

LACTALIS  
PROFESSIONAL

the smarter  
dairy solution



## ITALIAN RECIPE GUIDE

A guide to turning everyday Italian dishes into exceptional additions to your menu



the smarter dairy solution



**TRUST IN GALBANI® FOR AUTHENTIC ITALIAN**

Galbani® is the #1 Italian cheese brand in the UK, with over 130 years of expertise in manufacturing quality Italian cheeses.

Find out more about our Galbani® range at [lactalispro.co.uk/Galbani](http://lactalispro.co.uk/Galbani)

**The Food People have named the trend “king of the carbs”<sup>1</sup>.**

Carbohydrates are king once again, with consumers showing a renewed interest in bread, pizza and pasta both in and out of home.

According to Mintel, consumers are gravitating towards the safety of products that are recognisable rather than revolutionary<sup>2</sup>. And what could be more comforting than the old favourites of Italian cooking?

Consumer expectations, however, continue to grow. Technology – and social media in particular – have helped to drive expectations for fresh, fast, real, honest food, every time.

Consequently, the challenge now faced by foodservice operators serving Italian dishes is how to take these to the next level, by turning them into something that a diner will be willing to pay more for.

**OUR GALBANI® CHEESES CAN TURN EVERYDAY ITALIAN DISHES INTO SOMETHING EXCEPTIONAL.**

Our range of authentic cheeses will give your dishes flavours and textures that only come with using high quality ingredients. So take your menu to the next level, with the number one Italian cheese brand in the UK.

To help you get started, we’ve pulled together this handy guide containing five of our favourite Italian recipes. All of our exciting recipes take every day classics and give them an on-trend, gourmet twist, resulting in dishes with exceptional flavour profiles.



The pizza and pasta out of home market is in growth and looks set to continue to soar as consumers’ appetite for authentic Italian food drives spend<sup>3</sup>



**84%**

of consumers **expect to see mozzarella** on a restaurant or pub menu<sup>4</sup>



Pizza has **increased its visit share** from **18.9% to 24.6%**<sup>5</sup>



**91%**

of consumers **actively choose dishes with cheese**<sup>4</sup>

<sup>1</sup>The Food People, Food & Beverage Trends UK 2017-2018

<sup>2</sup>Mintel Global Food & Drink Trends 2017

<sup>3</sup><http://store.mintel.com/pizza-and-pasta-restaurants-uk-november-2016>

<sup>4</sup>Research commissioned by Lactalis Professional, March 2018. n= 507 UK consumers

<sup>5</sup>MCA’s Cheese dish analysis – November 2018.



**What is nduja?**  
Pronounced 'in-doo-yah', nduja is a spicy Italian salami spread, made from pig liver, fat and lung. It's making waves in the UK thanks to its versatility and recent endorsements from top chefs including Jason Atherton and Jacob Kenedy.

# MOZZARELLA ARANCINI WITH NDUJA



Makes 5 portions

## Ingredients

- 2 tbsp olive oil
- 1 large onion, finely chopped
- 400g arborio rice
- 1ltr chicken or vegetable stock
- 2 Galbani® Mozzarella Ball, cut into small cubes
- 75g sundried tomatoes, chopped
- 3 tbsp pesto
- 75g nduja or skinless cooking chorizo
- 100g seasoned plain flour
- 3 eggs, beaten
- 150g fine dried breadcrumbs
- vegetable oil for deep frying

## Method

1. Heat the olive oil in a large saucepan. Add the onion and cook gently for 5 minutes. Add the rice and stir around in the hot oil for a few seconds.
2. Gradually add the stock, a little at a time, until all the liquid has evaporated and the rice is cooked, adding more stock if necessary. Leave to cool. Once cooled, season well and add the Mozzarella, tomatoes and pesto.
3. Take 60g cooled rice (about 3 tbsp), place a little nduja in the centre and mould the rice around it to form a ball.
4. Put the flour, eggs and breadcrumbs on separate plates. Dip each rice ball in the flour, egg and then breadcrumbs, coating well, and continue until all the rice has been used. You should make roughly 15 balls.
5. Place the balls on a tray and chill in the fridge for at least 1 hour.
6. Heat the oil in a deep fat fryer to 180°C. Deep fry the Arancini in batches, for approx. 5 minutes, or until golden brown and the centre is cooked. Drain on kitchen paper and serve immediately.





# TWO-MINUTE MOZZARELLA SALAD WITH PESTO



Makes 5 portions · Suitable for vegetarians

## Ingredients

- |                                 |  |
|---------------------------------|--|
| 4 tbsp pesto                    | 250g marinated artichoke hearts, drained |
| 4 tbsp olive oil                |  |
| 2 tbsp lemon juice              | <b>25 Galbani® Mozzarella Mini Balls</b> |
| 150g mixed salad leaves         | 25g pine nuts, toasted                   |
| 150g sunblush tomatoes, drained | fresh basil to garnish                   |

### Upsell opportunity

This simple salad makes a great vegetarian side dish. Alternatively top with salmon or grilled chicken for a protein-packed main course.



