

CUOCO

Fall 1999

notes from the kitchens of Roberto Donna

LABORATORIO DEL GALILEO

My life-long dream is finally realized. Laboratorio, my state-of-the-art cooking suite and private dining area, adjacent to the main dining room at Galileo, is in full swing. Here at seven tables, I can personally entertain twenty-eight guests for dinner three nights a week. With the market's freshest and most intriguing products to fire our imagination each day, my staff and I will design a ten to twelve course tasting menu to titillate your palate. This ensures a spectacular dining experience, featuring some of my favorite contemporary Italian cuisine.

Architect Matt Norouz of D&M Construction and Designers David Rosenberg and Elizabeth Williams (Rosenberg Associates), with continual suggestions from me-I don't give in easily, have created a truly magnificent environment in which to accomplish what I love best-cooking. The restaurant has been entirely redesigned with the exception of our wine room, which retains its elegant, Old World charm. Paintings-some produced especially for Galileo by a good friend in Piedmont-grace the restaurant walls. There are new carpets, new chairs, and new crisp linens. And the bar! This has been completely turned around. It now faces the front of the restaurant and has been enlarged, and outfitted with new bar stools and



wonderfully soft armchairs and sofas. The next time you plan to meet someone for a light lunch or a drink after work our new lounge is the perfect place. It is so comfortable you will not want to leave!

But the thing I love best in Laboratorio is the cooking range and my array of multi-sized copper pots, fine china, and crystal that just arrived from Italy. Within Laboratorio's glass walls (did I tell you it was enclosed by glass?) my three assistants and I have great fun cooking bountiful dishes with only the finest components to create a stunning dinner just for you. The festivity begins with a glass of Prosecco and continues with one magnificent course after

another to the grand finale, a scrumptious dessert created in Galileo tradition.

Fall is the best possible time of the year for me to create new recipes. All my favorite foods are available in the fall season-truffles, mushrooms, and game. In addition, the best wines to complement these

wonderful flavors are Piedmont's Barbera, Barolo, and Barbaresco. Just thinking about the combination of this food and wine gets my imagination stirring for the months ahead. It's going to be a busy and

challenging fall at Galileo. We look forward to sharing this exciting time with old and new friends alike.

Reservations for Laboratorio are a must and based on availability! We have installed a separate telephone line to make things easier for you-(202) 331-0880. Please Join us soon.

Buon Appetito!

Roberto Donna



ITALIA ABBONDANZA!

In 1787, Thomas Jefferson was so enamored of Piedmont's fine rice that he smuggled two bags of the delectable grain out of Italy to take home to America. Roberto Donna can definitely understand Jefferson's irresistible urge to have only the finest rice on his table.

Nestled in the Valle D'Aosta is Piedmont's breadbasket, growing wheat, rye, barley, oats, various cereals, rice, and maize for two indispensable foods, polenta and pasta. Two-thirds of Roberto Donna's native region is mountainous. Fortunately, Piedmont is located on the sunny side of the Alps, so farmers are able to grow crops on all but the steepest slopes. To keep out the cold that comes with the brisk Alpine climate, the cuisine that has developed here is primarily hearty fare—roast meats, game in season, stewed meats, soups, lots of garlic and herbs, nutritious and filling grain dishes, and innumerable rich desserts. Of these, many of the favorites make use of Piedmont's fabulous chocolate.

Turin (Torino), located in the middle of Piedmont on the Po River, makes the finest chocolate confections in Italy. No surprise there—Europe's first chocolate factory opened in Turin. The chocolate-makers' fame spread; and, in time, a delegation of Swiss chefs journeyed to Turin to learn the chocolate maker's art.

