



ITALIAN RECIPES

STRAIGHT FROM
THE CANDONI DE ZAN
FAMILY'S KITCHEN



CANDONI
family

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“At Candoni wines, we passionately commit to adopting healthy and responsible agricultural and winemaking methods, ensuring meticulous control at every stage, from the vineyard to the bottle. Our primary focus is on producing high-quality wines.

We strive to incorporate key elements that reflect current environmental sensitivities, such as respect for natural cycles, the adoption of alternative energy through solar panels, sustainable water management, and the use of cutting-edge, low-impact technologies.

Through the synergy of tradition and innovation, we aspire to create wines that authentically express our dedication to sustainability and quality. We invite wine enthusiasts to join us on this journey, where each sip tells the story of our commitment to excellence, the environment, and a passion for the art of winemaking and good healthy food.

We invite you to pair our wines with our family recipes to experience an authentic Italian feast with your loved ones. Cheers!”

Elviana Candoni De Zan
OWNER AND ART DIRECTOR

GLUTEN
FREE!



BILOGO E SALUTE
ITALY



ORGANIC PINOT NOIR

DENOMINATION:

Provincia di Pavia I.G.P.

GRAPE:

100% Organic Pinot Noir Grapes

ALCOHOL:

13% vol.

Color: Ruby red with garnet hues.

Serving temperature: 60 - 64 °F

Tasting notes: Nice medium body structure, well balanced with fine tannins and fruity finish. Aromas of red and black cherries and plums, raspberries, mulberries, blueberries, blackberries.

Food pairing: Ideal with white mushroom recipes like porcini mushroom pasta and mushroom risotto, hearty soups and vegetables, asian food, legumes, fruit-based sauces.

Vinification: Classical red vinification. Fermentation occurs in contact between skins and must for around 6-10 days at controlled temperatures of 77 °F in order to extract more colorant substances from the skins to extract the fine and elegant aromas typical of the grape variety. To respect Vegan vinification we don't use any byproduct of animals to clarify and to stabilize the wine. Once the alcoholic fermentation is over, we proceed with the malolactic fermentation.



Sweet Potato Lentil Salad

<i>Serve</i> 2	<i>Prep Time</i> 10 mins	<i>Cook Time</i> 30 mins	<i>Total Time</i> 40 mins
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INGREDIENTS

- 1 large **or** 2 small sweet potatoes
- 2 **tsp** extra virgin olive oil
- 1/3 **tsp** or more salt
- 1/2 **tsp** curry
- 1/3 **tsp** cinnamon
- 1/2 **tsp** turmeric
- 1/4 **tsp** or more cayenne

Lentil salad:

- 1.5 **cups** cooked lentils
- 1/2 medium red onion finely chopped
- 1 hot green chile finely chopped
- 2 tomatoes chopped
- 1/3 **tsp** curry
- 1 **tsp** extra virgin olive oil and ground mustard
- 1 to 2 **tsp** lime juice to taste
- 3/4 **cup** packed chopped cilantro
- Salt, black pepper and cayenne to taste

STEPS TO MAKE IT

Peel and chop the sweet potatoes into small cubes. Toss in oil, salt and spices until well coated. Spread on parchment lined baking sheet and bake at 425 °F for 15 to 20 minutes or until tender. Use chopped butternut or pumpkin or other squash for variation. Cook 3/4 cup dried lentils to preference, 40+ minutes in a saucepan or pressure cooker for 7 to 10 mins or drain and wash canned lentils and add to a bowl. (One 15 oz can will give about 1.5 cups lentils). Add the rest of the ingredients and mix well. Taste and adjust salt, flavor and heat. Assemble the bowls with a generous helping of the lentils and sweet potatoes. Add a dash of lime juice and a good dash of black pepper.



CANDONI family
PINOT NOIR
MADE WITH ORGANIC GRAPES
PRODUCT OF ITALY

Caprese Pasta Salad

Serve 4	Prep Time 5 mins	Cook Time 15 mins	Total Time 20 mins
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INGREDIENTS

- **8 oz** your favorite pasta shape
- **1 cup** small fresh vegan mozzarella
- **2 cups** grape tomatoes (10.5 oz)

Basil Pesto:

- **1 cup** fresh basil
- **1 clove** garlic
- **¼ cup** vegan parmesan grated
- **2 ½ tbsp** extra virgin olive oil
- Salt and pepper to taste

STEPS TO MAKE IT

Cook and drain your pasta according to package directions. Drain with cold water and set aside. In a food processor, combine basil, garlic, parmesan, olive oil, and salt and pepper.

Pulse until everything is coarsely chopped and blended together. In a medium sized mixing bowl, combine pasta, basil pesto, grape tomatoes, and mozzarella balls.

Toss together until it is coated in the basil pesto.

Wild Mushrooms Bruschetta

<i>Serve</i>	<i>Prep Time</i>	<i>Cook Time</i>	<i>Total Time</i>
6	10 mins	30 mins	40 mins

INGREDIENTS

- **1 pound** mixed wild mushrooms, trimmed and sliced
- **2 tbsp** balsamic vinegar
- **1 tbsp** extra virgin olive oil
- **¼ tsp** dried rosemary
- **¼ tsp** salt
- **12 slices** whole-wheat baguette
- **2 tbsp** grated vegan parmesan cheese
- Freshly ground black pepper
- Olive oil spray

STEPS TO MAKE IT

Preheat the oven to 400 °F.

