

A romantic outdoor dining setting at dusk. A long table covered with a white tablecloth is set with white plates, silverware, and lit candles in glass holders. The table is decorated with large, lush floral centerpieces of white and pink flowers. The setting is outdoors, with olive trees and string lights hanging overhead. In the background, a hillside town with white buildings is visible against a twilight sky.

Friends & Family Favorites

A Collection of Recipes

Luigi DeSantis

Friends & Family Favorites

Volume 1

Luigi DeSantis, MD



ABRUZZO, ITALY

FRIENDS & FAMILY

This cookbook is named Friends & Family after a story I was told when I visited my maternal grandfather's home town in Altino, Italy. His name was Luigi DeGiambattisti. It is an old Italian custom that the first male is named after the grandfather, thus I was named Luigi.

He returned to his ancestral home town in 1955 for a visit. He was there for several weeks. Before he left, he threw a going away party. The festival lasted several days and most of the wine and from the surrounding area was depleted as a result of the party.

It became a local legend.

Since I went to medical school in Italy, I took the opportunity of visiting the area in 1979. The people in the area still remembered the going away party.

Unfortunately, my grandfather passed away within a week of returning to America. I was five years old at the time. I believe he knew his time was near and wanted to celebrate his life with his Italian family and friends.

As I approach the twilight of my years, I remember two sayings that remind me of my childhood and what I learned in later life. The first is, "Stop and Smell the Roses." For me, it means that one has to slow down even in the fast-paced world and take time to reflect and enjoy the magic moments in your life -- like the day you married and the birth of your children.

The other is an old Italian proverb,

"Chi va Piano va Sano e va Lontano"

which translates to "He/She Who Goes Slowly, Goes Safely and Far." To me, it means having patience, caution, and taking a steady approach to life.

When I was young I was always in a hurry. Now I am older and can appreciate that by slowing down (Piano) and "Smelling the Roses"; I am able to go far (Lontano) to enjoy life and be safe (Sano). You need to have family and friends as long as possible. One way in the Italian tradition is to have a prepared meal with family and friends; to discuss good and bad times, relationships, family matters and whatever comes to mind and enjoy each others' presence.

This cookbook is my attempt to have family and friends and be able to sit down together in the future and enjoy each others' company

I wish to thank my friend, Julie, for her work and dedication to making this dream of mine come true.



DEDICATION

This cook book is a celebration of family, friends, heritage and the simple act of sharing a meal. These recipes have been gathered over a lifetime – some passed down, some discovered, some lovingly adapted – and many have become cherished family favorites, made and remade over our table.

They are inspired by the traditions of my parents and grandparents, whose roots trace back to Palmoli and Altino in the Province of Abruzzo, along Italy's eastern coast.

Though journeys carried our family far from those hill towns, the flavors, customs, and love of food never left. Cooking has always been a way of remembering where we came from and honoring those who came before us.

Most of this entire book is about the people who have shared these meals, stories and moments with me.

The cookbook is dedicated to my children – Theresa, Melissa and Rebecca – and to my wife, Barbara, whose love, patience and support have filled our home and our table. May these recipes continue to bring us together one meal at a time.

A KITCHEN PRAYER

At this table, we give thanks for family and friends, for the hands that prepared the meal and the hearts that gathered to share it.

We recognize God's goodness and grace, present not only in abundance, but in the ordinary gifts of nourishment, conversation, and care.

May this food strengthen us, this time together draw us closer, and this moment remind us that love is often expressed simply, through what is made, offered, and shared.

As we rise and return to our days, may we carry with us a quiet gratitude for what has been given.



HOW TO USE THIS BOOK

This book was designed to be both readable and searchable, whether you are using a printed copy or an electronic version. It is meant to be used often, not protected.

Organization

Recipes are grouped by how food is actually prepared and eaten, following a natural progression from starters to mains to sweets. Some sections may feel intuitive rather than technical by design.

You do not need to read this book front to back. Most readers will move between sections as needed.

Using the Table of Contents

The Table of Contents provides the fastest overview of major sections. If you know what kind of recipe you are looking for (breakfast, pasta, cakes, sauces), start there.

Each section is internally consistent, so once you are in the right place, recipes are easy to browse.

Using the Index

The Index is the most precise way to locate a specific recipe, ingredient, or preparation.

Use the Index if you are looking for:

- a specific dish by name or contributor
- an ingredient (such as mascarpone, ricotta, or chocolate)
- a technique or component (such as crusts, creams, or sauces)

The Index lists all page numbers where that item appears.

Using the Electronic Version

If you are reading this book electronically (PDF or digital format), you can search instantly.

- On most computers: Ctrl + F (Windows) or Command + F (Mac)
- Type the name of the recipe, ingredient, or term you are looking for
- Navigate through the results to jump directly to the page

This is often the fastest way to locate a recipe if you know its name or a key ingredient.

About Multiple Versions

Some dishes appear in more than one version. This is intentional. Variations reflect differences in technique, family tradition, or use. Each version stands on its own.

Notes on Components

Certain elements—such as sauces, crusts, creams, and bases—are grouped together so they can be reused across multiple recipes. These sections are meant to support flexibility and adaptation.

A Final Note

This book is meant to live in the kitchen. Pages can be marked, referenced, revisited, and returned to. Use what serves you. Skip what doesn't. Come back when you need to.

CONTENTS

Antipasti	1
Pane e Impasti	14
Feste e Celebrazioni	49
Salse e Marinati	57
Zuppa e Stufati	78
Pasta e Gnocchi	109
Pizzas, Calzones e Stromboli	141
Verdure e Insalate	162
Piatti Vegetariani	201
Carni Rosse	216
Maiale	255
Pollame	268
Pesce e Frutti di Mare	293



ANTIPASTI

CHARCUTERIE BOARD

From Cooking Curiosity

INGREDIENTS

Assorted Cured Meats (such as prosciutto, salami, and chorizo)
Assorted Cheeses (such as brie, cheddar, gouda, and blue cheese)
Fresh Fruits (such as Grapes, Apple Slices, and Berries)
Dried Fruits (such as apricots, figs, and cranberries)
Nuts (such as Almonds, Walnuts, and Pistachios)
Olives and Pickles
Crackers and Artisan Bread
Spreads and Condiments (such as Honey, Mustard, and Fig Jam)
Fresh Herbs for Garnish (such as Rosemary and Thyme)

DIRECTIONS

Step 1: Select a Platter - Choose a large wooden board, slate, or serving tray as the base for your charcuterie board.

Step 2: Place the cheeses on the board, spacing them out to allow room for other ingredients. Cut some of the cheese into slices or wedges for easy serving.

Step 3: Arrange the cured meats around the cheeses. Fold or roll the slices for an attractive presentation.

Step 4: Scatter the fresh and dried fruits around the board, filling in the gaps between the cheese and meats. The fruits add color and sweetness to the board.

Step 5: Place the nuts and olives in small bowls or directly on the board. These add a crunchy and salty element to the board.

Step 6: Arrange an assortment of crackers and slices of artisan bread around the edges of the board for guests to pair with the meats and cheeses.

Step 7: Place small bowls of honey, mustard, fig jam and other condiments on the board. These enhance the flavors of the meats and cheeses.

Step 8: Garnish the board with fresh herbs such as rosemary and thyme for an aromatic and visually appealing touch.

Step 9: Serve the charcuterie board at room temperature to allow the flavors of the meats and cheeses to fully develop. Provide small pieces and utensils for easy serving.

MARYLAND CRAB CAKES

From Barbara DeSantis

INGREDIENTS

1 lb. Crab Meat	1 cup Bread Crumbs
1 Egg at room temperature	1/3 cup Mayonnaise
½ teaspoon Salt	¼ teaspoon Pepper
1 teaspoon Worcestershire Sauce	1 teaspoon Dry Mustard
Butter for dipping	

DIRECTIONS

Step 1: Mix bread crumbs, egg, mayonnaise, and seasoning.
Step 2: Add crab meat and mix gently; add mayonnaise, if too dry.
Step 3: Cook cakes in a frying pan until brown (5 minutes on each side).

BLACK BEAN DIP

From Rebecca Folen

INGREDIENTS

2 (15 ounce) Cans Black Beans, drained	½ cup Vegetable Broth or Beef Stock
¼ cup Tomatoes, (fresh or canned), chopped	2 tablespoons Onions, finely chopped

DIRECTIONS

Step 1: Place beans, vegetable broth, tomatoes and onions in a nonreactive pot and bring to a simmer.
Step 2: Cook, stirring occasionally, for 1 hour.
Step 3: Strain mixture, reserving the liquid in a bowl.
Step 4: Mash the beans with a potato masher or fork. Add just enough of the reserved liquid to achieve the desired dipping consistency.
Step 5: Serve with chips and salsa.
Yield: 8 Servings

CRAB DIP

From Barbara DeSantis

INGREDIENTS

2 (8 ounce) Packages Cream Cheese, softened	1 cup Milk
1 ½ teaspoon Dry Mustard	3 tablespoons Mayonnaise
½ cup Sour Cream	½ cup Cheddar Cheese, grated
½ lb. Backfin Crabmeat, drained, picked over	Paprika
2 tablespoons Lemon Juice	A Pinch of Garlic Salt
1 tablespoon Worcestershire Sauce	
½ teaspoon Chesapeake Seasoning (such as Old Bay)	

DIRECTIONS

Step 1: In a large mixing bowl, working with a wire whisk, combine the cream cheese, sour cream, milk, mayonnaise, lemon juice, Worcestershire sauce, mustard, garlic salt. Whisk until creamy and smooth.

Step 2: Stir in 2 tablespoons of grated cheese. With a rubber spatula, fold in the crabmeat.

Step 3: Preheat the oven to 350 degrees F (180 degrees C).

Step 4: Grease a 1 quart casserole pan. Pour in crab meat. Top with the remaining cheese. Sprinkle with the paprika and Chesapeake seasoning. Bake for 30 minutes, until the dip is bubbly and slightly brown.

SPICY CREAM CHEESE

From Aunt Josie Kmiec (Barbara DeSantis' Aunt)

INGREDIENTS

3 tablespoons Onion Chives
3 tablespoons Garlic Chives
2 tablespoons Ground Pepper

1 (8 ounce) Package Cream Cheese
1 tablespoon Salt

Step 1: Beat together cream cheese and spices.

Step 2: Serve with vegetables or crackers.

SIMON & GARFUNKLE CRACKER SPREAD

From Aunt Josie Kmiec (Barbara DeSantis' Aunt)

INGREDIENTS

1 cup of Loose Parsley Leaves
2 Sage Leaves
3 Inch Sprig of Rosemary Several Sprigs of Lemon Thyme 1 Small Clove Garlic, sliced thin
16 ounces Cream Cheese, soft

DIRECTIONS

Step 1: Remove all leaves from stems. Put parsley, salt, rosemary, thyme and garlic in a food processor until chopped coarsely.

Step 2: Add cream cheese till well blended.

Step 3: Serve on crackers or use on a sandwich with cucumber or tomato slices.

MARYLAND HOT CRAB DIP RECIPE

From Barbara DeSantis

INGREDIENTS

8 ounce Crab Meat

½ cup Sour Cream

1 teaspoon Lemon Juice

½ teaspoon Dry Mustard

A Pinch of Garlic Salt

8 ounces Cream Cheese, softened

2 tablespoons Mayonnaise

1 ¼ teaspoons Worcestershire Sauce

¼ cup Cheddar Cheese, shredded

2 teaspoons Old Bay Seasoning

Step 1: In a large bowl, mix cream cheese, sour cream, mayonnaise, lemon juice, Worcestershire sauce, dry mustard, and garlic salt until smooth.

Step 2: Stir in 2 tablespoons of shredded cheddar cheese. Fold crab meat into the mixture. Pour mixture into a 1 quart casserole dish. Top with remaining cheese, or more, but not too much because you do not want the cheese to overtake the taste of the crab.

