkle with the remaining pecorino cheese.







# Risotto ai Porcini

Preparation: 35 minutes

Serves for: 2 people

## Ingredients:

160 gr of Arborio rice

25 gr Dried porcini mushrooms

1 Lt of vegetable stock

50 gr grated Parmesan cheese

10 gr of butter

10 gr Caramelized shallots

Salt for seasoning Ground black pepper

## Cooking Directions:

1. Soak the mushrooms in a bowl filled with 40 ml of water for 5 minutes. Keep the water to be used later.
2. Meanwhile, boil the stock in one pot and add a little bit of salt (we suggest 10 grams of salt for 1 liter of stock).
3. Take the dried mushrooms from the bowl and squeeze them to eliminate excess water. But keep the water to use later on.
4. With another pan, heat the shallot oil with one knob of butter. Sweat over a medium heat for about 3-5 minutes.
5. Add all the mushrooms to the pan and stir thoroughly for 1 min.
6. Add the rice and stir until the rice is completely coated with the oil. Keep stirring and sweat the rice for a minute or two.
7. Next, pour all the water you used to soak the mushrooms earlier. Stir gently until the water absorbed well into the rice.
8. Add the vegetable stock and turn the heat to medium/low, a couple of ladlefuls at a time and once it has absorbed to the rice, add more stock. Carry on in this way for about 15 minutes. During this stage, do not leave the pan, regularly stir (gently). Try to taste and add some salt and pepper as your preference.
9. Regular but gentle stirring is required for the last minutes in order to avoid the risotto sticking to the bottom of the pan. In these last minutes, if the stock is completely absorbed, you can gradually add a bit more (say half ladle at a time) because at this final stage you do not want the risotto becoming too watery.
10. Then remove the pan from the cooker, add the remaining knob of butter and gently stir until completely melted. Cover the pan with a lid for about 1 minute, allow the risotto to rest before serving it, add the Parmigiano Cheese and stir for few seconds.
11. Risotto should be served "all' onda" (like a wave). This means that when you serve it onto the plate, it should still flow a little.



# Granfusilli Pasta with Scallops, Tomato & Fresh Basil

Preparation: 15 minutes

Serves for: 2 people

## Ingredients:

200 gr Granfusilli  
6 pcs Scallops  
10 pcs Cherry Tomato  
100 gr Tomato Sauce  
Parsley Leaves

100 gr Fish Broth  
100 ml Olive Oil  
Pepper and Salt  
Basil Leaves  
Garlic



## Preparation:

1. Cut all the cherry tomatoes into 2 parts.
2. Put out the scallops, slice horizontally into 2 thin parts, put on kitchen towels to dry the water, tap gently upside down. Season it with some salt and pepper.
3. Chop the basil and parsley leaves.
4. Smashed the garlic.

## Cooking Directions:

1. Put some water in a pan with a bit of salt as your preference (Suggestion: 10 gr of salt for 2 liter of water for 200 gr of pasta).
2. Once the water starts to boil put the pasta in the pan for about 10 minutes.
3. Prepare another pan and before heating it up, put a bit of extra virgin olive oil, garlic, cherry tomatoes, basil leaves, add a bit salt and pepper.
4. Place on high heat and cook for a few minutes, lower the heat and add the scallops brown over high heat.
5. Add the fish broth, tomato sauce and cook for a few minutes. As your preference, you may remove the garlic from the pan.
6. Drain the pasta and pour it into the already boiling sauce. Add a drizzle of oil and cooking water if necessary, stir in a little oil.
7. Add the remaining basil previously washed and chopped and all the chopped parsley.