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O'SOLE MIO®

LA PASSIONE DELLA CUCINA ITALIANA

# Recipes





# From our Kitchen to yours...

Enjoy our delicious selection of pasta and sauces with the people you love.



## MEET ALFREDO NAPOLITANO

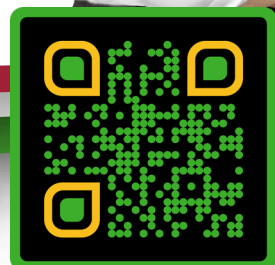


Chef Alfredo Napolitano, President of Aliments O'Sole Mio, is above all the executive chef of the company.

After attending culinary school in Québec, winning the Dairy Bureau of Canada (now the Dairy Farmers of Canada) competition and working as an apprentice at the Château Champlain in Montréal, Chef Alfredo went to hone his culinary skills under the top chefs of Italy and Switzerland. Since 1998, he had a dream, that of marketing ready-to-eat products that honor the authenticity of Italian cuisine. Thus, was born O'Sole Mio.

O'Sole Mio remains a family company whose sole objective is to provide its customers with the freshest flavours of Italy. Its mission is to create ready-to-serve products that are 100 % fresh and made from the best ingredients. Chef Alfredo selects all his Ingredients himself and prepares his recipes without any additives or preservatives. In fact, Alfredo Napolitano has accomplished quite a feat since he's one of very few entrepreneurs to offer ready-to-serve products made from 100% fresh ingredients.

O'Sole Mio has come a long way. Its fresh pasta, sauces, and ready meals, made from natural ingredients are distributed in the largest chains in Canada and the United States.



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# BUTTERNUT SQUASH RAVIOLI, APPLES, PROSCIUTTO CREAMY SAUCE

## HOW TO PREPARE

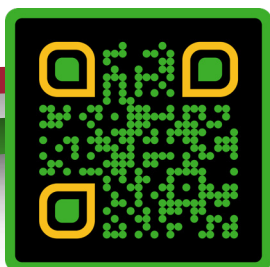
- In a 4 litre pot fill 3/4 with cold water, add salt and bring to a boil
- In a pan over low heat, place the sliced prosciutto and fry in its own fat until it begins to crisp.
- On a cutting board, cube the apples and slice the scallions.
- Add apples, scallions and prosciutto in the pan. The apple juices will deglaze the pan, be sure not brown the apples.
- Over medium heat, add the cooked warm cream to the pan ingredients and bring to a slow rolling simmer.
- Add the Ravioli to the boiling salted water. Cook according to instructions. When they begin to float they can be removed from the water and added directly to the pan.
- Cook for a couple of minutes and place in a serving bowl or individual plates.

### Chef's Note:

This pasta is so beautiful and delicious. Pour the sauce and then place the ravioli over the sauce not to coat them so we can see the intricate design... Add the sage only at the end as its taste is very pronounced. Furthermore, the parmigiano shavings are a great contribution to the flavor of any pasta dish.

## INGREDIENTS

- O'Sole Mio Ravioli stuffed with Butternut
- 750ml of cream
- 6 thin prosciutto slices
- 2 apples (1 granny smith, 1 red delicious)
- 2 green scallions (sliced)
- Pinch of salt and pepper



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# FRIED MANICOTTI

## HOW TO PREPARE

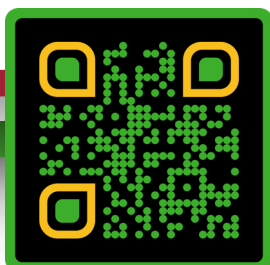
- On a cutting board cut each manicotti in two and set aside.
- In a small 2 litre sauce pot pour the frying oil, and over medium to low heat begin to heat up the oil to 275-300 °F (135-148 °C)
- In separate mixing bowls, place the flour, beaten eggs and semolina, and season each one with salt and pepper.
- Working 1 piece at a time, coat each manicotti in the flour, shaking off any excess, then the egg mixture, then the semolina.
- Sometimes you may need to double up on the semolina to make sure the manicotti is completely coated.
- Before frying insert a baton or skewer not exceeding the end of the manicotti, be sure to fully insert.
- Place a white absorbent paper on a tray to absorb excess oil of the manicotti after the frying is completed.
- Raise the heat of the oil to 375 °F (190 °C) and begin to fry the manicotti until gold and brown, then place on pre-prepared absorbent paper.

### Chef's Note:

The fried manicotti is served over a fresh cucumber and tomato salad with scallions a parsley garlic and a mini mix of microgreen shoots.

## INGREDIENTS

- 6 O'Sole Mio Manicotti
- 3 whole eggs (beat the eggs)
- 200g semolina
- 100g flour
- Virgin olive oil
- Pinch of salt and pepper



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# GNOCCHI CREAMY SAUCE WITH PANCETTA AND STRING BEANS

## HOW TO PREPARE

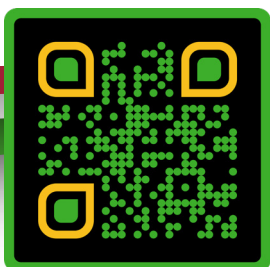
- Bring a large pot of salted water to boil for the gnocchi.
- Preheated oven at 350 °F (176 °C)
- In a cooking tray lined with parchment paper, layer and cook the thinly sliced pancetta until golden brown.
- Cook pasta as per the instructions and string beans simultaneously.
- When cooked, drain pasta and beans and then incorporate with the sauce until well coated.
- In a skillet add the Alfredo cheese sauce until thickened then add the cooked gnocchi and string beans.
- Remove from heat and add cheese and crispy pancetta.
- Serve immediately and enjoy.