Yield: 8 Servings

Cook Time: 29 Minutes Total Time: 40 Minutes

HOT CRAB DIP

From Barbara DeSantis

INGREDIENTS

2 (8 ounce) Packages Cream Cheese, softened	1 ½ teaspoon Dry Mustard
½ cup Sour Cream	1 cup Milk
½ cup Cheddar Cheese, grated	3 tablespoons Mayonnaise
½ lb. Backfin Crabmeat, drained, picked over	Paprika
2 tablespoons Lemon Juice	A Pinch of Garlic Salt
½ teaspoon Chesapeake Seasoning (such as Old Bay)	1 tablespoon Worcestershire Sauce

DIRECTIONS

Step 1: In a large mixing bowl, working with a wire whisk, combine the cream cheese, sour cream, milk, mayonnaise, lemon juice, Worcestershire sauce, mustard, garlic salt.

Step 2: Whisk until creamy and smooth.

Step 3: Stir in 2 tablespoons of grated cheese.

Step 4: With a rubber spatula, fold in the crabmeat.

Step 5: Preheat the oven to 350 degrees F (180 degrees C).

Step 6: Grease a 1 quart casserole pan.

Step 7: Pour in crab meat.

Step 8: Top with the remaining cheese.

Step 9: Sprinkle with the paprika and Chesapeake seasoning.

Step 10: Bake for 30 minutes, until the dip is bubbly and slightly brown.

FLAVORED OIL

From Aunt Josie Kmiec (Barbara DeSantis' Aunt)

Chop Fresh or Crushed Dried Petals from Parsley or Herbs and add them to a Jar of Vegetable Oil. Cover the jar. Place the jar in gently boiling water and simmer for 30 minutes. Remove from the water bath and cool. Store for one week before using. Strain if desired.

BRIE WITH APPLES, HONEY AND WALNUTS

From Barbara DeSantis

INGREDIENTS

2 tablespoons Butter

2 ounces (50 g) chopped Walnuts

A Pinch of Fresh Nutmeg, grated

1 Wheel of Brie (4 inch diameter)

2 tablespoons Honey

1 - 2 Granny Smith Apples, thinly sliced

A pinch of Ground Cloves

DIRECTIONS

Step 1: Heat oven to 350 degrees F (180 degrees C).

Step 2: Peel, core and thinly slice apples.

Step 3: Melt butter in skillet, when it foams, add spices and sauté. Sprinkle with nutmeg and cloves; remove from pan and set aside.

Step 4: In the same skillet, sauté the walnuts. Add honey and allow it to melt; combine well and reduce for a few minutes until liquid thickens.

Step 5: Remove the top rind from the wheel of Brie; overlap the apple slices on top in a wreath pattern. Place cheese in the center of the baker. Pour honey reduction with the walnuts over top and cover with lid.

Step 6: Place brie in oven, directly on the rack. Bake for 10 - 15 minutes. Serve with crusty baguette slices or cracker.

ANCHOVY DIP FOR VEGETABLES

From Barbara DeSantis

INGREDIENTS

½ cup mayonnaise

½ cup Parsley, chopped

Fresh Ground Pepper

8 ounces cream cheese

2 teaspoons Onions, chopped

1 tablespoon Anchovy Paste

DIRECTIONS

Step 1: Beat together mayonnaise and cream cheese.

Step 2: Top with grated hard-boiled egg

SWEET AND SOUR MEATBALLS

From Shana Harding

MEAT

2 lbs. 85% Lean Ground Beef

1 ½ teaspoons Salt

6 teaspoons Lemon Juice

3 teaspoons Onion Powder

POT

1 teaspoon Salt

1 Jar of Barilla Tomato Sauce

12 teaspoons Granulated Sugar

1 ½ cups Tomato Sauce

6 teaspoons Matzoh-Meal

12 teaspoons Granulated Sugar

3 tablespoon Onion Powder

6 tablespoons Lemon Juice

Step 1: Take the pot and place the meat in a large bowl.

Step 2: Make balls from the meat and place them in the pot until all the meat has been made into balls.

Step 3: Place in 350 degree F (180 degree C) oven for 1 ½ hours.

BAKED BRIE with HOLIDAY SAUCE

From American Spoon

INGREDIENTS

Jar Holiday Jam

¼ cup Shelled Pistachios, chopped

1 (13 ounces) Round Brie Cheese

½ teaspoon Fresh Thyme, chopped

DIRECTIONS

Step 1: Preheat the oven to 375 degrees F (190 degrees C). While the oven heats, combine jam, pistachios, and thyme in a small bowl.

Step2: Place the wheel of brie in a parchment lined sheet tray. Then using a paring knife, you can score the top of the cheese with a few shallow cuts just through the rind.

Step 3: Top with the jam mixture.

Step 4: Place in the oven and bake for 10 minutes until the cheese begins to ooze.

Step 5: Remove from the oven and let rest for about 5 minutes. Garnish with chopped pistachios, sunflower sprouts, fresh thyme and fresh rosemary.

CHEESE BALLS

From Aunt Connie Duvak (Luigi DeSantis' Aunt)

INGREDIENTS

3 tablespoonsful Cheese, grated

1/8 teaspoon Garlic Powder

1 tablespoon Parsley Flakes*

2 heaping tablespoons Bread Crumbs

2 Eggs at room temperature

DIRECTIONS

Step 1: Mix all ingredients well.

Step 2: Take a forkful at a time and shape it into a finger.

Step 3: Put water in a dish, dip the fork in water so that cheese balls will not stick.

Step 4: Put a small amount of oil in a pan and brown on both sides. Makes approximately 12 cheese balls.

Tips

- DO NOT put cheese balls in sauce as they absorb the sauce.
- Put them in oven for 15 minutes to absorb the sauce 15 minutes before serving.
- Cheeseballs readily take in sauce.
- * Eliminate parsley flakes if using flavored bread crumbs.

TACO SALAD DIP

Edward Kmiec

INGREDIENTS

16 ounces Refried Beans

1 Small Jar Taco Sauce – mild

A Dash of Garlic Powder

¾ lb. Cheddar, shredded

16 ounce Medium Picante Sauce

1 Medium Onion, chopped

¾ lb. Monterey Jack Cheese, shredded

DIRECTIONS

Step 1: Sauté onion and beef together; cook beef until brown and drain.

Step 2: Add beans and sauces.

Step 3: Simmer meat & cheese mix in baking dish 400 degrees F (200 degrees C).

Step 4: Top with scallions, chopped tomatoes, black olives, sour cream, and shredded lettuce.

Step 5: Serve with bag of Taco Chips.

**EASTER CHEESE (Page 145 of Blue Book) From
Aunt Connie Duvak (Luigi DeSantis' Aunt)**

	Small	Medium	Large
Milk	½ quart	1 quart	1 ½ quarts
Eggs	6	12	18
Vanilla	½ teaspoon	1 teaspoon	1 ½ teaspoon
Salt (less than)	½ teaspoon	1 teaspoon	1 ½ teaspoon
Sugar*	½ cup	1/8 cup	¼ cup

All ingredients go into deep pot. The bigger the cheese, the deeper the pot should be. Maintain low heat from beginning to end of cooking process. Stir constantly. The ingredients will start to look like curds. The cooked product will look like small curds. Hardly any liquid should be left in the bottom of the pot. It will take a long while. This is not to be done in a rush. Only thing that will happen if in a rush is burning.

After cooking, put the cheese in a cheese cloth. I think she used to wet the cloth (according to her daughter Barbara Duvak) as it makes it easier to work with. Gather the top of the cheesecloth. Form into a nice round ball shape. Mom used to tie the top of the cheese cloth with kitchen twine. Tie tight. Leave enough twine to tie with because you have to tie the cheese to hang on a utensil. As you shape, squeeze so more water comes out through the cheese cloth.

Tips

- Either use the deep pot you cooked in or get another deep pot. Mom used to put a utensil, long fork, or long spoon used for cooking, not for eating, and across the pot and using the twine tie the utensil to the handles of the pot.
- Then tie the cheese in the cheese cloth to the utensil.
- Cheese should not touch the bottom of the pot.
- Must hang overnight so water drips out.

*Do not have to use all sugar as noted. Taste before adding sugar.

Aunt Connie used to make cheese early in the A.M. so it hung until the next day. It is better for two days. Next day, the cheese should not be dripping and should be firm. Cheese will be rough on the outside but smooth and moist on the inside. I think she made the cheese on Good Friday and it would be ready for Easter Sunday. It was a lot of work. She always had the patience for cooking. I followed instructions and the food came out so good. I can see her sitting by the stove, on the kitchen stool, stirring away, as I am typing these instructions... as imagined by Barbara Duvak - Aunt Connie's daughter.

BRUSCHETTA

From Food and Cooking

INGREDIENTS

2 tablespoons Olive Oil
5 Cloves Garlic, finely minced
1 Pint Red Grape Tomatoes, halved lengthwise
1 Pint Yellow Grape Tomatoes, halved lengthwise
16 Whole Basil Leaves (chiffonade)
Salt and Pepper to taste (do not over Salt)

DIRECTIONS

Step 1: In a small skillet, heat the olive oil over medium high heat. Add the garlic and stir, lightly frying for about a minute, removing before the garlic gets too brown (it can be golden). Pour into a mixing bowl and allow to cool slightly.

Step 2: Add the tomatoes, balsamic, basil, and salt and pepper to the bowl. Toss to combine, then taste and add more basil if needed; more salt if needed (do not over salt, though) Cover and refrigerate for an hour or two if you have time.

Step 3: Cut the Baguette (French bread) or Ciabatta (Italian bread) into diagonal slices to allow for the most surface area possible. Melt half of the butter in a large skillet and toast half of the bread on both sides, making sure they are nice and buttery. Cook until golden brown on both sides. Repeat with the other half of the butter and the other half of the bread.

Step 4: To serve, give the tomato mixture a final stir, then spoon generously over the slices of bread. Serve on a big platter as a first course or appetizer.

Yield: 12 Servings

Prep Time: 20 minutes

Cook Time: 10 minutes

Total Time: 30 minutes

Chiffonade is a French cooking technique that involves cutting leafy greens or herbs into long thin strips. The word translates to “ribbons” or “rags” and the cutting style creates a wispy ribbon from the ingredients. Often used for garnishes in salads, pizza and pasta and works well with basil, mint, sage, spinach, lettuce, sorrel, and Swiss chard.

Baguette is a long, thin loaf of French bread with a crisp crust and soft center. The word baguette translates to “wane,” “rod,” or “baton” in French. They are typically 2 – 2 1/3 inches (5 – 6 cm) in diameter and 25 ½ inches (65 cm) long, and can be up to a meter (29 1/3 inches) long. Basic lean dough recipe is defined by French law. They are made from simple ingredients like flour, water, salt and yeast.

TARALLI

From Allspice.com

INGREDIENTS

2 cups Italian “00” flour (290 g)

**can also use All-Purpose Flour

1 teaspoon Sea Salt Flakes plus extra for baking

2 cup Dry White Wine (140 ml), cold

1/3 cup Olive Oil (60 ml)

1 teaspoon Fennel Seeds (optional)

DIRECTIONS

Step 1: Put the flour, salt and fennel seed (if using) in a large mixing bowl and mix until combined.

Step 2: Make a well in the center of the flour and pour in the white wine and olive oil. Using a fork start incorporating the flour into the dough until a rough dough forms.

Step 3: Knead the dough for around 10 minutes then wrap in plastic wrap.

Step 4: Bring a large pot of salted water to a boil. Pinch a small amount of dough (about 1 teaspoon) and roll it into a small rope about ½ cm thick (1/5 inch) and 3 inches long.

Step 5: Form a small bagel shape by folding one end over the other and lightly press the ends to join them. Repeat with the rest of the dough until you have formed all of the Taralli.