Italy is renowned for her lively gastronomic festivals. Among these, the undisputed king is the white truffle festival. This event, celebrated in Alba—the center for Piedmont's truffles, continues through the month of October. In Italy, dogs are used to locate truffles rather than the pigs used in France. People lucky enough to find truffles bring their prizes to auction in Alba. In October, the town has a pronounced aroma of truffles. Not surprisingly, Piedmont truffle dishes appear on every savory menu. Several of Roberto Donna's favorite dishes, *bagna cauda* and *bollito misto* with *salsa verde*,

often take center stage in Alba's restaurants. Other well-loved dishes include Carpaccio—thinly sliced raw beef—sometimes served with a creamy, rich gorgonzola sauce spiked with lemon; Game stew, liberally strewn with truffle shavings and served over polenta; Pheasant in shallot sauce; and dishes built around rice. These can be as simple as *Riso e Ceci*—rice and chick peas in spicy tomato sauce—or as elegant as *Risotto al Tartufo*, enriched with shaved white truffles.

In Italy, everyone talks about food! Lately there has been a renewed interest in regional specialties found in ancient texts and recipes, no matter how complicated, which today's chefs are adding to their menus. Specialties such as fat carp and frogs are bred in flooded rice fields in the Po Valley. Excellent trout is caught in turbulent mountain streams. The best chestnuts, called *marroni*, are found in abundance in Turin and feature in many delicious desserts.

Summer in Piedmont finds farmers driving their cows up steep mountain paths to graze on nutrient-rich meadows, some as high as 9,000 ft. These worthy animals produce milk that is made into the finest fontina cheese in Italy. Aged in airy, stone buildings at high elevations, huge wheels of creamy fontina may well be Aosta's best-known product. The recipe for Italy's *fonduta* is quite different than the well-known Swiss fondue, which is prepared with a healthy dose of white wine. Piedmont's *fonduta* has no wine. Instead milk and beaten egg yolks are mixed with rich fontina, gently melted to a smooth hot sauce, served alone on bread or in a variety of preparations.

Mushrooms, truffles, dairy products, and the famous Barbera, Barolo and Barbaresco wines are specialties of Piedmont, and you can be sure that all of these will feature prominently on Roberto Donna's menus this fall.

McLEAN FARMER'S MARKET

The Homegrown Farmers Market in McLean, Virginia, is open from 8:30 a.m. to 12:30 p.m. every Friday through the Fall of the year. Held in the Recreation Area on Chain Bridge Road, this busy market is set in rolling, green playing fields among plentiful shade trees, unlike most farm markets that often are held in city parking lots.

Though small by some standards, the McLean market has a number of farmers and growers who truck in homegrown fruits, vegetables, and flowers. Baked goods are also popular at the farmers market. One can find treats ranging from sturdy wheat loaves to sweet fruit breads, cakes, and muffins. The popular Westmoreland Berry Farm and Orchard has a long line of customers from very early in the morning buying their plump, ripe berries. At this time of year, the favorites are baskets of red raspberries, black raspberries, blueberries, and truly enormous shiny blackberries. Potomac Farms, on Route 7 in Virginia, near Wolf Trap, sells pristine organically grown vegetables at the McLean market, including hard to find produce, such as sorrel. Darryl Wright, a landscape gardener and flower grower, mans the Potomac Farms stall and is very knowledgeable about how to grow and use the less common vegetables and herbs.

Sunnyside Farms, Charlestown, West Virginia, sells delicious Candor peaches. Each variety ripens at a slightly different time of the year. Nineteen other kinds of peaches will reach their peak throughout the summer and fall.

Creekside Produce specializes in tiny, fresh squashes—none more than 6-inches long. Potted herbs and flowers, such as shoulder-high lilies and dozens of hosta plants in various stripes and sizes keep business brisk.

Some old fashioned vegetable varieties, which are no longer found in supermarkets, can sometimes be found in the farmers markets. Many are odd-looking produce that nevertheless have a superb flavor and are definitely worth a try. Beauty is not the ultimate criteria with growers—taste is—and buyers appreciate this. If proof is needed, witness the fast-growing number of farmers markets all over the Washington, DC metropolitan area. Don't be surprised if you see Roberto Donna's famed pastry chef, Laurie Alleman, shopping for peaches at one of her favorite local markets. Laurie buys fruit from Marie and Barry of Reids Orchard at the Courthouse Market in Arlington on Saturdays

SEASONAL RECIPES TO TRY

FROM COOKING IN PIEDMONT WITH ROBERTO DONNA

The main ingredients in Roberto Donna's favorite dishes are in season in the fall, making right now the best time to enjoy his cooking. For your own fall parties or family events, here are three recipes for you to try at home.

