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## **A Taste Of Italy**

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## "A Taste Of Italy"

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# Almond Biscotti

---

3/4 cup butter  
1 cup sugar  
3 eggs  
3 cups flour  
2 teaspoons vanilla  
2 tablespoons Anise seed  
3 3/4 teaspoons baking powder  
1 cup chopped Almonds (can substitute with Walnuts)

To prepare the biscotti, cream butter, sugar and 1 tablespoon anise seed. Add eggs and vanilla. Combine flour, baking powder and 1 tablespoon Anise seed. Add to cream mixture. Add nuts, mix in, and form cookie dough into 2 or 3 long thin rolls. Place rolls on a ungreased baking pan or cookie sheet and bake biscotti cookie rolls at 350 degrees 15 to 20 minutes, or till light brown. Remove from oven and cut diagonally into 1/2 to 3/4 inch slices. Put back in oven and bake an additional 10 to 15 minutes or till Biscotti is lightly toasted. You want the biscoti to dry slightly. It will look somewhat like a elongated piece of french bread, except smaller.

## Amaretto Cookies

---

1/2 Cup Butter  
2 Tablespoon Molasses  
2 Eggs  
1 Cup Almonds, ground toasted  
1/2 Teaspoon Lemon rind; grated  
1 Teaspoon Almond extract  
1/2 Cup Amaretto liqueur  
2 Cup Pastry flour, whole wheat

Cream together butter and molasses. Add eggs, ground almonds, lemon rind and almond extract; mix well. Stir in Amaretto alternately with flour. Drop by teaspoons onto unoiled cookie sheets. Bake at 350 degrees for 12–15 minutes. Cookies will be golden brown when done.

# Angel Hair With Balsamic Tomatoes

---

1 teaspoon minced garlic  
1 teaspoon olive oil  
5 to 6 Roma tomatoes, chopped, (28-ounce. can plum tomatoes)  
3 tablespoons balsamic vinegar  
salt & pepper to taste  
1/4 Cup chopped fresh basil  
1/2 Pound angel hair pasta, (uncooked)

Saute the garlic in olive oil until lightly browned. Do this in a skillet large enough to hold the tomatoes later. Leave garlic in skillet.

Place tomatoes, salt & pepper, basil and balsamic vinegar in a non-reactive bowl and set aside for 10 minutes, stirring occasionally.

Boil water for pasta.

Just before you put the pasta in the water, drain tomatoes and reserve the juice that runs off. (I usually set my colander on a dinner plate). Put the angel hair pasta in the water to cook for the recommended amount of time.

Heat your garlic skillet and toss drained tomatoes briefly JUST to heat. They should retain their shape. The pasta should finish cooking (usually no more than 5 minutes for angel hair) at the same time the tomatoes are ready.

Toss the pasta and tomato mixture together and serve with freshly grated parmesan cheese.

# Antipasto

---

1/2 Pound sliced Genoa salami  
1 slicing tomato  
1 large white onion  
2 roasted red bell peppers  
1 Pound sliced provolone  
2 cans black pitted olives  
1 can baby corn on the cob  
1 small jar of Pepperoncini peppers  
2 stalks of celery  
1 can of rolled anchovies  
extra virgin olive oil

Use a long platter, and arrange in the following order:  
Salami, provolone, tomato, onion, red peppers, and anchovies. Put the baby corns and olives in the center of tray. Take and cut in half celery sticks. Then slice each again length wise. Arrange celery sticks in between each antipasti. Sprinkle some salt lightly on everything. Then drizzle olive oil on everything. Let the antipasti sit covered in the refrigerator till ready to serve. Sitting helps enhance the flavors.

## Arancini Di Riso

---

1 lb. rice  
2 eggs  
1/4 lb. grated parmesan cheese  
3/4 lb. ground beef  
1/4 lb. ground chicken  
1 onion and 1 stalk of celery, chopped  
1/4 tsp. sage  
1 tsp. oregano  
salt and pepper to taste  
1/2 cup white wine  
Oil for frying  
Some flour and dried breadcrumbs  
1 beaten egg

Cook the chopped onion and celery with a soup spoon of oil in a pan and cook over a moderate fire. Add the meat, chicken, sage, oregano, salt and pepper and continue cooking, stirring constantly. Add some of the white wine. Meanwhile boil the rice in salt water and when cooked add the grated parmesan cheese and the two eggs. When the rice is cold put a soup spoon of rice in your left hand, add a teaspoon of the meat mixture, and complete the ball with another spoonful of rice, forming a ball about the size of a small orange. When all the balls are formed roll them in flour, then dip them in the beaten egg, followed by the breadcrumbs, and fry them in boiling oil. There should be enough oil to completely cover the "little oranges". As soon as they are golden remove with a slotted spoon and place on paper towels to absorb the extra oil. Keep them warm in the oven until ready to serve.

## Asparagi Di Campo

---

3/4 Small Onion, minced  
Salt  
1–1/2 Teaspoon Capers, rinsed & chopped  
1 Teaspoon Lemon juice  
Salt & pepper  
1 Mint leaf  
1 Pound Thin asparagus

Place onion & salt in a bowl large enough to hold the asparagus. Mix well & let steep for 30 minutes. Add the capers, lemon juice & mint leaf & marinate for at least 1 hour. Mix thoroughly from time to time. Meanwhile, bring an asparagus cooker to a boil & cook the asparagus until tender but still crisp, about 3 minutes. Drain. Toss the still warm asparagus with the marinade & add salt & pepper. Toss gently & serve.

# Asparagus Pasta col Pesto

---

3 cloves garlic, minced  
1/4 to 1/2 cup olive oil (do not substitute)  
1 cup chopped or sliced asparagus (use only the tender half or tips)(asparagus can be substituted with broccoli, string beans (green beans) or zucchini)  
1/8 cup chopped onion (red or yellow)  
1/4 to 1/2 cup fresh basil, finely chopped  
8 ounces pasta noodles of your choice  
grated Parmesan cheese

Quick Pesto Sauce: Saute garlic, onion, and basil in olive oil until the garlic and onion turns light brown. Do not over cook. Set aside and keep warm.

Prepare the pasta of your choice according to package directions except for the following:

Add 1 to 2 cups additional water. Just before water begins to boil, add the asparagus or the vegetables of your choice. When the water begins to boil add the pasta and cook according to directions

Drain the pasta and vegetable mixture and pour the pesto sauce over the top, tossing lightly to coat. Top with parmesan cheese and serve. You can also serve the pasta direct from the cooking pot to the plates and then add the pesto. This eliminates having to wash another bowl. Serve with French bread and have additional parmesan cheese available at the table.

# Baked Lasagna

---

1 lb. Lasagna pasta noodles, cooked  
2–16 oz. jars meatless sauce  
2 cup cottage cheese, lg. curd  
1/2 cup grated Parmesan cheese  
1 lb. Mozzarella cheese, sliced thin  
3/4 cup chopped onion  
2 cloves garlic, chopped or minced  
2 tsp. salt  
2 eggs, beaten  
2 lbs. ground beef  
1 tsp. Italian seasoning

1. Cook lasagna noodles according to package directions or until tender but still firm. Drain, keep warm.
2. Meanwhile, saute the ground beef, garlic and onion in a large heavy skillet or saucepan until beef is done. Add sauce, salt, and Italian seasoning and mix well. Simmer on low heat 12 to 15 minutes. In a separate bowl, combine eggs and cottage cheese.
3. Grease a 9" x 12" or larger, baking pan. Arrange a first layer of noodles, a layer of the cooked beef, cottage cheese and mozzarella cheese. Add a second alternating layer of lasagna noodles and other ingredients. Repeat until pan is full ending up with a top layer of the lasagna sauce. Sprinkle with parmesan cheese and bake at 350 degrees for 40 to 50 minutes.



## **Barchetta Endivia Belga E Taleggio**

---

4 Belgian endive heads  
1/2 Pound Taleggio cheese, room temp  
1/4 Pound Smoked Salmon, thin slice  
15 Prosciutto or bresaola – cured beef slices  
2 Tablespoon Fennel leaves, finely chop  
2 Tablespoon Parsley, fresh, fine chop  
1 Tablespoon Sun–dried tomatoes, pureed  
1 cup Roasted peppers, cut in thin strips  
Fresh ground black pepper  
Extra virgin olive oil

Carefully remove endive leaves: rinse and dry carefully. Salmon boats: Place a slice of salmon on the endive leaf, enough to sit in the (endive) "boat". Remove the outer skin of the taleggio and leave half the cheese for the second combination. Gently blend the cheese with the fennel leaves. Drizzle a little extra virgin olive oil on the salmon and grind a couple of turn of pepper. Place a spoonful of taleggio on top and serve. Bresaola boats: Place a slice of bresaola or prosciutto on the endive. Place a strip of roasted red pepper on top, drizzle with extra virgin olive oil and sprinkle with chopped parsley. Gently mix the sun–dried tomatoes into the cheese. Place a spoonful on top of the "boat"(endive) and serve. If unable to locate Taleggio cheese use goat's cheese.

# Basic Italian Bread

---

Biga:

1/2 Teas. Active Dry Yeast  
1 Cup Lukewarm water  
2 Cups Unbleached, All-purpose Flour

Mix the yeast and water together, and then slowly start adding the flour, mixing well. Cover with plastic wrap and let sit at room temperature for up to 6 hours. Refrigerate overnight.

Bread:

2 Cups Warm Water (about 90 degrees F.)  
1 Pkg. Active Dry Yeast  
5–6 Cups All-purpose, Unbleached Flour  
2 Ts. Salt

Place the water in a large bowl, sprinkle the yeast ovetop and mix well. Let sit 10 minutes until bubbly. Add the biga, flour, and salt and stir with a wooden spoon (or mix with your hands) until everything is mixed. The dough will be fairly wet and sticky at this point. Cover and let stand in a warm spot for about 1 to 1 1/2 hours until doubled in volume.

Punch down the dough, folding it over on itself two or three times, cover and let rise once more until doubled, about 1 hour. If you choose, you could refrigerate your dough at this time and leave it overnight to prepare the next day.

Turn out your dough onto a floured baking sheet, and without overworking it too much shape into one large or two smaller round or oval shaped loaves, using as much extra flour as needed to keep it from sticking. Slash across the tops of the loaves with a serrated knife or razor just prior to baking.

Preheat the oven to 350 degrees F. and place a casserole dish with boiling water on the lower oven rack. Bake your bread 30 minutes, turn the baking sheet around, and reduce the heat to 300 degrees and bake for another 30–45 minutes. At this point your bread should be golden brown and should sound hollow when you tap the bottom. Allow the bread to cool to room temperature and serve.

## Basic Polenta

---

9 Cups Water  
1 Teaspoon Salt  
3 Cups Cornmeal; coarse–grain

Bring water to a boil in a large heavy pot. Add salt and reduce heat until water is simmering. Take cornmeal by the handful and add to water very slowly, controlling the flow to a thin stream through your fingers. To avoid lumps, stir quickly with a long handled wooden spoon while adding cornmeal. If necessary, stop adding cornmeal from time to time and beat mixture vigorously. Cook, stirring constantly, 20 to 30 minutes. Polenta will become very thick while cooking. It is done when it comes away cleanly from the sides of the pot. Pour polenta into a large wooden board or a large platter. Wet your hands and smooth out polenta evenly, about 2 inches thick. Let cool 5 to 10 minutes or until polenta solidifies. Cut cooled polenta into slices 1 inch wide and 6 inches long. Place slices in individual dishes. Serve hot, covered with your favorite sauce. Makes 6 to 8 servings.

Variation: Fried Polenta (Polenta Fritta): Prepare polenta and let cool completely. Cut cooled polenta into slices 2 inches wide and 6 inches long. Pour oil about 1 inch deep in a large skillet. Heat oil until a 1–inch cube of bread turns golden almost immediately. Fry polenta slices on both sides until light golden. Drain on paper towels. Serve hot. It is important to insure the oil is hot enough, otherwise the polenta will absorb oil and your polenta will be greasy and unpalatable.

## Bracirole Balsamico

---

1–1/2 pound Top round, VERY thin sliced  
1/2 cup Fresh basil, minced  
2 Roasted red peppers, diced  
4 tablespoon Parmesan, fresh grated  
2 tablespoon Parsley, minced  
Salt and pepper  
6 Slice Proscuitto, very thin  
2 tablespoon Olive oil  
2 tablespoon Parsley, minced  
1/4 cup Balsamic vinegar  
2 tablespoon Pepper, black fresh ground  
2 Cloves garlic, finely minced  
1/4 cup Olive oil

Place beef slices on counter or flat surface. (Get your butcher to slice them; he can do it so much neater than we can!) Sprinkle with the red peppers and parsley. Cut proscuitto to fit each beef slice and place over peppers. Sprinkle with basil leaves, Parmesan and pepper. Roll tightly and tie in two places with kitchen twine to secure, or use toothpicks. Combine all marinade ingredients and pour over beef rolls in non-reactive pan. Let set at room temp for an hour, or refrigerate for several hours. Remove from marinade, reserving marinade. Heat 1/4 cup olive oil in large heavy skillet. Brown beef rolls on all sides. Add marinade and simmer for 20 minutes. Or you can put into tightly covered baking dish and bake at 350 for 15–20 minutes.

# Cacciucco alla Livornese

---

4 Tbs. Extra Virgin olive oil  
1 Med. onion, finely chopped  
1 Stalk celery, finely chopped  
1 Med. carrot, finely chopped  
4 – 8 Calamari, cleaned and chopped into rings  
1 Cup dry red wine  
1 28 oz. can Italian plum tomatoes  
1 Lb. mussels, cleaned and de-bearded  
1 Dozen littleneck clams  
1 Cup water  
1 Doz. medium shrimp, peeled and de-veined  
1 Doz. sea scallops (optional)  
2 Lb. assorted firm fleshed fish (Haddock, schrod, cod, monkfish, etc.) cut into large chunks  
4 Tbs. flat leaf Italian parsley, finely chopped  
Freshly ground black pepper

Heat the olive oil over moderate heat in a four to six quart pot, then add the onion, celery and carrot, stirring as they go in. Saute the vegetables until they become soft and slightly browned—about ten minutes.

