



# COOKING DEMO

## 2007

### ARANCINO DI RISO OR MINI ARANCINE



To serve 6 you'll need:

- 2 cups of Arborio rice
- 1 small bag saffron
- 1 cup freshly grated Parmigiano
- 4 eggs
- 2/3 pound (300 g) ground beef
- 2 tablespoons tomato paste
- 1/2 a small onion
- 1/3 cup olive oil
- 1/2 cup dry red wine
- 1/4 pound mozzarella or fresh
- 1 cup fresh peas, boiled
- Bread crumbs
- Salt and Pepper
- Oil for frying

Begin by preparing the filling:

Start by preparing the rice: boil it in abundant, lightly salted water. When the rice is done drain it and stir in the saffron. Transfer it into a bowl and let it finish cooling.

Finely slice the onion, sauté in the olive oil until it wilts. Stir in the ground meat, add peas, continue cooking until it is well browned, and then stir in the wine. While it's evaporating, dilute the tomato paste in a ladle of warm water and stir it in. Season the mixture to taste, and simmer it over a very low flame for about 20 minutes.

While the meat is cooking, dice the mozzarella into half-inch cubes.

When everything else is ready, lightly beat the eggs and season them with salt and pepper. Then, preheat your fryer. Next, make the first arancino by taking two small handfuls of rice and shaping them into hollow hemispheres. Fill the hollows with some of the meat mixture and 3 pieces of diced mozzarella, and mold the two halves together to obtain a smooth-sided rice ball about the size of a small orange (1.5 - 2 inches in diameter). Roll the arancino in the beaten egg, roll it well in the breadcrumbs, and fry it in abundant hot oil. While it's cooking begin with the next, and when the one that's frying has become a golden brown drain it on absorbent paper. When you have finished frying all your arancini, heat them through in the oven for five minutes and serve them piping hot.

# COOKING DEMO

## 2009

### POLENTA



#### *How To Make Creamy Polenta...*

A mystery to many, but we recommend this easy recipe.

2 cups Polenta  
1 cup Water  
1 cup Heavy Cream  
8 Tbsp. Butter  
1/2 cup Parmigiano Reggiano  
1/4 tsp. salt

**Makes 4 Servings**

Bring liquids to a boil, add the salt. Slowly shake in the polenta while constantly stirring it. Once the polenta is all in, put the heat to low and continue to stir it as you will see it become thicker. When it reaches a creamy consistency add the butter and Parmigiano Reggiano, about 1/2 cup or more and pepper to taste. Now your polenta is ready and can be used as a bed to many meat dishes such as Oso Bucco or braised short ribs, or top off your creamy polenta with a nice sauce or ragú.

*Polenta allows you to be creative and prepare it in many diverse ways.*

To make polenta bruschetta follow the recipe but omit the butter and Parmigiano Reggiano and substitute the heavy cream with milk or water. After it is done lay it out in a pan and set in the refrigerator, remove after 2 hours and cut out squares, circles or shapes. Oil your grill and let each piece cook for 3 min on each side.

Make toppings such as chopped tomato (classic bruschetta topping), prosciutto and mushrooms as seen in the show, olive tapenade or roasted peppers, but the list goes on and on and the possibilities are endless.

## Holiday Entertaining Demos

Some of Long Island's most talented chefs are coming to Hicks Nurseries in Westbury to demonstrate special holiday dishes. The chefs will provide tastes of what they prepare, as well as recipes.

All sessions are one hour long and begin promptly at 11 a.m. The demonstrations are free and reservations are not necessary but space is limited. The demos will be held in the Henry Hicks Learning Center at Hicks Nurseries, 100 Jericho Turnpike in Westbury.

**Saturday, Oct. 31, 11 a.m.:** Dry Aged Prime Standing Rib Roast with Lou & Josh Kreitzman, Prime Time Butcher, Roslyn Heights and Woodbury

Co-owners Lou and Josh Kreitzman will show how to prepare a dry aged prime standing rib roast that will be the centerpiece of a memorable holiday feast. Bring all your questions. Expert advice will be offered about cuts and preparation of meat, as well as how to eat well for less.

