

ICCO CANADA presents:
IL PANINO GOURMET



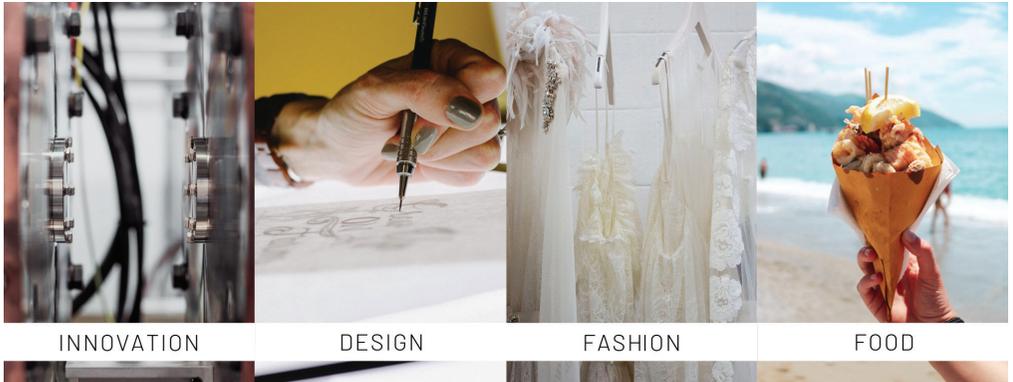
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Italian Chamber of Commerce of Ontario (ICCO CANADA)

Since its inception in the 1930s, and recognized officially in 1961, the Italian Chamber of Commerce of Ontario (ICCO Canada) has been a facilitator of business, a seeker of investment, and a builder of commercial relationships. The ICCO Canada is an independent, non-profit organization whose aim is to enhance and promote investments, business, trade and cultural relations among its members and network of contacts.

The Italian Chamber of Commerce of Ontario (ICCO Canada) is a non-profit business organization whose main objective is to promote business development within Canadian and Italian companies.



The True Italian Taste

The True Italian Taste project is promoted and financed by the Italian Ministry of Foreign Affairs and International Cooperation, carried out by Assocamerestero in collaboration with the Italian Chambers of Commerce abroad to strengthen and to protect the authentic Italian products. True Italian Taste is part of “The Extraordinary Italian Taste” program.

The Italian Chamber of Commerce of Ontario (ICCO Canada) has been raising awareness for authentic Italian products in the past few years through various initiatives and programs such as CENTItalia, Authentic Italian Table, Masterclasses for media and industry representatives, delegations and influencer trips to Italy, and many more. It is the ICCO Canada's objective to highlight the authenticity, traceability, quality control, and certifications of authentic Italian foods with the goal of educating Canadian audiences on how to identify an authentic Italian product, in order to make informed purchases and enjoy the unrivalled quality of genuine Italian goods.

For more information on this project and a full calendar of events please visit italchambers.ca



ASSOCAMERESTERO
ASSOCIATION OF ITALIAN CHAMBERS
OF COMMERCE ABROAD



PDO & PGI

PDO and PGI products represent excellence in European food production and are both the result of a unique combination of human and environmental factors characteristic of a certain geographical area. For this reason the European union dictates precise regulations for their safeguarding, providing for the institution of specific quality norms that protect consumers and provide producers with concrete instruments to better identify and promote products with specific characteristics and protect them from illegal practices. Only those products that demonstrate a consolidated and codified production tradition, an inseparable tie with the area of origin, an appropriate socio-entrepreneurial fabric and which succeed in achieving high qualitative levels, certified by external bodies of control, may aspire to obtaining and retaining the sought-after European Community designations and inscription in European register of PDO and PGI products.