Raise the heat to high and add the calamari. Saute, stirring constantly, until they become purple and begin to brown slightly—two or three minutes.

With the heat still on high, add the red wine, scraping the bottom of the pot for any bits of vegetables that may have caramelized. Boil for a minute or two in order to evaporate the alcohol. Reduce the heat to low, and, with the pot off the stove, add the tomatoes, crushing them with the back of a fork as they go in.

Return the pot to the stove and bring the calamari/tomato/wine mixture to the simmer. Simmer gently while you prepare the mussels and clams. In a separate four to six quart pot, add the mussels, clams and water, then bring to the boil. Cover the pot, lower the heat to medium and allow the shellfish to steam for about five minutes, or until their shells open. Discard any that have not opened. When they have finished steaming, remove the pot from the stove and remove the shellfish with a slotted spoon, reserving the steaming liquid. When the shellfish are cool enough to handle, remove them from their shells.

Add the shrimp and optional scallops to the simmering tomato mixture,

raising the heat if necessary to maintain the simmer. Cook for approximately three minutes, until the shrimp begin to turn pink. Add the clams and mussels and their reserved steaming liquid, being careful at the end not to add any sand that may have precipitated to the bottom of the pot. Simmer for an additional three minutes, stirring gently once or twice.

Add the fish, but do not stir the pot this time as it will cause the fish to break apart further. You're seeking a finished dish with large chunks of fish in addition to the other seafood. Simmer for five minutes, then remove the pot from the heat.

If using bruschetta, place a piece in each of four bowls, then ladle the soup over the bread, being careful to include a sample of each type of seafood you've cooked. Garnish each bowl with the freshly chopped parsley and a few grinds of black pepper. Serve at once.

## Calamari Fritti

---

3 lbs. squid—cleaned, and cut into rings  
oil for frying  
1 cup of flour  
salt  
lemon wedges

Heat 1 inch of oil in a deep skillet. Dip calamari in flour, and shake off excess. Fry until golden, drain on paper towels, and serve with lemon wedges.

## Calamari Imbottiti

---

8 small squid  
1 small onion, chopped  
2 tablespoons raisins  
1-1/2 cups bread crumbs  
1 teaspoon minced parsley  
2 tablespoons grated Parmesan cheese  
salt and pepper  
1 egg, well beaten  
1 #2 can tomatoes  
4 tablespoons olive oil  
1 clove garlic

Have fish dealer clean squid thoroughly, removing eyes, outside skin and intestines. Cut off heads and tentacles. Wash well, and drain. Combine remaining ingredients, and fill the cavity in each squid with stuffing. Sew squid closed, or fasten with toothpicks. Place in baking dish or pan, and cover with the following sauce: 1 #2 can tomatoes, 4 tablespoons olive oil, 1 clove garlic. Brown garlic in oil, mash tomatoes with fork, and add. Simmer for 10 minutes. Then pour over squid and bake in hot oven 400 degree for 35 minutes, or until tender. Serve whole with sauce.



# Cannellini Bean Salad

---

## Dressing:

1 cup olive oil  
2 1/3 cup red wine vinegar  
Salt & pepper to taste  
Pinch of oregano  
1 clove garlic, slightly broken

## Salad:

2 cans cannellini beans  
2 red onions, chopped  
1 bell pepper  
Minced parsley

Dressing: Mix all ingredients together and let set at room temperature to blend flavors.

Salad: Drain 2 cans of cannellini beans and rinse under cold water. Place in bowl and add 2 red onion chopped, 1 bell pepper cut in small pieces and some minced parsley. Add the dressing and adjust the salt and pepper. Add a little more oregano, if desired.

# Cannelloni

---

1 lb. ground beef  
salt & pepper to taste  
2 cloves of garlic (minced)  
1 egg  
1/4 cup grated romano cheese  
1/4 cups chopped fresh parsley  
1/4 cup bread crumbs  
1 cup cooked, chopped spinach  
2 cups tomato sauce

Fry ground beef with a little oil. As beef is cooking, break it up in small pieces. Transfer beef to a large mixing bowl. Add salt, pepper, and garlic. Mix well. Add egg, cheese, parsley, bread crumbs, and more salt to taste. Squeeze water out of cooked spinach and chop. Add spinach and 1/2 cup tomato sauce. Spread some tomato sauce on the bottom of a baking pan. Stuff cannelloni shells and place in pan. Spread more tomato sauce in between each layer and on the top. Bake at 350 degrees F for 1 hour. Then, broil for 2–3 minutes to brown top.

# Cannoli

---

1 3/4 Cups Flour, approximately  
1 Tablespoon Sugar  
1/4 Teaspoon Salt  
1 Teaspoon Cinnamon  
3 Tablespoons Wine Vinegar  
1 Egg  
1 Tablespoon Butter Or Margarine, at room temperature  
1 Pound Ricotta Cheese  
1/2 Cup Confectioner's Sugar  
1/4 Teaspoon Vanilla Extract  
2 Tablespoons Finely Minced Candied Orange Peel (optional)  
3 Tablespoons Chocolate  
1/2 Teaspoon Cinnamon  
2 Tablespoons Orange Curacao (optional)  
1 Egg White, to brush  
1/4 Cup Chopped Pistachio, or  
Other Nuts To Garnish (optional)  
1 Tablespoon Confectioner's Sugar, to sprinkle  
Oil, for deep frying

Dough: 1. Use your electric mixer. In a mixing bowl measure 1 cup flour, sugar, salt and cinnamon.. Attach bowl and dough hook. Turn to medium–slow speed and blend for approximately 45 seconds. With the mixer running, add vinegar, water, egg and butter. Mix to blend for 2 to 3 minutes. Add remaining flour, 1/4 cup at a time, as needed to make a dough that clings to the hook.

2. Knead for 5 minutes. If dough clings to the sides of the bowl, add sprinkles of flour. Dough will be smooth and elastic.

3. Wrap the soft dough in foil or plastic and refrigerate to relax and chill for at least 1 hour.

4. Heat at least 2 inches of vegetable oil to 375 degrees.

5. Place dough on a floured work surface and roll extremely thin— 1/16 inch or less! Don't rush. When the dough pulls back, allow it to relax. If it softens and sticks, return it to the frig for 5 or 10 minutes. Cut 4 1/2 inch circles (size of a many small margarine tub lids!) Roll the dough scraps out and continue until all dough is used. You should have 12 to 14 circles.

6. When the circles are cut, roll again just before placing on the cannoli tubes. This will give them an oval shape, about 5 inches by 4 1/2 inches.
7. Place the dough so that its longest dimension is the length of the metal tube. Brush the tip of the dough with egg white to seal. Toll dough on the tube.
8. Deep frying. The length of time will depend of the thickness of the shells. A very thin shell will need about 2 minutes. A thicker shell could require up to 6 minutes. Fry two or three at a time. Turn over once during frying. Fry until golden brown. Remove with tongs. Cool for a few minutes and then push the tubes free to use again. Cool shells completely before filling.

#### Filling:

1. Cream ricotta cheese in a bowl with a spatula or wooden spoon or with an electric mixer until smooth, about 5 minutes. Add confectioners' sugar, vanilla, candied fruit, chocolate, cinnamon and orange curacao. Continue beating another 4 or 5 minutes. Refrigerate until ready to fill shells.
2. Use a small spoon to stuff the filling into the shells. Dip the ends in chopped nuts. Sift confectioners' sugar over the shells and serve.
3. Unfilled shells can be stored in a cool, dry place for three to four weeks, or frozen for three months.

# Cantucci

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4 1/2 cups all-purpose flour  
1-1/2 cups caster sugar  
3 teaspoons baking powder  
1/2 teaspoon of salt  
4 eggs  
2 egg yolks  
8 oz. chopped almonds (unblanched)  
2 more egg yolks

Keep a little milk around to use in the glaze.

Preheat the oven to 450 F. Mix the flour, the sugar, the baking powder, the salt, the whole eggs and the yolk all together. When the dough is smooth, knead the almonds into it. Divide the dough into 8 parts and make each into a cigar-shape. Flour a baking sheet and place the logs on it, giving them each some room, and slide into preheated oven. Bake for 20 minutes, or until they're a nice gold color. While the logs are still warm, cut them into 1 inch thick slices and then cook them for another five minutes. Let them get cool before serving. (Hint: You don't have to eat them all at once. Cantucci stay good for a pretty long time if you keep them in a nice, airtight container.)

# Caponata

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2 LARGE EGGPLANTS  
1 Teaspoon SALT  
3/4 Cup OLIVE OIL  
2 CLOVES GARLIC, CRUSHED  
2 ONIONS, CHOPPED  
1 Pound PLUM TOMATOES, Quartered  
3 CELERY STALKS, DICED  
1 Pound CAN PITTED BLACK OLIVES  
12 Ounce JAR OLIVE SALAD  
1/4 Cup CAPERS  
1/2 Cup PINE NUTS  
1/4 Cup RED WINE VINEGAR  
2 Teaspoon SUGAR  
SALT AND PEPPER TO TASTE

Wash and cube unpeeled eggplant. Salt and let stand 1 hour. Squeeze dry. Saute in oil until soft. Remove. Saute onions and garlic in same oil. Add tomatoes, olives, and celery. Cook until tender—15 minutes. Add eggplant, capers, and pine nuts. In another pan heat vinegar and sugar. When dissolved, pour over eggplant. Season to taste and cook an additional 20 minutes. Serve hot or cold as relish with dinner or with french bread rounds as a buffet or cocktail dish.

# Carbonara Sauce

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4 Tablespoon Butter  
8 Slice Bacon; cut in 1/4" strips  
2 Eggs  
2 Egg yolks  
1 Teaspoon Red pepper flakes  
1 Cup Parmesan cheese  
1/2 Cup Heavy cream  
1 Teaspoon Salt  
Black pepper  
1 Pound Spaghetti  
8 Quarts water

Cream soft butter. In another bowl, beat eggs & yolks and whisk until blended, add 1/2 cup cheese. Heat large casserole dish in 200F oven. Bring water & salt to boil in large pot. Meanwhile, fry bacon in skillet over med heat until crisp. Pour off half of fat and stir in red pepper flakes and cream. Bring cream mixture to simmer and keep warm until spaghetti is done. Transfer cooked spaghetti to heated serving bowl and stir in creamed butter. Coat well. Stir in hot bacon & cream mixture and finally the beaten eggs and cheese. The heat of the pasta will cook the raw eggs. Taste and season with salt and pepper. Serve with remaining grated cheese.

## Carote in Crema con Funghi

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1/3 Ounce dried porcini mushrooms  
2 Tablespoon unsalted butter  
2 Pound small to medium–size carrots, sliced  
juice of 1/2 lemon  
a pinch of grated nutmeg  
salt and pepper  
1 cup whipping cream  
2 Tablespoon chopped fresh chives

Soak the mushrooms in warm water for 30 minutes. Remove, squeeze dry and chop. Strain the water through a fine sieve and set aside. In a saucepan heat the butter. Add the carrots and, stirring, cook over moderate heat for about 10 minutes. Season with lemon juice, nutmeg, salt and pepper. Add the mushrooms and stir in the cream. Cover the pan and simmer over low heat for about 30 minutes or until the cream is partially reduced. If the sauce is too thick, dilute with a little of the mushroom water. Sprinkle with chives and serve on a warm platter.



## **Cavatelli Sausage With Broccoli**

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1/2 lb. or 2 cups dried Cavatelli or other small  
shell-shaped Italian pasta  
1/2 lb. or 3 links sweet Italian Sausage  
2 cloves garlic, minced  
1 bunch broccoli  
1 1/4 cup low-salt chicken broth  
1/4 cup raisins  
1 tbs. unsalted butter  
Parmesan cheese

Squeeze sausage from casings and saute in a heavy skillet or cast iron frying pan. Stir until no longer pink and sausage has broken down into small chunks. Remove sausage with slotted spoon leaving juices in pan.

Cut broccoli into 1 inch pieces and saute in juices or drippings from the sausage. Stir gently til it begins to brown. Add garlic and saute 1 minute more. Add broth and raisins and simmer until the broccoli is tender, about 3 minutes. Do not over cook. Finally, add butter and stir to melt. Add, with sausage, to cooked pasta and serve with parmesan cheese.

# Cheese Ravioli

---

8 squares of 4 x 4 squares of fresh pasta  
3/4 cup ricotta cheese  
1/4 cup parmesan cheese  
1/4 cup goat cheese  
2 cloves garlic, chopped  
salt and pepper to taste

Tomato Broth:

2 teaspoons olive oil  
3 cloves garlic, chopped  
3 shallots, chopped  
1/2 cup red wine  
1–1/2 cup strong chicken stock  
4 very ripe tomatoes, seeded and chopped  
2 tablespoons minced sundried tomatoes  
1/2 teaspoon cracked black pepper  
1 tablespoon chopped basil  
1/3 cup parmesan cheese

For the raviolis, in a small bowl mix together ricotta cheese, parmesan cheese, goat cheese, and garlic and mix well. Season with salt and pepper and mix well. Lay 4 of the squares of pasta out on a board and moisten the edges well with water. Place about 1/4 cup of the cheese mixture in the middle of the pasta then top with a square of pasta and crimp the edge well. Set a side until ready to serve.

For the tomato broth, heat a large saute pan with olive oil until very hot. Add garlic and shallots and saute until you can smell the aroma about 1 minute. Add red wine and reduce about 3 minutes until almost dry add chicken stock and tomatoes and over high heat reduce about 5 minutes. Add tomatoes, basil and pepper and simmer for about 2 minutes. Season with salt. Keep warm.

To assemble, heat 2 quarts of salted water until boiling, add the raviolis and cook just until the water comes back to a boil about 2 to 3 minutes. Place the raviolis into a soup plate then pour the tomato broth over the raviolis. Serve hot and garnished with parmesan cheese.