Step 6: Preheat the oven to 375 degrees F (190 degrees C) and line in a baking tray with parchment paper.

Step 7: In batches, boil them in salted water until they float to the surface (about 20 - 30 seconds), remove them with a slotted spoon and place them on a clean dish towel to drain.

Step 8: Once you have boiled all of the Taralli, lay them on a lined baking tray and bake them for 30-35 minutes until golden brown and crispy.

Step 9: Let cool then serve.

Yield: 80 – 90 Servings of Taralli

Prep Time: 30 Minutes Cook Time: 40 Minutes Resting Time: 30 Minutes Total Time: 1 Hour 40 Minutes

Notes

- Flour variations to try: Fennel seeds, red pepper flakes (chili flakes), rosemary, oregano, black pepper, Parmigiano Reggiano. Use as much or as little as you like.
- Do not use too much flour: When rolling the Taralli try to use as little flour as possible. The dough should be tacky but not stick to your hands.
- Use salt: Salt is an important ingredient for flavoring the Taralli so do not skip it.
- Storage: the Taralli will keep in an airtight container for 3 - 5 weeks.

Taralli or Tarallini are crunchy little snacks from Puglia. They are an unleavened crispy cross between a bagel, pretzel and breadstick. These are no-yeast, ring-shaped breads substitutes are perfect for your cheese boards, soups or salads.

Parmigiano Reggiano is an Italian hard, granular cheese made from cow's milk and aged at least 12 months. It is known for its sharp, nutty, fruity, and grassy flavor, and nutty texture. It has zero additives and no preservatives. It is two adjectives linked together “Parmigiano” meaning “of or from Parma” and “Reggiano” signifying the same for Reggio-Emilia. Originally the cheese could only be made in the northern Italian provinces of Parma, Reggio-Emilia and parts of Bologna, Modena, and Mantova.



PANE E IMPASTI TRADIZIONALI

JAILHOUSE ROLLS

From Julie Bosselman (Friend of Luigi's)

INGREDIENTS

2 sticks Butter	1 cup Sugar
1 ½ cup Lukewarm Water	1 ½ teaspoon Salt
2 packages Yeast	7 cups Flour
3 eggs at room temperature	1 cup Mashed Potatoes

DIRECTIONS

Step 1: Dissolve yeast in water; add 1 teaspoon sugar and 1 teaspoon mashed potatoes. Set aside to proof.

Step 2: In a large bowl, melt butter, add potatoes, sugar, salt and eggs; stir well after each addition.

Step 3: Add yeast mixture. Stir in flour, one cup at a time.

Step 4: When all the flour is mixed in, turn out on to a floured board. Knead until elastic.

Step 5: Roll out to half-inch thick and cut out with glass dipped in flour.

Step 6: Place in well-greased baking dish. Let rise 2-4 hours.

Step 7: Bake at 350 degrees for 10-20 minutes, until lightly browned.

- Dough may be kept in refrigerator up to 1 week. Place fresh damp cloth over daily.

TORTA FRITTA (FRIED DOUGH)

From Luigi DeSantis

INGREDIENTS

2.2 lbs. (35 ounces) (4 ½ cups) Flour	5 ¼ ounces (150 gm) Butter
¾ ounce (20 gm) Yeast	2 Eggs at room temperature
2 tablespoon Salt	2 tablespoons Sugar
A Pinch of Pepper	½ cup Oil or ½ cup White Wine

DIRECTIONS

Step 1: In a small bowl, dissolve the yeast in ½ cup warm water (warm to the touch, not hot). Let stand 5–10 minutes until foamy.

Step 2: In a large bowl, combine flour, salt, sugar, and pepper. Add Wet Ingredients and Form Dough. Make a well in the center. Add eggs, softened butter, and the ½ cup oil or ½ cup white wine. Add the activated yeast mixture. Mix until a shaggy dough forms.

Step 4: Knead 8–10 minutes by hand (or 5–6 minutes in a mixer with dough hook) until smooth and elastic. Place dough in a lightly oiled bowl, cover, and let rise in a warm place until doubled, about 60–90 minutes.

Step 6: Punch down dough. Divide into 2–4 pieces for easier handling. Roll each piece out thin on a floured surface (about 1/8 inch). Cut into strips or diamonds, similar to tagliatelle width, or your preferred shape.

Step 7: Heat frying oil to 350°F (medium-high). Fry pieces in batches, 30–60 seconds per side, until puffed and golden brown. Do not overcrowd the pan. Remove with a slotted spoon and drain on paper towels. Serve warm.

ZEPOLI

From Allrecipes.com

INGREDIENTS

1 (0.25 ounce) Package Active Dry Yeast

1 ½ cups All-Purpose Flour

1 cup Warm Water (110 degrees F/45 degrees C)

1 quart Vegetable Oil for drying 2 tablespoon Confectioners' Sugar

DIRECTIONS

Step 1: Heat about 3 inches of oil in a saucepan to 375 degrees F (190 degrees C). In a large bowl, dissolve yeast in ½ cup of warm water. Set aside for 10 minutes.

Step 2: Stir the remaining ½ cup water into the bowl. Add flour, beating vigorously until a smooth dough forms

Step 3: Turn the dough out onto a smooth surface, and knead with greased hands until smooth. Place dough in a greased bowl, and turn to coat the surface

Step 4: Cover with a damp cloth. Let rise in a warm place until double in bulk, about 1 to 1 ½ hours.

Step 5: Fry the golf ball-sized pieces of dough in patches until golden brown. Drain on paper towels. Sprinkle with confectioners' sugar, and eat while still not.

Yield: 15 Zeppoli

Prep Time: 15 Minutes

Cook Time: 15 Minutes

Additional Time: 1 Hour 40 Minutes

Total Time 2 Hours 10 Minutes

Zeppoli are a traditional Italian pastry similar to doughnuts, but can also be savory. The name translates to "doughnut" in English. They are typically deep-fried balls of dough that are about 4 inches in diameter and light and fluffy. They can be stuffed with fillings like ricotta cheese, custard, honey, almonds or jelly.

NEW ORLEANS BEIGNETS

From Allrecipes.com

INGREDIENTS

1½ cups Lukewarm Milk	1 cup Evaporated Milk
½ cup Granulated Sugar	7 cups All-Purpose Flour
1 Envelope Active Dry Yeast	¼ cup Shortening
2 Eggs at room temperature, slightly beaten	Oil for deep frying Confectioners' Sugar for dusting
1 ¼ teaspoon Salt	

DIRECTIONS

Step 1: Prepare the yeast mixture: In a large bowl, dissolve granulated sugar in lukewarm water. Sprinkle the yeast over the water and let it sit for 10 minutes until frothy.

Step 2: Mix the Dough; add the beaten eggs, salt, evaporated milk and the yeast mixture. Mix well. Add half of the flour and beat until smooth. Mix in the shortening, then gradually add the remaining flour to form dough.

Step 3: Knead the Dough: Turn the dough out onto a floured surface and knead until smooth. Place the dough in a greased bowl, cover with plastic wrap, and let it rise in a warm place for 2 hours, or until doubled in size.

Step 4: Roll and Cut the Dough: Punch down the risen dough and turn it out onto a floured surface. Roll the dough out to about ¼ inch thickness. Cut the dough into 2 inch squares.

Step 5: Fry the Beignets: Heat oil in deep fryer or large pot 350 degrees F (180 degrees C). Fry the dough squares in batches, flipping them constantly with a slotted spoon, until they puff up and are golden brown, about 2 – 3 minutes.

Step 6: Drain and Serve. Remove the beignets from the oil and drain on paper towels. Dust heavily with confectioners' sugar while still warm. Serve with coffee.

Yield: 10 Servings

Prep Time: 30 Minutes

Cook Time: 30 Minutes

Additional Time: 2 Hours

Total Time: 3 Hours

HUNGARIAN POPPY SEED ROLL

INGREDIENTS

For the Dough:

4 cups All-Purpose Flour	8 tablespoons Unsalted Butter, cold and cubed
5 tablespoons Sugar	2 Large Egg Yolks, at room temperature
1 ounce (1 tablespoon + ½ teaspoons) Active Dry Yeast or 10 grams Fresh Yeast	1/3 cup + 1 tablespoon (100 milliliters) Lukewarm Whole Milk
A Pinch of Salt	Zest of 2 Lemons or 2 Oranges (optional)

For the Poppy Seed Filling:

1 cup Poppy Seeds, finely ground	¾ cups Whole Milk
¼ cup Sugar	1 teaspoon Vanilla Extract
1 Large Egg White, lightly beaten	Zest of 1 Lemon, or raisins or honey (optional)

For the Glaze:

1 Large Egg at room temperature for Egg Wash

DIRECTIONS

For the Dough:

Step 1: Combine flour, salt and sugar. Cut in the cold butter until the mixture resembles coarse crumbs.

Step 2: In a separate bowl, dissolve yeast in lukewarm milk with sugar and let it foam.

Step 3: Add egg yolks and the yeast mixture to the flour mixture, mixing until a soft dough forms.

Step 4: Knead on a floured surface for about 5 minutes.

Step 5: Place the dough in a greased bowl, cover and let rise in a warm spot until doubled in size.

To Make Poppy Seed Filling:

Step 1: Grind the poppy seeds finely.

Step 2: In a saucepan, combine poppy seeds, milk, and sugar.

Step 3: Simmer stirring until thick and spreadable (about 20 minutes).

Step 4: Remove from heat, stir in vanilla extract and optional lemon zest.

Step 5: Let cool slightly, and then stir in the beaten egg white.

Step 6: Let cool completely.

Assemble the Rolls:

Step 1: Divide the dough into two equal pieces.

Step 2: Roll out one piece into a rectangle (about 12 x 16 inches),

Step 3: Spread half of the cooled filling evenly, leaving a 1 inch border.

Step 4: Fold the border inwards and seal.

Step 5: Roll the dough tightly from a shorter side.

NUT ROLLS

From Barbara DeSantis

INGREDIENTS

1 lb. Butter, softened

8 cups Flour

$\frac{3}{4}$ cup Warm Water

8 Egg Yolks at room temperature, beaten

1 cup Crisco

2 ounces Yeast

1 teaspoon Salt

2 (16 ounce) Containers Sour Cream

For the Filling:

8 Eggs Whites at room temperature

4 cups Sugar

Egg Wash

1 tablespoon Flour

2 lbs. Walnuts, chopped

DIRECTIONS

Step 1: Mix butter, shortening, flour as or pie dough. Dissolve yeast in water. Transfer to a large bowl.

Step 2: Add sour cream, egg yolks, and salt. Mix well.

Step 3: Pour yeast mixture into flour mixture and blend with hands until smooth and not sticky.

Step 4: Add MINIMAL extra flour. Cover. Then refrigerate overnight.

Step 5: Divide dough into 6 pieces $\frac{1}{4}$ inch thick.

Step 6: Bake at 325 degrees F (160 degrees C). Cover racks and let rise 30 minutes.

Step 7: Use egg wash.

Step 8: Bake one hour.

HUNGARIAN NUT ROLL

INGREDIENTS

For the Dough:

½ cup Milk (Whole or 2%) ½ cup Sugar
2 Packages (¼ ounce each) Active Dry Yeast 1 teaspoon Salt
1 cup Butter, softened, room temperature 1 cup Sour Cream
3 Large Eggs at room temperature, lightly beaten
5 ½ cups All-Purpose Flour, plus more for rolling out

For the Filling:

1 lb. Walnuts, ground (about 4 cups) ¼ cup Milk
2 tablespoons Butter, melted 1 cup Sugar 1 teaspoon Ground Cinnamon

DIRECTIONS

For the Dough:

Step 1: In a small bowl, heat the milk to 100 to 110 degrees F (40 to 45 degrees C), and dissolve yeast in milk, along with 1 teaspoon sugar.

