

Celebrate La Dolce Vita!

Written by Debbi Covington
Monday, 18 April 2016 14:49



A Taste of Italy – Part One

Photography by Paul Nurnberg

Have you ever dreamed of exploring Italy, visiting the cities and countryside, and eating as the Italians do? Join me on a culinary tour. For the next two issues, we'll be dining on Italian foods. Just choose a recipe and start cooking. By cooking and sharing regional dishes, we can experience some of the colors, flavors and traditions of Italy.

Spuma di Tonno

This smooth tuna spread is incredibly simple, yet has great depth of flavor. Serve it with bread sticks (grissini) or crostini and sparkling wine.

1 (7-ounce) can oil-packed tuna, drained

4 teaspoons fresh lemon juice

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4 teaspoons light soy sauce

3 teaspoons balsamic vinegar

4 tablespoons butter, softened

Freshly ground black pepper

2 tablespoons heavy cream

Italian parsley, to garnish

Capers, to garnish

Place the tuna in a food processor and pulse to break up the fish. With the machine running, add the lemon juice, soy sauce and balsamic vinegar. Add the butter and blend until smooth, then stop the machine and scrape down the sides of the processor bowl. Season to taste with pepper and then blend again. Add the heavy cream and pulse to blend. (Be careful not to over-process once the cream is added or the mixture may break.) Place in a serving dish and garnish with parsley and capers. Serve at room temperature, or cover and refrigerate for up to 3 days. Return to room temperature before serving. Serves 6 to 8.

Italian Sausage and White Bean Soup

Cannellini beans are white Italian kidney beans. They're available in both dry and canned

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A collage of four images showing various Mediterranean dishes. The top left image shows a bowl of soup with a white ceramic handle. The top right image shows a salad with red tomatoes, green cucumbers, and white cheese. The bottom left image shows a bowl of lentil soup with a green herb garnish. The bottom right image shows a bowl of bean soup with a green herb garnish.

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A glass bottle of lemonade and two glasses of lemonade with lemons on a kitchen counter. The bottle is tall and slender with a metal clasp on the neck. It is filled with a pale yellow liquid. Two glasses, one slightly behind the other, are also filled with the same liquid. Several bright yellow lemons are scattered around the base of the bottle and glasses. The background shows a kitchen with white cabinets and a countertop.



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