

Italian

Authentic recipes from Italy.

- [Pasta](#)
 - [Spaghetti alla Carbonara](#)
 - [Pasta Bolognese](#)
 - [Spicy Sausage Pasta alla Norcina](#)
 - [Cacio e Pepe](#)
- [Fish](#)
 - [Fish Piccata](#)
- [Chicken](#)
 - [One-Pot Italian Chicken](#)
- [Rissoto](#)
 - [Risotto alla Milanese](#)
- [Osso Buco alla Milanese](#)
- [Parmigiana di Melanzane](#)
- [Saltimbocca alla Romana](#)
- [Tiramisu Classico](#)

Pasta

Various Italian pasta recipes.

Pasta

Spaghetti alla Carbonara



Time: ~20–30 min | **Difficulty:** Easy

Ingredients:

- 1 lb spaghetti
- 6 oz guanciale (or pancetta), cut into small strips
- 4 large egg yolks + 2 whole eggs
- 1 cup finely grated Pecorino Romano
- Freshly cracked black pepper
- Salt (for pasta water)

Instructions:

1. Bring a large pot of well-salted water to a boil. Cook spaghetti until al dente; reserve 1 cup pasta water before draining.
2. While pasta cooks, cook guanciale in a cold skillet over medium heat until golden and crispy (~7 min). Remove from heat.
3. Whisk together egg yolks, whole eggs, and most of the Pecorino in a bowl. Season generously with black pepper.
4. Add drained pasta to the skillet with the guanciale (off heat). Toss to coat.
5. Pour the egg/cheese mixture over the pasta and toss vigorously, adding splashes of pasta water until you get a silky, creamy sauce.
6. Serve immediately with extra Pecorino and pepper.

Pasta

Pasta Bolognese



Time: ~60 min | **Difficulty:** Moderate

Ingredients:

- 1 lb ground beef (80/20)
- ½ lb ground pork
- 1 onion, finely diced
- 2 carrots, diced
- 2 celery stalks, finely chopped

- 3 cloves garlic, minced
- ¼ cup olive oil
- 2 tbsp tomato paste
- 1 can (28 oz) crushed San Marzano tomatoes
- ½ cup dry red wine
- ½ cup whole milk
- 1 tsp dried oregano; 2 bay leaves
- Salt & pepper
- 1 lb tagliatelle or spaghetti

Instructions:

1. Heat olive oil in a large pot. Sauté onion, carrots, and celery until softened (~5 min). Add garlic, cook 1 min.
2. Add ground beef and pork, breaking it up. Cook until browned.
3. Stir in tomato paste and cook 2 min. Deglaze with red wine; let it reduce by half.
4. Add crushed tomatoes, milk, oregano, and bay leaves. Season with salt and pepper.

5. Simmer on low for 30–40 min, stirring occasionally, until thick and rich.
6. Cook pasta al dente, toss with the sauce, and serve with grated Parmigiano-Reggiano.

Pasta

Spicy Sausage Pasta alla Norcina



Time: ~30 min | **Difficulty:** Easy

Ingredients:

- 1 lb rigatoni or penne
- ½ lb spicy Italian sausage, casings removed
- 2 cloves garlic, minced
- ½ cup dry white wine
- ¾ cup heavy cream
- ½ cup grated Pecorino Romano
- Red pepper flakes to taste

- Fresh black pepper; chopped parsley

Instructions:

1. Cook pasta in salted boiling water until al dente. Reserve 1 cup pasta water.
2. In a large skillet, cook sausage over medium heat, breaking it into crumbles, until browned (~6 min). Add garlic, cook 1 min.
3. Deglaze with white wine and reduce by half.
4. Lower heat, stir in cream, and simmer 2–3 min until slightly thickened.
5. Toss in the drained pasta and Pecorino, adding pasta water as needed for a glossy, creamy sauce.
6. Finish with red pepper flakes and parsley.

Pasta

Cacio e Pepe



A Classic Roman Masterpiece

Three humble ingredients transformed into one of Italy's most celebrated dishes.

Origin

Cacio e Pepe (literally "cheese and pepper") is one of Rome's most iconic primi piatti. Its origins trace back to the shepherds of Lazio who carried dried pasta, aged Pecorino, and black pepper on long journeys. Today it stands as one of the four pillars of Roman pasta, alongside Carbonara, Amatriciana, and Gricia.