Step 2: Add yeast mixture to bowl of stand mixer, and add sugar, salt, butter, eggs sour cream and 1 cup flour.

Step 3: Mix with dough hook on medium speed, then gradually add 2 more cups of flour.

Step 4: Add 2 more cups of flour, (for total of 5 cups) and mix until dough separates from sides of bowl. You may have to scrape it off the hook and scrape flour from the sides during mixing process.

Step 5: Dough should be slightly sticky but not wet. You can add another ½ cup to 1 cup of flour if necessary.

Step 6: Form dough into ball with your hands. Place in buttered mixing bowl and cover loosely with buttered aluminum foil. Allow to rise in warm place for 1 hour.

Step 7: While dough is rising, make the filling.

Step 8: After dough has risen, punch down with your fist. Cut the dough into 4 equal pieces.

Step 9: Place dough on lightly floured surface and gently roll out in rectangle, about 12 x 10 and ¼ inch thick.

Step 10: Sprinkle walnut filling evenly over dough, and press lightly on dough, leaving about a ½ inch border on all sides.

Step 11: With long end facing you, start rolling edge of dough tightly up and over the filling, starting in the center and moving to the sides. Roll completely over filling, stopping with seam side down. Pinch edges together, and tuck underneath roll.

Step 12: Place on prepared baking sheet, covered with parchment paper or foil. Repeat until all nut rolls are formed, and allow to rise for 30 minutes, covered with greased foil.

Step 13: Preheat oven to 350 degrees F.

Step 14: Bake nut rolls for 30 to 35 minutes or until top is golden brown and sounds hollow when tapped. Temperature should be above 160 degrees F.

Step 15: Allow to cool completely before slicing and serving.

For the Filling:

Step 1: Add ground walnuts to a mixing bowl, and mix in sugar, melted butter and cinnamon.

Step 2: Mix until walnuts form a pasta.

Yield: 4 Rolls

Prep Time: 15 Minutes

Cook Time: 30 Minutes

Rising Time: 1 Hour 30 Minutes

Notes

- You may need up to 6 cups of flour if dough needs it, but start out with 5 cups.
- You can make an egg wash to brush over tops of bread before baking, if desired. Just mix 1 egg with 1 teaspoon water, and brush. Cover rolls before baking.

Tips

- If dough is too sticky – as with all yeast doughs, the weather may affect the nut roll dough. If the humidity is high, the dough may need more flour.
- If dough is too dry – if it is cold and dry out, you may need less flour. That is why you should always gradually add flour instead of adding it all at once.
- If dough cracks or splits - if your nut rolls split open while making, there may be too much filling or the dough was too dry or did not rise.
- Store whole, uncut nut rolls wrapped in aluminum foil. Make sure it is cooled down first. Store sliced nut bread on a plate covered tightly with plastic.
- You can leave the nut rolls at room temperature if you are going to use up the bread within 3 days.
- Do not freeze raw dough as it is just not the same when thawed.

Variations for Hungarian Nut Rolls

- The best way to vary your nut rolls is to use your favorite different fillings.
- Instead of the sweet walnut filling, use different nuts, such as pecans. You can also use fruit, such as apricots or prune (Lekvar). Some people even add applesauce to the nut filling.
- Add raisins to the filling, or sprinkle a little bit of orange zest on top. For a sweeter treat, add a glaze on top of the rolls. A sweet apple glaze is popular for this.

NUT ROLLS OR POPPY SEED ROLLS

From Barbara & Melissa DeSantis

INGREDIENTS

For the Dough :

8 cups Flour, sifted	¾ cup Sugar
2 Eggs or 4 Yolks at room temperature and save the Egg Whites for the Nut Filling	½ cup Water, warm
1 Yeast Cake	2 cups Milk Scalded
2 teaspoons Salt	½ lb. Oleo or Butter

For Poppy Seed Filling:

1 lb. Ground Poppy Seeds	2 cups Sugar or Honey
1 cup Seedless Raisins	

DIRECTIONS

Step 1: Dissolve yeast in warm water, set aside. Scalded milk put in oleo or butter and wait until milk is lukewarm

Step 2: Make a well in flour and add sugar, salt, dissolved yeast, eggs and beaten and gradually add milk and mix together with hands. Knead until your hands come out clean. Let rise in warm place for two hours. I use my oven because it has a pilot light in it. I also put the oven light on.

Step 3: Put dough on board and divide into 8 pieces, then let rest about 10 minutes.

Step 4: Roll out and put in fillings. Let rise until double in size. You could use a tea towel on rolls. Before you bake, brush with egg and 2 tablespoons milk well beaten. When cool you can freeze.

Notes

- If you use sugar, then add milk to be able to spread.
- Do not need liquid for honey.
- Have fillings out at room temperature.

For the Walnut Filling:

1 lb. Ground Nuts	1 cup of Sugar
Enough Milk to soften or 4 Egg Whites Beaten stiff	

Melissa's Variation of Walnut filling:

3 lbs. Walnuts, chopped	4 teaspoons Cinnamon
2 teaspoons Nutmeg	1 teaspoon Ground Cloves

1 cup Sugar

Enough Apple Sauce to moisten (about 24 ounces)

Use Flour on surface and rolling pin when rolling out the dough.

BEER BREAD

From An Italian in My Kitchen

INGREDIENTS

3 cups Flour, sifted**
1 teaspoon Salt
1 Can Beer (12 ounces / 33 ml) of choice at room temperature but not flat
½ cup Butter, melted / divided

3 teaspoons Baking Powder
¼ cup Sugar

**Author sifted the flour two times, the second time she sifted the flour, baking powder and salt together.

DIRECTIONS

Step 1: Preheat oven to 350 degrees F (180 degrees C), grease and flour a 9 X 5 inch loaf pan (23 X 12 cm).

Step 2: In a medium bowl add sifted flour mixture and sugar, beer and ¼ cup of the melted butter. Mix together with a wooden spoon just until combined (Author did 18 stirs with a wooden spoon).

Step 3: Spoon the mixture into the prepared loaf pan top with the remaining ¼ cup of melted butter and bake for approximately 55 – 60 minutes, check for doneness with a toothpick.

Step 4: Let sit in loaf pan for 5 minutes before removing, then let sit 10 minutes before cutting.

Yield: 8 Servings

Prep Time: 10 Minutes

Cook Time: 55 Minutes

Total Time: 1 Hour 5 Minutes

How to Store Beer Bread

- Beer bread tastes best the same day it is baked, when the crust is crisp and the inside is soft. If you have leftovers, wrap them tightly in plastic wrap or keep in an airtight container at room temperature for up to 2 days.
- Avoid refrigerating, since it will dry out the loaf more quickly.
- For longer storage, freeze slices for up to 3 months and rewarm before serving.

Tips for Beer Bread

- Best Beer for Bread: The author makes this bread with a light Italian pale beer, such as Peroni or Moretti, which gives it a crisp flavor without over powdering the loaf.
- For the mildest beer flavor in your bread, go with a light beer such as Coors Light, Miller, or Bud Light.
- If you prefer a stronger taste, experiment with Guinness or a bold craft ale.
- Craft beers or seasonal beers are also fun for experimenting with new flavors.
- The best way to determine the beer you like best for your beer bread is to jump in and try a loaf with your favorite bottle. If the flavor is too strong, bitter, or fruity, you will know it is time to switch to a different brew.

BREAD FLOUR

From Savory Simple

INGREDIENTS

1 cup All-Purpose Flour (4 ½ ounces or 129 g) 1½ teaspoons Vital Wheat Gluten (1/8 ounce or 4 g)

DIRECTIONS

Step 1: Measure out the all-purpose flour into a medium bowl. Subtract 1½ teaspoons flour and replace with 1½ teaspoons vital wheat gluten (1/8 ounce or 5 grams).

Step 2: Whisk or sift to combine.

BIGA

From Leitesculinaria.com

INGREDIENTS

¼ teaspoon Active Dry Yeast

1/3 cups Unbleached All-Purpose Flour

¼ cup Warm Water (100 to 110 degrees F / 38 to 43 degrees C)

¾ cup plus 4 teaspoons Bottled Spring Water, at room temperature (You can use Tap Water in a pinch Olive Oil or Vegetable Oil, for the bowl)

DIRECTIONS

Step 1: Stir ¼ teaspoon active dry yeast into the ¼ cup warm water and let stand until creamy, about 10 minutes.

Step 2: Stir the ¾ cup plus 4 teaspoons bottled water into the creamy yeast mixture, and then stir in the 2 1/3 cup unbleached all-purpose flour, 1 cup at a time.

Notes

- If mixing by hand, stir with a wooden spoon for 3 to 4 minutes.
- If mixing with stand mixer with the paddle at the lowest speed for 2 minutes.
- If mixing with a food processor, mix just until a stick dough forms.

Step 3: Transfer the biga to a bowl lightly coated with olive oil or vegetable oil (which one is your choice), cover with plastic wrap, and let rise at room temperature for 6 to 24 hours, until the starter is triple its original volume but is still wet and sticky.

If you are using sour bread dough, allow for dough biga to rest for 24 to 48 hours or even 72 hours.

Step 4: Cover and refrigerate or freeze the biga until ready to use.

Notes

- If refrigerating the biga, use within 5 days.
- If freezing the dough, let it rest at room temperature for about 3 hours until it is bubbly and active again

Step 5: When needed, scoop out the desired amount of biga for your recipe and proceed. The author strongly recommends weighting the biga rather than measuring it by volume since it expands at room temperature.

Notes

- If measuring by volume, measure chilled biga.
- If measuring by weight, the biga may be chilled or at room temperature.

This type of preferment was developed by Italian bakers. The production technique was developed just a few years after the discovery of baker's yeast.

ITALIAN RICOTTA PARMESAN BREAD

From An Italian in My Kitchen

INGREDIENTS

½ cup + 2 tablespoons lukewarm water (150 g)
1 teaspoon Active Dry Yeast
2 ¼ cups + 1 tablespoon All-Purpose or Bread Flour (at least 12% Protein) (300 g)
3 tablespoons Parmesan Cheese, freshly grated
1 ½ tablespoon Olive Oil
½ cup + 1 tablespoons Ricotta Cheese (100 g)
1 teaspoon Salt

DIRECTIONS

Step 1: In the stand-up mixer add the water and sprinkle the yeast on top, let it sit for 10 minutes, then stir, add the flour, ricotta, parmesan, olive oil and salt on top. Start to knead on low speed #1 for about 1-2 minutes then increase #2 and continue until the dough is soft and elastic, 6 – 8 minutes.

Step 2: Move the dough to a lightly floured flat surface and stretch and fold a few times, shape into a ball. Place the dough in a lightly oiled bowl, rolling the dough to cover lightly in oil. then cover the bowl and place in a warm draft free area to rise until doubled in bulk, approximately 2 hours.

Step 3: Move the dough to lightly floured flat surface, shape into desired shape, log or boule, place in a lightly oiled* Dutch oven or oven safe covered casserole dish, sprinkle the top with flour (use rice or semolina if you do not have it then all-purpose or bread will work, cover with plastic and let rise for 1 hour.

Step 4: Preheat oven to 400 degrees F (200 degrees C).

Step 5: Score the bread, then place the covered pot in the oven and bake, for 25 – 30 minutes, remove the lid and continue to bake for 10 -15 minutes or until the loaf is done, immediately move the baked loaf to a wire rack to cool completely before serving. Enjoy.

Yield: 1 Loaf

Prep time: 20 Minutes

Cook Time: 30 Minutes

Rising Time: 32 Hours

Total Time 3 Hours 50 Minutes

*Or you can line the pot with parchment paper if you prefer.