# Chicken Valdostano

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2 tablespoons all-purpose flour  
6 boneless chicken breasts, pounded to 1/4 inch thickness  
1/4 cup unsalted butter or margarine  
10 mushrooms, thinly sliced  
3/4 cup dry white wine  
3/4 cup veal stock (OR chicken stock OR turkey stock)  
2 to 3 tablespoons fresh chopped parsley  
freshly ground white pepper to taste  
6 thin slices prosciutto ham  
6 thin slices fontina cheese

Lightly flour chicken breasts, shaking off excess flour. In a large skillet over low heat, melt butter/margarine. Add chicken and saute until lightly browned, about 2 minutes each side. Remove with slotted spatula and set aside.

Increase heat to medium low. Add mushrooms and saute until juices are rendered, about 4 minutes. Add wine and simmer until reduced by 1/4, about 3 to 4 minutes. Increase heat to medium high. Add stock, parsley and pepper and simmer until sauce reduced to 1 cup, about 10 minutes.

Reduce heat to low. Top each chicken breast with a slice of prosciutto and a slice of fontina cheese. Return chicken to skillet and cook just until cheese melts. Transfer chicken to individual plates and top each with some of the mushroom sauce before serving.

## Chicken Vesuvio (Pollo Alla Vesuvio)

---

1 fryer chicken (cut up)  
1–1/2 teaspoon basil  
1/2 teaspoon salt  
Pinch of Rosemary and sage  
3 baking potatoes, cut in lengthwise wedges  
3 tablespoon chopped fresh parsley  
1/3 Cup flour  
3/4 teaspoon oregano  
1/4 teaspoon each – thyme & pepper  
1/2 cup olive oil  
3 cloves garlic, minced  
3/4 cup dry white wine

Wash and pat chicken dry. Mix flour with all the herbs, salt & pepper. Coat chicken pieces lightly all over with flour mixture, shaking off excess. Heat oven to 375 degrees, heat a 12" cast iron skillet over medium heat. Add Chicken pieces in a single layer. Fry turning occasionally until lightly brown. Place on paper towels. In same oil, brown potatoes. Pour off all but 2 tablespoons of oil. Put chicken and potatoes back in skillet. Sprinkle with garlic and parsley. Pour wine over all. Bake uncovered at 375 degrees for 20 – 25 minutes.

## Cicerchiata

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3 cups all purpose flour  
4 extra large eggs  
1 tbsp. lemon rind (grated)  
4 cups vegetable oil  
1 cup honey  
2 cups whole hazelnuts  
4 squares (4 oz.) semi-sweet chocolate

Place flour in a large bowl, make a well. Add eggs and lemon rind, mix. Knead till dough is elastic, set aside for 30 minutes. Take a small amount of dough and roll into a long strip, cut short lengths to form small balls. In a deep fryer, cook dough pieces until golden. Bring honey to a boil and simmer for 5 minutes. Add chocolate, cook until melted. Remove from heat and add nuts. Coat balls in honey/chocolate/nut mixture. In a tube pan, pile honey coated balls around sides. Cool slightly and press balls together.

# Cioppino

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3 cloves garlic, minced  
1/4 cup onion, finely chopped  
2 tablespoons parsley, chopped  
1 cup olive oil  
2 cups tomato sauce  
1 (28 oz.) can tomatoes  
1/2 teaspoon dried oregano  
1/2 teaspoon dried marjoram leaves  
Salt and pepper to taste  
1/2 cup dry sherry  
2 rock lobster tails with shells, uncooked, cut into serving pieces  
2/3 pound raw shrimp, peeled and deveined  
1–1/2 pounds whitefish (haddock, halibut or cod), cut into serving pieces  
24 clams in shell, or 3 (7 1/2-oz.) cans minced clams, drained

Cook garlic, onion and parsley in hot olive oil until onion is tender. Add tomato sauce, tomatoes, oregano and marjoram. Add 1 1/2 cups water, salt and pepper. Stir. cover tightly. Bring to a boil. Reduce heat and simmer, uncovered, 20 minutes. Add sherry and simmer another 10 minutes. Stir in remaining ingredients, adding clams last. Cover. Bring to a boil. Reduce heat and simmer 15 minutes. Serve hot with French bread.

## Clams Oregana Basilico

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36 Clams  
2 tablespoon Grated Romano cheese  
2/3 tablespoon Dry white wine  
2 tablespoon Minced fresh Italian parsley

### Stuffing:

3 1/2 cup Fresh bread crumbs  
Juice of 1/2 Lemon (approx. 2 Tab)  
1 tablespoon Fresh basil  
1 tablespoon Oregano  
1 tablespoon Minced garlic

Combine all stuffing ingredients by mixing with hands. Use more olive oil if the mixture seems too dry.

Preheat oven to 500 F. Shuck clams and replace meat on half-shells. Pack about 1 heaping tbs. stuffing on each. Bake in preheated oven for about 10 minutes.

Remove from oven and sprinkle each clam with a few drops of wine. Return to oven and bake 2 to 3 minutes more, or until lightly browned.

## Conchiglie Tutto Giardino

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1–1/2 Cups Carrots, sliced  
1 Cup Chopped Onion  
1 Red Onion, chopped  
7 Tomatoes, sliced  
3 Cups Zucchini, sliced  
1 Bell Pepper  
1–1/2 Cups White Wine  
2 Tablespoons Basil  
3 Cloves Garlic  
1 Dash Salt  
1 Dash Pepper  
1 Dash Sugar  
1 Tablespoon Flour  
6 Oz. Tomato Paste  
1/2 Cup Parmesan Cheese  
1 Cup Light Cream, (or half and half)  
1–1/2 Pounds Shell Pasta

Sautee carrots, onions, parsley, basil, garlic for about 15 min. Cover and simmer for 15 more min. Add tomatoes, zucchini, bell pepper, wine, salt, pepper, sugar. Simmer 45 min. In separate pan, melt 1 Tablespoon butter, add flour. Cook roux over very low heat, whisk in heated cream. Add tomato paste, whisk until mixture is very smooth. Stir into vegetables along with Parmesan. Toss mixture with cooked pasta.



## Coniglio Alla Cassia

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3 Pound Rabbit with liver  
3 Tablespoon Olive oil  
2 Tablespoon Butter; melted  
2 Ounce Salt pork; diced  
1/3 Pound Onions; peeled and diced  
2 Garlic cloves; mashed  
2 Bay leaves; crumbled  
1/4 Teaspoon Black pepper  
6 Tablespoon Dry red wine  
1 Large Ripe tomato or  
1/2 Cup Canned peeled plum tomatoes; chopped  
3/4 Cup hot water  
Salt (optional)

Cut the rabbit into 6 pieces. Wash and dry the rabbit well. Chop the liver into very small pieces. Combine olive oil, butter and salt pork in a saucepan; heat. Add onions and cook, to medium brown. Add rabbit pieces and brown for 10 minutes. Add garlic, bay leaves, black pepper, and chopped liver. Stir and cook for 10 minutes. Add wine, stir, cover and cook for 5 minutes. Uncover. Add the tomato and the hot water, stir, and cook slowly for about 1 hour. Test for doneness, do not overcook. Carefully taste for salt (optional) and if needed add just a little at this point. When rabbit is cooked, cover and keep warm until serving time. This dish goes well with any pasta. Spoon the sauce over both rabbit and pasta.

## Cozze A Raganati

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4 lbs. of mussels—scrubbed, and cleaned  
1–1/2 cups of bread crumbs  
1 tsp. of oregano  
1 tsp. of black pepper  
1/2 cup of parsley—chopped  
1/3 cup of olive oil  
1 cup of crushed tomatoes  
1/2 cup of white wine

Steam open mussels (retain broth), when done discard top shell. Place mussels in a single layer in a baking dish, scatter bread crumbs, oregano, and parsley over mussels: drizzle with oil, and bake at 450 degrees for 5 minutes. Mix tomatoes, wine, and mussel broth. Ladle over mussels, and bake an additional 10 minutes

# Crab Cioppino

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2 medium sized Dungeness Crabs, 1–1/2 lbs. each  
1 lb. Lg. Shrimp, in shells  
12 medium sized fresh clams  
1 lg. onion, sliced  
6 green onions, sliced using part of tops  
1 bell pepper, seeded and diced  
3 cloves fresh garlic  
1 can (16oz) tomato puree  
1 can (8oz) tomato sauce  
1/3 cup olive oil, extra virgin  
1/3 cup fresh parsley, chopped  
1 cup dry red or dry white wine  
2 cups water  
1 bay leaf  
1 tbs. salt  
1/4 tsp. pepper  
1/8 Teaspoon dried rosemary  
1/8 tsp. thyme

Using a Dutch oven, heavy frying pan or deep cast iron skillet with cover, saute the onion, green pepper and garlic in olive oil for about 5 minutes over medium high heat. Add parsley, tomato sauce, tomato puree, water, wine, bay leaf, salt, pepper, rosemary, and thyme. Cover and simmer about 1 hour. Remove garlic.

Clean and crack crab, place in bottom of large pan, at least 8 quart size. Scrub Clams under running water to remove sand and then lay on top of Crabs. Cut Shrimp down backs, wash out sand and de-vein. Lay on top of crab and Clams. Pour hot prepared sauce over top of shellfish, cover and simmer very gently until clam shells begin to open, 15 to 25 minutes.

To serve Cioppino, use large soup bowls adding some of each kind of shell fish. Provide plenty of napkins and sourdough french bread.

## Creamy Champagne Risotto

---

2 Tablespoon unsalted butter  
1 small onion, finely chopped  
2 cups arborio rice  
1/2 bottle champagne  
3 cups hot beef or chicken stocks  
1/2 cup double cream  
5 Tablespoon freshly grated parmesan cheese  
salt

Melt the butter in a flameproof casserole. Add the onion and fry for 2 minutes. Stir in the rice and cook for 1 minute. Add half the champagne, bring to the boil and simmer until is absorbed. Add a third of the stock and simmer until is absorbed. Repeat the process with the champagne and stock until the rice is just tender and creamy (about 15/20 minutes). Warm the cream in a small saucepan. When the rice is cooked, stir in the cream and cheese and season with salt. Serve straight away.

## **Duck Scallopine With Dried Cherries And Grappa**

1 magret of duck, double-sided (approximately 1 lb.)  
1/2 cup seasoned flour  
4 tbsp. virgin olive oil  
1/2 cup dried cherries  
1/2 cup grappa  
1/2 cup dry red wine  
1/2 cup chicken stock  
2 tbsp. unsalted butter  
2 bunches chives, snipped into 1-inch pieces

Split duck breast in half, lengthwise. Leaving fat on, slice magret on bias until there are six pieces from each breast. Pound each piece to 1/4-inch thick with a meat mallet and dredge in seasoned flour.

In a 12- to 14-inch saute pan, heat oil until smoking. Add duck pieces and saute until golden-brown, without turning. Add cherries, grappa, wine, stock and butter and bring to a boil. Reduce by half, 6 to 7 minutes, and flip duck pieces over. Cook 30 more seconds, sprinkle with chives and serve with braised red cabbage.

## Eggplant Parmigiana

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2 Small Eggplants; unpeeled cut into 1/4-inch rounds  
2 Eggs; lightly beaten  
1–1/2 Cup Bread crumbs  
1/2 Teaspoon Salt  
1/8 Teaspoon Pepper  
1 Garlic cloves peeled and halved  
3/4 Cup Olive oil  
20 Ounce Tomatoes, canned  
1/3 Cup Tomato paste  
2 Tablespoon Minced basil  
1 Teaspoon Salt  
1/8 Teaspoon Pepper  
1 Cup Grated Parmesan cheese  
1/2 Pound Mozzarella cheese; thinly sliced

Dip eggplant slices in eggs, then in bread crumbs seasoned with salt and pepper. Refrigerate 20 minutes. In a large saucepan, saute garlic in 2 tablespoons oil for 1–2 minutes. Remove garlic and add tomatoes, tomato paste, basil, salt and pepper. Cover and simmer 30 minutes. Preheat oven to 350F. Brown eggplant in 1/4-inch oil in a large skillet. Drain on paper towels. Put a thin layer of tomato sauce into a baking dish and layer eggplant, sauce, Parmesan and mozzarella, alternately. End with mozzarella on top. Bake, uncovered, for 30 minutes.

## Fagioli E Gabmeri

---

1 Pound Dried White Beans, cannellini, Great Northern or navy beans  
1/3 Cup Extra Virgin Olive Oil -- Divided  
2 Large Garlic Cloves, peeled & Chopped  
1 Ounce Pancetta, chopped fine  
6 Large Fresh Sage Leaves, -or- 1 Teaspoon Dried Whole Leaf Sage  
Salt And Black Pepper, to Taste  
1 Tomato, cored/peeled/chopped Fine  
1 Pound Medium Shrimp, peeled & deveined

Note: The beans in this recipe will need to be soaked overnight

Put the beans in a non aluminum container and cover with 5 inches of cold water. Soak overnight and then drain well. Place them with all other ingredients except the salt and shrimp, in a pot that will comfortably hold them all.

Pour enough cold water over the ingredients to cover them by about 3 inches. Cook gently at a simmer for about 1 hour or more. The liquid in the beans should be mostly absorbed by the time they finish cooking and the beans should be very moist and succulent. Do not let them go dry. Add the salt to taste. Serve the beans hot, drizzled with olive oil; they are equally good at room temperature.

Sautee the shrimp in the olive oil with a pinch of salt and pepper for about 2 minutes, stirring often. Do not overcook. Serve the shrimp with warm beans or slightly chilled with room temperature beans.

## Fennel Gratinata

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3 large or 4 to 5 small fennel bulbs  
3 Tbs. butter  
salt  
black pepper, freshly ground  
1/4 cup parmigiano–reggiano, freshly grated

Cut the fennel tops where they meet the bulb and discard them. Pare away any bruised or brownish parts from the bulb and cut off a thin slice from the bottom. Cut the bulb in lengthwise slices about 1/4 inch thick and wash by soaking them in cold water.