## INGREDIENTS

- 500g of O'Sole Mio gnocchi
- A small pack of string beans
- 350g of O'Sole Mio Alfredo cheese sauce
- 12 thinley sliced pancetta strips
- 1/2 cup of Romano cheese (grated or shaved)
- 2 tbsp of butter
- Pinch of salt and pepper

### Chef's Note:

Thinly slice the pancetta strips and bake in oven at 350 °F (176 °C) for approximately 8 minutes and cut the green beans into mitonées (small rings) or short spears.



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# LINGUINE WITH BROCOLI RABE AND SAUSAGE

## HOW TO PREPARE

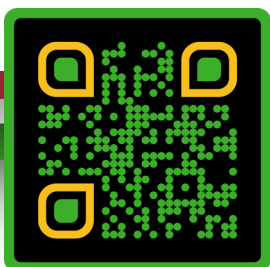
- Bring a large pot of salted water to a boil.
- In a pan, heat the extra virgin olive oil and garlic with skin on and remove for later use.
- Add butter, add the onions and mushrooms then sweat until translucid.
- Slice the Italian sausage and fry the pieces until fully cooked.
- As soon as the onions are perfectly translucid, add the sliced cooked sausages and cook until browning occurs and a crispy texture is obtained.
- Cook pasta as per package instructions and broccoli rabe simultaneously and drain thoroughly.
- Add the broccoli rabe and pasta to pan containing the sausage and mix thoroughly.
- Remove from heat, add the cheese and serve, then add shaved cheese if more is desired.

## INGREDIENTS

- 500g of O'Sole Mio linguine
- 400g broccoli rabe
- 400g Italian sausage
- 6 tbsp of extra virgin olive oil
- 2 garlic cloves
- 1 onion
- 200g of mushrooms (button)
- 200g of Romano cheese (grated or shaved)
- 40g of butter
- Pinch of salt
- White wine (optional)

### Chef's Note:

The sausage can be boiled if you are concerned with the fat content, it is however preferred to fry and deglaze with white wine then slice and add to the recipe.



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## RAVIOLI CAPRESE SALAD

### HOW TO PREPARE

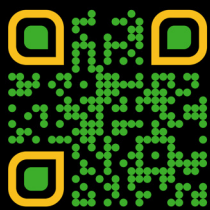
- Bring a large pot of salted water to a boil and add the ravioli (as per package instructions). This recipe is for 6 servings-use 3 ravioli for each serving.
- Remove the ravioli and drain the boiling water when cooked and pat dry.
- In a pan, add and heat the extra virgin olive oil, add the cooked ravioli and sear them until a golden dark crust is achieved. This can also be achieved in a hot skillet in the oven.
- Slice the tomatoes and slice the fior di latte cheese and set both aside.
- Pour a generous portion of the balsamic sauce on the side of the dishes. Dip the tip of your spoon or brush in the middle of the sauce and make it flourish around the plate.
- To make the balsamic reduction, pour the balsamic vinegar in a pan and turn on the heat, add honey and sugar (all to taste). Stir continuously until the mixture thickens. Once complete, let the mixture cool down. Once cooled, the balsamic reduction is ready to use.
- Build a tower in a layered format with all the ingredients, tomato, cheese, tomato, cheese and end with the ravioli.
- Garnish with the salt pepper extra virgin olive oil and crostinis of choice.

#### Chef's Note:

Try to BBQ the ravioli, the flavour is tremendous.

### INGREDIENTS

- 18 OSM Ravioli cheese & spinach
- 2 x 300g fior di latte cheese
- 2 red tomatoes
- 2 yellow tomatoes
- 6 tbsp of extra virgin olive oil
- Fresh basil
- Pinch of salt and pepper



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## TRI-COLOR ROMAN "ROMULUS" LINGUINE

### HOW TO PREPARE

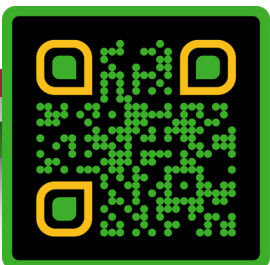
- Bring a large pot of salted water to a boil for the linguine.
- Prepare the vegetable broth and set aside keeping to a slow rolling boil.
- In a pan, sear the peeled and deveined shrimp until cooked and golden.
- Slice the mushrooms and blanch in the boiling water (use same pot as the linguine water). Set aside and maintain the heat.
- Blanch the broccoli (use same pot as the linguine water) and set aside to maintain heat.
- In a large soup bowl add the cooked linguine. Follow packaging instructions. Try to maintain the nest feature and separate each nest according to color.
- Build each garnish ingredient over and between each corner finishing with the broth.
- Garnish with lemon, shallots and basil.

### INGREDIENTS

- 700g of O'Sole Mio Linguine (3 colours nested)
- 1 litre- vegetable broth
- 20 shrimps-seared
- 6 broccoli or rapini
- 1 lemon (cut into 6 wedges)
- Shallots
- Fresh basil
- Pinch of salt and pepper

#### Chef's Note:

Fully cooked shrimp can be used seared or not, and the lemon wedge can be replaced with lime... And yes hot peppers and or hot sauce can be used also.



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