

Maureen Nuzzo prepares ingredients for one of the popular cooking classes at Consiglio's, a Wooster Square Italian favorite that's stood the test of time.



## ON THE MENU:

### Consiglio's

You know a restaurant is a New Haven institution if it's got a starring role in one of Garry Trudeau's "Doonesbury" cartoons. (Trudeau attended Yale in the 1970s.) But Consiglio's in Wooster Square, an Elm City favorite since 1938, is hardly resting on its laurels.

With its savory, expertly prepared southern Italian food and truly warm service, Consiglio's deserves to maintain its status well into an eighth decade. Now, generations of Italian food expertise are being passed on in Consiglio's popular cooking classes, held nearly every Thursday through April.

Here you'll learn how Chef Maureen Nuzzo balances the caramelized sweetness of sautéed shallots with the bite of lemon juice in the restaurant's fettuccini.

If you can't make the classes, content yourself with the regular menu's standouts like an eggplant rollatini that expertly marries fried vegetable with mozzarella, ricotta and a vibrant tomato sauce. Or try the Pepper Tuna and Tomato, a generous portion of seared albacore dressed with olives, capers and a fluffy, steamed pile of fresh spinach.

The pastas are handmade at Consiglio's and the sauces sing of tomatoes grown in Italian soil. Sop up the juices with crusty Italian bread so flavorful it will have you hovering up the crumbs. If this is what an institution tastes like, lock me up and throw away the key.

*Consiglio's, 165 Wooster St., New Haven (203-865-4489).*

## RECIPE: Stuffed Escarole

- 24 large escarole leaves
- 6 small fresh mozzarella balls (ovoline)
- 12 pieces prosciutto, sliced very thin
- 1 clove crushed garlic
- 2 lemons
- 1 cup white wine
- ½ cup chicken stock
- ½ cup plum tomatoes
- 2 tablespoons butter
- salt and pepper

Soak escarole leaves in warm water for five minutes, remove and blanch in boiling, salted water for three minutes. Cool in ice water. Lay out two pieces of escarole, one on top of the other, and place one slice of prosciutto and half a mozzarella ball inside. Roll up. Sauté garlic in a little butter for one minute. Add plum tomatoes, lemon and white wine. Bring to a boil. Add chicken stock, bring back to a boil. Place escarole roll-ups in a baking dish and cover with sauce. Bake for 10 minutes at 350 degrees and serve.