Turn on the oven and set at 450 degrees fahrenheit. Bring to a boil a pot of water large enough to comfortably accommodate the fennel slices. Place the fennel in the boiling water and cook until tender, about 5–10 minutes. Drain or lift the fennel out of the water carefully so as not to break the slices (some will inevitably break but you can still use them).

In one or more shallow baking dishes or sheet pans, place the fennel in a single layer. Season with salt and pepper, sprinkle with the parmesan cheese and dot with butter. Place in the preheated oven and bake until golden brown, about 10–15 minutes. Remove from the oven and serve at once.



# Fettuccine Alla Genovese

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1–1/2 cups heavy cream  
4 cups spinach leaves, rinsed well, drained, and cut into  
    1 1/2–inch–wide strips  
1/2 cup golden or dark raisins, plumped in warm water and drained  
1 teaspoon (or to taste) grated lemon zest covered with 2 teaspoons fresh  
    lemon juice  
1/2 cup pine nuts, toasted  
Salt and freshly ground pepper  
6 to 8 ounces fresh fettuccine

Heat a large pot of salted water to boiling for the pasta.

Heat the cream in a large skillet over medium heat to simmering. Add the spinach and cook, stirring constantly, until just beginning to wilt. Stir in the raisins, lemon zest and juice, a few of the pine nuts, and salt and pepper to taste. Cook, stirring constantly, until slightly thickened. Be careful the sauce doesn't reduce too much.

Meanwhile, add the pasta to the boiling water and cook until tender, about 2 minutes if the pasta is thin.

Drain the pasta and transfer to a pasta bowl. Add the sauce and quickly toss to combine. Top with the remaining pine nuts. Serve hot.

## **Fettuccine With Cream, Basil, and Cheese**

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4 Bacon slices; chopped thick  
4 Green onions; chopped  
1 Cup Whipping cream  
1/2 Cup Parmesan; freshly grated  
1/2 Cup Romano; freshly grated  
1/3 Cup Basil; chopped fresh  
1/2 Pound Fettuccine  
Salt and freshly ground pepp  
Parmesan; freshly grated  
Romano; freshly grated

Cook bacon in heavy medium skillet over medium heat until beginning to brown. Add green onions and stir until softened, about 1 minute. Add cream and simmer until beginning to thicken, about 1 minute. Mix in 1/2 cup Romano cheese, 1/2 cup Parmesan, and chopped fresh basil. Meanwhile, cook fettuccine in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally. Drain well. Return to hot pot. Add sauce and stir to coat. Season with salt and pepper. Serve immediately, passing additional cheese separately.

## **Fettucini Romano Ala Fratelli**

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1 Tablespoon Olive oil  
3 Cloves garlic, crushed  
1/2 Cup White wine  
3/4 Cup Half-and-half  
1 Cup Romano cheese, grated  
1 pound dry spinach fettucini, Cooked  
Chopped parsley for garnish

Add the olive oil to a hot 10" pan. Add the garlic, and saute over high heat for about 1 minute. Add the wine and simmer for about 2 minutes. Add the half-and-half, and allow the sauce to come back to the simmer. Add the Romano cheese, and stir until smooth, about 2 minutes.

To serve: Add the pasta to the pan and toss until coated. Portion onto two plates, and garnish with some chopped parsley.

## Focaccia Florentine

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- 3 Tablespoon olive oil
- 2 – 10 Ounce pkg. frozen chopped spinach, thawed/squeezed dry
- 3 Ounces Canadian bacon, diced
- 1 1/4 Teaspoon salt
- 3 Cup all-purpose flour
- 1 env quick-rise yeast
- 1 Cup water
- 1–1/2 Cup shredded Fontina Cheese

Heat 2 tablespoons oil in skillet. Add spinach, bacon and 1/4 tsp salt; saute until softened, 5 minutes. Remove from heat. Combine 1 cup flour, yeast and remaining salt in bowl. Heat water and remaining oil in saucepan until very warm (125–130 degrees). Gradually beat water mixture into flour mixture. Beat in 1 1/2 cups flour with wooden spoon, 1/2 cup at a time, to make soft dough. Knead dough on floured surface until smooth and elastic, 10 minutes, working in remaining flour as needed to prevent sticking. Shape into ball. Cover; let rest 10 minutes.

Roll dough out on floured surface into 15x11-inch rectangle. Fit in greased 15x11x1-inch jelly-roll pan, gently pushing dough up into corners. With fingers, make indentations all over surface of dough, pressing almost to bottom of pan. Scatter spinach over top. Sprinkle with cheese. Cover with plastic. Let rise in warm place until almost doubled in bulk, 30 minutes.

Bake in 400 oven for 20 to 25 minutes, until lightly browned. Cut into 12 pieces. Serve warm.

## Focaccia Versiliese

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- 2 Teaspoon dried yeast
- 1 Cup warm water
- 1 Tablespoon olive oil
- 1 Tablespoon rosemary, chopped
- 4 sage leaves, torn
- 3 1/2 Ounce olives, pitted
- 2 Tablespoon garlic, minced
- 2 Cup unbleached all-purpose flour
- 1 Cup corn flour
- 2 Teaspoon salt
- 2 Teaspoon olive oil

Stir the yeast into a large mixing bowl with the water & let proof for 10 minutes. Stir in the olive oil, rosemary, sage, olives & garlic. Using a wooden spoon, mix in the flours & salt & stir until the dough is thick & smooth. Knead by hand for 8 to 10 minutes until the dough is firm & elastic.

Set the dough in a lightly oiled container, cover with plastic wrap & let rise until doubled. Turn the dough onto an oiled 10 1/2" X 15 1/2" baking pan & stretch it to fit. If it won't fit, let it rest for 10 minutes & try again. Cover with a towel & leave until it has half risen, about 30 minutes.

30 minutes before baking, preheat oven to 400F. Just before baking, dimple the top of the dough with your fingertips & sprinkle with some extra salt & 2 ts of oil. Bake for 25 to 30 minutes until golden. Slide off baking sheet onto a rack & let cool for a few minutes before eating warm or at room temperature.

VARIATION: Focaccia Dolce. Substitute 2 oz raisins & 1 oz pine nuts for the olives, herbs & garlic. Soak the raisins in warm water for 30 minutes before using & toast the pine nuts.

## Frittata Di Zuchine

---

4 tablespoons olive oil  
1 large onion, coarsely chopped  
1 teaspoon fresh thyme, chopped; or 1/2 tsp. dry  
1–1/2 pounds zucchini  
2 tablespoons Italian parsley or fresh basil, chopped  
5 large eggs  
1/2 teaspoon salt  
freshly milled black pepper  
1/2 cup Parmigiano, freshly grated

Preheat a broiler. In a small skillet over medium heat, warm two tablespoons of the olive oil. Add the onion and the dried thyme, if using, and sautee until the onion wilts, about five minutes. Meanwhile, cut off the stems and navels from the zucchini, cut them in half lengthwise, and then cut them crosswise into thin slices. Add the zucchini, cover and cook over medium heat, stirring a few times, until tender but not mushy, 10 to 12 minutes. Just before the zucchini slices are done, add the fresh thyme, if using, and the basil or parsley. Place the mixture in a colander to cool and to allow excess water to drain out, about ten minutes.

Meanwhile, in a bowl, beat the eggs lightly with a fork. Beat in the salt, pepper to taste, and cheese. Add the drained cooled zucchini and onion.

Pour the remaining two tablespoons olive oil in a flameproof 12–inch skillet or omelet pan and place over medium heat. When it is hot enough to make the eggs sizzle, pour in the egg mixture, using a fork or spoon to distribute the zucchini evenly. Immediately reduce the heat to low and cook the frittata gently until it is set, 12 to 15 minutes. Take care not to overcook the eggs or they will lose their delicacy.

Top finish cooking, slide the pan under the preheated broiler six inches from the heat until the top is golden, One to two minutes. Using a spatula to loosen the edges from the pan, slide the frittata out onto a serving plate. Serve warm or cold, cut into wedges.

## Frittelle De Corleone

---

1/4 Cup Raisins, golden  
1/2 Cup Marsala OR 1/2 Cup Sherry  
1 Cup Flour, all purpose  
1 Pinch Salt  
2 Large Egg yolks  
1/2 Cup Milk  
Oil, vegetable  
Sugar, powdered

Soak the raisins in Marsala for 30 minutes.

Drain the raisins, reserving the wine. Put the flour and salt into a mixing bowl. Stirring very gently with a wooden spoon, gradually blend in the wine until smooth. Stir in the egg yolks and just enough milk to bring the batter to the consistency of a thick cream sauce.

In a large skillet, heat 1 inch of oil to 375 F. Using about 3 tablespoons for each fritter, spoon batter into the oil; DO NOT CROWD. Fry the batter until golden, turning once, 4 to 5 minutes.

Drain on paper towels; repeat with remaining batter. Dust with powdered sugar and serve hot.

## Funghi al Olio e Limone

---

2 Tbs olive oil.

1 Lb. white baby mushrooms, stems sliced off even with the base of the head

2 – 3 cloves garlic, peeled and finely chopped.

Juice of 1/2 lemon.

Salt & freshly ground black pepper.

2 Tbs. flat-leaved Italian parsley, finely chopped.

2 – 4 Tbs. Extra Virgin olive oil.

Heat the olive oil in a large saute pan over high heat, then add the mushrooms. Saute, shaking the pan vigorously from time to time, for about five minutes, until the mushrooms begin to exude some of their natural juices.

Lower the heat to medium, add the garlic and saute for a couple of more minutes being careful that the garlic doesn't burn. Squeeze the lemon juice over the mushrooms, taste for seasoning and add salt & pepper to your taste.

Remove from the heat, pour into a glass or ceramic container and stir in the chopped parsley. Add enough additional olive oil to coat the mushrooms evenly. Serve at room temperature as part of an antipasto.



## Fusilli Chicken

---

1–1/2 lbs chicken breast  
1/3 cup Olive oil  
1/4 cup butter  
2 Tablespoon butter  
2 onions finely chopped or 2 shallots  
1 stem of fresh fennel  
2 whole garlics – crushed  
1 cup white wine  
1 3/4 cup chicken stock  
1/2 cup heavy cream  
1 lb. fresh peas – cooked  
fresh parsley – chopped  
red pepper flakes  
1 lb. fusilli

Heat 2 tbsp. sweet butter in a small saucepan and cook the onions. Stirring until light brown. Set aside.

Heat the olive oil in a large skillet. Dredge the pieces of chicken in flour and salt & pepper. Cook until brown.

Pour the oil & fat from the skillet. Add the butter & garlic to the chicken. Add the onion & blend. Add the wine and cook about 1 minute. Add the chicken broth. Bring to a boil and cover. Let cook, covered over high heat for about 15 minutes.

Before serving add peas and heavy cream. Cook fusilli until barely tender. Pour chicken and peas over fusilli. Garnish with hot red pepper flakes and plenty of chopped parsley.

## Gnocchi Alla Giordano

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2 pounds Baking potatoes  
1 cup All-purpose flour  
1 Whole egg plus  
1 Egg yolk, lightly beaten  
2 tablespoons Unsalted butter, softened  
1 teaspoon Salt  
Freshly grated Parmesan cheese  
Tomato sauce

Boil the potatoes in their jackets, drain, peel and put through a ricer or food mill. While the potatoes are still warm, blend in the flour, add the egg, egg yolk, butter and salt.

Place the potato mixture on a floured board and knead lightly; the dough will be soft. Roll the dough in 1" thick sticks about 10" long. Cut each roll into 3/4" pieces.

Rub each pieces of dough lightly over the coarse side of a cheese grater. In a large pot of boiling salted water, cook the gnocchi until they rise to the top of the water. Using a slotted spoon, remove the gnocchi to a warm bowl. Sprinkle with Parmesan cheese, top with tomato sauce and serve at once.

# Gubana

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1 Recipe strudel pastry  
1 Cup walnuts, chopped roughly  
1/2 Cup hazelnuts, chopped roughly  
Zest of 1 lemon  
Zest of 1 orange  
1/4 Cup candied citron  
1/4 Cup semi-sweet chocolate pieces, roughly chopped  
1/4 Cup currants, soaked 1 hour in 1/2 Cup Verduzzo Wine  
2 eggs separated  
yolks beaten until stiff  
1/4 Cup sugar, plus 3 Tbls.

Preheat oven to 375 degrees and grease a cookie sheet.  
In a large mixing bowl, combine walnuts, hazelnuts, lemon zest, orange zest, candied citron, chocolate pieces, currants, soaking liquid and stir to combine. Add egg whites and 1/4 cup sugar and fold together. Roll pastry out to a 10 by 16-inch rectangle and position the longest side parallel to the work surface edge. Spoon the filling over the pastry evenly, leaving 2 inches uncovered at the north end. Roll the pastry up like a jelly roll from south to north so it appears to be a thick pipe. Make a circle of the pipe by attaching the two open ends like a wreath. Brush with beaten eggs yolks and sprinkle with remaining sugar. Place on cookie sheet and bake 50 minutes. Allow to cool before cutting.

## **Insalata Caprese**

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4 large fresh tomatoes, sliced 1/4 inch thick  
16 ounces fresh mozzarella cheese, sliced 1/4 inch thick  
1/3 cup packed whole leaf fresh basil  
4 tablespoons extra virgin olive oil  
fine sea salt to taste  
freshly ground black pepper to taste  
1/4 cup imported olives

On a large platter, arrange tomato and mozzarella slices and basil leaves, alternating and overlapping each. Drizzle salad with olive oil; Sprinkle with salt and pepper. Garnish with imported olives.

## Italian Cookies

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3 eggs  
1/2 cup orange juice  
1 cup sugar  
1 cup oil  
1 Teaspoon salt  
1 tsp. vanilla extract  
3 3/4 cups flour  
2 tbsp. baking powder  
almonds chopped (optional)

In a large bowl, beat eggs, orange juice, and sugar. Add oil, mix well. Add salt, flour, and baking powder, mix with a wooden spoon. Add vanilla extract and chopped almonds. Shape dough into two 12" half moon logs and place on an ungreased cookie sheet. Bake at 350 degrees F until golden (about 15 minutes). Remove from oven and let cool for awhile. Cut cookies 1/2 inch thick and re-cook at 450 degrees F until golden on both sides.

