

Tortellini in Brodo di Pollo

(Chicken Tortellini Soup)

**BY MARIELLA AMATO
CHEF/OWNER, MANGIA MANGIA**

INGREDIENTS

2-3 pound whole chicken
Kosher salt, to taste
Fresh ground black pepper, to taste
8 quarts water
2 carrots, chopped or diced
2 stalks celery, chopped or diced
1 onion, chopped
2 plum tomatoes, chopped
3 Tbsp fresh Italian parsley, chopped
A pinch of red pepper flakes
1 package fresh cheese or meat tortellini*
4 scallions, thinly sliced
Fresh Italian parsley, chopped
Parmesan or Pecorino Romano cheese, grated

*Cook tortellini according to package directions prior to adding to soup.

PREPARATION

Place chicken in a large, heavy pot. Season with salt and pepper, add water and bring to a boil.

Using a spoon, remove film that covers the surface of the water. Add carrots, celery, onion, tomatoes, parsley and pepper flakes. Reduce heat to medium-low, and simmer for 2 hours, uncovered.

Remove the pot from the heat and transfer the chicken to a plate. When cool enough to handle, remove the skin and the bones; discard. Shred the chicken.

Remove vegetables and blend in a blender or food processor. (If diced vegetables were used, simply leave them in the pot.)

Add blended vegetables, chicken and tortellini to the broth and cook for about 3 minutes to warm.

Ladle into bowls and top with sliced scallions, parsley and cheese. Serve.

Soup Joumou (Haitian Squash Soup)

ADAPTED BY DR. RODRIGUE MORTEL

INGREDIENTS

1 lb bone-in beef shank
Marinade:
3 Tbsp white vinegar
2 Tbsp lime juice
1 tsp seasoned salt
1 tsp garlic powder
1 tsp onion powder
1 tsp salt
1/2 tsp black pepper
2 whole cloves
2 lb peeled, cubed, butternut squash
4 cups water
4 cups vegetable broth
2 medium onions, peeled and diced
2 stalks celery, diced
2 carrots, peeled and diced
2 small potatoes, peeled and diced
2 small turnips, peeled and diced
1 cup rigatoni or penne pasta
2 Tbsp unsalted butter

PREPARATION

Cut the meat into 1 inch cubes. In a medium bowl, blend the marinade ingredients. Add the meat (including the bone) and stir to assure all pieces are covered with the marinade. Cover and refrigerate for at least 30 minutes and up to 1 day.

Place the squash in a large pot and cover with water. Bring to a boil, reduce heat and simmer until the squash is easily pierced with a fork. Drain and cool slightly. Puree the squash in a blender. Set aside.

In a large pot, bring the water and the vegetable broth to a boil. Add the meat with the marinade. Reduce heat to medium, cover and simmer for 30 minutes. Add the onions, celery, carrots, potatoes and turnips. Cover and continue to simmer for 15 minutes. Add the pureed squash, cover and simmer for an additional 15 minutes.

While the soup is cooking, prepare the pasta according to the package direction to reach "al dente".

Remove the bone from the soup. Transfer the pasta to the soup and season to taste. Add butter.

Ladle into bowls and serve with crusty bread or garlic bread.

Ribollita Zuppa

("Reheated" Bean Soup)

**BY MARIELLA AMATO
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INGREDIENTS

1 - 16 oz bag of dried beans OR
4 - 15 oz cans cooked beans
5 quarts water or vegetable broth
2 carrots, peeled and diced
1 large onion, peeled and diced
2 stalks celery, diced
3 Tbsp fresh flat leaf parsley, chopped
2 plum tomatoes, diced OR
1 - 28 oz can whole peeled tomatoes
1 sprig fresh thyme
1 sprig fresh rosemary
2 Tbsp extra virgin olive oil
2 garlic cloves, sliced
3 cups kale or other green leaf
Kosher salt, to taste
1/4 tsp red pepper flakes
1/2 cup Parmesan cheese, grated
Cooked pasta (optional)

PREPARATION

Place dried beans* in a large heavy pot and cover with water. Soak for 1 hour. Drain.

Add 5 quarts water or broth, carrots, onions, celery, parsley, tomatoes, thyme and rosemary. Bring to a boil, reduce heat to medium-low, cover and simmer for 1 hour, 15 minutes or until the beans are cooked through.

Heat oil in a large saute pan, add garlic and cook until fragrant and golden brown, about 30 seconds. Add kale, salt and red pepper flakes and cook, tossing, for 1 - 2 minutes.

Add kale to soup and simmer for an additional 10 minutes. Add parmesan cheese and pasta, if using.

Ladle into bowls and serve with crusty bread or garlic bread.

*If using canned beans. Drain and rinse the beans. Set aside.

In a large, heavy pot add 5 quarts water or broth, carrots, onions, celery, parsley, tomatoes, thyme and rosemary. Bring to a boil, reduce heat to medium-low, cover and simmer for 20 minutes. Add the beans and simmer an additional 35 minutes.

Continue at garlic step above.

Garlic Bread

**BY MARIELLA AMATO
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INGREDIENTS

1 loaf Italian or French bread
2-3 garlic cloves, peeled and halved
2 Tbsp Extra Virgin Olive Oil
2 Tbsp fresh Italian parsley, chopped
Sea salt, to taste
Red pepper flakes, to taste
Parmesan cheese, grated

PREPARATION

Slice the bread on the diagonal and lightly toast. Rub the cut side of the garlic over one side of the toasted bread slices.

Preheat the oven to 350F.

In a small bowl, mix the olive oil, parsley, salt and red pepper flakes.

Drizzle or brush the olive oil mixture on the garlic side of the bread. Sprinkle with Parmesan cheese.

Bake for 1-2 minutes and serve.