

ICCO CANADA presents:

IL PANINO GOURMET

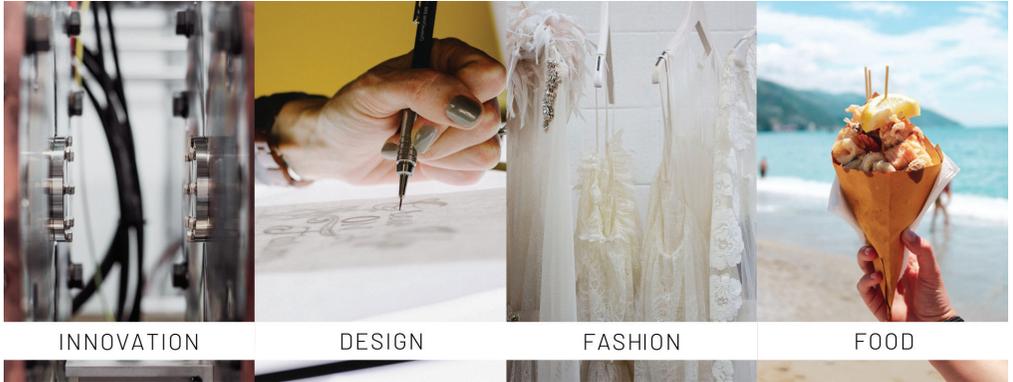
TABLE OF CONTENT

ITALIAN CHAMBER OF COMMERCE OF ONTARIO	04
THE TRUE ITALIAN TASTE	05
PDO & PGI	06
PANINO GOURMET SERIES	09
PANINO GOURMET WITH CLAUDIO SADLER	10
CHEF SADLER	11
PANINO AIA	12
PANINO DUE-IN-UNO	14
PANINO MAREMMA	16
THANK YOU TO OUR PARTNERS	18

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



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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

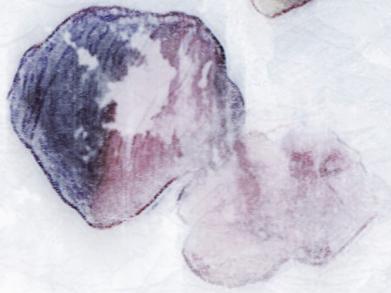


The PDO (Protected Designation of Origin) mark identifies a product originating in a specific place, region or country, whose quality or characteristics are essentially or exclusively due to a particular geographical environment with its inherent natural (raw materials, environmental characteristics, 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 22nd is a live webinar organized in collaboration with Michelin Star Chef Claudio Sadler (*Ristorante Sadler, Milan*). Chef Sadler will guide us through his own versions of Gourmet Panini and show us 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 Claudio Sadler

September 22nd, 2020 – 6-7 pm

During this online webinar, **Michelin Star Chef Claudio Sadler** will connect from his own restaurant located in Milan [ristorantesadler.it], Italy, to talk to us about three Panini Gourmet he created specifically for this event:

Panino Maremma



Panino Due in Uno



Panino Aia



Chef Sadler will prepare each sandwich individually according to his own designs, explain ingredients and preparation and share with us some insights and inspiration for the sandwiches.

Deborah Verginella, Executive Chef at Miele Gallery Caplan's [caplans.ca] will be by Chef Sadler's side (virtually speaking) and accompany him in conversation throughout the event, assisting with her own expertise and meticulously thought out questions.

Chef Sadler will talk to us about the following list of PDO/PGI products he used in his sandwiches, their qualities, traceability, and give us further details on the PDO/PGI certifications and their importance:

Provolone Valpadana Salamino PDO, **Aceto Balsamico di Modena** PGI, **Bresaola della Valtellina** PGI, **Robiola di Roccaverano** PDO, **Ricotta di Bufala Campana** PDO, **Grana Padano**.

Chef Claudio Sadler



Born in Milan in 1956, Claudio Sadler started his career right after finishing his studies at the culinary school by opening the *Locanda Vecchia Pavia* in Pavia. His debut in Milan was in 1986, when Chef Sadler opened *l'Osteria di Porta Cicca*; in 1991 he received his first Michelin Star. In 1995 the restaurant moved to a close by location, where it stayed for 11 years and where he then received his second Michelin Star.