Ingredients

- 400 g tonnarelli or spaghetti
- 200 g Pecorino Romano DOP, very finely grated
- 2 tsp whole black peppercorns, freshly cracked
- Coarse sea salt for pasta water

Instructions

1. Bring a large pot of well-salted water to a rolling boil. Cook the pasta until just shy of al dente.
2. Toast cracked black pepper in a large dry skillet over medium heat for 1-2 minutes until fragrant.
3. Add 2 ladles (about 250 ml) of starchy pasta cooking water to the pepper skillet and simmer.
4. Place grated Pecorino in a bowl. Gradually whisk in 3-4 tablespoons of warm pasta water to form a smooth cream.
5. Transfer pasta into the pepper skillet using tongs. Toss vigorously over low heat, adding splashes of pasta water.
6. Remove from heat. Add the Pecorino cream and toss rapidly until a glossy sauce coats every strand.
7. Serve immediately with extra pepper and Pecorino.

Tips from the Italian Kitchen

- **Starchy water is everything:** Cook pasta in less water than usual to concentrate the starch.
- **Never add cream:** Authentic Cacio e Pepe relies solely on the emulsion of cheese, pepper, and starchy water.
- **Temperature control:** Add cheese mixture off heat to prevent clumping.
- **Use real Pecorino Romano DOP:** Do not substitute with Parmesan.

Serves: 4 | **Prep Time:** 5 min | **Cook Time:** 15 min

Fish

Italian fish recipes.

Fish

Fish Piccata



Time: ~30 min | **Difficulty:** Easy

Ingredients:

- 4 white fish fillets (cod, sole, or tilapia)
- ½ cup all-purpose flour (for dredging)
- 3 tbsp butter
- 2 tbsp olive oil
- ¼ cup dry white wine
- 3 tbsp fresh lemon juice
- 2 tbsp capers, drained

- Fresh parsley, chopped
- Salt & pepper

Instructions:

1. Season fish fillets with salt and pepper, then dredge lightly in flour.
2. Heat olive oil and 1 tbsp butter in a large skillet over medium-high heat. Cook fillets mostly on one side (~3–4 min) until golden, then flip and cook 1–2 min more. Remove to a plate.
3. In the same pan, add wine and lemon juice, scraping up browned bits. Let reduce slightly.
4. Swirl in remaining 2 tbsp butter and the capers. Stir until the sauce emulsifies.
5. Spoon sauce over fish, garnish with parsley, and serve with a side of angel hair pasta or roasted vegetables.

Chicken

Italian chicken recipes

Chicken

One-Pot Italian Chicken



Time: ~45 min | **Difficulty:** Easy

Ingredients:

- 3–4 boneless, skinless chicken breasts (~1.5 lbs)
- 4 cloves garlic, minced
- 1 cup cherry tomatoes
- 1 cup diced bell peppers (red & yellow)
- 2 tsp Italian seasoning

- 2 tbsp extra virgin olive oil
- 1 cup low-sodium chicken broth
- ¼ cup grated Parmesan
- Salt & pepper

Instructions:

1. Preheat oven to 400°F (200°C).
2. Heat olive oil in an oven-safe pot over medium heat. Season chicken with salt, pepper, and Italian seasoning. Sear 3–4 min per side until golden. Remove and set aside.
3. In the same pot, sauté garlic for 30 seconds, then add tomatoes and bell peppers. Cook 2–3 min.
4. Pour in chicken broth, scraping up any browned bits. Nestle chicken back in.
5. Transfer to the oven and bake 20–25 min until chicken reaches 165°F internally.
6. Top with Parmesan and serve with crusty bread or pasta.

Rissoto

Risotto

Risotto alla Milanese

A saffron-infused risotto from Milan with a rich, creamy texture and deep savory flavor.

Risotto alla Milanese finished dish

Ingredients

- 320 g Carnaroli or Arborio rice
- 1.2 L hot beef or chicken stock
- 1 small yellow onion, finely minced
- 60 g unsalted butter
- 50 g beef marrow (optional, traditional)
- 80 ml dry white wine
- 1 pinch saffron threads, steeped in warm stock
- 60 g Parmigiano Reggiano, finely grated
- Salt to taste

Method

1. Warm the stock and keep it gently simmering.
2. Sweat onion in half the butter (and marrow, if using) over low heat until soft.
3. Add rice and toast 1-2 minutes, stirring continuously.
4. Deglaze with white wine and let it evaporate almost completely.
5. Add hot stock one ladle at a time, stirring often and waiting until absorbed before adding more.
6. Halfway through cooking, add the saffron infusion.
7. Cook until rice is al dente and creamy, about 16-18 minutes total.
8. Off heat, vigorously stir in remaining butter and Parmigiano (mantecatura). Rest 1 minute and serve.

