

Tuscany's Liquid Gold

- 3 Comforting Tuscan Recipes -



Crostone with Kale & Cannellini Beans

SERVES 8 CROSTONI - COOK IN 40 MINUTES PLUS OVERNIGHT TO SOAK CANNELLINI



Ingredients

- Bunch of lacinato/dinosaur kale, stems removed
- 200g cannellini beans, soaked overnight & boiled
- 8 slices of Tuscan bread
- Garlic clove, halved
- Extra-virgin olive oil (EVOO)
- Pinch of chilli flakes
- Salt & pepper

Preparation

1

Preheat the oven to 180 degrees Celsius (°C). Wash the kale, remove all the stems and boil in salted water for approximately 20 minutes.

2

While the kale boils, place some EVOO in a frying pan, and sauté the halved garlic with a pinch of chilli. Add the drained, boiled kale and cannellini beans into the frying pan, and continue to sauté for a couple of minutes.

3

Place slices of Tuscan bread on a baking sheet and bake in the oven for 10 minutes until golden, turning halfway through. Top the slices of bread with the kale and cannellini mix, seasoning to taste. Serve warm, dressing with a drizzle of extra-virgin olive oil. Buon appetito!

Farinata di Cavolo Nero (Tuscan Kale & Polenta Soup)

SERVES 4 - COOK IN 50 MINUTES PLUS OVERNIGHT TO SOAK CANNELLINI



Ingredients

- 2 bunches lacinato/dinosaur kale, stems removed
- 1 leek, finely chopped
- ½ cup Extra-virgin olive oil
- 400g cannellini beans, soaked overnight & boiled
- 250g polenta (cornmeal)
- Salt & pepper

Preparation

1

Wash the kale, remove all the stems and coarsely chop. Blend half of the boiled cannellini beans in a food processor. Heat some olive oil in a large saucepan, and sweat the finely chopped leeks.

2

Add the chopped kale and let it cook down for 5 minutes or so before adding the cannellini beans, blended and whole. Bring the mixture to boil, add the polenta (cornmeal) and mix by hand vigorously to avoid any lumps.

3

Cook for 40 minutes on low flame, stirring regularly — it should have the consistency of porridge. Serve while it's still hot with a good drizzle of extra-virgin olive oil and ground pepper. Buon appetito!

Castagnaccio alla Toscana (Tuscan Chestnut Cake)

SERVES 6/8 - COOK IN 50 MINUTES



Ingredients

- 500g chestnut flour
- 800ml cold water
- 50g pine nuts, plus extra for topping
- 50g walnuts, plus extra for topping
- 50g raisins, soaked in cold water for 10 minutes
- 72g Extra-virgin olive oil (EVOO)
- Spring of rosemary, leaves stripped

Preparation

1

Preheat the oven to 180 degrees Celsius (°C). Place the EVOO and rosemary leaves in a small oven-safe dish, and heat in the oven (N.B. Be careful not to burn the mix).

2

Sift the chestnut flour into a large bowl and then add little by little the cold water, stirring continuously by hand to avoid lumps. Once you obtain a smooth and homogenous mixture, stir in 50g of pine nuts, 50g of walnuts and 50g of raisins (soaked and drained).

3

Place the batter into a medium cake pan, greased with olive oil. Garnish with extra walnuts, pine nuts, and lastly pour over the EVOO and rosemary garnish. Bake for 35 minutes until small cracks appear on the surface. Remove from the oven and leave to cool in the pan before serving. Buon appetito!