In 1996 Chef Sadler brought his culinary expertise to the Far East, in Tokyo, where he opened a restaurant. In 2008 he opened a second restaurant in Beijing's Tiananmen Square, in collaboration with two trusted partners.

In 2007 his restaurant in Milan relocated and shortly after a second one was opened, *Chic'n Quick Trattoria Moderna*, which focused more on informal and quick eating, while still keeping Chef Sadler's style. That same year two more restaurants opened in the Milan Exhibition Centre called *Chic'n Quick e Sadler in Fiera*, that were open until 2019.

On December 7th 2018 Chef Sadler was awarded the "Ambrogino d'oro" the Municipality of Milan's highest honour, which is conferred upon distinguished institutions and citizens in appreciation of their human and professional merits.

"Modern cuisine in evolution" is the best way to describe Chef Sadler's philosophy in the kitchen, which is distinguished by a balance between keeping traditions of regional cuisine alive and the reinterpretation of those dishes, by adding his own creativity and artistic ideas.

Chef Sadler also wrote a series of books such as a monographic book dedicated to fish, and seven recipe collections that allow his admirers to recreate the restaurant experience at home. His last book *I Mieì Nuovi Menu (My new menus)* was published in October of 2017. Furthermore a recipe collection called *Tutto Sadler* was published in May of 2019.

Panino Aia



Ingredients for the bread:

1 kg.	All Purpose Flour
500 gr.	Pastry Flour
900 gr.	Water
140 gr.	Sourdough Starter
3 gr.	Brewer's Yeast
35 gr.	Salt
70 gr.	Sunflower Seed Oil

Gently mix the flour and water together without kneading, cover and set aside at room temperature for 50 minutes.

In two stages add the sourdough starter, yeast and salt, kneading lightly after each step.

Add oil to the dough and knead until you achieve a smooth and homogenous dough.

Form into a large ball and place in oiled bowl at 30°C for 2 hours and 18 minutes.

Lightly knead the dough and fold into thirds, then rest again for 1 hour.

Shape the dough into 3 Baguettes, and proof for 3 hours at 5°C.

Place on a pre-heated baking tray and bake at 250°C for 15 minutes.

Ingredients for 10 panini:

4 Pcs	Eggs
600 gr.	Turkey Breast
200 gr.	Squacquerone Cheese
150 gr.	Ricotta
1 tsp.	Curry Powder
4 Tbl.	Extra Virgin Oliver Oil
6-8 Dashes	Worchester Sauce
60 gr.	Mayonnaise
40 gr.	Taggiasche Olives
30 gr.	Grana Padano - grated
100 gr.	Pop Corn
2 Leaves	Iceberg Lettuce

Place the eggs in the freezer at -20°C for 24 hours

Remove from the freezer and thaw in the fridge for 12 hours

Wipe the shell and remove the shell under cold running water.

Slice the eggs into thin slices.

Season the turkey breast with salt and pepper, sear in a hot pan until a dark brown crust is formed.

Remove from the pan and seal in a vacuum bag.

Steam the turkey in the bag at 72°C for 1 hour.

Remove from the bag and let cool.

Mix the Squacquerone and Ricotta together and season with curry powder, a drizzle of olive oil, Worchester sauce and salt and pepper to taste.

Place olives in boiling water for 5 minutes.

Drain and wash them in hot water.

Pat them dry and place on parchment lined baking tray.

Roast them at 63°C for 3- 4 hours.

Remove from the oven and let them cool.

Once cool, grind the olives into a powder.

Slice and toast the bread • Cover both slices with the cheese mixture. • Place lettuce on the bottom slice of bread. • Slice the turkey and place it on top of the lettuce. • Add a little mayonnaise and the sliced eggs. • Add the dried olive powder, the popcorn, and the Grana Padano cheese. • Top with the remaining piece of bread and serve.