In a bowl, toss the mushrooms with the balsamic vinegar, olive oil, rosemary, salt and pepper to taste.

Line a rimmed baking pan with foil and spread the mushrooms in the pan.

Roast, tossing every 5 minutes, until the liquid has evaporated and the mushrooms are beginning to crisp in spots, about 25 minutes.

Meanwhile, lightly spray the baguette slices on both sides with olive oil and place them on a baking sheet. Toast in the oven until the tops are golden, about 4 minutes. Sprinkle each toast with 1/2 teaspoon parmesan cheese and return to the oven until the cheese is melted. Pile the mushrooms on the toasted baguette slices and serve.





Grilled Mushrooms with Garlic Sauce

INGREDIENTS

- 2 large portobello mushrooms (or 3 medium) cleaned with a damp cloth

Marinade:

- 3 cloves garlic minced
- 2 **tbsp** balsamic vinegar
- 1 **tsp** extra virgin olive oil
- ¾ **tsp** smoked paprika
- 2 **tsp** vegan Worcestershire sauce or use soy sauce (tamari to make glutenfree)
- 2 **tsp** lemon juice
- 1 **tbsp** **Candoni Organic Pinot Noir**
- A generous dash of salt and pepper

Creamy Smoky Garlic Sauce:

- 1 **tsp** extra virgin olive oil
- 1 medium onion finely chopped
- 5 cloves of garlic minced
- ¼ **cup** raw cashews (soaked in hot water for 15 minutes if needed)
- 1 **tbsp** flour
- 1.5 **cups** water
- 1 **tbsp** lemon juice
- 1 **tbsp** extra virgin olive oil
- 1 **tbsp** nutritional yeast optional
- 1 to 2 **tbsp** **Candoni Organic Pinot Noir**
- ½ **tsp** or more salt
- Fresh basil and black pepper to taste for garnish

Serve	Prep Time	Cook Time	Total Time
3	15 mins	30 mins	45 mins

STEPS TO MAKE IT

In a shallow dish, mix all the ingredients under marinade. Place the portobello mushrooms in the dish and brush the marinade all over. Let it marinate for 10 to 15 minutes. Heat a grill or a heavy bottom pan over medium heat. Spray or brush oil on the pan. When hot, place the mushrooms on the pan, partially cover and cook for 3 to 4 minutes per side. If the mushrooms are thin, they will cook through in the time. If they are thick, transfer to the oven and bake at 400° F for 15 minutes or until a knife goes through easily. To bake the marinated mushrooms without grill step, bake for 25 to 30 minutes in the shallow dish.

Make the sauce: heat oil in a skillet over medium heat. Add onion and garlic and pinch of salt and cook until translucent. Transfer half of the mixture to a blender. Add the rest of the ingredients and blend until smooth. Blend a couple of times of 1 minute cycles so the cashews blend in. Pour the blended mixture into the skillet with the remaining onion garlic and cook over medium heat until thickened. Taste and adjust salt and flavor. Add a dash of thyme and a tsp of vegan worcestershire or soy sauce for additional flavor if needed. Serve the mushrooms drizzled generously with the creamy sauce, fresh basil (adds great flavor) and black pepper.



GLUTEN
FREE!



ORGANIC CABERNET SAUVIGNON

DENOMINATION:

Terre Siciliane I.G.P.

GRAPE:

100% Organic Cabernet Sauvignon Grapes

ALCOHOL:

14% vol.

Color: Deep, ruby intense with violet hues.

Serving temperature: 60 - 64 °F

Tasting notes: Great structure, round, full bodied with velvety tannins. Nice and persistent in the palate. Aromas of red fruits and blackberry jam as well as some slight spice notes.

Food pairing: Ideal with veggie burgers, grilled vegetables, hearty soups, pasta dishes with tomato based sauces and dark chocolate and walnuts.

Vinification: Classical red vinification.

Fermentation occurs in contact between skins and must for around 8-12 days at controlled temperatures of 82 °F in order to extract more colorant substances from the skins as well as tannins and aromas. To respect Vegan vinification we don't use any byproduct of animals to clarify and stabilize the wine. Once the alcoholic fermentation is over, we proceed with the malolactic fermentation.

Vegan Rosé Sauce Farfalle Pasta

INGREDIENTS

Roasted Veggies:

- **2-3** carrots
- **1** zucchini
- **1 tsp** extra virgin olive oil
- **¼ tsp** salt
- **¼ tsp** black pepper
- **½ tsp** garlic powder
- **½ tsp** basil

Pasta + Sauce:

- **6 to 7 oz** farfalle pasta
- **10 to 12 oz** tomato sauce , (about 1 cup) or puree tomatoes and use 1 cup of the puree
- **⅓ cup** cashews (soaked for 15 mins if needed)
- **2 tsp** flour
- **1 tsp** onion flakes or 1/4 cup sauteed onion
- **¾ tsp** garlic powder
- **½ tsp** oregano
- **½ tsp** dried basil or a few fresh basil leaves
- **¼ tsp** sage
- **1 tbsp** nutritional yeast
- **½ tsp** salt
- **⅛ tsp** white pepper or black pepper
- **1 cup** water or broth divided
- Fresh or dried basil & red pepper for garnish