## Italian Pepper Sausage

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4 1/2 Pound fresh lean pork  
1-1/2 Pound fresh pork fat (fresh pork's)  
1 med. onion, chopped  
1 large clove garlic, minced  
3 Teaspoon salt  
1-1/2 Teaspoon freshly ground black pepper  
1-1/2 Teaspoon paprika  
2 Teaspoon crushed dried red peppers  
2 Teaspoon fennel seeds  
1/2 Teaspoon crushed bay leaf  
1/4 Teaspoon thyme  
1/3 Cup red wine or water  
Pinch of coriander  
2.5 yards sausage casing

Grind the lean and fat pork, onion and garlic. Add the seasonings and mix thoroughly. Add the wine and mix well. Force through a sausage stuffer into casing, or use in recipes that call for ground sausage out of casings. Makes 6.5 lb.

## Italian Tomato Sauce

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- 2 – 28 ounce cans diced or ground tomatoes or whole tomatoes NOT packed in puree or sauce
- 3 tablespoons high-quality olive oil
- 1 large, thick pork chop or 1–1/2 pounds beef chuck, steak preferred
- 1 medium onion, peeled and finely chopped
- 1 medium carrot, peeled and finely chopped
- 4 garlic cloves, peeled and crushed
- 1/2 cup red wine
- 1–1/2 teaspoons salt
- 3 tablespoons fresh basil or Italian parsley, chopped
- Freshly ground black pepper to taste

If using whole tomatoes, drain them, reserving the liquid and chop. Reserve tomatoes and juice in a bowl.

In a nonreactive Dutch oven, heat the olive oil. Season the chop with salt and pepper and brown over medium–high heat on both sides, about 8 minutes total. Remove meat and set aside. Reduce heat to medium–low, add the onion and carrot and saute until softened, 8 to 10 minutes. Add the garlic and saute for 1 minute. Return the meat and any accumulated juices to the pot and add the wine. Bring to a simmer, and cook uncovered for 3 minutes.

Add the reserved tomatoes (if using crushed or minced tomatoes, just add them directly from the can) and the salt and bring back to a simmer. Reduce heat to low to maintain a slow simmer, partially cover, and cook until the meat is tender, about 45 to 55 minutes, depending on the thickness of the meat. Remove meat and keep warm. Raise heat to medium and continue cooking sauce for about 5 minutes, or until sauce has thickened.

Stir in the basil and/or parsley and add freshly ground black pepper to taste (the sauce will be salty at this point; it will taste fine once added to pasta). Slice the meat and serve with pasta and sauce.

# **Lasagna With Prosciutto**

---

8 oz. Italian Prosciutto, chopped  
8 oz. Lasagna pasta noodles, cooked  
16 oz. can whole peeled tomatoes, chopped  
1 cup Ricotta cheese  
1 cup grated Parmesan cheese  
1 lb. Mozzarella cheese, sliced thin  
1 medium onion, chopped  
1 lb. lean ground beef  
4 tbs. fresh basil, chopped  
4 cloves garlic, chopped or minced  
1/4 tsp. oregano  
ground black pepper  
1/2 cup dry white wine  
2 tbs. olive oil  
fresh Basil sprigs for garnish

1. Cook lasagna noodles according to package directions or until tender but still firm. Drain, keep warm.

2. To make the lasagna sauce, in a large saucepan or cast iron skillet, over medium-high heat, saute the garlic, onion and prosciutto in the olive oil for 4 minutes. Add the lean beef, oregano, a touch of black pepper and saute 10 minutes. Add the wine and cook until the wine is almost evaporated. Add tomatoes and basil, reduce heat and simmer sauce 35 to 40 minutes or until most of the liquid has evaporated.

3. Grease a 9" x 12" or larger, baking pan. Arrange a first layer of lasagna noodles, a layer of the beef and prosciutto tomato sauce, Ricotta cheese, parmesan and mozzarella cheese. Add a second alternating layer of noodles, sauce and other ingredients. Repeat until pan is full ending up with a top layer of sauce. Sprinkle with parmesan cheese and bake in a pre-heated oven at 400 degrees for 30 minutes. Garnish with fresh basil

Tip: When layering the pasta, place bottom layer in pan so the ends lay over the sides of the pan. For the final layer lay the ends from the first layer back-over the top.



# Manicotti

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1 lb. ricotta cheese  
1 1/2 lbs. mozzarella cheese (grated), divided  
1/4 cup romano cheese (grated)  
Salt and pepper  
1/4 cup provolone cheese (grated)  
Parsley (chopped)  
3 eggs  
2–3 cups tomato sauce

Combine all ingredients together, except tomato sauce. Mix well.  
(Use 1 lb. mozzarella cheese)

Spread some tomato sauce on the bottom of a baking pan. Stuff manicotti shells and place in pan. Spread more tomato sauce in between each layer and on the top, followed by 1/2 lb. of just mozzarella cheese.

Bake at 350 degrees F for 3/4 hour. Then, broil for 2–3 minutes to brown top.

## Manzo Brasato

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2 1/2 lb. Boneless chuck roast, rolled and tied  
4 Tbs. flat leaf Italian parsley, roughly chopped  
2 Celery stalks, washed and roughly chopped  
1 Med. carrot, peeled and roughly chopped  
1 Med. yellow onion, peeled and roughly chopped  
4 Cloves garlic, peeled  
3 – 4 Cups dry red wine  
2 – 4 Tbs. olive oil  
2 Tbs. tomato paste, dissolved in several Tbs. red wine  
salt & freshly ground black pepper  
4 Tbs. flat leaf Italian parsley, finely chopped

Place the beef in a bowl or pot large enough to hold it without crowding. Add the parsley, celery, carrot, onion and garlic. Pour in enough wine to nearly cover the beef. Cover and allow to marinate for eight hours at room temperature, or overnight in the refrigerator.

At cooking time, remove the beef from the marinade, shaking and scraping off any vegetables that have clung, and pat it dry with paper towels. Reserve the marinade. Heat a large pot over medium–high heat. When the pot is well heated, add enough olive oil to cover the bottom, then add the beef, taking care to avoid spattering. Brown the beef all over—including the ends—lowering the heat if necessary as the beef begins to render its own fat.

When the beef is well browned, pour in the marinade, raise the heat to high, and boil for two or three minutes to evaporate the alcohol from the wine. Lower the heat to medium–low or even low, depending on your stove, partially cover the pot, then allow the beef and braising liquid to just barely bubble for 2 1/2 to three hours. The beef should be nearly falling apart when done.

At the end of the cooking time, remove the beef to a platter and cover with aluminum foil while you make the sauce. Raise the heat to medium–high and add the tomato paste dissolved in wine. Stir to combine well with the braising liquid and cook for two to three minutes. Pour the contents of the pot into a blender or food processor and puree for about one minute. Pour the sauce into a gravy boat, or any other serving piece, taste for salt & pepper and add to your taste.

To serve family–style, carve the beef into slices about 3/4 in. thick and cover with several tablespoons of sauce. Surround the beef with vegetables

and potatoes and pass the platter, and the sauce at the table. Otherwise, carve the beef on a cutting board and serve two slices per person along with whatever else you've prepared for dinner. Garnish with the chopped parsley, and again, pass the sauce separately at the table.

## **Marinara Sauce**

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2 cans of Italian plum tomatoes  
2 small cans of sauce  
1/4 cup olive oil  
1 medium onion – chopped  
3 garlic cloves – crushed  
1/4 cup fresh basil  
1 tbl. parsley  
Salt & pepper

Heat olive oil in sauce pan – add garlic and chopped onion and saute until onions are translucent. Add tomatoes, tomato sauce, basil, parsley, and salt & pepper and cook slowly for 45 minutes to an hour.

## **Meatballs (Polpette Alla Casalinga)**

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2 slices Italian bread, torn into small pieces  
1/2 Cup milk  
2 Tblsp. finely chopped fresh Italian parsley  
2 cloves finely chopped garlic  
1 teaspoon salt  
1 egg lightly beaten  
1 pound beef chuck, ground twice  
6 Tblsp. freshly grated Romano cheese  
1 Tblsp. olive oil  
1/4 teaspoon garlic salt  
Freshly ground black pepper  
1 Tblsp. oregano

Soak the pieces of bread in 1/2 cup milk for 5 minutes, then squeeze them dry and discard the milk. In a large mixing bowl, combine the soaked bread, then beaten egg, beef and sausage with the remaining ingredients. Knead the mixture vigorously with both hands or beat with a wooden spoon until all ingredients are well blended and the mixture is smooth and fluffy. Shape the mixture into small balls about 1 1/2 inches in diameter. Lay the meatballs out in one layer on a flat tray or baking sheet, cover them with plastic wrap and chill for at least 1 hour.

Heat 1/4 cup of olive or vegetable oil in a heated, heavy 10–12 inch skillet until a light haze forms over it. Fry the meatballs 5 or 6 at a time over a moderately high heat, shaking the pan constantly to roll the balls and keep them round. In 8 – 10 minutes, the meatballs should be brown outside and show no trace of pink inside. Add more oil to the skillet as needed. Serve the meatballs hot with tomato sauce.

# Minestrone

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1 Medium carrot, peeled and chopped roughly  
1 Celery stalk, chopped roughly  
1 Medium onion, peeled and chopped roughly  
2 Cloves garlic, peeled  
4 Tbs. flat leaf Italian parsley  
2–4 fresh sage leaves  
Olive oil  
2 1/2 quarts water  
1 Celery stalk, finely diced  
1 Medium carrot, quartered lengthwise and diced  
1 Medium onion, peeled and thinly sliced lengthwise  
3 Medium all-purpose potatoes, peeled and diced  
1/4 head of broccoli, cut into small florets  
Rind from a piece of Parmigiano (if available)  
1 small zucchini, quartered lengthwise and diced  
1 small yellow squash, quartered lengthwise and diced  
1 cup peas  
Approx. 4 oz. green beans, cut into 1 inch lengths  
Approx. 4 oz. yellow beans, cut into 1 inch lengths  
1/2 lb. spinach, washed and stems removed  
1 19 oz. can Red Kidney Beans, washed and drained  
1 19 oz. can Canelinni Beans, washed and drained  
1 19 oz. can Chick Peas, washed and drained  
Salt & freshly ground black pepper to taste  
1 Cup Tubettini, Orzo, or small shell pasta  
Freshly grated Parmigiano

Put the carrot, celery, onion, garlic, parsley and sage in the food processor and pulse about ten times for one second each pulse. Heat a large soup pot over medium heat, then pour in enough olive oil to cover the bottom. At the same time, start another large pot filled with six or more quarts of water on high heat, for the pasta.

Pour the chopped vegetables into the pot and saute them for approximately ten minutes, or until they're thoroughly wilted and slightly golden in color. Add the water, stirring and scraping any bits of vegetables that have caramelized and stuck to the bottom of the pan.

Add the celery, carrot, onion, potatoes, broccoli, and if you have one, add the rind from the Parmigiano. Bring the pot to the simmer, and cook gently,

stirring occasionally, for ten minutes. Add the zucchini, yellow squash, peas, green and yellow beans, and continue cooking at the simmer for another ten minutes.

When you've added the vegetables above, start the pasta. Cook until it's al dente, drain and reserve.

Add the canned beans to the soup and simmer for two or three minutes, just to heat them. Taste the soup for salt and pepper and add to your taste at this time.

Spoon a bit of pasta into a bowl, then ladle a good portion of the soup over the pasta. Garnish with the freshly grated Parmigiano.

## **Mostaciolli With Fennel, Mint And Bread Crumbs**

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6 tbsp. virgin olive oil  
2 cloves garlic  
2 fennel bulbs  
1–1/2 cups toasted breadcrumbs, divided  
1 tbsp. crushed red pepper flakes  
1 cup loosely–packed fresh mint leaves  
3 to 4 tbsp. extra–virgin olive oil  
1 pkg. mostaciolli

Bring 6 quarts water to boil and add 2 tablespoons salt. Remove tops from the fennel and save. Cut fennel into 1/4–inch batonette. In a 12–inch to 14–inch saute pan, heat olive oil until smoking. Add garlic and fennel and cook, stirring frequently, until light golden brown and quite soft, about 10 minutes. Add 1 cup bread crumbs and crushed red pepper flakes and continue cooking 4 to 5 minutes. Cook pasta according to package instructions until just al dente and drain well. Pour hot pasta into pan, add mint and toss to mix well. Pour into warm serving dish, sprinkle with remaining breadcrumbs and reserved fennel tops. Drizzle with extra–virgin olive oil and serve.



## Osso Buco

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8 Large Veal shanks, patted dry  
Salt and Pepper, to taste  
Flour  
7 Teaspoon Unsalted butter  
3 Teaspoon Olive oil  
1–1/2 Cup Dry white wine  
1–1/2 Cup Onion, finely chopped  
3/4 Cup Carrots, finely chopped  
3/4 Cup Celery, finely chopped  
1 Teaspoon Garlic, minced  
4 Cup Beef broth  
1–1/2 Cup Plum tomatoes, chopped  
Bouquet garni  
1/2 Teaspoon Salt  
Gremolata:  
1/2 Cup Fresh parsley, minced  
2 Teaspoon Lemon zest  
1 Teaspoon Garlic, minced

Season the veal shanks with salt and pepper and dredge in the flour, shaking off excess. In a heavy skillet, heat 3 Tbsp butter and 3 Tbsp oil over mod–high heat. Brown the veal shanks, adding additional butter and oil if necessary. Transfer the shanks as they are browned to a platter. Add wine to the skillet, boil the mixture, deglazing the pan, until the liquid is reduced to about a half cup. Reserve in a small bowl. In a flameproof casserole just large enough to hold the veal shanks in one layer, cook the onion, carrots, celery, and garlic in the remaining 4 Tbsp butter over mod–low heat, stirring occasionally, until the veggies are softened. Add the shanks and any accumulated juices to the casserole. Add the wine mixture, and enough broth to almost cover the shanks. Spread the tomatoes over the shanks, add the bouquet garni (6 fresh parsley sprigs, 4 fresh thyme sprigs, 1 bay leaf) and salt and pepper to taste. Bring the liquid to a simmer over moderately high heat. Braise the mixture, covered, in the middle of a preheated 325f oven for 2 hours, or until the veal is tender. Transfer the veal to an ovenproof serving dish with a slotted spoon. Discard the strings and keep the shanks warm. Strain pan juices into a saucepan, pressing hard on the solids. Skim off the fat. Boil for about 15 minutes or until reduced to about 3 cups. Baste the shanks in some of the reduced juices, and bake them, basting 3–4 more times, for 10 minutes or until the shanks are glazed. In a bowl, stir together the parsley, zest, and garlic. Sprinkle the shanks

with the gremolata and pour some juice around and over them. Serve the remaining juices alongside in a boat.