## Method

- Mix together the pesto, olive oil and lemon juice.
- Arrange the salad leaves on plates, and top with tomatoes, artichokes and Mozzarella.
- Drizzle over the pesto dressing, and garnish with pine nuts and fresh basil leaves.



### Get on board with gluten free

Meet consumer demand for gluten free dishes with this tasty pizza. Just ensure your kitchen is set-up to safely cater for coeliac disease sufferers.

# GLUTEN FREE SPINACH AND RICOTTA PIZZA



Makes 5 portions

## Ingredients

- |                                       |  |
|---------------------------------------|--|
| 10 tbsp tomato sauce                  | 30 black olives                            |
| 5 9" gluten free pizza bases          | <b>15 slices Galbani® Mozzarella Block</b> |
| <b>250g Galbani® Ricotta</b>          | <b>1 Galbani® Mozzarella Ball (125g)</b>   |
| 250g spinach, wilted and well drained | fresh basil to garnish                     |
| 2 large orange peppers, chopped       |  |

## Method

- Preheat the oven to 220°C.
- Spread the tomato sauce over the pizza bases and top with teaspoons of Ricotta, spinach, peppers, olives and sliced Mozzarella (from 1kg block).
- Place on baking sheets and cook in the preheated oven for 10-15 minutes, or until crisp and golden.
- Top with the torn Mozzarella Ball and fresh basil leaves, and serve immediately.





**One cheese,  
multiple possibilities**

Galbani® Mascarpone works perfectly as a base to your cheesy sauces.

You can also use Mascarpone as a substitute to whipped cream – mix with honey for a wonderfully sweet dessert topping.

# THREE CHEESE AND PRAWN PASTA



Makes 5 portions

## Ingredients

- 375g linguine
- 200ml milk
- 300g Galbani® Mascarpone**
- 300g Galbani® Dolcelatte**
- 2 tbsp olive oil
- 450g raw king prawns
- 350g cherry tomatoes, halved
- 1 tsp crushed chillies
- 200g Galbani® Mozzarella Mini Balls**
- 200g baby spinach

## Method

1. Cook the linguine according to pack instructions. Drain and set aside.
2. Gently heat the milk in a large saucepan, and add the Mascarpone and Dolcelatte. Stir until the cheese melts and keep on a low heat.
3. Heat the oil in a large frying pan. Add the prawns, tomatoes and chillies, and cook over a high heat for 1 minute.
4. Add the drained linguine, cheese sauce, Mozzarella Minis and spinach.
5. Stir well, check seasoning and serve immediately.





# FEATURED PRODUCTS



**Galbani® Mozzarella Ball**  
Available in:  
125g



**Galbani® Mozzarella Mini Balls**  
Available in:  
150g, 1kg



**Galbani® Mozzarella Block**  
Available in:  
400g, 1kg



**Galbani® Ricotta**  
Available in:  
250g, 1.5kg, 5kg



**Galbani® Dolcelatte**  
Available in:  
150g, 1.5kg



**Galbani® Mascarpone**  
Available in:  
250g, 500g, 2kg, 5kg

## DOLCELATTE GNOCCHI



Makes 5 portions · Suitable for vegetarians

### Ingredients

- |            |                                   |             |  |
|------------|-----------------------------------|-------------|--|
| 800g       | gnocchi                           | 150g        | roasted red peppers from a jar, drained and cut into thin strips |
| 2 tbsp     | olive oil                         |             |  |
| <b>25g</b> | <b>Président® Unsalted Butter</b> | <b>200g</b> | <b>Galbani® Dolcelatte, cut into small cubes</b>                 |
| 2          | large onions, finely chopped      | 25g         | rocket leaves  |
| 500g       | mixed mushrooms, sliced           |             |  |
| 2          | garlic cloves                     |             |  |

**Top tip**  
Try using spinach gnocchi for added colour and depth of flavour.

### Method

1. Cook gnocchi according to pack instructions. Drain and set aside.
2. Heat the oil and butter in a large saucepan. Add the onions and cook gently for 5 minutes. Increase the heat and add the mushrooms and garlic.
3. Fry for 2 minutes, add the pepper strips and cook for a further minute.
4. Add the gnocchi and most of the Dolcelatte and stir well.
5. Serve topped with the remaining Dolcelatte and rocket leaves.



**Président® Unsalted Butter**  
Available in:  
250g, 8g portions

## GET IN TOUCH:



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