STEPS TO MAKE IT

Toss the sliced veggies in oil or rub the oil. Add the herbs, spices and toss to coat. Spread in a single layer on a baking sheet. Bake at 400 °F for 20 to 25 mins. Prepare the pasta according to instruction on the package. Drain, rinse in cold water and set aside. Blend the tomato sauce with the rest of the ingredients. Use 1/2 cup water or broth to rinse out the tomato sauce can/bottle and add to the blender. Blend until smooth. Bring to a boil stirring occasionally. Taste and adjust flavor. Depending on the tomato sauce used, you might need more herbs if it sauce was unseasoned. Fold in the pasta. Sauté for a minute. Serve with the roasted veggies. Some fresh basil, pepper flakes and vegan parmesan make a great garnish.

Serve	Prep Time	Cook Time	Total Time
4	10 mins	30 mins	40 mins



Spaghetti with Lentil Bolognese

INGREDIENTS

- **8 to 9 oz** spaghetti or other pasta
- **1/2 cup** red lentils (*split skinned quick cooking kind*)
- **1 tsp** extra virgin olive oil
- **4 oz** mushroom, *chopped small*
- **1/2** small onion, *chopped small*
- **4** cloves of garlic, *finely chopped*
- **1/4 cup** shredded carrots
- **3/4 tsp** dried oregano (or **1/2** tbsp fresh)
- **1 tsp** dried basil (or 2 tbsp fresh)
- **1/4 tsp** thyme or rubbed sage
- **1/4 tsp** onion powder
- **2 tsp** nutritional yeast, *optional*
- **16 to 18 oz** low sodium marinara or pizza sauce or 28 oz diced tomatoes
- **1 tbsp** tomato paste, *optional*
- **1/2 tsp** salt (depends on the salt content of the sauce. Use less and add more later to taste)
- **1/4 cup Candoni organic Cabernet Sauvignon**
- A good dash of black pepper and red pepper flakes
- Fresh basil or thyme for garnish

Serve	Prep Time	Cook Time	Total Time
4	10 mins	25 mins	35 mins



STEPS TO MAKE IT

Wash the lentils, drain and add to pot with 2 cups of water. Cook over medium heat for 11 to 14 mins or until just about cooked. The water will start boiling half way through. Stir once in between to cook evenly. Drain if there is too much water (a few tbsp is ok) Set aside. Or use 1.5 cups cooked lentils, chickpeas or split peas of choice.

Heat a skillet over medium heat, add onion, mushroom, garlic and a good pinch of salt. Cook for 5 minutes or until golden. Stir occasionally. Add the carrots, herbs, spices and mix in. Cook for 2 mins. Add the marinara sauce, salt, pepper, wine/broth and mix in. Bring to a boil. (If using diced tomatoes, double the herbs, add 1 tbsp tomato paste and cook for 10 to 15 minutes. Mash the large pieces of the tomatoes and continue).

Fold in the cooked lentils and mix well (add 1 tbsp tomato paste if the mixture is not tomatoey enough). Cook for 1-2 minutes. Adjust consistency by adding more water if needed. Taste and adjust salt and flavor. Then cover, take off heat and let sit for another few minutes for the flavors to develop.

Cook the spaghetti according to instructions on the package or prepare other pasta.

Garnish with fresh basil and optional vegan cheese. Serve over cooked spaghetti.

Pasta with Green Pesto

Serve	Prep Time	Cook Time	Total Time
6	10 mins	30 mins	40 mins

INGREDIENTS

- 1/2 cup packed fresh basil
- 1.5 cups spinach
- 2 tbsp sunflower seeds
- 2 tbsp pecans
- 2 cloves of garlic
- 1/4 tsp salt
- 1 tbsp nutritional yeast, *optional zest of half a lemon, or use lemon juice to taste*
- 1 tbsp extra virgin olive oil
- Black pepper, red pepper flakes
- Water as needed

Pasta:

- 12 to 14 oz ziti or spaghetti
- 1 cup cherry tomatoes
- 2 cups cooked broccoli
- 1 tsp lemon juice
- 2 tsp extra virgin oil
- 2 cloves of minced garlic
- 1/2 tsp red pepper flakes
- 1/4 tsp salt

STEPS TO MAKE IT

Add basil, spinach, sunflower seeds, pecans, broccoli, garlic, salt, nutritional yeast, lemon zest to a food processor. Process until a coarse mixture. Add oil and a tbsp or so water and process again. Add more water if needed to make a homogeneous mixture. Cook the pasta according to instructions on the package. Drain and mix the pesto with the pasta. Add the tomatoes to the pesto pasta and serve. Garnish with black pepper, vegan parmesan.