# Panettone

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1 Cup Flour, plus 2 Tbls.  
1/8 Teaspoon Salt  
1 Package Yeast, dry fast-rising  
2 tb, Water, lukewarm  
3 Tablespoon Sugar, divided  
2 Eggs  
8 Teaspoon Margarine  
1/2 Teaspoon Orange peel, grated  
1/2 Teaspoon Brandy extract  
3 Ounce Mixed dried fruit, coarsely chopped

Sift together flour and salt onto sheet of wax paper; set aside. In small bowl sprinkle yeast over water; add 1 teaspoon sugar and stir to dissolve. Let stand until foamy, about 5 minutes. In mixing bowl, using electric mixer at medium speed, beat eggs with remaining sugar until frothy; add margarine and beat until well combined. Continue to beat while adding orange peel and brandy extract. Add yeast mixture, then gradually beat in sifted flour; beat at high speed for 5 minutes. Add dried fruit, beating until thoroughly combined. Cover bowl with clean damp towel or plastic wrap and let stand in warm draft-free area until dough is doubled in volume, about 30 minutes.

Preheat oven to 400. Spray 3-cup fluted mold with nonstick cooking spray. Punch dough down, then turn into prepared mold; bake in middle of center oven rack for 10 minutes. Reduce oven temperature to 325 and bake until top is browned and cake begins to pull away from mold, about 30 minutes longer (cover with foil if Panettone is browning too quickly). Unmold onto wire rack and let cool.

# Panzanella

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4 3/4" slices stale Italian bread  
1 clove garlic, peeled and halved  
4 vine-ripened tomatoes, cut into 1" chunks  
1 large Bermuda onion, peeled and thinly sliced  
1 medium cucumber, peeled and sliced into 1/4" rounds  
2 – 4 Tbs. red wine vinegar  
4 Tbs. extra virgin olive oil  
salt & freshly ground black pepper  
4 Tbs. flat leaf Italian parsley, finely chopped  
2 Tbs. fresh tarragon, finely chopped

Crumble the bread into rough chunks, and place in a bowl with three or four cups of cold water for about five minutes. While the bread is soaking, rub the inside of the salad bowl with the exposed portions of the garlic. One fistful at a time, squeeze out as much water as you can from the bread, and add it to the salad bowl.

Break up the bread with a fork, then add the tomatoes, Bermuda onion, cucumber, red wine vinegar, olive oil, and toss to coat all the ingredients. Taste for salt & pepper and add them to your taste.

Add the parsley and optional tarragon, divide among four plates and serve immediately. If you prefer, you can refrigerate the Panzanella for about 1/2 hour before serving. If you plan to do this, though, don't add salt because the salt will leach moisture from the tomatoes.

## Pasta al Forno

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2 lbs. rigatoni  
1/4 cup pancetta, very thinly sliced  
(if you can't find pancetta, use regular bacon)  
2–1/2 lbs. Italian sausage, casing removed (hot or sweet, your preference)  
1 onion, chopped  
1 carrot, chopped  
8 Ounce mixed mushrooms, sliced (variety your preference)  
3 tbsp. julienne basil  
3 tbsp. chopped parsley  
3 lbs. ricotta  
1/2 cup heavy cream  
1 cup chicken stock  
2 cups grated provolone cheese  
1–1/2 cups crumbled Gorgonzola cheese (or blue cheese)  
1 28-oz can Italian plum tomatoes, drained and chopped  
1–1/2 cups grated pecorino Romano cheese (or Parmesan)

Cook pasta in a large pot of boiling, salted water until only halfway cooked, according to package directions. Drain, and rinse under cold water to stop cooking. Toss with a minimal amount of olive oil to prevent sticking.

Cook pancetta (or bacon) in large skillet over medium heat until well browned, and crisp, stirring occasionally, about 10 minutes. Drain on a paper towel. Add sausage to drippings in skillet and cook, breaking up large pieces, until well browned. Transfer to paper towel. Pour off all but 3 tbsp. drippings from skillet. Add onion, carrot, mushrooms, basil and parsley. Cook until onion is tender, and mushrooms are golden brown. Season with salt and pepper and set aside.

Preheat oven to 400 degree F. Spray a large baking pan well with cooking spray.

Place ricotta in a large bowl. Gradually whisk in cream. Stir in stock. Add pasta, pancetta, sausage, onion mixture, provolone, Gorgonzola, tomatoes, and 1 cup Romano. Season with salt and pepper and stir well. Transfer to prepared dish. Sprinkle with remaining Romano. Cover and bake 35 minutes. Remove cover and bake an additional 20 minutes, or until very golden brown, and bubbly.

## Pasta Alla Caruso

---

- 2 Tbs. Olive Oil
- 1 Cup Flour, seasoned with a pinch of salt & freshly ground black pepper
- 1 Lb. Chicken Livers, separated into individual lobes,  
all visible fat removed
- 2 Tbs. Unsalted Butter
- 1 Lb. assorted mushrooms, Shiitake (stems removed), Portobello, Crimini,  
White button, sliced thinly
- 1 Cup dry red wine
- 1 28 Oz. Can, peeled Tomatoes
- 2 Tbs. Flat-leafed Italian Parsley, finely chopped
- Salt & freshly ground black pepper
- 1 Lb. Spaghetti or Perciatelli

Heat a saute pan over high heat, then add the olive oil. Flour the chicken livers, shaking off any excess and add to the pan. Saute until they are slightly browned and firm. Remove livers and set aside. Pour off the olive oil, then add the two tablespoons of butter. When the butter has foamed and the foam begins to subside, add the mushrooms, tossing to coat with the butter. Cook for four or five minutes, until the mushrooms begin to give off some of their juices. Add the wine all at once, scraping the bottom of the pan to loosen any caramelized bits of liver and mushroom from the bottom. Continue, cooking over high heat until the wine has reduced by about half. Lower the heat, puree the tomatoes through a food mill, or in a food processor, then add to the mushrooms and wine. Adjust the heat so the mixture barely simmers. Slice the chicken livers crosswise into half-inch rounds and add them, with any of their accumulated juices, to the tomato sauce. Taste for seasoning, add salt and pepper if necessary, then cook over low heat for about thirty minutes, or until the extraneous juices have evaporated. In the meantime, bring a large pot with about six quarts of water to a boil. Add the pasta and cook until al dente. Drain the pasta, divide into four plates, top with the sauce, garnish with the chopped parsley.

## Pasta Asciutta

---

1 pound fettuccine, tagliatelle or trenette pasta noodles  
3/4 cup virgin olive oil  
12 cloves fresh garlic  
1 medium white onion  
6 medium Idaho potatoes  
1 teaspoon salt  
1 teaspoon freshly  
ground black pepper  
1 cube butter or margarine  
1 pound fresh string beans  
1–1/2 cups grated Parmesan cheese(good quality)

Peel potatoes and cube(cut to 3/4 to 1 inch pieces). Boil potatoes in salted water till tender. Do not over-cook. Meanwhile, steam string beans till tender but still crisp and set aside with potatoes. In a heavy skillet or cast iron frying pan, heat oil and add halved cloves of garlic and finely chopped onion. Saute till golden crisp. Meanwhile, cook pasta noodles in salted water with 1 tablespoon olive oil. Cook al dente.

Drain Pasta, add potatoes, string beans and toss gently. Add butter to heated garlic and onion sauce to melt. Pour sauce over pasta mixture, add pepper, parmesan cheese and work through very gently. Serve with extra parmesan cheese and french bread. Options: To add a Pesto flavor, sprinkle with 1/4 cup finely chopped fresh basil and toss gently to coat.

## Pasta con Limone e Pignoli

---

1/4 pound angel's hair pasta or capellini  
3/4 teaspoon minced garlic  
2 tablespoons olive oil  
2 tablespoons pine nuts, toasted golden  
2 tablespoons fresh lemon juice  
1–1/2 teaspoons freshly grated lemon zest  
1/4 cup minced flat-leafed parsley leaves

Bring a large saucepan of salted water to a boil for pasta.

In a small saucepan cook garlic in oil over moderately low heat, stirring, until softened and transfer mixture to a large bowl. Add pine nuts, crushing them lightly with the back of a fork, lemon juice, zest, parsley, and salt and pepper to taste.

Cook pasta in boiling water until al dente and, reserving 2 tablespoons of the cooking water, drain well. Add pasta with the reserved cooking water to bowl and toss with lemon mixture until it is absorbed. Serve pasta warm or at room temperature.



# Pasta Dough

---

8 eggs  
2 tsp. salt  
4 cups all purpose flour

In a large bowl, combine eggs & salt. Beat well. Add flour, 1 cup at a time until dough sticks together but is still soft.

Spread flour on a board, knead dough for 15–20 minutes. Cover and let stand in a warm place for about 1 hour.

Knead for another 5 minutes. Flatten small amounts of dough to form a 2" x 2" square. Coat square in flour and repeatedly run through pasta machine until desired thickness is obtained, or use rolling pin.

Cut paste shape using pasta machine or slice desired shape by hand.

Lay out cut pasta on table covered with a table cloth until dry. Pack in plastic bags and store in a cool place.

Cook pasta in boiling salted water until tender. Homemade pasta usually takes less time to cook. Top with your favorite sauce.

## Pasta E Fagioli

---

1/4 cup extra virgin olive oil  
6 cloves garlic, minced  
1 can (6 ounces) tomato paste  
2 cans (15 ounces each) cannellini beans, undrained  
2 teaspoons dry basil leaves  
3–4 cups boiling water, divided usage  
2 cups beef broth  
1/3 cup dry red wine  
12 ounces ditalini, elbow macaroni, or any short tubular pasta  
Salt and pepper to taste  
Parmesan cheese, freshly grated  
Chopped fresh basil leaves, optional

1. Place olive oil and garlic in a large saucepot (6 quart). Cook over medium heat just until golden. Add tomato paste and cook 3–4 minutes stirring occasionally.
2. Puree 1 can of beans in food processor or blender; add to saucepot with remaining beans. Cook 2 minutes; stir in basil. Add 2 cups boiling water, broth, wine, salt and pepper. Increase heat and bring to a boil, stirring occasionally, about 5 minutes. Add pasta. Cook about 8 minutes or until al dente, adding remaining hot water, if needed and stirring occasionally.
3. Serve hot topped with Parmesan and fresh basil, if desired.

## Pasta Faguli

---

1 can whole tomatoes (32 oz.)  
1/4 cup olive oil  
2 cloves garlic (chopped)  
3 Tablespoon dried oregano  
3 Tablespoon dried parsley  
salt to taste  
2 cups elbow pasta (cooked)  
1/2 can white kidney beans

Puree tomatoes, place in a sauce pan. Add olive oil, garlic and spices. Bring to a boil. Cover and simmer for 10 minutes. Uncover and simmer for another 10 minutes. Pour sauce over cooked pasta and add beans. Mix, warm and serve.

## Pasta with Wild Mushrooms

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1 oz. (two small packages) dried porcini mushrooms  
1/2 Cup dry white wine  
4 oz. Pancetta, finely diced  
2 Tbs. Unsalted butter  
2 Lb. assorted mushrooms (Portobello, Crimini, Common White, etc.), thinly sliced  
2 Shallots, peeled and finely diced  
4 sprigs fresh thyme, leaves only  
salt & freshly ground black pepper  
1/2 Cup heavy cream  
1 Lb. long pasta (Spaghetti, linguine, etc.)  
4 Tbs. flat leaf Italian parsley, finely chopped

Combine the dried porcini and the wine in a cup or small bowl and soak for thirty minutes. Fill a large pot with four to six quarts of water and bring to a boil. Heat a large saute pan to medium–high, and add the diced pancetta. Saute until it renders some fat and becomes slightly crisp. Lower the heat if it seems too high.

Add the butter and allow it to melt. When the bubbles have subsided, add the fresh mushrooms. If your saute pan can't accomodate them all at once, do this step in two batches. Saute the mushrooms until they have given up their juices and the juices have all but evaporated. In the meantime, when the pasta water boils, add the pasta to the water. Stir to be sure the strands are submerged and separated.

Raise the heat to high and add the porcini and wine, being careful at the bottom of the cup that no sand that might have come from the porcini, gets into the sauce. If you've cooked the fresh mushrooms in two batches, recombine them now. Add the shallots and thyme and saute, stirring frequently, until the wine has nearly evaporated.

Taste for salt & pepper and add to your taste. Add the cream and allow it to boil until it has reduced and thickened. Remove from the heat.

When the pasta is cooked to the al dente state, drain in a collander and either pour it onto a platter, or divide it among four dishes. Either pour all of the mushroom sauce over the pasta in the platter, or spoon one fourth over each of the dishes. Garnish with the chopped parsley and serve immediately.

## **Penne Rigate Con Salsiccia**

---

6 tablespoons butter  
1 small onion, peeled and chopped  
1 clove garlic, peeled and finely chopped  
1 lb. Italian sausage  
1 sprig of fresh rosemary  
2/3 cup white wine (only one you would drink)  
Pinch of freshly grated nutmeg  
Pinch of ground cloves  
Salt  
Freshly ground black pepper  
13 oz. penne pasta  
3/4 cup freshly grated good quality Parmesan cheese

Heat the butter and gently fry the onion and garlic. Remove the skin from the sausages and break up the meat with a fork. Add to the pan and gently fry until well browned. Add the rosemary, and the wine and cook slowly for 10 minutes. Add the nutmeg, cloves, and salt and pepper. Meanwhile, cook pasta according to directions (al dente) and drain. Mix with the sausage mixture and Parmesan cheese.