Protected Designation of Origin



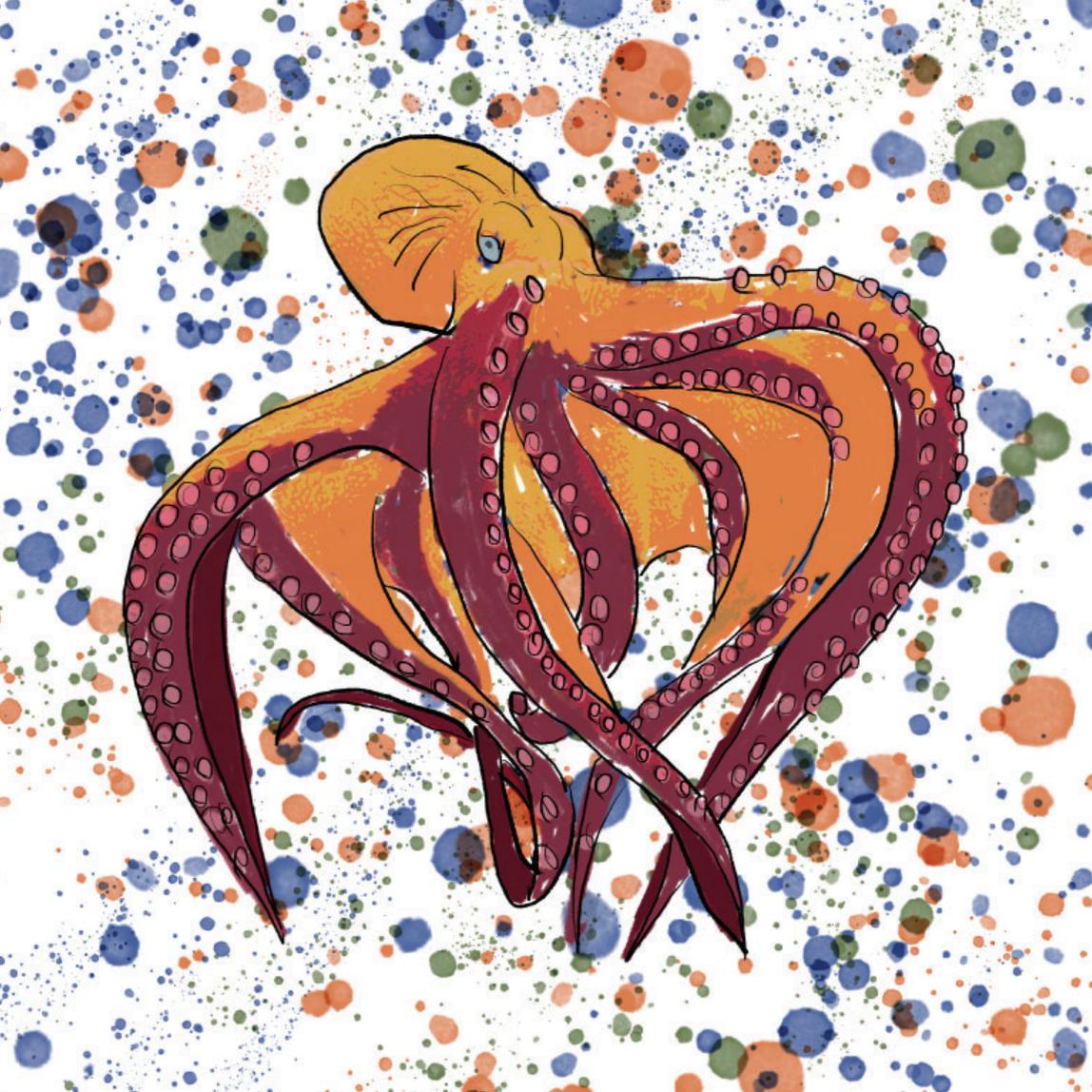
The PDO (Protected Designation of Origin) mark identifies a product originating in a specific place, region or country, whose quality or characteristics are essentially or exclusively due to a particular geographical environment with its inherent natural (raw materials, environmental characteristics, location) and human (traditional and artisanal production) factors the production, processing and preparation steps of which all take place in the defined geographical area and in line with the strict production regulations established.

Protected Geographical Indication



The PGI (Protected Geographical Indication) mark designates a product originating in a specific place, region or country whose given quality, reputation or other characteristic is essentially attributable to its geographical origin and at least one of the production steps of which takes place in the defined geographical area.





The Authentic Italian Table - Il Panino Gourmet

The third edition of the Authentic Italian Table will focus on **Italian Panini**, prepared with authentic Italian and PDO/PGI certified ingredients. The Authentic Italian Table is part of the True Italian Taste project, which is focused on highlighting authentic Italian products through various initiatives.

Travelling across Italy, you'll find that the sandwiches vary greatly, even in towns just a few kilometres apart.

"Il Panino Gourmet" differentiates itself from the classic sandwich in the refinement of the ingredients: the bread is carefully selected, the filling involves elaborate preparations, and the use of high-quality seasonings is meticulously chosen. Versatile, informal, easy to prepare and ideal to eat at any time of the day in any place. Sandwiches can accommodate all tastes and dietary restrictions, and because of its nature, it lends itself to improvised and unusual combinations.