Minestrone

Serve 4	Prep Time 10 mins	Cook Time 40 mins	Total Time 50 mins
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INGREDIENTS

- **1 tsp** extra virgin olive oil
- **1/2 cup** chopped onion
- **4** cloves garlic chopped
- **1/2 cup** chopped celery
- **3/4 cup** chopped carrots
- **28 oz** can diced tomato
- **15 oz** can cannellini beans
- **1 cup** chopped zucchini
- **3 cups** water
- **1/2 tsp** salt
- **1/2 tsp** oregano
- **1/4 tsp** thyme
- **1/4 tsp** black pepper
- **1/2 cup** elbows or other pasta (use gluten-free if needed)
- **1 cup** baby spinach
- **3 tbsp** chopped basil
- Vegan parmesan for garnish , *optional*

STEPS TO MAKE IT

Heat oil in a large saucepan over medium heat. Add onion and garlic and cook until translucent, 4 mins. Add celery, carrots and tomato and bring to a boil 4 to 5 mins. Add the beans, zucchini, water, salt and spices and cook for 15 to 18 minutes. Add 1/2 cup pasta and simmer for 12 or more minutes. Taste and adjust salt, herbs and heat. Fold in spinach and 2 tbsp chopped basil and simmer for another minute. Serve hot garnished with fresh basil and vegan parmesan.

GLUTEN
FREE!



ORGANIC MERLOT

DENOMINATION:

Terre Siciliane I.G.P.

GRAPE:

100% Organic Merlot Grapes

ALCOHOL:

14 % vol.

Color: Deep ruby.

Serving temperature: 60 - 64 °F

Tasting notes: Wonderfully aromatic and fruity, blending silky flavors of blackberry, cherry, and blackcurrant.

Food pairing: Its round character makes it a great accompaniment to aged or blue cheese, mushrooms, berries and red fruit sauces.

Vinification: Classical red vinification.

The delicately de-stemmed grapes are macerated for 4-6 days so as to allow optimum extraction of the colouring, tannic and aromatic part from the grape skins. At this stage alcoholic fermentation begins at controlled temperature of 82 °F.

The vinification process continues with the drawing off and pressing of the crushed grapes. To respect Vegan vinification we don't use any byproduct of animals to clarify and to stabilize the wine. Once the alcoholic fermentation is over, we proceed with the malolactic fermentation.



No Yeast Pizza Dough

Serve	Prep Time	Cook Time	Resting	Total Time
4	15 mins	15 mins	30 mins	60 mins

INGREDIENTS

- ¼ **cup** non-dairy milk
- ¼ **cup** water
- ½ **tsp** vinegar (white vinegar\apple cider vinegar)
- **2 tsp** extra virgin olive oil
- **1 ½ cup** flour
- ⅓ **tsp** salt
- **1 tsp** baking powder
- ⅛ **tsp** baking soda
- ½ **tsp** oregano

STEPS TO MAKE IT

Warm the water and non-dairy milk until lukewarm, mix in the extra virgin olive oil and vinegar. In another bowl mix in rest of the dried ingredients, until they are well combined.

Add the dried ingredients to the wet bowl and mix. Press and mix or use your hands to lightly knead.

Depending on the non-dairy milk and the flour used, you might need a tsp or so more water to get the dough together. As soon as the dough forms, bring it together and cover the bowl and let it sit for half an hour. Remove the dough from the bowl and spread it using a rolling pin or hands on a parchment lined baking sheet.

Use flour if dough is sticky to help spread.

Use hands or roll it out. Put your favorite pizza sauce on top, veggies and vegan cheese or other toppings of choice. Bake at 425 °F for 16-18 mins, depending on the size of the pizza and thickness of the crust. Broil for half a minute to brown if needed and then take the pizza out of the oven, let it sit for a minute and slice and serve. Add any dry fresh herb for extra flavor.





Fettuccine with Tomato Sauce and Asparagus

Serve
4

Prep Time
15 mins

Cook Time
25 mins

Total Time
40 mins

INGREDIENTS

- **6 to 8 oz** fettuccine pasta
- **1 tsp** extra virgin oil
- **1/3 lb** asparagus
- **3** cloves of garlic minced divided
- **1/2 cup** finely chopped onion
- **2 tsp** extra virgin olive oil
- **22 to 24 oz** jarred tomato basil sauce or garlic tomato pasta sauce
- **1 tbsp** wheat flour or other flour
- **1/2 tsp** dried thyme
- **1/2 to 3/4 cup** almond milk or non dairy creamer
- Fresh basil for garnish
- Salt, sugar and pepper to taste
- Nutritional yeast or vegan parmesan for garnish

STEPS TO MAKE IT

Heat oil in a skillet over medium heat, add asparagus and 1 clove of minced garlic or 1/2 tsp garlic powder. Cook until lightly brown, 4 to 5 mins. Stir occasionally. Remove asparagus from the skillet and keep aside. Add onions, 2 cloves of garlic and olive oil and cook until translucent, 4 mins. Add the flour and cook for a minute.

Add tomato sauce, salt, sugar, a good dash of black pepper and thyme and mix in. Cook for 10 minutes until boiling well. Taste and adjust salt and sweet.

Add in the non dairy milk or creamer and asparagus. Cook the fettuccine according to instructions.

Mix well and cook for 2 minutes or until heated through. Take off heat and serve garnished with nutritional yeast or vegan parmesan.