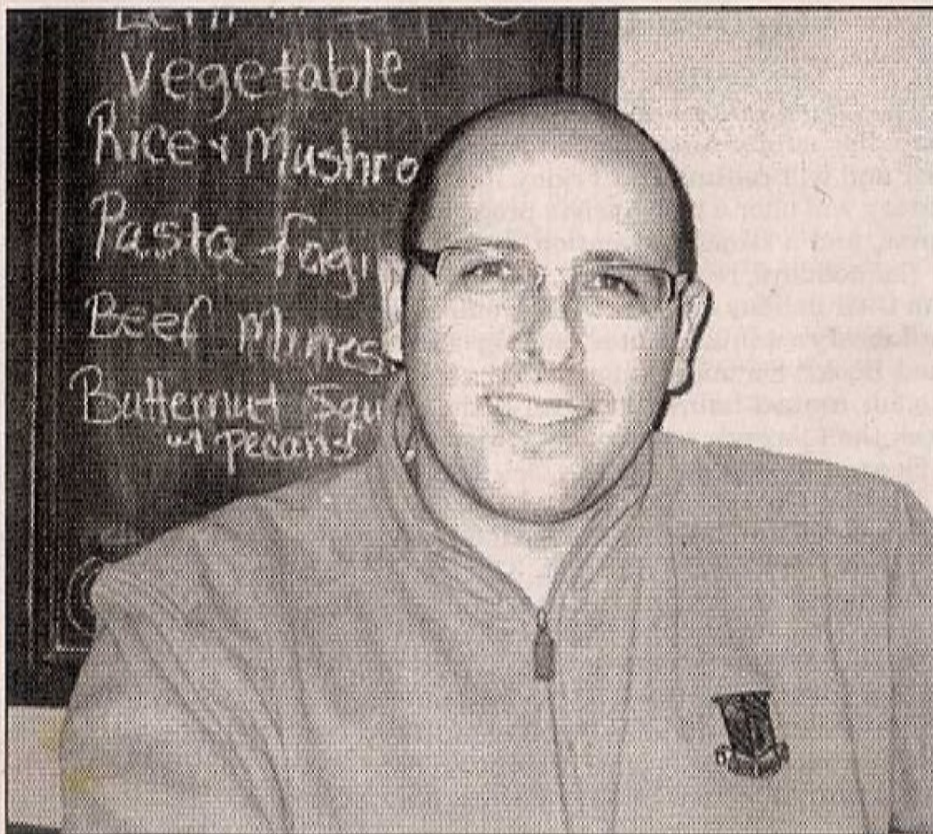
**Saturday, Nov. 7, 11 a.m.:** Polenta with Giuseppe Ruta, chef and proprietor, La Bottega Corporation, Garden City South and Roslyn

Polenta is a great dish for entertaining during the holiday season, as well as throughout the year. Polenta, the Italian name for corn meal, is a unique product that allows for cooking creativity and diverse preparations. Chef Giuseppe will showcase and instruct how to use this harvest food to create holiday favorites in a few festive Italian-style ways.

**Saturday, Nov. 14, 11 a.m.:** Hors d'oeuvres with Chef Rodrigo Bernal, The Carlton, East Meadow

Take an international tour of stuffed hors d'oeuvres with Chef Rodrigo of The Carlton. Guests will be impressed with spanakopita, Spanish empanadas, perogies and wild mushroom wontons with pine nut, soy and beurre blanc. These are perfect for a cocktail party, at the beginning of a meal or as an experience in themselves.

**Saturday, Nov. 21, 11 a.m.:** Glazed Ham and Candied Yams with Leisa Dent, LL Dent, Carle Place Chef Leisa returns to Hicks Nurseries with a perennial holiday favorite, smoked glazed ham with pineapple and candied yams.



# The Saturday Chefs at Hicks Nurseries

Come and enjoy demonstrations of great food prepared by these wonderful Long Island chefs. All sessions are one hour long and begin promptly at 11 am. Seating is limited. Recipes and tastings provided. No charge.

