



GEORGE
CHIALA'S
RECIPE
OF
THE MONTH
COLLECTION

OCT 2014
Recipe 64

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Classic Minestrone with Prosciutto & Romano Cheese

PREPARATION

- 1 - Heat butter and oil and saute celery, onion, carrots and garlic and cook until soft.
- 2 - Add green beans, cabbage, zucchini, parsley and basil and cook until soft.
- 3 - Add chicken stock, bay leaf, tomatoes, prosciutto, Romano rind and potatoes. Allow soup to boil and immediately reduce to simmer. Simmer for 20-30 minutes or until potatoes are soft.
- 4 - Add canned beans with their juices and simmer 5 minutes more. Remove Romano rind and prosciutto. Add grated Romano cheese, stirring constantly, and serve warm.



Classic Minestrone Soup with Prosciutto

Cook's Note: Every region of Italy has its version of minestrone vegetable soup. The Italian American version seems to always have diced carrots, celery, potatoes, beans, and cabbage, rendering a distinct, savory flavor.

Bon Appetit!
-George

(photo by Marc-Henri)

INGREDIENTS

- 1 ounce butter
- 1 gallon chicken stock
- 1 tablespoon GC Farms' extra virgin olive oil
- 1 bay leaf
- 1/2 lb carrot (1/2-inch cubes)
- 1/4 lb tomato (1/2-inch cubes)
- 1/4 lb celery (1/2-inch cubes)
- 1 -2 ounce prosciutto ham
- 1/4 lb onion (1/2-inch cubes)
- 2 ounces Romano cheese, rind
- 1 teaspoon garlic, finely chopped
- 1 lb potato, peeled (1/2-inch cubes)
- 1/4 lb fresh green beans (1-inch long)
- 1 (15 oz) can kidney beans
- 1 lb savoy cabbage, cored (2-inch squares)
- 1 (15 oz) can garbanzo beans
- 1/4 lb zucchini (1/2-inch cubes)
- 1 (15 oz) can cannelloni beans
- 1 teaspoon parsley, chopped
- 2 ounces Romano cheese, grated
- 1 teaspoon basil, chopped
- salt & freshly ground black pepper

COOK'S NOTE:

Every region of Italy has its version of vegetable minestrone soup. The Italian American version always seems to have diced carrots, celery, potatoes, beans and cabbage, rendering a distinct, savory flavor.

Bon Appetit!
-George