The thought behind the Panino Gourmet is to introduce consumers to a new way of eating on the fly when buying fast food/street food and to help them make informed decisions. Nowadays, in the fast world that we live in, we don't have to give up quality foods, certified and high-end ingredients, or a well-balanced and healthy diet when we are in a hurry. A *Gourmet Panino* can substitute many other types of fast foods, and it can become a healthier option for a quick lunch/dinner on the go creating a new trend throughout the city.

"Il Panino Gourmet" on Tuesday September 29th is a live webinar organized in collaboration with Chef Rob Gentile (Buca Restaurants). Chef Gentile created two very unique panini for this event and will show participants how to prepare them and explain which products he is using.

The event will see the participation of a group of media and influencers who will have the chance to take part in this exclusive masterclass, interact directly with the chef and ask questions.

The events will also be streamed live on Facebook for everyone to watch.



“Il Panino Gourmet” with Chef Rob Gentile

September 29th, 2020 – 6-6:45 pm

During this online webinar **Chef Rob Gentile, Buca Restaurants**, will present his own personal creations of the *Panino Gourmet*.

Chef Gentile will connect with us directly from his kitchen to show us how to prepare the panini he created specifically for this event and explain the inspiration behind each sandwich.

Chef Gentile will present the following two panini:

Focaccia al Pomodoro



Focaccia ai Frutti di Mare



While he prepares the panini he will speak about the ingredients he chose, talking more specifically about the PDO/PGI certified ones. Special focus will be put on the PDO/PGI certifications, traceability, and quality of products. Some of the products that will be part of the two delicious panini are:

San Marzano Tomatoes PDO

Pesto Genovese PDO

Extra Virgin Olive Oil PDO

Mozzarella di Bufala PDO

Parmigiano Reggiano

Chef Rob will be joined in conversation throughout the event by **Michelle Jobin**, TV Personality and Producer, who will help us discover Chef Rob’s panini creations and the inspiration behind them.

Chef Rob Gentile, Buca Restaurants



A first generation Canadian, born to Italian parents, Chef Rob Gentile's earliest memories are from his grandmother's garden and kitchen. As a boy he learned that food was sacred within his family who for generations grew their own produce, raised animals, cured meat, fermented grapes and preserved anything possible. The skills he learned at home in his family's kitchen eventually led to his first restaurant job at the age of 13. Rob inherently knew that his career would revolve around food and after working in restaurants throughout his teenage years, he entered **George Brown's Culinary School**. By 18 he found his first role in a professional kitchen at **North 44** under celebrated Chef Mark McEwan. After 10 years of moving up the ranks from line-cook to *Chef de Cuisine* at McEwan's top restaurants, Chef Rob was ready for a new challenge. He soon joined Peter Tsebelis and Gus Giazitzidis of The King Street Food Company to take the helm of **Buca**. The restaurant opened in 2009 and quickly became one of Toronto's most sought-after dining destinations and is considered one of Canada's best.

Rob Gentile, now Chef Director and Partner of The King Street Food Company's collection of restaurants, has made his mark for his disciplined craft, determination to source unique, local ingredients and his visionary approach to Italian cuisine. Since the opening of **Buca on King Street**, diners and critics alike have taken note of Chef Rob's commitment to excellence and creativity, resulting in Canada's 100 Best naming **Buca Osteria & Bar** (Yorkville) second in the country (2016), honours from the Ontario Hospitality Institute's Gold Award for Independent Restaurateur (2015) and a prestigious Pinnacle Award from Foodservice and Hospitality naming The King Street Food Company 2014's Company of the Year in Eastern Canada.

The Buca collection has grown to four locations across Toronto, each with a unique offering and atmosphere with a fifth Buca concept **Cucina Buca**, set to open in 2020.

Focaccia

INGREDIENTS:

Bread Flour	450g
Sea Salt	10g
Instant Yeast	1g
Olive oil	40g (15g for dough 25g for finishing)
Milk	60g
Water	280g
Flaked Sea Salt	10g

What you'll need at home:

1 deep 12" baking dish or aluminum pan.

Cooking Method:

Preheat oven to 425° convection setting fan on high.

1. Start by adding wet ingredients first into mixing bowl (milk, water) reserving olive oil for later. Then dry ingredients (flour, yeast) on top of water. Reserving salt for later.