Notes

Traditional Italian preparation; adjust seasoning to taste and use the best quality ingredients available.

Osso Buco alla Milanese

A classic Lombard braise of veal shanks, slow-cooked until fork-tender and finished with bright gremolata.

Osso Buco alla Milanese finished dish

Ingredients

- 4 veal shanks, about 4 cm thick
- Plain flour for dredging
- 2 tbsp olive oil
- 30 g butter
- 1 onion, finely diced
- 1 carrot, finely diced
- 1 celery stalk, finely diced
- 150 ml dry white wine
- 400 g canned crushed tomatoes
- 350 ml light stock
- Salt and black pepper
- For gremolata: zest of 1 lemon, 1 small garlic clove minced, 2 tbsp chopped parsley

Method

1. Tie shanks with kitchen twine, season, and lightly flour.
2. Brown shanks in oil and butter, then set aside.
3. Cook onion, carrot, and celery in the same pot until softened.
4. Return shanks, add wine, and reduce by half.
5. Add tomatoes and stock, cover partially, and simmer very gently 1.5-2 hours until tender.
6. Mix gremolata ingredients.
7. Adjust seasoning, sprinkle gremolata over the top, and serve immediately.

Notes

Traditional Italian preparation; adjust seasoning to taste and use the best quality ingredients available.

Parmigiana di Melanzane

Layers of fried eggplant, tomato sauce, basil, and cheese baked until bubbling and golden.

Parmigiana di Melanzane finished dish

Ingredients

- 3 large eggplants, sliced lengthwise
- Salt for purging eggplant
- Olive oil for frying
- 700 ml simple tomato sauce
- 250 g mozzarella, diced and drained
- 90 g Parmigiano Reggiano, grated
- Fresh basil leaves
- Black pepper

Method

1. Salt eggplant slices and rest 30-45 minutes; rinse and pat dry.
2. Fry slices in olive oil until lightly golden, then drain on paper towels.
3. Spread a little tomato sauce in a baking dish.
4. Layer eggplant, sauce, mozzarella, Parmigiano, and basil; repeat layers.
5. Finish with sauce, Parmigiano, and a few basil leaves.
6. Bake at 190 C (375 F) for about 35-40 minutes until bubbling and browned.
7. Rest 15 minutes before slicing for clean layers.

Notes

Traditional Italian preparation; adjust seasoning to taste and use the best quality ingredients available.

Saltimbocca alla Romana

Thin veal cutlets topped with prosciutto and sage, quickly pan-cooked in butter and white wine.

Saltimbocca alla Romana finished dish

Ingredients

- 8 thin veal cutlets
- 8 slices prosciutto crudo
- 16 fresh sage leaves
- 40 g butter
- 2 tbsp olive oil
- 120 ml dry white wine
- A little flour for dusting
- Black pepper

Method

1. Place prosciutto and sage on each cutlet and secure with toothpicks.
2. Lightly dust the plain side with flour and season with pepper.
3. Heat butter and oil in a skillet over medium-high heat.
4. Cook cutlets prosciutto-side down first for about 1 minute, then flip briefly.
5. Transfer to a warm plate.
6. Deglaze pan with white wine, reduce slightly, and spoon sauce over cutlets.

Notes

Traditional Italian preparation; adjust seasoning to taste and use the best quality ingredients available.

Tiramisu Classico

The iconic Italian dessert: espresso-soaked savoiardi layered with mascarpone cream and cocoa.

Tiramisu Classico finished dish

Ingredients

- 300 g savoiardi (ladyfingers)
- 4 large egg yolks
- 100 g sugar
- 500 g mascarpone
- 300 ml strong espresso, cooled
- Unsweetened cocoa powder for dusting
- Optional: 1-2 tbsp Marsala wine

Method

1. Whisk yolks and sugar until pale and thick.
2. Fold in mascarpone until smooth and creamy.
3. Dip savoiardi quickly in cooled espresso (and Marsala, if using).
4. Arrange a first biscuit layer in a dish, spread half the cream, then repeat.
5. Cover and chill at least 6 hours, preferably overnight.
6. Dust generously with cocoa powder just before serving.

Notes

Traditional Italian preparation; adjust seasoning to taste and use the best quality ingredients available.