Notes

- If your ricotta is watery, then place in a sieve and drain for about 20 – 30 minutes.
- Lukewarm water temperature is 98 – 105 degrees F (36 – 40 degrees C).
- If you wish you can substitute ¼ - ½ the water with lukewarm milk.
- It is best to use an oven safe (450 degrees F/250 degrees C) covered casserole pot or Dutch oven, as this will help the dough keep its shape while baking.

FOCACCIA

From Alexandra's Kitchen

INGREDIENTS

4 cups (512 g) All-purpose Flour or Bread Flour
2 teaspoons (8 g) Instant Yeast
2 cups (455 g) Lukewarm Water, made by combining ½ cup boiling Water and 1 ½ cups cold water

2 to 3 teaspoons (10 to 15g) Kosher Salt
4 tablespoons Olive Oil, divided
1 to 2 teaspoons Whole Rosemary Leaves
Butter for Greasing
Flaky Sea Salt

DIRECTIONS

Make the dough:

In a large bowl, whisk together the flour, salt and instant yeast. Add the water. Using a rubber spatula, mix until the liquid is absorbed and the ingredients form a sticky dough ball. Rub the surface of the dough lightly with olive oil. Cover the bowl with a damp tea towel, cloth bowl cover, or plastic wrap and place in the refrigerator immediately for at least 12 hours or for as long as three days.

- It is important the dough really be slick with olive oil especially if you are using a cloth bowl cover or tea towel as opposed to plastic wrap or a hard lid. If you are using a tea towel, consider securing it with a rubber band to make a more airtight cover. If you do not slick the dough with enough oil, you risk the dough drying out and forming a crust over the top layer.

Step 2: Line two 8 or 9 inch plates or a 9 x 13 inch (see notes above) with parchment paper or grease with butter or coat with nonstick cooking spray.

- This greasing step may seem excessive, but with some pans, it is imperative to do so to prevent sticking,

Step 3: Pour a tablespoon of oil into the center of each pan or 2 tablespoons of oil if using the 9 x 13 inch pan. Using two forks deflate the dough by releasing it from the sides of the bowl and pulling it toward the center. Rotate the bowl in quarter turns as you deflate, turning the mass into a rough ball. Use the forks to split the dough into two equal pieces (or do not split if using the 9 x 13 inch pan). Place one piece into one of the prepared pans. Roll the dough in the oil to coat it all over forming a rough ball. Repeat with the remaining piece. Let the dough balls rest for 3 to 4 hours depending on the temperature of your kitchen.

- No need to cover for this room temperature rise.

Step 4: Set a rack in the middle of the oven and preheat it to 425 degrees F. If using the rosemary, sprinkle it over the dough. Pour a tablespoon of oil over each round of dough (or two tablespoons if using a 9 x 13 inch pan). Rub your hands lightly in the oil to coat, then, using all of your fingers press down to create deep dimples, If necessary stretch the dough as you dimple to allow the dough to fill the pan. Sprinkle with flaky sea salt all over.

Step 5: Transfer the pans or pan to the oven and bake for 25 to 30 minutes, until the underside is golden and crisp. Remove the pans or pan from the oven and transfer the focaccia to a cooling rack. Let it cool for 10 minutes before cutting and serving and be sure to let it cool completely, if you are having it with the intention of making a sandwich.

Step 6: To store the focaccia: When it is completely cooled, transfer it to an airtight bag or vessel and store it at room temperature for up to 3 days. Otherwise, freeze it for up to 3 months. Always reheat it on subsequent days to revive its crust: 350 degrees F for 15 minutes.

Yield: 2 Loaves

Total Time: 18 Hours 30 Minutes

How does this Focaccia Recipe Differ from Other Recipes?

This one differs from many of the recipes available in two ways:

1. The long, cold refrigerator rise.
2. The absence of sugar or honey or any sort of sweetener.

The reason that there are no sweeteners in this recipe is simply stated that a sweetener is just not needed - the yeast contrary to popular belief does not need a sugar to achieve or thrive. Sugar will speed things up, but when you are employing a long, slow rise, speed is not the name of the game.

During the long, cold fermentation, enzymes in both the flour and the yeast will break down the starches in the flour into simple sugars, which will contribute both to flavor and to browning, rendering sugar unnecessary.

Secrets for the Best Focaccia:

This focaccia emergence from the oven golden all around and pillowy inside, its surface dimpled with deep crevices, namely for two reasons

1. High hydration dough. It is 88% hydration.
2. Long, cold slow fermentation. This dough ferments in the fridge for at least 18 hours or for as long as 3 days.

Reasons

:

1. A high hydration dough is a dough with a high proportion of water relative to the flour. A high proportion of water will create a light and airy dough and ultimately a focaccia with beautiful air pockets through. (Incidentally this is the secret to making excellent pizza dough, too.)
2. A long, cold fermentation is beneficial to dough because during a slow fermentation allows enzymes in both the flour and the yeast to break down the starches into simple sugars. These sugars contribute both to flavor and to browning.
3. Furthermore, a long slow fermentation strengthens gluten, which will further promote a crumb structure with lots of air pockets

Common Toppings and Variations:

- Olives
- Roasted tomatoes or sun-dried tomatoes
- Caramelized onion or leeks
- Various herbs like thyme, oregano, and sage
- Potatoes
- Garlic
- Cheese like Parmesan, Asiago or Feta

Serving Suggestions

- As a simple snack or appetizer
- As a side dish with Italian meals like soups, salads, or pasta dishes
- Used as a bread for sandwiches
- As a base for pizza

Notes

- Plan Ahead: While you certainly could make this dough more quickly, it turns especially well if you mix the dough the day before you plan on baking it. The second rise, too, takes 2 to 4 hours.
- If you are short on time and need to make the focaccia immediately: Let the mixed dough rise at room temperature until doubled, about 1 ½ to 2 hours. Then proceed with the recipe, knowing the second rise will only take about 30 minutes
- You can use various pans to make the focaccia such as
 - two 9 inch Pyrex pie plates (Use butter + oil to prevent sticking.) or
 - one 9 x 13 inch pan but do not split the dough in half, if you use this option, which will create a thicker focaccia
 - one 13 x 18 inch rimmed sheet pan – this creates a thinner focaccia, which is great for slab sandwiches.
- As always, for best results with bread dough, use a digital scale to measure the flour and water
- Salt: The rule of thumb with bread dough is that the weight of the salt should be 2 to 3% the weight of the flour. For this recipe, that is 10 to 15 grams. Do keep in mind that you sprinkle sea salt over the dough before baking, which adds to the saltiness. If you are sensitive to salt use 10 grams.

Origins of Focaccia:

Focaccia's origins trace back to ancient times, with notes in Etruscan or Greek civilization. The name itself derives from the Latin word "focus", meaning hearth, reflecting the traditional baking method over fire or ashes. Today, it is particularly associated with Liguria region of Italy, especially Genoa, where it is sometimes called classica or pizza Genovese.

The recipe was refined and spread throughout the Roman Empire and later, through immigration, became [popular worldwide.

ASIAGO BREAD

From Tastes of Lizzy

INGREDIENTS

3¼ cups Bread Flour*, divided	1½ teaspoon Salt
1 Package Instant Yeast (about 2 ¼ teaspoons)	¼ teaspoon Black Pepper
1 teaspoon Granulated Sugar	1¼ Cups 2% Milk
1½ cups Asiago Cheese, shredded, divided	2 tablespoons Salted Butter

Egg Wash

1 Large Egg at room temperature	1 tablespoon Warm Water
---------------------------------	-------------------------

DIRECTIONS

Step 1: In the bowl of a stand mixer, whisk together 1 ½ cups flour, yeast, sugar, salt and pepper. Set aside.

Step 2: Put the milk in a microwave safe bowl, Heat the milk to 120 – 130 degrees F (50 -55 degrees C) so that the butter starts melting. Make sure the temperature is just right so that it is warm enough to activate the yeast, but not kill it. Stir the milk mixture and mix on low speed using the paddle attachment until smooth. Add in 1¼ cups shredded cheese and mix just until combined.

Step 3: Gradually add in the remaining flour to make a soft dough. Knead in the stand mixer with the dough hook for 5 minutes. Do not add too much flour. It should still be a sticky dough, slightly sticking to the bottom of the bowl as it kneads.

Step 4: Spray a large bowl with cooking spray. Add the bread dough to the bowl, then turn the dough over so the cooking spray coats both sides of the dough. Cover the bowl with plastic wrap or a clean tea towel and let the dough rise in a warm place until it is nearly doubled (30 – 45 minutes).

Step 5: After the dough is doubled, punch it down and use a serrated knife or dough cutter to divide the dough in two. Shape each piece of dough into a loaf. Place the loaves on a baking sheet that is lined with parchment paper. Cover the loaves with plastic wrap or a clean towel and allow them to rise again for 20 -30 minutes. The loaves may not rise much but that is ok. They will spring up in the oven.

Step 6: Preheat the oven to 375 degrees F. (190 degrees C). Whisk together the egg and water in a small bowl. Brush the tops of the loaves with the egg wash, then sprinkle the remaining chest on top.

Step 7: Bake for 30 – 35 minutes until lightly golden brown. The internal temperature of the load should be 190 degrees F(90 degrees C). Allow the loaf to cool then slice and serve. It is also delicious served the next day.

Yield: 20 Servings

Prep Time: 20 Minutes Cook Time: 35 minutes Rise Time: 1 Hour Total Time: 1 Hour 55 Minutes

Notes

- *All-purpose flour also works, but the bread flour yields, more of a crispy bread loaf
- Use active dry yeast if that is what you have, but proof the yeast in the milk according to the temperature on the back of the package of yeast.
- Knead bread dough by hand or use your bread machine on the dough setting.
- This is also delicious with cheddar cheese or parmesan cheese.

Variations of Asiago Bread

- Loaf: This is a classic and versatile option, perfect for sandwiches or served alongside soups and salads
- Rolls: Asiago dough can be shaped into individual rolls, ideal for dinner or as a savory snack.
- Bread Bowls: For a creative presentation, form the dough into bread bowls and fill them with soups, stews or chili.
- Focaccia: Asiago cheese focaccia is an Italian flatbread
- Sun-Dried Tomatoes: For a sweet and savory twist, add sun-dried tomatoes to your Asiago bread.

While the name suggests Asiago, you can certainly experiment with other cheese to achieve different flavor profiles.

- Parmesan: Offers a nutty and savory flavor.
- Romano: a sharper and saltier cheese that adds a strong flavor.
- Cheddar: Provides a classic cheesy taste that many people enjoy.
- Gruyere: A firm, tangy, and somewhat salty cheese.

The cheese originates from the Asiago plateau in the Veneto region of norther Italy. It is named after the region, where it has been produced since the 10th century, initially as a way for farmers to preserve surplus milk.

It was initially made from sheep's cheese, but around the 15th century, farmers began using cow's milk more frequently.

It gradually spread to the surrounding lowlands areas and the Trentino region.

The Asiago region was a site of conflict during Napoleon's campaigns and the World Wars, leading to population shifts and contributing to its spread to new areas.

Asiago cheese received Designation of Origin (PDO) status from the European Union in 1976, further solidifying its protected status and ensuring its production adheres to specific criteria within designated regions.

Italian immigrants introduced Asiago cheese to the United States in the 1920's, where it gained popularity, especially in the late 20th and early 21st century.

CIABATTA BREAD

From Sally's Baking Addiction

INGREDIENTS

For the Biga/Preferment:

1 cup (130 g) Bread Flour, spooned and leveled ½ cup (120 g) Water at room temperature
1/8 teaspoon Active- Dry or Instant Yeast (about 70 degrees F (21 degrees C).