## Peperoni Al Vaso

---

6 1/2 Pounds Green peppers  
12 Basil leaves  
4 Cup White-wine vinegar  
4 Cup Balsamic vinegar  
1 Teaspoon Sugar  
4 Teaspoon Salt  
4 Clove Garlic, cut in half  
4 Clove Garlic, chopped  
3 1/2 Ounce Capers  
7 Ounce Canned anchovy fillets  
Extra virgin olive oil

Wash, core and seed the green peppers and cut into long thin strips. In a deep casserole, put both vinegars, the sugar, salt and halved garlic cloves. Bring to a strong boil, then add the green peppers and cook for 10 minutes. Remove the peppers from the liquid and place on paper towels to dry. Put a layer of green peppers into a glass jar and cover with some chopped garlic, a pinch of capers, a few small anchovy pieces and a few basil leaves. Add a second layer of green peppers and repeat the process until all the ingredients have been used. Top with basil. Add fresh oil, a little at a time, pressing the jar contents down with your fingers to force the oil well down into the jar and thoroughly coat all the ingredients. At least 1/2-inch of oil must cover the top and any air pockets must be eliminated. Seal the jar hermetically and store in a cool dark place for 20 days.

## **Pesto Sauce**

---

4 cups fresh basil  
1/2 cup olive oil  
2 cloves garlic  
6 sprigs parsley  
Salt and pepper to taste  
1/4 cup pine nuts  
1/2 cup fresh grated Parmesan or Romano cheese

Place the basil in a blender. Add the oil, garlic parsley, salt, pepper, and pine nuts. Blend until all are chopped very fine. Remove from the blender and add the Parmesan or Romano cheese. Toss with pasta.

## Pollo Alla Cacciatora

---

2 lbs. chicken parts  
6 Tbs. olive oil  
1 small carrot  
1 stalk celery  
1 lb. tomatoes, peeled, seeded, and chopped  
salt, pepper  
bay leaf  
juniper berries  
1 glass dry white wine  
1 oz. dried mushrooms  
1 clove garlic  
1/2 cup chicken broth  
1 Tbs. chopped parsley

Wash the chicken parts and pat-dry. Saute the carrot, celery, onion, and garlic in olive oil. When tender, but not crisp, add the chicken parts, salt and pepper, bay leaf, juniper berry and let brown over high flame. Add the wine and, when it has evaporated, add a few mushrooms, which have been previously re-constituted in warm water, the tomatoes and 1/2 cup broth. Cook for about 1 hour over medium heat. When ready remove from heat, add the chopped parsley and arrange in a pre-heated serving platter. Serve.



## Pollo alla Griglia

---

1 whole chicken  
1 tablespoon coarse sea salt (Kosher salt will work fine)  
3–4 leaves of fresh sage  
2 cloves garlic  
A 10–inch sprig of rosemary  
Pepper to taste (go easy)  
A quarter cup of olive oil

Split the chicken up the breastbone, squash it flat, and fold the wings up behind its back.

Strip the leaves from 6 inches of the sprig of rosemary (reserve the rest to serve as a brush) and mince them with the sage, salt and garlic. Once the mixture is reduced to a paste, add a little bit of ground pepper to it, stir half the oil into it, and rub it into the chicken. Let the chicken marinate for an hour or so. In the mean time, build a hot fire in your barbecue.

Place the chicken on a rack about 6 inches above the coals and grill it, turning it often and basting it with the remaining olive oil. Don't be surprised if the grease from the bird catches fire -- merely lift it out of the way until the flames subside. The chicken will take an hour or slightly more to cook; it will be done when the meat begins to pull up along the drumsticks and the juices run clear if you insert a skewer into the hip joint.

# Porchetta

---

6 fresh Sage leaves  
4 sprigs fresh Rosemary, leaves only  
4 cloves garlic, peeled  
1 Bay leaf  
Salt & freshly ground black pepper  
2 Tbs. Olive Oil  
3 1/2 Lb. Boneless loin of pork  
Salt  
4 Tbs. Olive Oil

Chop the herbs, garlic, salt & pepper, either by hand or in a food processor. Add enough olive oil to make the mixture into a paste.

Untie the pork loin and lay flat, boned (rough) side facing up. Spread generously with the herb mixture, then sprinkle generously with more freshly ground black pepper. Re-tie the roast with kitchen twine. You can do this the evening before you plan to serve the roast, or earlier in the day.

Put the roast in a heavy pot just large enough to accommodate it, and add just enough water to barely cover it. Add about 1 Tbs. salt to the pot and bring to the boil, skimming off any scum that rises to the surface.

When the water boils, lower the heat to medium, so it's not boiling, but bubbling fairly briskly. Cook until the water boils off—about one hour.

Add enough olive oil to coat the bottom of the pan, and continue cooking over medium heat and, when the roast develops a nice crust all over, remove to a warm platter and allow it to rest for approximately fifteen minutes.

## Ragu Alla Bolognese

---

1/3 pound of ground veal  
1/3 pound of ground beef  
1/4 pound bacon  
1 tablespoon butter  
1 onion, 1 carot, 1 celery stalk  
1/4 cup of red wine  
tomato sauce  
1/2 cup broth  
milk  
salt and pepper

Chop in fine pieces the onion, carrot, celery and bacon. Place everything in a saucepan, add the meats and mix well. Add the butter and cook over a slow fire, then add the wine and 1/4 cup broth. When the broth is absorbed add another 1/4 cup broth and let it evaporate. Add a bit of tomato sauce, salt and pepper. Cover the meat with a bit of boiling milk and continue cooking until it has been absorbed. This sauce can be used on all types of pasta.

## Ratatouille Nicoise

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1/3 cup olive oil  
2 or more cloves of garlic, chopped  
1 large onion, sliced  
2 zucchini, scrubbed  
1 small eggplant  
3 tablespoons flour  
2 green peppers, seeded & cut into strips  
1 #2 can Italian plum tomatoes  
salt and pepper  
1 tablespoon capers, drained & chopped

Heat oil in large skillet, add garlic and onion, and saute. Slice the zucchini and peel & cube eggplant. Flour the pieces lightly. Add vegetables to the skillet, cover and cook slowly – 1 hour. Add tomatoes and simmer uncovered until mixture thickens. Salt & pepper, and add capers in the last 15 minutes of cooking.

## Ribollita

---

1 Cup dried cannellini, great northern or navy beans  
1 Lb. Savoy cabbage, roughly chopped  
1/4 Cup Extra Virgin Olive Oil  
1 medium onion, finely chopped  
1 Tbs. tomato paste  
1 stalk celery, finely chopped  
1 carrot, peeled and finely chopped  
6 – 8 Cups water (or a combination of chicken broth and water)  
1 Tbs. fresh thyme, finely chopped  
salt & freshly ground black pepper  
4 – 1" thick slices Italian (preferably Tuscan) bread  
2 Cloves garlic, peeled and halved

The day before you plan to prepare the soup, soak the beans in about 1 quart of cold water for approximately 12 hours. When you're ready to cook, drain the beans and reserve.

Heat about 3 Tbs. of the olive oil in a large saucepan set over low heat. Add the onion and stir until it has become wilted; about 5 minutes. Add the tomato paste, celery and carrots. Cook, stirring often for another 5 to 10 minutes until the celery softens.

Add the cabbage, stirring to coat with the olive oil, then add the water (or water and broth), beans and thyme. Season to your taste with salt and pepper and bring to the boil. When the soup reaches the boil, reduce the heat to low, cover and cook gently for about two hours.

While the soup is simmering, pre-heat the oven to 350 f. Toast the bread until golden, then remove, rub with the garlic halves, and reserve.

When the soup has cooked for two hours, crumble the bread roughly into the pot, stir and allow the soup to stand—off the heat—until completely cool, then refrigerate.

Before serving, the next day, return the soup pot to the stove and bring to the boil, stirring constantly to prevent sticking. Taste once again for salt and pepper and either pour the soup into a tureen to bring to the table, or ladle into individual soup dishes. Garnish each dish with approximately 1 Tbs. of the remaining olive oil.

# Risotto A L'asparigi

---

2 cups Italian rice (Risotto Arborio)  
1/2 cup salted butter, or 1/4 cup olive oil  
2 Tablespoon dried parsley  
1 whole red onion (chopped)  
5–6 cups chicken stock  
20 asparagus spears  
1/4 cup olive oil  
3 cloves garlic (minced)  
8 Tablespoon parmigano cheese (grated)

Rice Preparation: In a sauce pan, melt butter or add 1/4 cup olive oil. Add onions and parsley. Cook until onion is transparent.

Turn heat to high, add rice. Add 3 ladles of hot chicken stock into rice, stir constantly until liquid is absorbed. Continue adding stock (3 ladles at a time) and stir until rice is tender.

Rice should be sticky and no liquid should remain. Rice should be firm like putting or custard. Put rice aside.

Asparagus Preparation: In a fry pan, add 1/4 cup olive oil and garlic. Cook until garlic is golden.

Cut asparagus into 1 inch diagonal pieces, leave 5–6 spears uncut, will be used for garnish. On medium/high setting, cook asparagus (both cut & whole) uncovered for 3 minutes. Add 1/4 cup chicken stock, salt & pepper to taste. Continue cooking covered until tender.

Final Preparation: Add asparagus to rice. Place back on stove, add the cheese and stir. Add more cheese if desired.

Place rice on a serving dish and garnish with whole cooked asparagus spears.

## Risotto alla Parmigiana

---

2 tablespoons unsalted butter  
2 tablespoons olive oil  
1 medium onion, finely chopped  
1 pound Arborio rice  
6 cups chicken stock, hot  
2 tablespoons butter  
3 ounces Parmigiano Reggiano cheese, coarsely grated

Heat the butter and oil in a large, straight-sided saute pan or saucepan. Add the onion, and saute until soft, without browning.

Add the rice, and saute for 2 minutes until the rice is well-coated. Ladle 1/2 cup of stock into the rice, stirring constantly, until all the liquid is absorbed and the rice is almost dry. Add more stock, 1/2 cup at a time, until it's all absorbed by the rice and the rice is al dente. The rice should be very moist and creamy, but not runny; the rice should be firm but tender, not crunchy.

Remove from heat, and stir in the raw butter and the Parmigiano cheese. Salt to taste, and serve immediately.

## Scallops In Creamy Pesto

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1 tbl. unsalted butter  
1 clove of garlic – minced  
1 small onion–diced  
1/4 cup dry white wine  
1/2 cup fish or chicken stock  
1 tbl. fresh basil– minced  
1 lb. large scallops  
1/3 cup half–and–half

Melt the butter in a large skillet over medium heat. Add the garlic and onion and cook about 5 minutes, until the onion is translucent. Stir in the wine, stock, and basil; add the scallops and simmer for 5 minutes, or until they are no longer opaque. Using a slotted spoon, remove the scallops from the pan and keep warm. Add the half–and–half to the poaching liquid and bring the sauce to a boil. Simmer rapidly for about 10 minutes, or until the sauce is the consistency of heavy cream. Strain the sauce through a sieve. Combine the sauce and scallops and toss to coat.



## Shrimp Oreganato

---

2 lbs. medium shrimp, cleaned and shelled  
2 cups bread crumbs  
2 cloves of garlic–minced  
2 tbs. of parsley  
1 tsp. paprika  
1 teaspoon oregano  
1/4 cup olive oil  
2 cups chicken broth  
2 lemons

Pre–heat oven to 375 degrees. Combine bread crumbs, oil, garlic, parsley, oregano and paprika in a medium bowl, and mix together well. Butterfly shrimp and place face up in a baking pan. Place a portion of the bread crumb mixture on top of each shrimp. Pour chicken broth around shrimp, making sure not to cover shrimp and wash away bread crumb mixture. Place in oven and bake for 15–20 minutes until done. Transfer shrimp to serving plates and pour a little of the juice from the baking pan on top. Cut lemon into wedges and serve shrimp with lemon wedges.

## Sottoaceti

---

- 1 Head Cauliflower, cored and broken into florets
- 4 Med. Carrots, peeled and sliced
- 1 Med. bunch of Celery, washed and sliced
- 24 Cipolline or pearl onions, peeled
- 12 Cloves of Garlic, peeled
- 3 – 4 Cups water
- 2 – 3 Tbs. Salt
- 1/2 – 1 Tbs. Sugar
- 2 Tbs. Pickling Spices
- 3 – 4 Cups White Vinegar

Prepare the vegetables, and place in a large ceramic or glass container large enough to hold them and the added liquid. Bring 4 Cups of water to the boil, then add the salt, sugar and pickling spices. Stir to dissolve the salt and sugar, then remove from the heat and pour three cups of the solution over the vegetables, reserving the last cup.

Allow the mixture to steep for about five minutes to blanch the vegetables slightly, then add three cups of the vinegar. If the resulting brine doesn't cover the vegetables completely, add equal parts of water and vinegar to cover.

When the vegetables have cooled, cover the container and refrigerate. The Sottoaceti is ready to eat after four to five days. If you care to, divide the vegetables and brine among several canning jars and refrigerate. Sottoaceti will keep for at least a month, refrigerated.

## Spaghetti E Scampi

---

1 lb. Italian Spaghetti, Taglinini, or Linguine  
10 oz. Shrimp, peeled and de-veined  
4 tbs. extra virgin olive oil  
1 tbs. tomato sauce  
1 dry hot red chili pepper, crushed  
1 cup heavy cream  
1 tbs. Curry powder  
1 lg. red bell pepper, seeded and diced  
Salt to taste

Cook spaghetti in a large pot of boiling salted water until al dente (cooked just right). Meanwhile, medium heat olive oil in a heavy skillet or cast iron frying pan. Add shrimp and cook for 2 minutes, turning once. Drain in a separate skillet, pour cream, stir in tomato sauce, curry powder, chili pepper and heat to a light boil. Add shrimp, bell pepper and cook for 2 minutes. Drain spaghetti (do not rinse) and add it to the skillet containing the shrimp and spaghetti sauce. Cook for 1 minute over medium heat, stirring lightly to mix. Salt to taste. Arrange spaghetti and shrimp on a platter and serve.