PETTO DI FAGIANO AI MARRONI CON IL SUO SUGO

Pheasant Breast with Chestnut Stuffing

Serves 4

4 pheasant breasts, boneless
1 piece caul fat
4 fresh sage sprigs
4 fresh rosemary sprigs

Filling:

4 ounces chicken
4 ounces duck liver
1/2 cup heavy cream
2 egg whites
1/4 cup olive oil
4 ounces chestnuts, peeled
1 ounce pancetta, diced (Italian bacon)
1 teaspoon salt
2 teaspoons black pepper

Marinade:

2 fresh rosemary sprigs
2 fresh sage sprigs
2 tablespoons olive oil
1 teaspoon salt
1 teaspoon black pepper

To prepare filling, combine chicken and duck liver and blend in food processor. When meat is blended, add cream and egg white and puree. Place mixture in covered bowl and place in refrigerator.

In a medium saute pan, heat olive oil, pancetta, chestnuts, salt and pepper over medium heat; cook for four minutes, until chestnuts are lightly browned. Remove from heat and allow mixture to cool. After it has cooled, add to refrigerated chicken mixture.

Combine ingredients for marinade; place breasts in mixture and allow to marinate for two hours. After pheasant is marinated, place breasts on flat surface, skin side down. Take chilled chicken mixture and spread 1/3" thick on one breast; take other breast and place on top, skin side out. Wrap breast package with caul fat.

Heat a medium saucepan over medium heat and add olive oil. When oil is hot, add pheasant. Saute two minutes each side, until lightly browned. Remove from pan and place in baking dish and place two sprigs of rosemary and sage on each breast; bake for 12 minutes in oven preheated to 400 degrees.

Remove from oven and allow meat to rest for five minutes before serving.

RISOTTO AL TARTUFO BIANCO

White Truffle Risotto

Serves 4

1/4 cup olive oil
1 onion, peeled, chopped (1/2 cup)
1 cup dry white wine
4 1/2 cups veal stock
1 lb. arborio rice
1/4 cup unsalted butter, sliced
1/3 cup grated Parmesan cheese
4 tablespoon white truffle oil
1 white truffle, if desired

Heat olive oil in a large saucepan over medium heat. When oil is hot, add onions and cook until onions become translucent, approximately three and a half minutes. Add arborio to pan; toast arborio for four and a half minutes, stirring as it cooks. Add white wine and cook until completely reduce, approximately two minutes. When wine has dissipated, add hot veal stock. After twelve minutes total, risotto is cooked. Remove from heat.

Add butter, cheese, and white truffle oil and mix well for one minute. Before serving, slice fresh white truffle over top, if desired. White truffle oils vary in taste from one to the next. The more expensive the oil, the richer and more pungent the taste. When cooking this recipe, add truffle oil to taste, based on your own preference and the strength of the oil.

BUNET ALLA MODA DELLA MAMMA DI SILVANO

Chocolate Pudding

Serves 8

5 eggs
6 tablespoons sugar
3 tablespoons bitter cocoa powder
1 tablespoon grated sweet chocolate
1/4 cup fernet or rum
8 ounces amaretto cookie, chopped
2 cups milk, warmed

Caramel:

1/3 cup sugar
3 tablespoons water

Mix eggs and sugar for five minutes using a mixer at medium speed, until mixture becomes pale yellow. Add cookies, cocoa powder, grated chocolate, and fernet. If you want dessert to be very sweet, use rum instead. When mixture is blended, add milk and mix again. Set mixture aside.

Prepare caramel by cooking sugar and water over low heat until it becomes dark golden in color. Pour mixture into bottom of 8" x 4" loaf pan. Allow to cool until caramel is set.

Top caramel mixture with prepared custard; bake in water bath at 375 degrees for 35 minutes. Remove from oven and allow to cool completely. To serve, turn pan over onto serving platter. The caramel will melt into a syrup and coat the dessert.

PESCE'S TALENTED CHEF-JAMIE STACHOWSKI

Jamie Stachowski has been executive chef at Pesce since the beginning of the year.