For the Ciabatta Rolls:

1 teaspoon (3 g) Active-Dry or Instant Yeast
1 cup (240 g) Warm Water (about 100 – 110 degrees F (38 – 43 degrees C))
2 ½ cups (325 g) Bread Flour, spooned & leveled), plus more as needed
1 ½ teaspoons (8 g) Table Salt
Olive Oil, as needed for coating hands and spatula

Equipment:

- Kitchen Scale
- Stand Mixer
- Bench Scraper
- Glass Mixing Bowls
- Silicone Spatula or Wooden Spoon
- Baking Sheets
- Instant-Read Thermometer
- Cooling Rack

DIRECTIONS

Step 1: Day 1: Make the Biga/Preferment: In a large mixing bowl, whisk together the bread flour and yeast. Add the water and mix with a silicone spatula until combined. Cover the bowl tightly with plastic wrap and let rest at room temperature for 8 – 24 hours.

Step 2: Day 2: Make the dough: Uncover the bowl with the biga. In a separate large bowl, or the bowl of your stand mixer fitted with a dough hook attachment (do not use a handheld mixer for this), whisk together the yeast and warm water. Cover and let sit for 5 to 10 minutes until the yeast has dissolved. Add the biga, flour, and salt. Gently mix together with a silicone spatula or wooden spoon or using the dough hook on medium speed. The dough will seem dry and shaggy at first, but keep working it until all the flour is moistened and the dough is uniform in texture (do dry pockets). If needed, lightly grease your hands with olive oil and gently knead the ingredients together in the bowl. The dough will be wet and sticky, that is normal, expected and encouraged.

Step 3: 1st Rest: Cover the bowl and let the dough rest for 10 minutes at room temperature.

Step 4: 1st Stretch-and-Fold: Visualize a clock on top of your dough. You will be holding it at 12 o'clock mark. With an olive oil-greased spatula or lightly oiled hands, lift up the dough at 12 o'clock and gently stretch it up and pull it toward the opposite side of the bowl (6 o'clock), folding it down over the dough. Turn the bowl 90 degrees and repeat. Do this until you have gone around the bowl twice, for a total of 8 folds. Cover the bowl and let rest for 30 minutes at room temperature.

Step 5: Remaining Stretch-and-Folds: Repeat step 4 three more times, allowing the dough to rest for 30 minutes between each. After the 4th stretch-and-fold, cover the bowl and place it in the refrigerator for at least 1 hour and up to 24 hours.

Step 6: Shape the Rolls/Bread: Very generously flour your counter or work surface. Using lightly oiled hands or a lightly oiled spatula, gently scrape the dough out of the bowl and onto the floured surface. Generously sprinkle flour on top of the dough. Using floured hands, gently stretch and shape the dough into a rough rectangle shape, about 10 x 7 inches in size.

- For 8 Rolls: With a floured bench scraper, cut the dough into 8 pieces roughly equal in size. Each 2 ½ x 3 ½ inches (does not need to be perfect).
- For 2 Loaves: With a floured bench scraper, cut the dough in half to make two 5 x 7 inch (or 10 x 3 ½ inch) rectangles.

Step 7: Lightly flour a piece of parchment paper. With floured hands, and using the floured bench scraper to help, lift the sticky dough pieces up and transfer them to the floured parchment paper, arranging them at least 2 inches apart to make room for expanding. Take care to be extra gentle because you do not want to deflate the dough. IF the pieces of dough lose shape during the transfer, gently reshape into rectangle. (It is fine if they are not perfect – ciabatta bread is meant to look rustic!)

Step 8: Proof before Baking: Lightly sprinkle flour over the rolls. And then gently cover them with a clean towel or piece of parchment paper. Let rest at room temperature for 1 hour.

Step 9: Meanwhile, position the oven rack in the very bottom position and another rack in the center/middle. Place a flat cookie sheet or a rimmed baking sheet on the center rack. Preheat the oven to 450 degrees F (212 degrees F). You want your oven and baking surface to be heating for about an hour before the bread goes in.

Step 10: When ready to bake, scatter several cups of ice cubes in a large shallow metal roasting pan, cast-iron skillet, or rimmed baking sheet (do not use glass). Uncover the rolls and lightly spray or flick them with a little water (This is optional, but it helps create even more steam, which promises a crispier crust). Working quickly, carefully remove the preheated baking sheet from the oven and slide the parchment paper and proofed bread onto it. Place back in the oven. Slide the pan with the ice cubes onto the bottom oven rack and quickly close the oven door, trapping the steam from the melting ice cubes.

Step 11: Bake for 20 – 22 minutes, or until the bread/rolls are golden brown. The author usually extends this time to 25 minutes for a deeper golden brown color. Gently tap the bread – if they sound hollow, they are done. For a more accurate test of doneness, the bread is done when the instant-read thermometer inserted in the bread reads 205 degrees F (96 degrees C) to 210 degrees F (99 degrees C.)

Step 12: Remove the rolls from the oven and allow to cool for at least 45 minutes before slicing and serving. If you cut the bread too early, it will likely have a gummy texture.

Step 13: Store leftovers loosely covered at room temperature for up to 5 days or in the refrigerator for up to 1 week.

Yield: 8 Rolls or 2 Flat Loaves

Prep Time: 13 Hours (includes Rests & Rises) Cook Time: 25 Minutes Total Time: 14 Hours 10 Minutes

Notes

- Flour: For absolute best flavor and chewy, the author strongly recommends using bread flour. You can use a 1:1 substitution of all-purpose flour in a pinch with no other changes to the recipe, however the dough may not be as strong, and may not hold shape very well. Do not use whole-wheat flour in this dough.
- Yeast: You can use instant or active dry yeast, but the author recommends an instant (aka “rapid rise” or “quick rise” yeast). If using active dry yeast, there are no changes needed to the recipe.
- Adding Herbs/Flavors: Fresh or dried herbs are best for flavoring this dough. The author’s favorite is fresh or dried rosemary with a little garlic. When adding the salt in Step 2, add 2 ½ teaspoons fresh chopped rosemary or 1 teaspoon dried, plus 2 minced garlic cloves. Feel free to replace the rosemary with another herb, and/or leave out the garlic.

Can I Bake on a Pizza Stone?

Yes. If you want to bake your bread/rolls on a pizza stone, place the pizza stone in the preheating oven for 1 hour. In step 10, place the shaped dough on your preheated pizza stone. Bake as directed.

Make Ahead & Freezing Instructions:

There are many ways to make the dough ahead of time. First, in step 1, the biga can sit up to 24 hours. Second, in Step 5, after you have completed all of the stretch-and-folds, the dough can sit in the refrigerator for up to 3 months. Thaw at room temperature before serving.

Can I use Dough for Focaccia?

Yes. Generously grease a 9 x 13 inch baking pan with olive oil. After completing step 5, pour the dough into the greased pan. Flip to coat all sides in the oil. Stretch and flatten the dough to fit the pan, being careful to avoid tearing the dough. If it is shrinking back as you try to stretch it out, cover with a clean towel and let it rest for 5 – 10 minutes before continuing. This lets the gluten settle and it is much easier to shape after that.

Ciabatta is a rustic Italian white bread known for its chewy texture, airy crumb and slipper like shape.

The name ciabatta translates to “slipper” in Italian, referencing the bread’s flat and elongated form. It was created in 1982 by a baker in Adria, Veneto, in response to the popularity of French baguettes. It has unique characteristics which come from its high hydration dough, which is wet and sticky. The dough is stretched and folded to create air pockets, then baked at a high temperature for a crispy crust.

COUNTRY CRUST BREAD

From Barbara DeSantis

INGREDIENTS

2 Packages Red Star Active Dry Yeast	2 Eggs at room temperature
2 cups WARM Water (105 to 115 degrees F/ 40 to 46 degrees C).	½ cup Sugar
¼ cup Salad Oil	1 tablespoon Salt
Soft Butter or Margarine	6 to 6 ½ cups Gold Medal Flour

DIRECTIONS

Step 1: Dissolve yeast in warm water. Stir in sugar, salt, eggs, oil and 3 cups of the flour.

Step 2: Beat until smooth. Mix in enough remaining flour to make dough easy to handle.

Step 3: Turn dough onto lightly floured board: knead until smooth and elastic: about 8 -10 minutes. Place in greased bowl; turn greased side up. (At this point dough can be refrigerated up to 3 to 4 days). Then cover: and let rise in warm place until double, about 1 hour. (Dough is ready if impression remains) Punch down dough: divide in half. Roll each half into rectangle an 18 x 9 inch pan.

Step 4: Roll up, beginning at short side. With side of hand, press each end to seal. Fold ends under loaf, Place seam side down in greased loaf pan, 9 x 5 x 3 inches. Brush loaves with salad oil. Let rise until double, about 1 hour.

Step 5: Heat oven to 375 degrees F (190 degrees C).

Step 6: Place loaves on lower rack so that tops of pans are in center of oven. Pans should not touch each other or side of oven.

Step 7: Bake 30 to 35 minutes or until deep golden brown and loaves sound hollow when tapped. Remove from pans. Brush loaves with butter, cool in wire rack. Yield: 2 Loaves

HOMEMADE ITALIAN BREAD

From An Italian in My Kitchen

INGREDIENTS

For the Biga:

½ cup Warm Water (lukewarm)*
2 cups All-Purpose Flour

¾ teaspoon Active Dry Yeast

For the Dough:

¼ cup + 1 tablespoon Water (lukewarm)* divided (200 g total),
If you want to double the recipe double this amount)
2 cups All-Purpose Flour
1 ¼ teaspoon Salt

½ teaspoon Active Dry Yeast

*Lukewarm water temperature should be between 100 – 110 degrees F (38 – 43 degrees C)

DIRECTIONS

For the Biga

Step 1: To make the Biga – in a large bowl add the water and yeast, let it sit for five minutes then stir to combine. Add the flour and stir until the flour has absorbed all the water. Do not form a dough bowl.

Step 2: Cover the bowl with a clean tea towel, place in a warm draft free area and let it rise for 18 – 20 hours.

Step 3: Once the time has passed, in the bowl of the stand-up mixer add the Biga and ¼ cup + 3 ½ tablespoons (112 g) water, combine with spatula.

Step 4: Add the flour, yeast, salt and the remaining water (¼ cup + 1 tablespoon (88 g). Start to knead the dough for about four minutes or until the dough starts to pull away from the sides of the bowl.

Step 5: Move the dough to a lightly floured flat surface and knead to form a smooth dough ball.

Step 6: Place the dough in a lightly oiled bowl, cover with tea towel and let it rise for two hours.

Step 7: Form the dough into a round or long loaf or even small buns whichever you prefer. Place on parchment paper lined cookie sheet. Cover again and let it rise for two hours.

Step 8: Preheat oven to 425 degrees F (220 degrees C), Place a pan of water on the bottom of the oven.

Step 9: Make a score in the bread and bake for about 20 -25 minutes. Remove from the oven and immediately place on a wire rack to cool. Enjoy.

Yield: 1 Loaf

Prep Time: 10 Minutes

Rising Time: 1 Day

Cook Time: 20 Minutes

Total Time 1 Day 30 Minutes

To tell if the bread is done, give it a good knock on the bottom of the loaf if it sounds hollow it is done or insert an instant read thermometer into the center of the loaf, the temperature should read 190 degrees F (90 degrees C).

Why use Biga?

The addition of a Biga is said to add more flavor to the finished product and is also used in breads that need a light, open texture with holes.

Why do you need to place a Pan of Water in the Oven?

The water in the pan will create steam which helps keep the crust soft. It also lets the bread continue expanding freely. The steam that settles on the exterior of the bread also helps to dissolve the sugar in the dough.

Bread Flour or All-Purpose?

The author uses all-purpose but if you prefer bread flour works just as well, some people swear by it. It will give your dough chewier and denser bread.

How to Store the Bread.

Cool the bread completely, then store it in a plastic air tight bag or storage container, wrap in foil and place the loaf in a paper bag, then place it in a plastic bag and close tightly. It can be kept at room temperature for about 2 to 3 days.

Can you Freeze it?

