

# THE HEALTHY ITALIAN Tastes of Italia

BASICS OF THE ITALIAN KITCHEN

JUNE 2017

**28**

*easy to make*

**SUMMER  
RECIPES**



## Water World

**Foods and Traditions From  
Italy's Fabulous Lake Como Region,  
Plus Puglia and Sardinia**

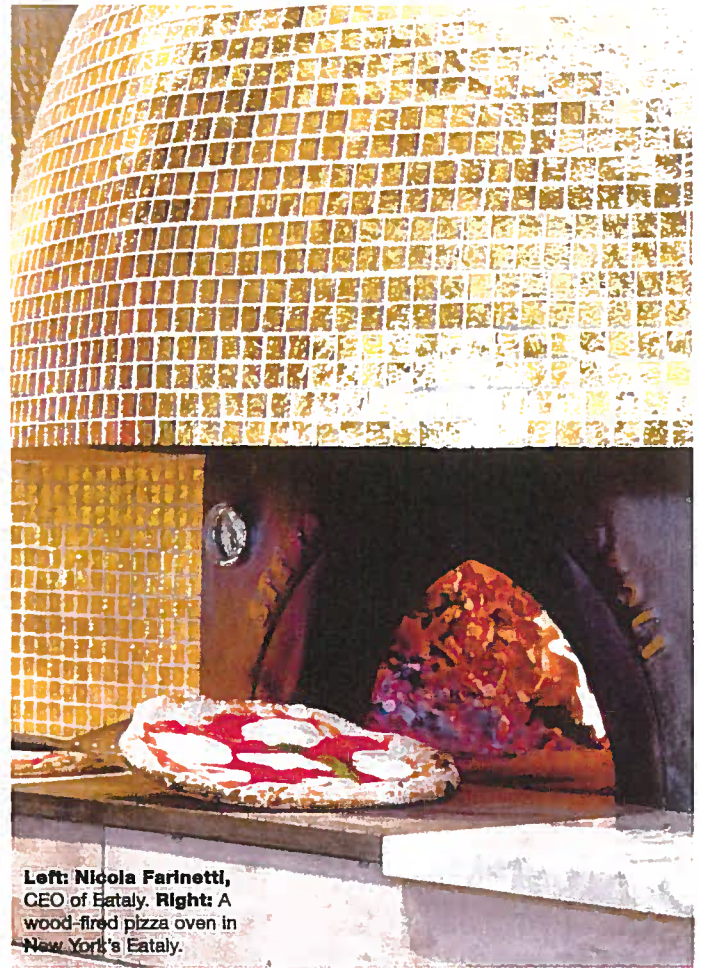
**Healthy Fresh  
Salmon**

See page 14



U.S. and CANADA \$5.95

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**Left: Nicola Farinetti,** CEO of Eataly. **Right: A wood-fired pizza oven** in New York's Eataly.

## Delicious Indulgence

GO BEHIND THE SCENES AT MANHATTAN EATALY FLATIRON, A ONE-OF-A-KIND ITALIAN MARKETPLACE THAT FEATURES 50,000 SQUARE FEET OF ITALIAN GOODNESS.

BY SUSAN VAN ALLEN

**H**appy Birthday to Eataly! The world's largest Italian Marketplace/Food Hall is celebrating 10 years since it was born in Italy's northern town of Torino. Today, 32 Eatalys have opened to great success internationally—giving the joys of Italian food to places like Japan, Brazil, and Dubai. And, lucky for Los Angelenos, Eataly opens there this summer.

The Manhattan Eataly Flatiron has become a regular stop for me whenever I'm in the Big Apple. It's 50,000 square feet of deliciousness, where I can gather the best cheeses, prosciutto, olive bread, and Gargano pasta, Eataly's most popular product. When the store first opened in 2010, there were lines around the block to get in, and now people come through on a slow day, with numbers doubling that during busier times.

Despite the crowds, I've always been impressed by Eataly's staff: friendly New Yorkers, bursting with enthusiasm and knowledge about the carefully curated selection of products for sale. A few years ago,

I met resident olive oil expert Nick Coleman, whom I always look forward to seeing when I head to that section's impressive collection. But on a recent visit, I was there on Wednesday (Nick's day off), so I signed up for a walking/tasting tour with Joanne Kelly to get a backstage experience of this institution.

Eight of us gathered in Eataly's Scuola and guide Joanne appeared—a vivacious woman who had worked on Wall Street during the boom years, and now pursues her passion for all things Italian by serving as an Eataly Guest Ambassador. "I am Brookleena," she began, entertaining us with her home borough pride. In sassy style, she set us straight about who owns and founded Eataly.

"So many Americans think it's Mario Batali and Lidia Bastianich," she boomed, waving her finger. "Yes, they are partners, but the visionary, creator, and the man who, with his three sons, oversees every Eataly is Oscar Farinetti, from Torino," she said.

Farinetti's story is inspiring. He had headed UniEuro, an electronics retailer, and often traveled for sales all over Italy, enjoying bringing

## GOOD TASTES

home locally made cheeses, olive oils, and pasta from small producers that weren't available in his home city. It was Farinetti's teenage sons who got the idea of opening a Torino shop that could sell these delicious products from other parts of Italy, and the concept blossomed when they studied with Carlo Petrini in Bra, founder of Italy's Slow Food movement. After many years of preparation, Farinetti opened Eataly in a converted Vermouth factory in Torino, with a commitment that lives on today: to have a place where people could gather to eat, shop, and learn, enjoying high quality products from suppliers he knows personally, who hold to standards of Italian tradition.