Italian Vegan Lasagna

<i>Serve</i>	<i>Prep Time</i>	<i>Cook Time</i>	<i>Total Time</i>
6	30 mins	30 mins	60 mins

INGREDIENTS

Lasagna:

- **12** no boil lasagna noodles
- **1 tbsp** extra virgin olive oil
- **1** medium zucchini, chopped
- **8 oz** pkg sliced mushrooms
- **12 oz** pkg frozen spinach, thawed (can sub a few handfuls of fresh spinach)
- **7-10 cups** marinara sauce

Ricotta:

- **2-14 oz** pkg extra firm tofu, drained and pressed
- **10 oz** tub roasted garlic hummus (1 heaping cup)
- **½ cup** nutritional yeast
- **¼ cup** fresh basil, finely chopped (optional)
- **1 tsp** fine sea salt
- **1 tsp** garlic powder

STEPS TO MAKE IT

Preheat oven to 350 °F. Heat oil over medium heat in a large skillet. Once hot, add zucchini, mushrooms, and a pinch of salt and pepper. Sauté for 5 mins or until softened. Add spinach and sauté for another 5 minutes. Remove pan from heat. Place drained and pressed tofu in a large bowl. Crumble with hands. Add hummus, nutritional yeast, basil, salt, and garlic powder. Stir together with your hands until it's semi-smooth and resembles ricotta. Place about 1 ½ cups of marinara in the bottom of a 9x13 inch baking dish. Top with 4 noodles (3 lengthwise and 1 widthwise to cover the gap at the end).

Next add half of the ricotta mixture and half of the vegetable mixture. Top with a heaping 1 ½ cups or more of sauce. Repeat with more noodles, tofu mixture, and veggies. Then top with one last layer of noodles and another 1 ½ cups or more of sauce. I went heavy on the sauce because I love sauce! Top with a sprinkle of nutritional yeast.

Cover with foil and bake for 30 minutes.



Easy Frittata

INGREDIENTS

Batter:

- 1 ½ cups chickpea flour
- 1 ½ cup water
- ¼ cup plain unsweetened or lightly sweetened yogurt or thick cashew cream
- ½ tsp salt
- ¼ tsp garlic powder
- ¼ tsp onion powder
- ½ tsp ground turmeric
- ¼ tsp cayenne
- ¼ tsp black pepper to taste
- 1 tbsp extra virgin olive oil
- ½ cup (15 g) chopped fresh cilantro or parsley
- ¼ tsp dried thyme
- ½ tsp dried dill

Vegetables:

- 2 cups finely chopped broccoli, cauliflower, mushrooms, bell peppers or zucchini
- ¼ cup finely chopped red onion
- 1 cup tightly packed finely chopped greens
- ¼ teaspoon salt

STEPS TO MAKE IT

Preheat the oven to 375 °F. Grease a 9-inch pie pan (or line it with parchment paper).

Vegetables: In a large bowl, combine the broccoli, onion, greens, and salt. Toss to combine.

Batter: In a blender, combine the flour, water, yogurt, salt, teaspoon garlic powder, teaspoon onion powder, turmeric, cayenne, pepper, and oil.

Blend until smooth. (Alternatively, whisk the ingredients together in a large bowl until smooth). Add the broccoli/veggie mixture to the batter.

Add the cilantro, thyme, and dill and mix well.

Pour the frittata mixture into the prepared pie pan and bake for 45 to 50 minutes, or until a toothpick inserted in the center comes out almost clean.

The top will crack and get golden. Spray or brush some oil on the top of the frittata while it is still hot. Let it sit for 10 minutes before serving.

Store refrigerated for up to 3 days.

Serve	Prep Time	Cook Time	Total Time
6	10 mins	45 mins	55 mins





GLUTEN
FREE!



ORGANIC PINOT GRIGIO

DENOMINATION:

Provincia di Pavia I.G.P.

GRAPE:

100% Organic Pinot Grigio Grapes

ALCOHOL:

12,5 % vol.

Color: Straw yellow.

Serving temperature: 46 - 50 °F

Tasting notes: Smooth, soft and harmonious, with balanced acidity. This wine has nice body and great flavor. Aromas are fruity with notes of toasted almonds, dried hay and walnut.

Food pairing: Ideal as an aperitif.

Excellent with all the main courses of a meal, veggie wraps, vegetable soups, bright salads, pasta with cream sauce and with vegan sushi.

Vinification: Classic white wine fermentation.

Fermentation takes place in controlled temperature stainless steel tanks. At the end of the alcoholic fermentation, the wine remains for an appropriate period in contact with the yeasts to maintain the best perfumes. This also allows us to protect the wine from oxigenation without using chemical additives. To respect Vegan vinification we don't use any byproduct of animals to clarify and to stabilize the wine.



Asparagus Basil Soup

Serve	Prep Time	Cook Time	Total Time
4	15 mins	25 mins	40 mins

INGREDIENTS

- **14- 16** asparagus spears
- **2** cloves of garlic
- **1/2** white or red onion thick slices
- **1/2 cup** soaked cashews or **1/2 cup** cashew cream
- **2 cups** water or vegetable broth
- **1/2 tsp** dried dill or 2 tsp fresh dill
- **1/4 cup** packed basil leaves
- **2 tsp** extra virgin olive oil
- **1/4 tsp** salt or taste
- **2 tsp** nutritional yeast
- A very generous dash of black pepper
- Oil, salt and pepper as needed

STEPS TO MAKE IT

Preheat the oven to 450 °F.

Remove the hard stems from the asparagus spread. Chop the asparagus spears into 2 inch pieces. Place on parchment lined sheet.