Yes you can freeze it, let the loaf cool completely. Then you can either slice it or leave it whole. Be sure to wrap lightly with foil or freezer safe wrap and then place it in a freezer safe bag or container. Properly stored, it will last for about 3 months.

Is the Yeast Active?

The yeast you are using could be old or dead, to tell if the yeast is still active, in a small bowl add a ½ cup of water, sprinkle 1 ½ teaspoons of yeast and a pinch of sugar over the top, stir it up and let it stand for about 5 minutes. If the yeast is still active, it will dissolve completely into the water and the liquid will start bubbling. Make sure your water is not too hot or too cold. Too hot and you kill the yeast, too cold it will take a long time for the dough to rise. The perfect temperature is 100 - 110 degrees F (38 – 44 degrees C)

GARLIC BREAD

From Sally's Baking Addiction

INGREDIENTS

12 ounce (340 g) Loaf of Crusty Bread, sliced in half horizontally
½ cup (8 tablespoons; 113 g) Unsalted Butter, softened
1 tablespoon Fresh Parsley, finely minced
¼ teaspoon Flaky Sea Salt (or 1/8 teaspoon Fine Salt)
1/3 cup (27 g) Parmesan Cheese, freshly grated
A Pinch of Crushed Red Pepper Flakes for garnish (if desired) (optional)

DIRECTIONS

Step 1: Preheat the oven to 400 degrees F (200 degrees C). Line a baking sheet with parchment paper or silicone baking mat. Place both halves of bread, cut side up, on the lined baking sheet.

Step 2: Using a handheld or stand mixer fitted with a paddle attachment, beat the butter, parsley, garlic, salt and parmesan cheese (if using) together on medium high speed until completely combined and smooth. If your butter is soft enough you can simply use a fork to mash it all together.

Step 3: Bake for 16 – 18 minutes or until the edges of the bread are crispy and golden brown. Feel free to extend this time by a couple minutes for a crispier exterior.

Step 4: Let cool on the baking sheet for a few minutes until cool enough to handle, and then transfer the garlic bread to a cutting board. If using, sprinkle with crushed red pepper flakes. Using a serrated bread knife, slice the bread into pieces and serve warm.

Step 5: Cover leftover bread tightly and store at room temperature or in the refrigerator for up to 3 days.

Yield: 1 Loaf

Cook Time: 18 Minutes

Total Time: 30 Minutes

Cook's Notes

- Make Ahead & Freezing Instructions: You can make the garlic butter and store it tightly covered in the refrigerator for up to 3 weeks. When ready to use, soften it at room temperature until soft enough to spread easily. Continue with Step 3. You can also make the garlic bread through Step 3 and then freeze it. Place a piece of parchment paper on top of one of the buttered halves., then gently put the two halves back together, with the parchment paper between them. Wrap the loaf tightly in plastic wrap or aluminum foil; place in a freezer-safe container or zip-lock bag, and freeze for up to 3 months. When ready to bake, remove from the freezer, unwrap and remove parchment, and place on a lined baking sheet. Continue with Step 4, adding a few extra minutes to the bake time since baking from frozen.
- Best Bread to Use: You need a crusty, sturdy roughly 12 ounce loaf, such a one loaf of ciabatta bread, a loaf of Italian or French bread or a baguette.
- Can I use Dried Parsley? Yes you can skip the fresh parsley and use dried. If using dried, reduce to 2 teaspoons. You could also substitute with 1 ½ teaspoons Italian seasoning blend.

ITALIAN PUFF BREAD

From Rasa Malaysia

INGREDIENTS

2 teaspoons Active Dry Yeast
3 ½ tablespoons Olive Oil
4 ½ cups 00 Flour or Pizza Flour

2 tablespoons Salt
1 ½ cup Warm Water
½ cup Semolina

DIRECTIONS

Step 1: Whisk together the active dry yeast, salt, olive oil and warm water in a measuring cup or a small bowl.

Step 2: Add the flour to a large mixing bowl and pour the olive oil mixture over it.

Step 3: Mix the ingredients and knead the dough with a stand mixture fitted with a dough hook at medium-high speed for 3 minutes. Then, lower the speed to a medium and continue kneading for an additional 3 minutes, until smooth dough for at least 12 hours or overnight.

Step 4: Remove the dough from the refrigerator 30 minutes before use. Then, divide it into 4 equal portion.

Step 5: Preheat the oven to 600 degrees F (320 degrees C) or to the highest temperature your oven can reach.

Step 6: Place on a work surface, roll each piece into a ball, and gently flatten it with your palm. Stretch and rotate it to form a large disc, about .2 inches (5 mm) thick. Repeat with the remaining dough.

Step 7: Generously sprinkle semolina on the dough, then transfer it to the baking sheet.

Step 8: Bake for 3 to 5 minutes, until it is puffy and browned on the top and around the edges.

Yield: 4 Servings

Prep Time: 10 Minutes

Cook Time: 3 Minutes

Proving Overnight: 12 hours

For the best result, follow the cook's tips below:

- The bread dough achieves an elastic texture during a slow fermentation process under low temperature for at least 12 hours.
- Preheat the oven to its highest temperature to ensure the dough rises sufficiently while baking.
- Serve the Italian puff bread immediately with a drizzle of olive oil on top and a sprinkle of salt for best taste experience.
- You can double the ingredients to make a larger portion.
- 00 Flour or pizza flour is ideal for this recipe; using all- purpose flour or bread flour may not yield the same result.
- Serve the bread hot and immediately out-of-the-oven for the best taste.

Variations

- Add cheese: Sprinkle parmesan or mozzarella before baking for a cheesy twist.
- Make it Garlic-Infused: Brush with garlic butter right after baking.
- Use different Herbs: Swap rosemary for basil or thyme for a unique flavor.

Serving and Pairing Suggestions

- Pair with a bowl of minestrone soup, serve alongside a classic pasta dish, or enjoy with a drizzle of balsamic and olive oil for dipping.

IRISH SODA BREAD

From Rebecca Folen

INGREDIENTS

1 ½ cups Buttermilk

3 cups Flour

1 tablespoon Salt

1 1 tablespoon Baking Powder

2 tablespoons Butter, melted

2/3 cup Sugar

1 Egg at room temperature

1 teaspoon Baking Soda

1 ½ cups Raisins

DIRECTIONS

Step 1: In one bowl beat egg, slightly, add butter, milk and raisins.

Step 2: In another bowl mix dry ingredients.

Step 3: Then combine with wet ingredients.

Step 4: Bake at 350 degrees F (180 degrees C) in well-greased loaf pan for about 1 hour.

IRISH SODA BREAD FROM COUNTY CORK

From Allrecipes.com

INGREDIENTS

3 cups Self-Rising Flour

$\frac{3}{4}$ cup White Sugar

$\frac{1}{4}$ cup Butter

2 cups Raisins

1 Large Egg at room temperature

1 cup Milk

2 tablespoon Milk

DIRECTIONS

Step 1: Preheat the oven to 375 degrees F (190 degrees C). Grease and flour a 9 inch round baking dish.

Step 2: Mix self-rising flour, sugar, and butter in a large bowl with a pastry cutter until the mixture resembles coarse crumbs. Stir in raisins.

Step 3: Mix egg with 1 cup of milk in a separate bowl. Lightly mix milk into flour mixture until it holds together. Place dough in prepared baking dish, and brush top with 1 tablespoon of milk for a nice golden brown crust.

Step 4: Place bread into the preheated oven. Reduce heat to 350 degrees F (180 degrees C) and bake for one hour.

Step 5: Let cool before serving.

Yield: 1 (9 inch) Round Loaf

Prep Time: 15 Minutes

Cook Time: 1 Hour

Additional Time: 30 Minutes

Total Time: 1 Hour 45 Minutes

POTATO KNISHES

From Shana Harding

INGREDIENTS

5 lb. Bag of Yellow Potatoes
½ Clove Garlic, shopped
1 Stick Butter, melted
A cup of Matzoh-Meal
Large Onion, chopped
2 Eggs at room temperature

DIRECTIONS

Step 1: Wash and peel potatoes; boil until soft; mash them.
Step 2: Saute onions and garlic in butter and add to mashed potatoes.
Step 3: Add the remaining ingredients.
Step 4: Spray olive olive oil on an 8 x 10 inch aluminum pan.
Step 5: Place hands in warm-water; then place a large ball of potatoes in the palm of your hand; smooth into ball and place in the pan. Brush with melted butter.
Step 6: Bake at 350 degrees F (180 degrees C) oven for 1 hour.

MATZOH BALLS

From Shana Harding

INGREDIENTS

4 Eggs at room temperature	1/3 cup Oil or Melted Shortening
½ cup Chicken Soup	1 teaspoon Salt
1 cup Matzoh Meal	A Dash of Pepper
Parsley Leaves, chopped, to taste	

DIRECTIONS

Step 1: Beat eggs. Add soup, melted shortening, salt and pepper; mix well. Add Matzoh Meal and stir thoroughly. Add chopped parsley and stir.
Step 2: Cover and refrigerate for 60 minutes.
Step 3: Form into balls and drop into 1 ½ quarts boiling water to which one tablespoon salt has been added.
Step 4: Return to boiling point, cover, and cook for 20 minutes. Add to soup and cook for 5 minutes for flavor of soup to blend into Matzoh Balls.

NAAN

From Rasa Malaysia

INGREDIENTS

1 teaspoon Sugar	½ cup Warm Water
¼ ounce (2 ¼ teaspoons) Active Dry Yeast	½ cup Plain Yogurt
1 teaspoon Salt	3 tablespoons Melted Butter, or Ghee
1 tablespoon Olive Oil plus some for greasing the Skillet	

DIRECTIONS

Step 1: Activate Yeast – In a small bowl, add the sugar, warm water, and yeast together. Stir to combine well. The yeast should be activated when it becomes foamy, about 10 minutes. Transfer the flour to a flat surface and make a well in the middle.

Step 2: Rolling Naan – Divide the dough into 8 equal portions. Toll the dough to a 6 inch (15 cm) circle using a rolling pain.

Step 4: Cooking Naan – Heat up a skillet (cast-iron preferred) over high heat and lightly grease the surface with oil to avoid the dough from sticking to the skillet. Place the dough on the skillet. When it puffs up and bubbles, and burnt spots appear, flip it over and cook the other side. Repeat the same until all the dough is done. Brush with melted butter, and serve warm

Step 5: Serving Naan: Brush the naan with melted butter or ghee, then sprinkle with fresh cilantro. Serve warm and enjoy

Yield: 8 pieces

Prep Time: 30 Minutes

Cook Time: 10 minutes

Rising Time 1 Hour

Total Time: 1 Hour 4 0 Minutes

Notes

- Naan is traditional cooked in a tandoor, a clay or metal oven used for centuries in places like Central Asia, South Asia, and the Middle East. Heated with charcoal or wood tandoors reach temperature up to 900 degrees F (482 degrees C), giving naan bread its signature smoky flavor. The intense heat and quick cooking process make it uniquely delicious.
- To get that charred, bubbly appearance and look, the dough is slapped against the hot walls of the tandoor – either with a cushioned pad or by hand. The rapid contact with the high heat creates those beautiful charred spots and gives it its soft, airy and chewy texture.
- Now, you might be wondering how you can get the same effect at home. The answer is simple: a cast-iron skillet! It can reach up to 650 degrees F (343 degrees C) with almost any heat source, making it perfect for creating fluffy, flavorful naan in your own kitchen.
- What makes this puff bread so special and delicious is its long fermentation period at low temperature, often lasting 12 hours. During this slow rise, the dough develops its flavors and transforms into stretchy, elastic textured.

Why Use Yogurt

Yogurt helps with the leavening process, adding moisture and tenderness to the dough. This ensures the naan turns out soft and fluffy.

