

Timpano Tips

Is there really an *accurate* Timpano Recipe? Being Italian I say "NO" I can not ever remember following a recipe to the letter in my life unless I'm baking (baking is as much accurate science as it is an art).

I say these are "tips" because how do I know what size bowls you have or want to use? The pics below show you how I make personalized Timpano in 6 inch glass bowls while the video on Youtube shows us making a large Timpano for a festive catering occasion. .

You may be a meat lover or prefer vegetables or perhaps pickled products or a varied combination of them all.

There are so many variables and ingredients to make, prepare and purchase premade that there are going to be leftovers, lets face it you will have to guess as to how many slices of salami and pepperoni you will need from your local deli to make a layer across your bowl, maybe you will have enough for two layers?

Your Timpano may be too dry inside or stick to the bowl or may not stay in a wedge shape after you cut and plate it. This is the part that takes an educated guess and practice.

So this "recipe" is really a bunch of *tips* for you to hopefully be more successful on your first attempt or two until you get the hang of it. Either way the principal is the same but the amount of foods you layer is up to your preferences, what you have on hand or most likely as you go a combination of the two.

Meat Ball Ingredient list

quantity depends on how large of a Timpano you are making

Tip: make mini meatballs instead of quartering large ones.

extra-virgin olive oil
onion, chopped
garlic cloves, minced
breadcrumbs
ground beef
ground pork
egg
milk
grated Parmigiano-Reggiano
Kosher salt
ground black pepper
ground red pepper
dried basil
dried oregano
chopped parsley leaves.

Mix ingredients, roll into desired ball sizes, bake at 350 until internal temp of 160 degrees.

Tip: Save the grease and add to your marinara sauce.

Your favorite salamis and pepperoni

Italian sausage, cooked
hard-boiled eggs, peeled
meatballs
marinara sauce
Cavatappi or Penne pasta, cooked very al dente,
half the time recommended on the box
olive oil and butter to line the bowl
Yur favorite Cheeses
Pecorino-Romano or Parmigiano cheese
Mozzarella
Ricotta cheese blended with Italian Herbs
Provolone cheese, cut into 1/4" pieces
eggs, beaten

Marinara Ingredient List

quantity depends on how large of a Timpano you are making

Tip: If you use sugar in your sauce try replacing that with a carrot.

extra virgin olive oil
chopped onion
garlic
celery
carrot
tomatoes
tomato paste from can
dried parsley
dried basil
dried oregano
salt and pepper to taste

In a food processor place chopped onion, garlic, celery, carrot, parsley and garlic, blend until smooth. add tomatoes and blend again to the desired consistency.

Heat your oil in a large skillet over medium heat. Stir in ingredients from food processor and cook until soft. Add tomato paste, reduce heat and simmer 5 minutes. Stir in basil, oregano, salt and pepper; simmer 20 minutes, uncovered, stirring occasionally.

Other suggestions

Artichoke hearts
Oives
turkey sausage
the combinations are endless you just want it too hold up when plated for your presentation.

NOTE: You will have ingredients left over, take them to work for lunch the next day.

Make your Marinara and let simmer, Make the Meatballs and bake, while they are cooking Make your dough and while that is resting boil your pasta in heavily salted water, drain and add your Marinara

Pasta Dough Ingredient List

semolina flour

egg

salt

warm water

Combine the flour and salt in the bowl of a food processor fitted with a dough blade attachment. Pulse a few times to combine.

Next crack the eggs on top of the flour, put the lid on the food processor and process for 30-60 seconds into a rough ball.

Remove the dough from the food processor. Knead against the counter a few times until it comes together into a smooth ball.

If dry, add water. If the dough doesn't come together after 60 seconds and looks like small pebbles or chick peas, add a teaspoon of water and process again until the dough comes together.

If sticky, add flour. If the dough is sticky and smears against the sides of the bowl, add a tablespoon of flour and process until comes together and is glossy.

Knead the dough until it comes together and is smooth. Remove the dough from the food processor. Knead against the counter a few times until it comes together into a smooth ball.

Rest the dough for 30 minutes. Dust the dough with a little flour, over and rest at room temperature for at least 30 minutes.

Tips Do not make the dough too wet, do not over work the dough, if dry, add water. If the dough doesn't come together after 60 seconds and looks like small pebbles or chick peas, add a teaspoon of water and process again until the dough comes together.

If sticky or like paste, add flour. If the dough is sticky and smears against the sides of the bowl, add a tablespoon of flour and process until comes together and is glossy.

Roll out dough using rolling pin or pasta machine. Work with a 1/4 of the dough at one time. Keep the rest covered, to prevent from drying out. Roll by hand to 1/16 of an inch thick. By machine, stop at the third to last setting.

Pasta machine:

keep folding the pasta in the rolling machine until its the correct width probably 6 inches depending on your machine. stop at the second to last setting.

If you want to use a rolling pin I recommend you watch The Pasta Sisters at: http://www.youtube.com/watch?v=wik43wY_Z-c&feature=relmfu