**Saturday, October 31 11 am**



**Lou & Josh Kreitzman, Co-owners**  
Prime Time Butcher, Roslyn Heights & Woodbury

Learn how to prepare a dry aged prime standing rib roast that will be the centerpiece of a memorable holiday feast. Bring all your questions. Expert advice about cuts and preparation of meat as well as how to eat well for less.

**Saturday, November 7 11 am**

**Giuseppe Ruta, Chef & Proprietor**  
La Bottega Corporation, Garden City South & Roslyn

Polenta, the Italian name for corn meal, is a unique product that allows for cooking creativity and diverse preparations. Chef Giuseppe will demonstrate how to use polenta to create holiday favorites in a few festive Italian-style ways.



**Saturday, November 14 11 am**



**Rodrigo Bernal, Chef**  
The Carlton, East Meadow

Take an international tour of stuffed hors d'oeuvres with chef Rodrigo of The Carlton. Guests will be impressed with spanakopita, Spanish empanadas, perogies and wild mushroom won tons with pine nut, soy and beurre blanc.

**Saturday, November 21 11 am**

**Leisa Dent, Co-owner & Executive Chef**  
LL Dent, Carle Place

Chef Leisa returns to Hicks Nurseries with a perennial holiday favorite - smoked glazed ham with pineapple and candied yams. A presentation from Long Island's queen of southern cuisine promises to be lively, informative and delicious.



100 Jericho Turnpike Westbury, NY 11590  
(516) 334-0066 • [www.hicksnurseries.com](http://www.hicksnurseries.com)

Store Hours: Every day 8am-6pm, Fridays 'til 8pm

# COOKING DEMO

## 2011

**TUESDAY, MARCH 15, 2011**

Here's a great use for the tomatoes and basil you'll be growing in your garden this summer - Chef Giuseppe's tomato salad with scallions, red onion and basil. Then he'll demonstrate a butternut squash ravioli in a butter sage sauce with crumbled amaretto cookies. Presented by: Giuseppe Ruta, founder of the La Bottega Franchise.

[www.labottegagourmet.com](http://www.labottegagourmet.com).



### *Insalatina Di Pomodoro*

4 - 5 Large Fresh Plum Tomato  
16 pcs String Beans  
1/2 Red Onion (thin shavings)  
1 Small Radicchio

5 Cups Green Leaf Lettuce  
Extra Virgin Olive Oil  
Balsamic Reduction  
1 Lime  
Salt (to taste)  
Pepper (to taste)

**(Serving 4)**

Slice your tomatoes in 8's or to a nice size you prefer. Rough chop the green leaf lettuce and radicchio into small bites and add to a large bowl with the tomatoes. Slice off the ends of the string beans and slice them on an angle in 1/2 inch pieces, then add them to the bowl. Thinly slice or shave on a mandolin a half of a red onion and add that to the bowl as well. Blend the extra virgin olive oil and lime together, then pour it over the ingredients in the bowl and toss. When the salad is ready to be presented, lightly drizzle the balsamic reduction and serve.

### *Ravioli Di Zucca Con Burro E Salvia*

20 Butternut Squash Ravioli  
2 Finely Chopped Shallots  
4 Finely Chopped Garlic Cloves  
8-10 Leaves Fresh Sage  
1/2 Cup Parmigiano Reggiano

1 Cup Chicken Stock (Can be substituted w/vegetable stock)  
1 Stick Unsalted Butter  
Light Olive Oil

**(Serving 4)**

In a saucepan heat a drizzle of light olive oil and half of the stick of butter, then add the shallots, when they begin to look translucent add the garlic. Pour in the cup of stock and turn the heat high, letting the sauce reduce. In the meantime have a pot of water coming to a boil and add the butternut squash ravioli and when done add them to a large shallow bowl. When the sauce has reduced by half, add 6 of the sage leaves and the rest of the butter, as it cooks down it should have a silky texture. When the sauce is ready pull out the sage leaves and discard. Pour the sauce over the ravioli, gently mix the ravioli in the sauce to give each one coating, then use the extra fresh sage leaves to the top of the ravioli, sprinkle with crumbled amaretto cookies and present.