Place garlic cloves and onion in the center of the sheet. Spray or brush oil. Sprinkle salt and pepper and bake for 12 to 15 minutes. Remove the garlic at 10 minutes if already golden.

Cool slightly, then blend with the cashews, broth, dill, basil, olive oil, salt and nutritional yeast.

Add blended puree to a pan and heat at medium-high heat and bring to a boil.

Stir frequently for 8-10 minutes. Taste and adjust salt. Add more water/broth if needed for desired consistency. Garnish with cashew cream and black pepper. I blended the cashews with some basil, lemon juice, salt, pepper for a herbed cashew cream drizzle or add some sour cream and onion clusters.



CANDONI
family
PINOT
GRIGIO
MADE WITH
ORGANIC GRAPES
PRODUCT OF ITALY



Pasta Primavera

Serve 4	Prep Time 15 mins	Cook Time 15 mins	Total Time 30 mins
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INGREDIENTS

- 2 margarine
- 1 **tbsp** extra virgin olive oil
- 1 small zucchini (diced)
- 1/2 **cup** frozen peas
- 1/2 bell pepper (use any color)
- 5 **oz** tomatoes
- 1 small carrot (cut into ribbons)
- 3 cloves garlic (minced)
- 1 **tsp** fresh lemon juice
- 1 dash Italian seasoning
- 1 **tbsp** fresh basil (torn/sliced thin)
- 1/2 **cup** vegan parmesan cheese
- 8 **oz** pasta
- Salt & pepper to taste

STEPS TO MAKE IT

Prepare your ingredients and boil water for your pasta (cook it al dente according to package directions). Add the oil and margarine to a skillet over medium-high heat. Once the pan is hot, add the vegetables and garlic and sauté, stirring often, for about 5 minutes until the vegetables are tender-crisp. Stir in the lemon juice, Italian seasoning, and basil. Before draining the pasta, add a splash of the pasta water (a tablespoon or two) to the skillet. Drain the pasta and add it to the pan and toss. Just before serving, stir in the vegan parmesan. Season with salt & pepper as needed.

Pumpkin Risotto

<i>Serve</i>	<i>Prep Time</i>	<i>Cook Time</i>	<i>Total Time</i>
4	10 mins	40 mins	50 mins

INGREDIENTS

- **12 oz** pumpkin (peeled & de-seeded weight), or red kuri/butternut/honeynut squash
- **1** onion (small/med)
- **1** clove garlic
- **1 tbsp** olive oil
- **2 cups** arborio rice
- **3 cups** light stock (vegetable or chicken if you don't need it to be vegetarian)
- **¾ cup** freshly grated parmesan lightly packed, approx
- **1** pinch nutmeg
- **1** pinch pepper
- **1 tsp** aged balsamic vinegar approx, to serve

STEPS TO MAKE IT

Peel and de-seed the pumpkin/squash, if not already prepared. Cut into a relatively small dice. Peel and dice the onion and garlic. Warm the oil and butter in a medium pan over a medium heat then add the onion. Cook for around 5 minutes until the onion softens, but make sure it doesn't brown (reduce heat or add a little more butter, if needed).

Add the garlic and pumpkin/squash and cook a few more minutes until it all softens (around another 5, but depends on the kind of squash/pumpkin and size of pieces). Often this works best by covering the pan with a lid to let the vegetables sweat. Mash the pumpkin/squash so that it's a rough puree.

Add the rice and cook for a minute or two then add enough stock to cover the rice. Keep adding a little more stock (around ½ to 1 cup at a time) as the previous amount is absorbed, stirring now and then so that it doesn't stick. Typically, it doesn't need stirred much to start but more towards the end. Once the rice is cooked and the stock has been absorbed, stir through the parmesan, nutmeg and pepper. Adjust seasoning to taste. Serve topped with a drizzle of aged balsamic and a few shaves of parmesan.



Artichoke Risotto

Serve
4

Prep Time
15 mins

Cook Time
1 hr

Total Time
1 hr 15 mins

INGREDIENTS

- 5 ½ cups low-salt vegetable broth
- 2 tbsp vegan margarine, divided
- 2 tbsp extra virgin olive oil
- 1 cup finely chopped onion
- 8 baby artichokes, trimmed, halved
- 1 ½ cups arborio rice (about 10 ounces)
- ½ cup Candoni Organic Pinot Grigio
- ½ cup finely grated vegan parmesan cheese

STEPS TO MAKE IT

Bring broth to simmer in saucepan. Remove from heat. Cover, keep warm. Melt 1 tablespoon margarine with oil in heavy pot over medium-high heat. Add onion; sauté until soft and golden, about 5 minutes. Pat artichokes dry and add to pot. Sprinkle with salt and pepper. Cover and cook until artichokes begin to brown, stirring often, about 8 minutes. Add rice and stir 2 minutes. Add wine then stir until absorbed, about 1 minute. Add 1 ½ cups warm broth. Cook until absorbed, stirring often, about 5 minutes.

Add more broth, ½ cupful at a time, allowing each addition to be absorbed before adding next and stirring until rice is just tender and mixture is creamy, about 20 minutes longer. Remove from heat; stir in cheese and 1 tablespoon margarine. Season with salt and pepper. Transfer to bowl and serve.



GLUTEN
FREE!



MONTEPULCIANO D'ABRUZZO

DENOMINATION:
D.O.C.