Brookleena's two-hour tour was delicious fun. We were welcomed and treated to tastes at every stop by an Eataly expert—from Alex who makes the mozzarella, to Luca who's in charge of pasta, delighting us with freshly made triangles in a cream sauce, accented with shaved black truffles. There was Craig, who was proudly breaking up a giant wheel of Cravero's Vacche Rosse (Red Cow) Parmigiano Reggiano. Did you know those red cows give less milk, but the parmigiano that's produced from them is richer and slightly sweeter than the rest?

What I hadn't noticed, on many previous visits, was how founder Farinetti's Piedmont region is spotlighted throughout the store—Brookleena showed us how Piedmont's signature pasta (agnolotti dal plin) and olive oils are the first you see on the shelves. Farinetti's very own antique table was moved from his home to serve as Brookleena's Eccellenza station, where customers can stop by to taste and learn about products before they buy. Guests here become part of a joyful community, created by this one family's vision to bring authentic tastes of Italy to the world.

Grazie to Eataly for sharing these recipes so we can enjoy delicious summer days in true Italian style. For more on Eataly, see [eataly.com](http://eataly.com)

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Guests enjoy lunch at New York's Eataly, which is located on Fifth Avenue.



## THE RECIPES

### Pasta Salad

Traditionally, the tuna is served raw in this dish. Be sure to select the highest quality of fresh tuna at your fish counter. If you prefer to not eat raw tuna, simply sear the tuna on both sides before chilling, or incorporate high-quality Italian canned tuna.

- 1 tablespoon soy sauce
- 2 teaspoons extra virgin olive oil, to taste
- Zest of half a lemon
- 10 ounces tuna, cut into 1-inch cubes
- 1/2 cup olive oil
- 1 clove garlic, diced
- 1 large eggplant, cut into 1-inch cubes
- 1 red pepper, diced
- Mint, chopped, to taste
- Basil, chopped, to taste
- Salt & white pepper, to taste
- 12 ounces fusilli
- 1/2 cup cherry tomatoes, halved
- 5 ounces Primo Sale (or other sheep's milk cheese), diced

In a bowl, combine the soy sauce, extra virgin olive oil, and the lemon zest. Add the tuna and let it marinate, covered, in the refrigerator for 1 hour.

To cook the eggplant, generously drizzle the olive oil in a heavy-bottomed skillet and set it over medium heat. Add the garlic, eggplant, and red pepper; cook for about 10 minutes,

tossing and stirring occasionally, until the eggplant is soft, cooked through, and nicely browned on all sides. Let the mixture cool. Add the chopped mint and basil, and season to taste with salt and pepper.

Bring a pot of well-salted water to a boil and add the pasta. Cook, stirring, according to the package instructions or until it is al dente. Drain and let cool.

Toss the pasta with the tuna, eggplant mixture, cherry tomatoes, and cheese. Allow the dish to sit for 5 minutes before serving.

Makes 4 servings.

### Fish Tartare

- 1 pound sea bass (or market catch), cleaned, filleted, and diced
- 1/8 teaspoon salt
- 1 tablespoon olive oil
- 2 celery sticks, chopped, strings removed
- 1 cucumber, peeled and diced
- 1 Granny Smith apple, peeled and diced
- 1 blood orange, peeled and cut into wedges
- 1 kiwi, peeled and diced
- 1/4 teaspoon salt
- 2 teaspoons olive oil

For the dressing:

- 1 tablespoon fresh ginger root, finely grated
- Juice of 1 medium grapefruit
- 1/8 teaspoon salt
- 1 teaspoon olive oil
- Chopped parsley, for plating, if desired

Season the diced sea bass with 1/8 teaspoon of salt and 1 tablespoon of olive oil. Place it in a

covered container in the refrigerator while you prepare the other ingredients.

Place the celery, cucumber, apple, orange, and kiwi in a bowl. Season with 1/4 teaspoon of salt and 2 teaspoons of olive oil. Stir to combine.

For the dressing: Stir the grated ginger and grapefruit juice together with the salt and olive oil; adjust to taste.

Remove the fish from the refrigerator and season it lightly with the ginger-grapefruit dressing, preserving a small amount for plating.

To create the dish, place a 3 1/2-inch by 2-inch stainless steel round pastry mold on a serving plate. Arrange a quarter of the fruit and vegetable mixture on the bottom of the ring, then top it with the fish. Repeat with the remaining servings. Carefully remove the mold.

Top each serving with chopped parsley and decorate the plate with a drizzle of the remaining ginger-grapefruit dressing.

Makes 4 servings.

### Sunset Cocktail

- 1 ounce Pallini Limoncello
- 1 ounce Bulldog gin
- 1 ounce Aperol
- Splash of sparkling water

Stir the ingredients in an ice-filled glass. Garnish with lemon zest, and enjoy.

Makes 1 serving.

- Courtesy of Pallini



Eataly NYC Flatiron bakery offers a variety of breads.