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Traditional Italian Cooking with Antonietta at Osteria de Medici in Kensington, Calgary, Alberta Canada

By Grace C. Visconti



Antonietta Terrigno

Antonietta and Rocco Terrigno, owners of Osteria de Medici in Calgary, have hosted some very famous celebrities at their restaurant including: Pierre Trudeau, Sir Anthony Hopkins, Tom Selleck, Jane Goodall, Christopher Reeves, Cynthia Nixon, Steven Seagal, Geena Rowlands and Jon Voight to name a few. Members of the Calgary Flames hockey team dine at Osteria de Medici when they are in Calgary preparing for their hockey games, valuing the home cooked classic Italian meals. Whether Antonietta and Rocco Terrigno host celebrities, politicians, athletes or new and regular customers, their clientele have one thing in common: their appreciation for high quality Italian cuisine.

Antonietta was born in Molise, just east of Rome. She learned to cook with her mother at age fourteen when she made everything from scratch, preparing and serving only the best quality food. She comes from a generation of great Italian home cooks, and decided years ago to develop this inborn talent by training for five years in Rome and four years in Switzerland as a professional chef. In 1969, she married Rocco Terrigno, a schoolmate and chef who shared her passion for good food.

Antonietta and Rocco have been in the restaurant business for twenty-seven years where their experiences have been rewarding, varied and extensive, which has included four years living and working in St. Moritz. In 1976, they moved to Calgary where the restaurant they started back then, Osteria de Medici has won many awards over the past fourteen years. Their sons Maurizio and Michael are also part of their parents' professional lives and are involved in the restaurant.

High quality Italian cuisine at Osteria de Medici includes the freshest fruits and vegetables, the best olive oil, seafood, meats, pasta and cheeses. The emphasis on freshness, quality and the vegetables used in Italian cooking makes it one of the healthiest cuisine choices in the world.

In [Italian Cooking, Classic Recipes](#), Antonietta's newest edition CD, the simple and delicious recipes reflect the wide diversity of Italian cuisine. Antonietta has used her experience and skill to simplify the meals for busy home cooks. Her chapter on basic sauces provides the foundation for many recipes. With these basics explained, many of the recipes can be ready to eat in 20 to 30 minutes or less. This consideration for the busy lives people lead and limited time they have to make nutritious meals, is shown in the simplicity of the recipes.

The [Italian Cooking, Classic Recipes](#) by Antonietta Terrigno, is available on CD October 2009 for \$20 + GST. Along with featuring Classic Italian Recipes, it will also have a nutrition section for children, teenagers and adults.

Osteria de Medici is located at 201 – 10 Street NW, Calgary AB T2S 1V5, Canada

Reservations Recommended. PH: 403-283-5553 Web: www.osteria.ca, Email: antonietta@osteria.ca.

For anyone visiting Osteria de Medici restaurant, Antonietta is available to teach cooking classes to small and large groups of people for \$100 per person. In a class, Antonietta teaches how to cook a 3-course meal and at the end of the class, the group eats the 3-course meal. Also, each person receives one complimentary glass of wine with the meal.



Gamberi Al Vino Bianco

Fresh shrimp is used with this dish always. Throughout North America, shrimp is the favorite shellfish. This recipe adds the classic flavors of Italian cuisine – it's a winning combination. Make sure the shrimp is deveined and washed in cold water. Drain and then cook. Don't overcook the shrimp. This is a favorite traditional choice for dinner at Osteria de Medici restaurant. It is usually served with vegetables.

Gamberi Al Vino Bianco

- 1 tbsp. (15 mL) butter
- ¼ cup (60 mL) oil
- 1 medium onion, finely diced
- 2 stalks celery, finely chopped
- 1 medium carrot, finely chopped
- 3 ½ lbs (1.75 kg) large shrimp, peeled, deveined
- ½ tsp. (2 mL) dried oregano
- ½ tsp. (2 mL) dried thyme
- Salt and pepper to taste
- 1 ½ cups (375 mL) dry white wine

In a large skillet, heat the butter and oil; sauté the onion, celery, and carrot over medium heat for about 5 minutes. Add the shrimp and stir well. Cook for another 5 minutes. Add oregano, thyme, salt and pepper and stir well. Pour wine over shrimp and continue cooking over medium heat for about 15 minutes, stir occasionally. Serves 6.

Preparation Time: 30 minutes

Cooking Time: 20 minutes



Fusilli Principessa

Fusilli Principessa is a quick meal that is rich in carbohydrates, asparagus and mushrooms. Brandy and cream sauce are added for extra flavor and that is what makes this dish stand out from other pasta recipes. Dry Fusilli pasta is made with top quality Durham semolina flour and eggs from Italy. The taste of the sauce is the main essence of this recipe giving it a distinctive taste to the dish. It is a quick recipe that can be made in approximately 25 minutes.

Fusilli Principessa

The height of luxury, asparagus, mushrooms, brandy and cream, this sauce is incredibly easy to make and outrageously good.

- 1 lb (500 g) Fusilli*
- 4 tbsp. (60 mL) butter
- 1 cup (250 mL) sliced mushrooms
- 2 cups (250 mL) chopped asparagus tips
- Salt and pepper to taste
- ½ cup (125 mL) grated Parmesan cheese

In a large saucepan of boiling salted water, cook the pasta for 10 to 12 minutes. In a separate, large saucepan, melt the butter and sauté mushrooms and asparagus. Add brandy and cream. Reduce heat and cook until the sauce starts to thicken. Add salt and pepper. Stir in the cooked pasta. Stir in the Parmesan cheese. Serves 4.

Preparation Time: 10 minutes

Cooking Time: 15 minutes

*Fusilli is a spiral (spring-shaped) pasta about 1 ½" (4 cm) long.



Minestrone

Minestrone is the main traditional dish in Italy for people who don't eat meat. In Italy, they pick fresh vegetables from the garden and make the soup from scratch. If one prefers the vegetables crispy, cook for 20 minutes as soon as it begins to boil or if one prefers the vegetables well done, cook them for 30 minutes.

Minestrone

Every family has their favorite recipe for this traditional hearty Italian soup. Almost any combination of seasonal vegetables can be used. It can also contain beans or peas or pasta, and is often topped with Parmesan cheese.

1/3 cup (75 mL) olive oil
1 large zucchini, diced
1 medium carrot, diced
1 medium onion, diced
8 celery stalks, diced
3 peeled potatoes, diced
2 tablespoons extra virgin olive oil
2 cups (500 mL) whole stewed tomatoes
2 quarts (2 L) chicken broth
½ cup (125 mL) cooked spinach
Salt and pepper to taste

Heat the oil in a large saucepan and sauté the zucchini, carrots, onion, celery and potatoes with oil for approximately 10 minutes. Add the stewed tomatoes and continue cooking for another 10 minutes. Add the broth and cook until vegetables are soft, about 20 minutes. Add the spinach, salt and pepper just before serving. Serves 6.

Preparation Time: 20 minutes

Cooking Time: 40 minutes