GRAPE:
100% Organic Montepulciano d'Abruzzo

ALCOHOL:
13 % vol.

Color: Red color

Serving temperature: 60 - 64 °F

Tasting notes: A red wine with an intense and harmonious aroma, characterized by a wonderful scent of red fruits and delicate spicy notes. In the mouth the taste is decidedly structured and full, pleasantly soft, balanced and persistent.

Food pairing: Excellent in combination with pizza, appetizers and mushroom dishes, perfect with grilled and roasted vegetables, ideal with minestrone soup and first courses with tomato sauce.

Vinification: Classical red vinification.

Fermentation occurs in contact between skins and must for around 14 days at controlled temperatures of 77 °F in order to extract more colorant substances from the skins to extract the fine and elegant aromas typical of the grape variety. To respect Vegan vinification we don't use any byproduct of animals to clarify and to stabilize the wine. Once the alcoholic fermentation is over, we proceed with the malolactic fermentation.

Mushroom Risotto

INGREDIENTS

- **4 tbsp** extra-virgin olive oil
- **1 ½ pounds** mixed mushrooms, chopped, better to use Porcini mushrooms
- **¾ tsp** sea salt, plus more to taste
- Freshly ground black pepper
- **1** medium yellow onion, chopped
- **2** garlic cloves, finely chopped
- **1 tbsp** fresh thyme leaves
- **1 ½ cups** uncooked Arborio rice, rinsed
- **5 cup** warmed vegetable broth
- **½ cup** grated pecorino or parmesan cheese, plus more for serving
- Chopped fresh parsley, for garnish
- This mushroom risotto recipe is a delicious, elegant vegetarian main dish! It's rich and creamy, made with fresh herbs, and parmesan cheese

STEPS TO MAKE IT

Heat 2 tablespoons of the olive oil in a Dutch oven or large, deep skillet over medium heat. Add the mushrooms, ½ teaspoon of the salt, and several grinds of pepper and toss to coat. Cook, stirring only occasionally, for 8 minutes, or until soft and browned. Remove from the pan and set aside. Work in batches if necessary. Wipe out the pan and return it to the heat. Add the remaining 2 tablespoons olive oil, the onion, and the remaining ¼ teaspoon sea salt. Cook, stirring occasionally, for 5 to 8 minutes, or until softened. Stir in the garlic, thyme, and rice.

Add the broth ¾ cup at a time, stirring constantly and allowing each addition of broth to be absorbed before adding the next. With the final addition of broth, stir two-thirds of the sautéed mushrooms into the risotto. Cook until the risotto is creamy and the rice has a slight al dente bite. Stir in the cheese and season to taste. Top with the remaining sautéed mushrooms, garnish with parsley, and serve with more grated cheese, if desired.

Serve	Prep Time	Cook Time	Total Time
4 to 6	15 mins	30 mins	45 mins



Delicious Penne

<i>Serve</i>	<i>Prep Time</i>	<i>Cook Time</i>	<i>Total Time</i>
4	30 mins	30 mins	60 mins

INGREDIENTS

- **14 oz** penne
- **2 tbsp** olive oil
- **3** cloves of garlic, chopped
- **3 oz** green or black pitted olives
- **1.7 oz** capers
- **2 tps** hot pepper flakes (pili pili or Cayenne)
- **17 oz** peeled tomatoes
- **3 tbsp** chopped fresh parsley
- **10** chopped basil leaves

STEPS TO MAKE IT

Start by preparing the sauce. Heat the olive oil in a pan. Fry the chopped garlic. Season with pepper. Then add the chopped olives and the rinsed and chopped capers. Mix everything together.

Add the chilli flakes and simmer for a few minutes. Stir in the chopped tomatoes and cook the sauce over a low heat for about 20-25 minutes.

After this time, add the parsley and season with salt if necessary.

Meanwhile, continue with the cooking of the penne. Put them in a large pot of boiling salted water and cook them according to the instructions on the packet. Drain the pasta before adding it to the sauce and mix. Add the basil leaves before serving the penne.





Serve	Prep Time	Cook Time	Total Time
4	30 mins	30 mins	60 mins



Stuffed Peppers

INGREDIENTS

- **4** red bell peppers, halved lengthwise, seeds and membranes removed
- **2 tbsp** extra virgin olive oil, plus more for drizzling
- **1** medium yellow onion, chopped
- **1** jalapeño pepper, stemmed and finely chopped
- **4** garlic cloves, chopped
- **2 tbsp** tomato paste
- **2 tsp** chili powder
- **2 tsp** ground cumin
- **3/4 tsp** sea salt, plus more for sprinkling
- Freshly ground black pepper
- **1 1/2 cups** cooked brown rice
- **1 1/2 cups** cooked black beans, drained and rinsed
- **1 cup** corn kernels, fresh or frozen
- **2 tbsp** fresh lime juice, plus wedges for serving
- **1 tsp** lime zest
- **1 cup** shredded pepper jack cheese
- **1/2 cup** chopped fresh cilantro
- Salsa, optional, for serving
- Avocado, or guacamole, optional, for serving

STEPS TO MAKE IT

Preheat the oven to 450 °F and line a baking sheet with parchment paper. Place the peppers, cut side up, on the baking sheet. Drizzle with olive oil, sprinkle with salt and pepper, and bake for 10 minutes, or until tender. Tip out and discard any liquid that pools inside the peppers. Set the peppers aside while you prepare the filling. Heat the avocado oil in a large skillet over medium heat.