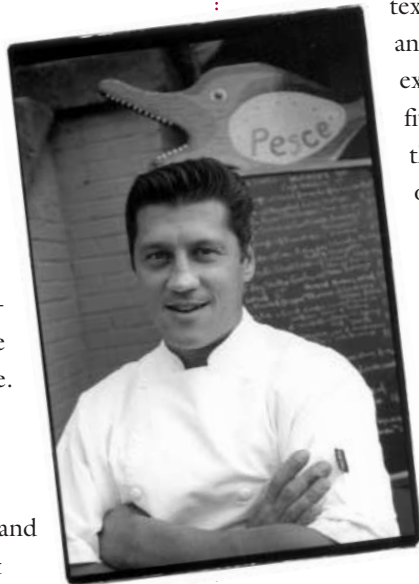
His past experience includes two years with Jean Louis at the Watergate, where, Jamie said, "I learned meticulous technique-true to the cooking and not just throwing stuff together."

Lying on the ice in Pesce's display case are giant Baha snails, to be used as one of the ingredients in ragout. This oddity has a deep-red furry shell with tiny bits of vegetation growing out of the fuzz nearest its pinnacle. It's true-go look!

Fish for the restaurant comes from oceans up and down the east and west coasts, from George's Bank, off Boston, Massachusetts, to Hawaii and Nova Scotia. The much-loved Blue crabs, a.k.a. Maryland Blue Crabs, are harvested up and down the East Coast from South Carolina to Maryland.

Asked how he keeps his fish so pristine, Jamie said that he buys only as much as he needs for that particular day. Jamie spends at least two hours every morning talking to his suppliers about what they have to offer before he makes his daily selection. His suppliers can be as far away as the Pacific Coast or as near as New York.

Jamie prepares some classics, such as Brandade of Cod, which contrast nicely with his own American Baroque style. American Baroque uses many different components varying in color, flavor, and



texture that "flow together and go together." For example, Jamie will take five edible members of the liliaceae family (the onion family), which might include braised leek, a shallot flan, candied cipollini onion, crispy chives, and garlic shavings to garnish the main ingredient-usually fish. This dish is sauced with a red wine demi-glaze to counteract the richness

of the onions. Jamie dramatically stacks the different elements decoratively on a dinner plate and garnishes with the flavored oils. All his components must remain true to the theme ingredient. Jamie's connected themes are both ingenious and appetizing.

Pesce is an intimate, lively restaurant at 2016 P Street, NW, on the Georgetown side of Dupont Circle. Regine Palladin is Managing Partner and Wyatt Wood is Manager. Reservations are taken only for parties of six or more.

Call 202.466-3474.

Farmers Market Continued from page 2

and from the Dupont Circle farmers market on Sunday mornings.

Most of the McLean market farmers who sell on Fridays, will truck fresh produce to the Arlington Courthouse market on Saturday mornings. Farmers routinely sell at over a dozen locations every week during summer and fall. Potomac Farms hires college students to help out both with hands-on-farming, which is a useful sought-after learning experience, and also with selling crops at markets. Ann Harvey Yonkers, who initiated the farmers market near Dupont Circle in the District, says that a crowd of hungry gourmets lines up every Sunday waiting for her bell to ring, signaling the market is open. Ann's market was highlighted in the spring issue of *Il Cuoco*.

Visit her and let her know you read about the market in "*Il Cuoco*."

A SAMPLING OF UPCOMING NON RESTAURANT EVENTS OF INTEREST:

SEPTEMBER

- 25 Barbourville Vineyard's Tuscan Feast with Roberto Donna, Barbourville, VA
Call (540) 832-3824

OCTOBER

- 14 Grvppo Ristoratori Italiani Vino Cucina at the New York Marriott Marquis Hotel (212) 262-2128
- 20 New York City Dinner at the James Beard House with Roberto Donna and Ferrari Carano Winery (212) 627-2308

NOVEMBER

- 10 Star Chefs of DC – A benefit for The March of Dimes at the Marriot Metro Center (703) 824-0111
- 13 First Annual Arena Stage Wine Auction "Best of Bacchus" Gala with Gourmet Dinner at the Organization of American States (202) 554-9066

FUN FACT: ANCIENT EGYPTIANS WORSHIPED ONIONS.



