



**Italian Antipasto Dinner – Vegetarian
Grocery, Tool List and Prep list**

Recipe Title	Grocery Fresh	Grocery Dry	Tools Needed	Prep Ahead
artichoke fritti with crushed pomodoro	Baby artichokes 2 lemon 4 roma tomatoes, grated Fresh garlic	Flour Olive oil Extra Virgin olive oil Salt Flaked sea salt	Large Fry pan	Have all ingredients ready
crispy polenta with wild mushroom ragu	1 medium onion Fresh garlic 1 pound mixed mushrooms (such as porcini, cremini, oyster, shiitake or maitake) Cream, non-dairy cream, optional Fresh thyme 1 lemon Fresh parsley Parmigiano Reggiano	Dried porcini mushrooms Extra virgin olive oil Flour Dry white wine Sugar 1 log of pre-packaged polenta or 1 batch of Baked Polenta, Delicious Dish	Large Fry pan	Have all ingredients read Clean mushrooms
green and white bean salad with cherry tomatoes	1 large shallot 1 lb cherry or grape tomatoes 1 lb French green beans (haricot verts) or regular green beans	1 19oz can white beans 2 salt-packed anchovies or 4 oil-packed anchovies Red wine vinegar Extra-virgin olive oil	Mixing bowl Pot for green beans	Drained and rinse white beans If you have time, cook green beans according to recipe
baked polenta		Medium-coarse or coarse cornmeal, I use Bob's red Mill Butter or olive oil		This recipe is OPTIONAL Please make it ahead of the class and chill it OR buy a prepackaged roll of polenta