Add the onion, jalapeño, and garlic and cook, stirring occasionally, for 5 minutes, or until softened. Add the tomato paste, chili powder, cumin, salt, and pepper and cook for 3 minutes, or until the tomato paste darkens and the spices are fragrant. Remove from the heat and stir in the brown rice, black beans, corn, and lime juice and zest. Season to taste. Fill the peppers with the rice mixture and top with the cheese. Place in a large baking dish and broil for 5 to 10 minutes, or until the cheese is browned. Top with fresh cilantro and serve with salsa and avocado, if desired, and lime wedges for squeezing.

Ribollita (Tuscan White Bean Soup)

<i>Serve</i>	<i>Prep Time</i>	<i>Cook Time</i>	<i>Total Time</i>
6 to 8	15 mins	50 mins	60 mins

INGREDIENTS

- **1/8 cup** good olive oil
- **2 cups** diced onions
- **1 cup** diced carrots
- **1 cup** diced fennel bulb (or sub celery)
- **4-6** cloves garlic - rough chopped
- **1 tsp** freshly ground black pepper
- **1/4 tsp** crushed red pepper flakes, more to taste
- **2 tsp** salt, plus more to taste
- **2-3** medium tomatoes - diced (or a 14-ounce can diced tomatoes)
- **6 cups** lacinato kale, chopped
- **6 cups** chicken or veggie stock
- Parmesan rind (optional, but adds depth and flavor)
- **3 cups** cooked cannellini beans - or use 2 cans cannellini beans (drained, rinsed), or great northern white beans
- **1/2 cup** chopped fresh Italian parsley leaves
- Grated pecorino or Parmesan - optional or try vegan parmesan
- Crusty Bread
- Rosemary Lemon Garlic Oil (for drizzling)
- **1/2 cup** good olive oil
- Zest of one large lemon
- **4** cloves garlic, sliced
- Few sprigs rosemary (or thyme, sage)



STEPS TO MAKE IT

Make the Lemon Garlic Rosemary Oil - place all ingredients in a small jar or bowl and let sit on the counter (or make the day before, refrigerating). In a large, heavy-bottom pot or dutch oven, heat oil over medium heat.

Add onions and sauté 6-8 minutes. Lower heat to med-low and add the carrots, fennel (or celery) and garlic, salt, pepper and chili flakes, and cook another 7-9 minutes until vegetables are tender.

Add the tomatoes and lacinato kale, and continue sauteing and stirring occasionally for 7-8 minutes.

Add the stock and beans. Bring the soup to boil, turn heat down and simmer for 15 minutes (you could add a Parmesan rind to the simmering soup for extra depth of flavor).

Stir in fresh Italian Parsley. Adjust salt if necessary. Serve in bowls with a drizzle of the flavorful lemon oil, grated Parmesan (or Romano) and crusty bread.



Roasted Red Pepper & Rosemary Soup

Serve	Prep Time	Cook Time	Total Time
4	10-15 mins	45 mins	60 mins

INGREDIENTS

- **1/8 cup** 2 red onions
- **2** red peppers
- **6** cloves of garlic
- **16** cherry tomatoes or 4 vine tomatoes
- **1 tsp** flakey sea salt
- **1 tsp** sugar
- **4** sprigs of rosemary
- **1** red chilli
- **4 tbsp** olive oil
- **6 tbsp** extra virgin olive oil
- **1** brown onion
- **2** cloves garlic
- **1** stalk celery
- **2** tins chopped tomatoes
- **1** tin water
- **1 tsp** flakey sea salt
- **1 tsp** sugar

STEPS TO MAKE IT

Preheat the oven to 370 °F and have an oven rack near the top. Start by preparing the ingredients for the tray roast: peel and chop the red onions into thin half moons, remove the core from the peppers and roughly chop, peel and slice the garlic, roughly chop the tomatoes, chop the red chilli, and strip the rosemary leaves from the stalks. Toss everything together with the anchovies, olive oil, sea salt and sugar, and spread evenly into an oven tray. Roast in the preheated oven for 25-30 mins, and open the oven half way through to allow the steam to escape. Things will char, caramelise, soften, and develop fantastic flavour. Meanwhile, finely dice the brown onion, finely chop the celery, and peel and slice 2 cloves of garlic for the pot. Heat 2 tablespoons of olive oil in a large heavy-based saucepan over a

medium heat. Gently fry the onions, and after 5 minutes add the celery and garlic. Continue frying for 5 minutes until things are soft and translucent. Stir often. Next add the chopped tomatoes along with a tin of water, 1 teaspoon of sea salt and 1 teaspoon of sugar and bring to a gentle simmer. When your tray roast has had its 25-30 minutes remove from the oven and carefully transfer everything into the soup - both are scalding so do take care. If some roasted, crispy morsels are stuck to the tray, deglaze with a small splash of hot water and a whisk, and add this to the soup. These charred nuggets will have excellent flavour. Gently simmer the full soup for 10 minutes to allow the flavours to harmonise and concentrate. Turn off the heat and let it cool before blending.

Add a generous drizzle of olive oil and a parmesan cheese.

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