TUSCARORA ORGANIC GROWERS COOPERATIVE

On the menu at Galileo and on other restaurants in the Washington, DC area, you may notice the name “Tuscarora” affixed to many salads, vegetables, and other produce related dishes. A growing source for restaurants in the area, Tuscarora Organic Growers (TOG) Cooperative, near Three Springs in the Allegheny Mountains of south central Pennsylvania, grows over 100 different fruits and vegetables each season. The year TOG was founded, six growers moved 1,500 cases through the co-op to less than ten retail customers. During the current season, Chris Fullerton, manager of TOG since the spring of

1993, expects that over 20 TOG growers will ship over 40,000 cases through the co-op, for sale to over 50 different accounts in the Washington, DC metropolitan area-including Roberto Donna and Partners.

Chris Fullerton’s goal is to help farmers work together to make local organic food more accessible to restaurant buyers. Chris says that they expect to build an alternative infrastructure to move the products of local organic farmers conveniently, reliably, fairly, and efficiently to the chefs who want and need them. This system works best when it places as much emphasis on freshness, diversity,

quality, local identity, collaborative relationships, and sustainability as it does on convenience and economic efficiency.

The mission statement of Tuscarora Organic Growers calls upon the co-op to “support small-scale, family-run, regionally-based sustainable farms and encourage cooperation and mutual aid among farmers.” By its success, TOG shows other farmers that growing organically can be an economically viable activity.

We want to thank Tuscarora Organic Growers for the wealth of vegetables and fruits they are bringing into our kitchens and onto our tables!

LEARNING AT LABORATORIO DEL GALILEO WITH ROBERTO DONNA

Another long awaited dream of mine will be realized at Laboratorio this Fall. I shall begin a series of hands on interactive cooking classes. The following is my fall 1999 program:

FALL 1999 SCHEDULE OF CLASSES WITH ROBERTO DONNA

Friday, October 1	Sauces and Stocks
Friday, October 8	Handmade Pasta
Friday, October 22	Risotto
Friday, November 5	The Deboning and Handling of Meat and Fowl
Friday, November 12	Mushrooms
Friday, November 19	Chestnuts

All classes will be held at Laboratorio del Galileo 10:00 a.m. to 1:30 p.m. Cost: \$100.00 per session/Lunch will be provided

ITALIAN MENU OF THE MONTH

Enjoy our “Italian menu of the month” demonstration class offered with lunch and wine by Galileo’s executive chef Cesare Lanfranconi.

Saturday, October 16	Saturday, December 4
Saturday, November 13	\$70 per session

For Reservations and Information on all classes call Laboratorio: (202) 331-0880

IL RADICCHIO NEWS AND VIEWS

Welcome to Eli Ayoub, who is the new general manager at Il Radicchio in Fairfax. If the name sounds familiar it’s because Eli’s brother- Charlie Ayoub-is the general manager at Il Radicchio in Rosslyn.

Il Radicchio/Rosslyn has expanded! The renovated space within the restaurant is much larger. The patio too has been extended just in time for summer outdoor dining. Altogether, Il Radicchio, Rosslyn, will be able to accommodate an additional 30 patrons. Congratulations Charlie Ayoub on a completed job well done. Come and see for yourselves-and tell your friends and neighbors to drop in too!

CALENDARIO DEL CUOCO

SEPTEMBER 30

The Many Faces of the Nebbiolo Grape – Dinner at Dolcetto with Alberto Panellea, Class Wines

NOVEMBER 17

Galileo’s Third Annual Bagna Cauda Extravaganza with wines from Bersano

DECEMBER 30

Millenium New Year’s Celebration at ALL Restaurants Call Individual Locations for Specific Details

JANUARY 27, 2000

The Annual Bollito Misto Feast at Dolcetto

For Information on Galileo/Dolcetto Events call: (202) 331-0997

Important Notice

Due to the 100% import tax imposed on truffles and other imported food products, we have been forced to CANCEL Galileo and Barolo Restaurants Annual White Truffle Dinners. We regret this decision as we all anticipate this dinner, and the truffle season. However, the cost is truly prohibitive and beyond reason.