Panino Due in Uno



Ingredients for the bread:

1 kg.	'00' Flour W320 Strength
500 gr.	'00' Flour W180 Strength
200 gr.	Whole Wheat Flour
900 gr.	Water
140 gr.	Sourdough Starter
3 gr.	Brewer's Yeast
35 gr.	Salt
70 gr.	Grapeseed Oil

Sift the flours together, add the water and mix gently until combined. Let stand covered at room temperature for 50 minutes. Add the sourdough starter and the yeast and knead. Slowly add the salt, kneading in between. Add the oil and knead, then transfer to a mixer fitted with a dough hook. Mix on low speed until dough is smooth and completely mixed. Proof the dough in an oiled bowl at 30°C for 2 hours. Remove the dough, fold it 3 times then proof again in an oiled bowl for 1 hour. Remove the dough and portion into 150 gr. balls. Round each ball and proof at 5°C for 12 hours. Place dough onto a pre-heated aluminum tray and bake at 250°C for 15 min.

Ingredients for 4 panini:

380 gr.	<i>Truffled Bresaola</i>	Thinly slice the Bresaola.
5 gr.	<i>Truffle Paste</i>	Mix the truffle paste with the Robiola.
150 gr.	<i>Robiola Cheese</i>	
70 gr.	<i>Mushrooms Preserved in Oil</i>	Cut the mushrooms into thin slices.
100 gr.	<i>Iceberg Lettuce - shredded</i>	Clean and open the zucchini flowers.
4 pcs.	<i>Zucchini Flowers</i>	
2 Tbl.	<i>Olive Oil</i>	Cut and toast the bread.

Spread the truffled cheese on both pieces of the bread. • Put shaved iceberg lettuce on the bottom half of the bun, top with the Bresaola. • Add the mushrooms and olive oil. • Place a layer of the zucchini flowers on top of the mushrooms. • Cover with the top half of the bun and serve.

Panino Maremma



Ingredients for the bread:

500 gr.	'00' Flour, W 180 Strength
150 gr.	Chickpea Flour
25 gr.	Brewer's Yeast
300 gr.	3.25% Milk
50 gr.	Salted Butter - melted
7 gr.	Salt
60 gr.	Sugar
1 pc.	Egg White
2 tsp.	Fennel Seeds

Sift together the flours and mix the yeast with the milk.

Add the milk to the flours and mix together.

Add the sugar, butter and salt.

Transfer to a mixer fitted with a dough hook and knead until the dough is smooth.

Rest the dough covered at 30°C for 2 hours, or until it doubles in size.

Transfer to a floured working surface and roll out with a rolling pin.

Portion into 150 gr. balls, rounding them.

Place on a parchment lined baking tray and brush with egg whites.

Sprinkle fennel seeds on top.

Bake at 190°C for 15 minutes.

Ingredients for 4 panini:

For the lamb burger:

500 gr.	Ground Lamb
4 Tbl.	Milk
50 gr.	Breadcrumbs
50 gr.	Mustard
70 gr.	35% Cream

For the Provolone sauce:

130 gr.	Provolone Cheese – grated
35 gr.	Grana Padano – grated
80 gr.	2% Milk
70 gr.	35% Cream
1 tsp.	Xanthan Gum

For the Mayonnaise:

80 gr.	Mayonnaise
10 gr.	Grainy Mustard

For the other ingredients:

1 pc.	Eggplant – cut thin and grilled
2 heads	Curly Endive – washed and trimmed
2 Tbl.	Olive Oil
1 Tbl.	Balsamic Vinegar
4 Portions	French Fries

Cut the buns and lightly toast. • On the bottom half spread mayonnaise, then add the burger. • Drizzle a little of the sauce on top of the burger. • Cover with the grilled eggplant and endive. Drizzle with olive oil and balsamic. • Place the top half of the bun on top and serve with French fries and the remaining Provolone sauce.

Mix the milk and breadcrumbs together to hydrate the breadcrumbs.

Mix with the meat, mustard and cream.

Portion into 150 gr. patties and refrigerate until needed.

Place all the ingredients except the xanthan gum in a double boiler and cook at 70°C for 15 minutes.

Remove and puree in a blender until smooth, adding the xanthan gum as it purees.

Mix the two ingredients together.

Thank you to our partners:

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A family business for over 70 years specializing in selling premium appliance brands with uncompromising service. Caplan's Toronto store is 3 stores in one comprising of a main showroom, an outlet store and a stand-alone Miele Gallery with a live kitchen.

Deborah Verginella, Executive Chef, Miele Gallery Caplan's

Chef Roberto Fracchioni, Project Consultant

Panini Illustrations by: Chef Claudio Sadler



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