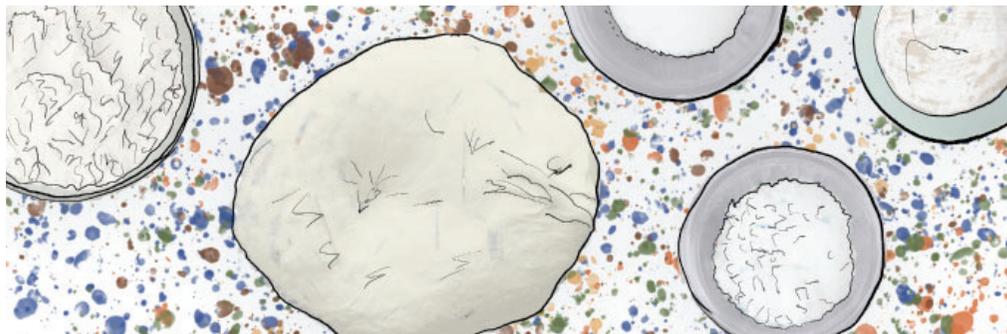
2. Add the sea salt last so that it doesn't mix with yeast.

Note: if using dry active yeast, follow directions on the package and proof in a small amount of warm water from the recipe amount.

3. Start mixer on speed 1 and allow to come together slowly. Once dough has formed add in reserved olive oil and salt. Mix for 2-5 min longer or until dough has reformed and dough has fully absorbed the olive oil.
4. Turn mixer to speed 2 and mix until dough comes away from the bowl completely. Approximately 5 more minutes.
5. Total mixing time 12-15 min.
6. Lightly flour dough inside bowl while on speed one, this will coat the inside of the bowl and help to remove the dough easily.
7. Place dough in a lightly olive oiled bowl, lightly oil surface of dough as well and cover with cling film.
8. Allow to rise at room temperature until dough has doubled in size approximately 6-12 hrs depending on ambient temperature.

9. After dough has doubled in size fold 4 times on 4 sides rotating $\frac{1}{4}$ turn each fold.
10. Turn dough over into olive oil lined baking dish or aluminum tray fold side down.
11. Allow to rise a second time at room temperature until doubles again approximately 2-4 hrs.
12. Once dough has doubled a second time drizzle $\frac{1}{4}$ of the (25g) olive oil over dough. With oiled fingertips dimple dough deeply $\frac{3}{4}$ of the way into the depth of the dough. Drizzle another $\frac{1}{4}$ of the olive oil into the dimples. Sprinkle flaked salt as you prefer.
13. Bake focaccia in the tray for 20 min. During the baking process you will lift and rotate the dough 2 times to ensure the focaccia is cooked evenly throughout: first after approx. 10 minutes of baking and then again after 15 minutes of baking. Each time you lift and rotate the Focaccia, brush remaining olive oil evenly over the surface.
14. Remove from oven when deep golden brown and cool on rack with tray underneath.

Slice and enjoy!





Focaccia al Pomodoro

INGREDIENTS:

Focaccia (5x8") 1 piece
Buffalo mozzarella 125g ball
Pesto Genovese 30g
Heirloom tomatoes 2 whole
Tomato Condimento 20g
Olive oil 2 tbsp

Fresh baked focaccia with PDO mozzarella di bufala, PDO Pesto Genovese, sliced heirloom tomatoes & Tomato Condimento.

Build instructions:

1. Preheat oven to 350°.
2. Cut focaccia in half horizontally with a bread knife & warm in oven slightly until soft and aromatic.
3. Slice PDO buffalo mozzarella & heirloom tomatoes $\frac{1}{4}$ " thick.
4. Spread generous amount of PDO Pesto Genovese on the top slice of focaccia and generous amount of Tomato Condimento on the bottom half.
5. Layer tomatoes and mozzarella on bottom half of focaccia and drizzle generous amounts of PDO olive oil (don't worry if oil is dripping off that's how Italian panini are messy!).
6. Season tomatoes and mozzarella well with sea salt and enjoy!



Focaccia ai Frutti di Mare

INGREDIENTS:

Focaccia (5x8") 1 piece

Bomba Sauce 30g

Sautéed rapini with garlic & chili $\frac{1}{2}$ bunch

Marinated baby octopus 150g

Parmigiano Reggiano 30g

Olive oil 2 tbsp

Braised baby octopus, PDO San Marzano tomatoes, 30 month Parmigiano Reggiano & sautéed rapini.

Build instructions:

1. Preheat oven to 350°.
2. Cut focaccia in half horizontally with a bread knife & warm in oven slightly until soft and aromatic.
3. Spread bomba sauce generously over top half of focaccia & cooked rapini over bottom half of focaccia.
4. With a spoon add braised baby octopus over top of rapini & then spoon over 30 month PDO Parmigiano Reggiano over top of the octopus.
5. Drizzle extra PDO olive oil to finish and enjoy!

Thank you to our partners:



Michelle Jobin, TV Personality and Producer



Cheese Boutique, gourmet emporium



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