We hope to be able to reestablish this dinner next year. Until then we hope everyone will savor the thought and flavor of the truffle.

UPCOMING SCHEDULE FOR 5-COURSE FOOD & WINE DINNERS AT BAROLO

OCTOBER

13 Taste of Fall

DECEMBER

15 Wild Game Dinner
31 Millenium New Year’s Eve

JANUARY 2000

19 Tutto Piemonte

FEBRUARY

23 Pasta Dinner for Pasta Lovers

MARCH

15 La Sicilia Nel Piatto
(Sicily on the Plate)

APRIL

12 Mushroom Madness

MAY

17 Vegetarian Delite

JUNE

14 The Shellfish Connection

JULY

19 Fish Festival



For further information and Reservations call: (202) 547-5011

**THE RESTAURANTS OF
ROBERTO DONNA & PARTNERS**

ARUCOLA

5534 Connecticut Ave., Washington, DC 20015
(202) 244-1555

BAROLO

223 Pennsylvania Ave., SE Washington, DC 22201
(202) 547-5011

CESCO

4872 Cordell Ave., Bethesda, MD 20814
(301) 654-8333

DOLCETTO

3201 New Mexico Ave., NW, Washington, DC 20016
(202) 966-0500

GALILEO

1110 21st, NW, Washington, DC 20036
(202) 293-7191

LABORATORIO DEL GALILEO

(202) 331-0880

I MATTI

2436 18TH STREET, NW, WASHINGTON, DC 20009
(202) 462-8844

IL RADICCHIO *

1509 17th St., NW, Washington, DC 20007
(202) 986-2627

1211 Wisconsin Ave., NW, Washington, DC 20007
(202) 337-2627

1801 Clarendon Blvd., Arlington, VA 22201
(703) 276-2627

223 Pennsylvania Ave., SE Washington, DC 20003
(202) 547-5114

4009 Chain Bridge Road Fairfax, VA 22030
(703) 934-1007

PESCE

2016 P St., NW, Washington, DC 20037
(202) 466-3474

IL RADICCHIO SPECIAL PROMOTION

Everyone loves a bargain-read on, we have two for you in this edition of Il Cuoco.

Firstly, Sundays through Thursdays only, you will receive a 20% discount on all food you order at ANY Il Radicchio.

Secondly, when you order Il Radicchio's famous all-you-can-eat spaghetti with one sauce, for a limited time only you can order and enjoy a second sauce on us. Some of our best sellers are Cipolle e Manzo-Braised Onion with Roasted Diced Beef, Bolognese-Italian Meat Sauce with Tomato and Vegetables, Gamberi e Carciofi-Shrimp with Basil, Mushroom, Tomato and Sautéed Artichokes; Calamari-Stewed Squid with Tomatoes and Onions, and Porri e Salsiccia-Braised Leeks with Sausage in a Cream Sauce.

C O U P O N I

Twenty percent off on all food Sundays through Thursdays only at any Il Radicchio

Just present this coupon to your server when you order

Expiration date: 12.31.99

This offer is not valid with any other promotion or discount

C O U P O N II

Two sauces for the price of one when you order Il Radicchio's famous all-you-can-eat spaghetti with one sauce, for a limited time only You can enjoy a complimentary second sauce

Mondays through Sundays only

Just present this coupon to your server when you order

Second sauce must be of equal or lesser value than the first

Expiration date: 12.31.99

This offer is not valid with any other promotion or discount



Calling all Il Cuoco Readers

Please help spread the word about our Special Promotions. Everyone Loves a Bargain-so tell your friends and neighbors. Grazie!



**IL
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VISIT OUR HOMEPAGE!

Roberto Donna has a home page on the Internet! Be sure to visit us at <http://www.robertodonna.com> to get the latest news about Roberto and all of his restaurants and to purchase Roberto Donna's cookbook, *Cooking in Piedmont with Roberto Donna*. Please feel free to e-mail your comments about the newsletter or about your visits to any of Roberto's restaurants. It's always good to hear from friends!