## Spumone Di Zabaglione

---

6 eggs  
1/2 cup sugar  
1/2 tsp. nutmeg  
1/2 cup marsala  
3 tbsp. dark rum  
1–1/2 cup heavy cream

Separate the eggs and place the yolks in the top part of a double boiler. Place the whites in a stainless steel bowl at room temperature. Add sugar and nutmeg to eggs and beat, off the heat, until it forms ribbons. Add marsala and rum and place over double boiler. Beat until frothy and foamy and quite firm, about 2 to 3 minutes. Remove to ice bath and cool while whisking. Beat the cream to soft peaks and fold egg mixture into whites. Place into ice cream machine and chill according to manufacturer's instructions. Place in freezer, well covered. When ready to serve, scoop into balls and garnish with crushed amaretti cookies.

## Steak Alla Pizzaiola

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2 lb. rib roast (4 steaks or club steaks)  
2 oz. lard or 3 tablespoons oil  
1 clove garlic  
red pepper (optional)  
1 tablespoon parsley, chopped fine  
1 teaspoon salt  
freshly ground tomatoes (Italian plum)  
1/4 cup dry red wine  
2 tablespoon oil

Chop the lard and garlic very fine. Brown in a frying pan, add tomatoes, 1 glass of water, add wine. Cook slowly for 15 minutes. Stir occasionally and then add salt and pepper to taste.

In another pan saute steaks in oil until brown on both sides. Place steak in sauce and cook in 300F oven for 15 to 20 minutes. Garnish with parsley.

## Straciatella

---

2 eggs  
4 teaspoons finely grated Parmesan cheese  
a pinch of kosher salt, plus 1–1/2 teaspoons  
a pinch of freshly grated nutmeg  
1 tablespoon all-purpose flour  
4 cups chicken stock or beef stock  
1 pound spinach or Swiss chard, stemmed and leaves cut  
across into narrow strips, optional  
freshly ground black pepper, to taste

In a small bowl, stir together the eggs, cheese, pinch of salt, the nutmeg, and flour try not to get the eggs at all frothy.

NOTE: Use a pot that is large enough to hold the colander over the stock without actually touching it, so that the egg can flow freely into the soup to form the strings.

In a medium saucepan, bring the stock to a boil. Place a colander with widely spaced holes over the boiling stock. Pour the egg mixture through the colander. Remove the colander and stir the soup once or twice. Remove from the heat or, if using the greens, lower the heat and stir them in just to heat through. Remove from the heat and season with salt and pepper. Serve immediately.

## Stuffed Roasted Peppers

---

4 – 7 oz. cans roasted peppers  
1 cup seasoned breadcrumbs  
8 oz. shredded fontina cheese  
3 cloves minced garlic  
1/4 cup imported grated romano cheese  
A few sprigs of fresh  
parsley, chopped fine  
Salt and pepper  
Flour and beaten eggs (enough to dredge peppers in)  
Olive oil to fry peppers in

Drain peppers and rinse with water. Open peppers, splitting in one side, so that they lay flat on counter. Sprinkle with small amount of breadcrumbs, reserving most to coat peppers with. Add minced garlic, shredded fontina cheese, parsley, and grated romano cheese. Roll up peppers, keeping as much filling inside as possible, then dredge in flour, egg, then seasoned bread crumbs and set aside. Heat olive oil on medium–high heat in frypan. When hot, fry peppers until golden, turning once to brown evenly. Sprinkle with salt and pepper and serve.

# Tiramisu

---

4 tablespoons espresso coffee  
1 tablespoon Grappa  
3 eggs, separated  
1/2 cup sugar  
8 ounces Marscapone cheese  
24 Savoiardi biscuits  
1 ounce sweet chocolate, grated

In a small bowl, combine the coffee and grappa; set aside

In a medium bowl, beat the egg whites until stiff; set aside.

In a large bowl, beat the egg yolks together with the sugar until thick and lemon-colored. Add the marscapone and blend. Gently fold the egg whites into the cheese mixture.

Place half of the biscuits in the bottom of a 10-inch square baking dish or larger serving plate. Sprinkle with half of the coffee mixture. Cover with half of the cheese mixture, and repeat process. Refrigerate tiramisu for 4 hours before serving with grated chocolate.



## Tomato Bruschetta

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- 1 Loaf Italian bread, halved lengthwise then cut crosswise diagonally, into 1-in slices
- 1 Garlic clove; minced
- 2 Tablespoon Olive oil
- 2 Large Tomatoes; peeled, seeded, and chopped
- 1/4 Teaspoon Salt
- 1/4 Teaspoon Pepper
- 1/2 Cup Chopped fresh basil

Toast the bread under the broiler until lightly browned. Combine the garlic and olive oil and brush over one side of the bread. Spread the tomatoes over the bread. Sprinkle with salt and pepper. Broil for about 30 seconds to heat the tomatoes. Sprinkle with basil and serve.

## Tonno In Padella

---

1/2 ounce dried porcini mushrooms  
2 garlic cloves  
2 tbs. of parsley – chopped  
dash of marjoram  
6 anchovy fillets  
1 tbl. capers  
6 tbs. olive oil  
1 tbl. flour  
1/4 cup of white wine  
Salt  
dash of black pepper  
4 tuna steaks – skinned  
Juice of 1/2 lemon

Soak the porcini in hot water for about an hour. Add the garlic, parsley, marjoram, anchovies and capers and chop together with the mushrooms. Heat the oil and the parsley mixture in a large saute pan and saute for a few minutes. Blend in the flour, cook for about 1 minute and then pour in the wine. Boil a few minutes while stirring. If the sauce is too thick add a little hot water. Add salt and pepper. Rinse and dry tuna steaks and lay them in the pan in a single layer. Cook for 2 or 3 minutes, depending on their thickness, then turn the steaks over and continue to cook until no blood comes to the surface; test to see if steaks are done, ladle sauce over steaks.

## Torta Di Spinaci

---

10 oz. spinach, blanched 1 minute, drained, dried and chopped  
2 cups all purpose flour, extra for kneading dough  
1/2 cup unsalted butter(4 oz.)  
1 egg yoke plus 3 whole eggs, beaten  
3 tbs milk  
1/4 cup golden raisins, soak 30 minutes in water, drain  
3/4 cup heavy cream  
1/2 cup grated Parmesan cheese  
salt and ground pepper  
2 1/2 tbs (1 oz.) Pine nuts

To make dough by hand: Pour flour into a bowl, add salt and the butter. Using fingertips, work the butter into flour until a crumbly dough forms. Add the egg yoke and milk, incorporate, and knead dough into a ball. Wrap in plastic wrap and refrigerate for 1 hour.

Food processor dough: Combine flour and salt in the work bowl and using metal blades process briefly to mix. Add butter and process until the ingredients resemble course meal. Next add egg yoke and milk and process until dough forms a ball around the blades. Remove dough, shape to ball, wrap in plastic wrap and refrigerate for 1 hour.

Pre-heat oven to 350 degrees. Using 1 tbs. butter, grease a 9 inch tart pan with a removable bottom and then dust with flour. Using a lightly floured board, roll out the dough into a round shape, making it 1 inch larger than the diameter of the pan. Line the prepared pan with the pastry dough and trim.

In a bowl, combine the blanched, chopped spinach, raisins, whole eggs, cream and Parmesan cheese. Mix well and season with salt and pepper to taste. Pour into the pastry-lined tart pan and top with the pine nuts. Bake in oven until it is golden, about 40 minutes. Remove, let cool slightly and then transfer to a serving dish. Serve Torta luke warm or cool.

## Torzelli

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8 sm. chicory heads, still in each bunch  
1/2 cup virgin olive oil  
Kosher salt  
Freshly ground black pepper  
Zest of 2 lemons

Bring 6 quarts water to boil and add 2 tbsp. salt. Drop chicory into water and cook until tender, 4 to 5 minutes. Remove and refresh in cold water bath. Drain well on towels.

In a 12- to 14-inch saute pan, heat olive oil until smoking. Fry chicory, still in bunches, until quite brown and crispy. Remove to paper towels and season with salt, pepper and lemon zest.

## Veal Scaloppine

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6 veal scallops, about 5 ounces each  
2 eggs, beaten  
2 cups dry breadcrumbs  
4 ounces butter or oil  
6 ripe tomatoes, peeled, seeded, chopped  
3 tablespoons fresh basil  
2 tablespoons olive oil

Dip each scallop into the beaten eggs, followed by the breadcrumbs to coat. Heat butter in a skillet. Fry each scallop until golden, then repeat on other side; this should take about 5 minutes. Drain on paper towels.

In a bowl, combine the tomatoes with the basil and olive oil. To serve, place tomatoes on warm or room temperature breaded scallops.

## White Clam Sauce

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2–7 1/2 cans minced clams  
4 cloves garlic, minced or chopped  
1/4 cup butter or margarine  
1/4 cup olive oil  
3 tbs. chopped parsley  
Grated Parmesan cheese  
1 Teaspoon salt

Drain clams, saving 3/4 cup clam juices. Set aside. In a skillet, slowly heat the olive oil and butter, add garlic and saute until golden. Remove from heat. Stir in clam liquid, add parsley, salt and bring to a boil. Reduce heat; simmer uncovered 10 minutes, add clams and simmer 3 minutes longer. Serve clam sauce hot over cooked spaghetti or other pasta and top with Parmesan cheese.

This sauce will cover about 1/2 pound of spaghetti or other pasta.

# Zucchini Lasagna

---

1 lb. lasagna noodles, cooked  
1 16 oz. can (1 lb.) stewed tomatoes  
3 or 4 lg. zucchini  
grated parmesan cheese  
1/2 lb. mozzarella cheese, shredded  
3/4 Cup chopped onion  
4 to 6 cloves garlic, chopped or minced  
1 sm. can tomato paste  
1/2 cup sliced mushrooms  
1 lb. lean ground beef  
1/2 tsp. oregano  
1/4 tsp. thyme  
1/4 cup fresh basil, chopped  
ground pepper  
optional: 1/4 cup red wine

1. Cook lasagna noodles according to package directions or until tender but still firm. Drain, keep warm.
2. Meanwhile, to make lasagna sauce, saute ground beef, garlic and onion in a large heavy skillet or cast iron frying pan until beef is done. Add sauce, mushrooms, oregano, thyme, basil, wine or 1/4 cup water, touch of pepper and mix well. Simmer 45 to 50 minutes.
3. To prepare Zucchini for this recipe, cut in half or cook whole in a large covered pot with 1 to 2 inches of water. Boil gently for about 5 minutes, drain and cut lengthwise into 1/4 inch slices.
4. Grease a 9" x 13" or larger, baking pan. Arrange a first layer of noodles so the ends hang over both sides of the pan. These will be folded back—over the top on the final layer. Next, add a layer of the cooked zucchini, a layer of lasagna sauce, a layer of mozzarella cheese. Repeat. For the top layer, fold the ends of the pasta from the first layer over the top and add more sauce. Top with parmesan cheese and cover with foil. Bake at 350 degrees for about 35 to 40 minutes, uncover and bake until brown, approximately 10 minutes. Serve this Lasagna recipe with french bread and have additional Parmesan cheese at the table.

## Zucchini Ripiene Al Prosciutto

---

6 medium zucchini  
3 eggs  
5 to 6 tablespoons dry breadcrumbs  
3 tablespoons freshly grated Parmesan  
1 tablespoon butter, melted  
6 ounces Prosciutto, cut into strips  
Salt and pepper  
2 tablespoons olive oil

Steam the whole zucchini for approximately 8 minutes, or until tender. Let cool. Remove ends and cut zucchini in half. Using a melon baller, scoop out center of the 12 zucchini boats. Reserve zucchini for another purpose.

Preheat oven to 350 degrees F.

In a small bowl, beat the eggs. Stir in the breadcrumbs, cheese, butter, and ham. Mix well. Transfer mixture to a small skillet and cook until no liquid remains. Season with salt and pepper.

Fill zucchini boats with mixture. Pour the olive oil, plus 2 tablespoons water into a large baking dish. Bake for 20 minutes.



## Zuppa d'Aglio

---

3 heads Garlic; fresh  
1/4 Cup Olive oil  
1 Medium Onion; cut up  
2 Celery ribs; cut up  
1 Cup White wine; dry  
1/4 Cup All-purpose flour  
1 Gallon Chicken stock  
1 Medium Potato; peeled and cut up  
1 Cup Whipping cream  
10 Basil leaves; fresh, chopped  
5 Sprigs thyme leaves; fresh  
2 Teaspoon Salt  
1 Teaspoon White pepper  
1/2 Teaspoon Tabasco  
1 Teaspoon Extra virgin olive oil  
2 Garlic cloves; sliced very thin

1. Cut the garlic heads in half across and remove the papery outer skin. Put these cut side down on a very hot surface – a griddle or black iron skillet – until they're black. Peel all the garlic completely.
2. Heat the olive oil in a large saucepan and saute the onions, celery, and the garlic until lightly browned at the edges. Add the wine and bring to a boil.
3. Sprinkle in the flour and stir the pot thoroughly, but don't let it brown. Add the chicken stock, 1/2 gallon water, and the potato. Whisk about the pot well and bring to a boil. Reduce to a rapid simmer and cook for about an hour and 15 minutes.
4. Strain out the solids from the soup, and puree them in a blender or food processor, along with enough broth to ease things along. Return the puree to the soup and restore the boil. Add the whipping cream, basil, thyme, salt, pepper and Tabasco.
5. Heat the extra virgin olive oil in a skillet very hot. In it toast the slivers of garlic until brown around the outside.
6. Ladle the soup into bowls and garnish with roasted garlic slivers. Float a toasted, garlic-buttered slice of French bread on top.