Yogurt gives the dough a creamy, slightly tangy flavor that adds a mild kick to the bread. Plus, yogurt brings a touch of sweetness, making the end result even more tastier.

Plain Yogurt vs Greek Yogurt:

If you prefer a chewier, dense naan, go for the Greek yogurt. But, if you are after a pillow-soft texture, plain yogurt is the way to go.

Can I Freeze the dough before cooking?

Why is my Naan turning out flat instead of puffy? : This usually happens when the skillet is not hot enough or the dough is rolled too thick. Make sure your pan is fully preheated and roll the dough evenly. A hot surface creates steam quickly, which helps it puff.

How do I store Leftover? :

Let it cool completely, then wrap in foil or an airtight container. Store at room temperature for 1 day or in the fridge for 2 - 3 days. Reheat in a skillet or oven before serving.

Can I freeze Leftovers? : You can. Wrap each piece tightly in plastic or foil. And then place in a freezer bag. It will keep in the freezer for up to 2 months. To reheat place the naan directly in a skillet or oven without thawing for best result.

Helpful Hints

Climate and temperature: the dough can be sensitive to the climate, so keep that in mind. IF the dough feels too sticky, just add a couple of tablespoons of flour to help bind it together. On the flip side, if you are in a dry climate, you might need to add a bit more water to prevent the dough from drying out too quickly. Proper kneading: The author prefers kneading the dough herself for a smooth, elastic texture, or use a stand mixer to save time. Let it rest until it double in size. In warmer climates, it may rise faster, while in cooler ones, it might take longer.

Control the heat on your skillet: Make sure it is hot before cooking – high heat creates the puff and airy texture of naan bread. It is ready when you see dark brown “blisters” on the surface. In warmer kitchen, keep an eye on the heat to prevent over-browning. A very hot cast-iron skillet or cooking surface is essential for generating the steam that forms bubbles.

Inactive leavening agents: Check the expiration to ensure that your yeast is fresh. In colder month, let the dough rise in a warm spot for best results.

Thin or uneven rolling: Roll the dough evenly to about ½ inch (0.6 cm) thickness. If it is too thin it will not trap enough steam and uneven rolling can cause some areas to bubble up while other stay flat, tough and dense.

You can double all the ingredients to make more. Just be sure you have got enough room for mixing and kneading. The rising time and cooking time steps will be exactly the same.

You can use milk instead of yogurt. To get that tangy effect just mix ½ cup of milk with a teaspoon of lemon juice or vinegar and let it sit for 5 minutes before using it in the recipe.

You can make the dough ahead of time. Once the dough has risen, cover it tightly and pop it in the fridge for up to 24 hours. When you are ready to use it, let it come to room temperature before rolling and cooking.

You do need ghee to make great naan dough, so do not worry if you do not have it on hand! Traditional recipes skip the ghee, and adding it does not necessary to get that soft, fluffy texture and delicious flavor. Sticking to the basics is all you need.

Kneading Techniques

Proper kneading is key to making great dough – it is what develops the gluten and gives the dough its elasticity. When the author kneads, she uses a folding and pressing motion, working the dough until it is smooth, elastic and bouncy. By hand, this usually takes about 6 -8 minutes, but if you are using a stand mixer with a dough hook, it is quicker – just 5 – 7 minutes.

The cup measurements for flour (2 ¼ - 2 1/3 cups) and the yeast amount (2 ¼ teaspoons) are provided as reference only and do not auto-multiply when scaling the recipe.

Start with about 10 ½ ounces or 2 ¼ cups (300 grams) of flour. If the dough feels too sticky, add a little more flour, up to (around 12 ounces or 2 1/3 cups (350 grams), until it comes together nicely.

Before adding the salt and oil, give the flour, yeast mixture, and yogurt a gentle stir. This makes the dough easier to handle and knead.

Variations

Add cheese: Sprinkle parmesan or mozzarella before baking for a cheesy twist

Make it Garlic-Infused: Brush with garlic butter right after baking.

Use different Herbs: Swap rosemary for basil or thyme for a unique flavor.

PITA BREAD

From The Mediterranean Dish

INGREDIENTS

1 cup Lukewarm Water
2 teaspoons Active Dry Yeast
½ cup Sugar
3 cups All-purpose Flour, divided (or 1 ½ cups All-Purpose Flour and 1 ½ cups Whole Wheat Flour)
1 to 2 teaspoons Kosher Salt
2 tablespoon Extra Virgin Olive Oil, more for the bowl

DIRECTIONS

Step 1: Make Sponge – In a large mixing bowl add the lukewarm water and stir in yeast and sugar until dissolved. Add ½ cup flour and whisk together. Place the mixing bowl in a warm place, uncovered to form a lost sponge, Give it 15 minutes or so, the mixture should bubble.

Step 2: Form the Pita Dough – Now add salt, olive oil and almost all the remaining flour (keep about ½ cup of the flour for dusting later). Stir until mixture forms a shaggy mass (at this point, the dough has little to no gluten development and just looks like a sticky mess and you can easily pull bits off). Dust with a little flour, then knead the mixture inside the bowl for about a minute to incorporate any stray bits.

Step 3: Knead the dough – Dust a clean working surface with just a little bit of flour. Knead lightly for a couple of minutes or so until smooth. Cover and let the dough rest for 10 minutes, then knead again for a couple more minutes. The dough should be a little bit moist, you can help it with a little dusting of flour, but be careful not to add too much flour.

Step 4: Let the Dough Rise – Clean the mixing bowl and coat it lightly with extra virgin olive oil and put the dough back in the bowl. Turn the dough a couple of times in the bowl to coat with the olive oil. Cover the mixing bowl with plastic wrap, then lay a kitchen towel over the bowl. Put the bowl in a warm place. Leave it alone for 1 hour or until the dough rises to double its size.

Step 5: Divide the Dough – Deflate the dough and place it on a clean work surface. Divide the dough into 7 to 8 equal pieces and shape them into balls. Cover with a towel and leave them for 10 minutes or so to rest.

Step 6: Shape the Pitas - Using a floured rolling pin, roll one of the pieces into a circle that is 8 -9 inches round and about a ¼ inch thick. It helps to lift and turn the dough frequently, as you roll so that the dough does not stick to your counter too much. (If the dough starts to stick sprinkle a tiny bit of flour). If the dough starts to spring back, set it aside for a few minutes, then continue rolling. Repeat with the other pieces of dough. (Once you get going, you can be cooking one pit while rolling another, if you like). You have two options for baking the pita from here.

To Bake Pita in the Oven:

Heat the oven to 475 degrees F (245 degrees C) and place a heavy-duty baking pan or large cast iron skillet on the middle rack to heat. Working in batches, place the rolled out pitas directly on the hot baking sheet(The author was only able to fit 2 at a time). Bake for 2 minutes on one side, and then, using a pair of tongs, carefully turn pita over to bake for 1 minutes on the other side. The pita will puff nicely and should be ready. Remove from the oven and cover the baked pitas with a clean towel while you work on the rest of the pitas.

To Cook Pita on Stovetop – Heat a cast iron skillet over medium-high heat. (Test by adding a couple drops of water to the skillet, the skillet is ready when the beads of water sizzle immediately). Drizzle a tiny bit of extra virgin olive oil and wipe off any excess. Working with one pita at a time, lay a rolled-out pita on the skillet and bake for 30 seconds until bubbles start to form. Using a spatula, flip the pita over and cook for 1 -2 minutes on the other side until large toasted spots appear on the underside. Flip again and cook another 1 -2 minutes to toast the other side. The pita is ready when it puffs up forming a pocket (sometimes, with this method, the pita may not puff or may only form a small pocket. Try pressing the surface of the pita gently with a clean towel). Keep baked pita covered with a clean towel while you work on the rest.

Make Ahead:

You can prepare the dough ahead of time. Once it has risen, you can store it in the fridge until you need it! If you do not want to bake all 8 pitas on a given day, you can bake 1 -2 or however many you need at a time. Save the rest of the dough in the fridge for later (if stored properly, the dough will keep in the fridge for up to 1 week.)

For Whole Wheat Pita:

Use 1 ½ cups whole wheat flour and 1 ½ cups of all-purpose flour.

Leftover Storage and Freezing Instructions: Baked pita bread is best enjoyed fresh and hot out of the oven. But, baked pita bread will store well for a few days in an air-tight bag. Warm it up in your oven or toaster oven or even over open flame. You can also freeze baked pita for up to 3 months: warm up in a medium-heated oven from frozen.

For Gluten Free Pita:

Replace the flour here with the same amount of an all-purpose gluten free flour.



FESTE E CELEBRAZIONI

PASSOVER ROLLS

From Shana Harding

INGREDIENTS

2 cups Matzoh Meal
1 teaspoon Salt
1 tablespoon Sugar

1 cup Water
1 cup Peanut or Wesson Oil
4 Eggs at room temperature

DIRECTIONS

Step 1: Combine Matzoh meal with salt and sugar. Bring oil and water to a boil.

Step 2: Add to Matzoh mixture and mix well.

Step 3: Beat in eggs thoroughly, one at a time.

Step 4: Allow to stand for 60 minutes.

Step 5: With oiled hands, shape into rolls and place on a well-greased cookie sheet.

Step 6: Bake in a moderate oven 375 degrees F (190 degrees C) for 50 - 60 minutes or until golden brown.

Step 7: Cover bowl and refrigerate.

PANETTONE BREAD ~ ITALIAN CHRISTMAS SWEET BREAD

From An Italian in My Kitchen

INGREDIENTS

For the Panettone:

3 1/3 cups All-Purpose Flour	1/2 teaspoon Salt
1/4 + 2 tablespoons granulated sugar (75 grams total)	2/3 cup Water (lukewarm)
1/2 cup Butter at room temperature/cut into small pieces	1 1/2 teaspoons Dry Active Yeast
2 large Eggs at room temperature	1 large Egg Yolk at room temperature
Zest of 1 Orange and 1 Lemon at room temperature	1 teaspoon Vanilla
1 cup Mini Dark Chocolates Chips, Raisins* or Candied Fruit or a Mixture	

For the Toppings:

1/4 cup + 1 tablespoon Almond Flour (30 grams total, if you double the recipe then double the amount)
1 tablespoon Cornstarch
1/3 cup + 1 tablespoon Sugar (75 grams total, if you double the recipe then double this amount)
1 large Egg White
2–3 tablespoons Powdered / Icing Sugar for Dusting
1/4 cup Skinned Whole Almonds, more if desired

DIRECTIONS

Step 1: Plump raisins up by sitting them in boiling water for 5 minutes, then drain.

Step 2: In the bowl of the mixer with the paddle attached add sifted flour, in the center add the yeast, sugar, butter, eggs, yolk, zest and half the water. Mix 20 seconds, then change to the dough hook and add the other half of the water and salt.

Step 3: Mix for 15–20 minutes, stopping after 10 minutes to scrape the hook and bowl.

Step 4: After 20 minutes add either the raisins, candied fruit or chocolate chips (or even a mixture if you wish) mix on low for a couple of minutes until combined.

Step 5: Remove to a flat lightly floured board, lightly rub hand with butter and father the dough into a ball. Place in a large oiled bowl, cover with plastic, and a dish towel. Place in a draft free space to rise.

Step 6: Once risen, place the dough again on a lightly floured flat surface with hands lightly buttered, roll again into a ball, place it in a greased Panettone mold, cover with plastic and a clean dish towel and let rise for an hour., warmish stop to rise. Let rise for 2 – 3 hours or until tripled in size.

TOPPINGS

Step 1: In a small/medium bowl mix together almond flour, cornstarch, sugar and egg white. Set aside.

Step 2: Preheat oven to 365 degrees F (185 degrees C).

Step 3: Carefully brush the risen Panettone with the topping (the author did not use it all) top with almonds and sprinkle with icing / powdered sugar. Bake for approximately 45–50 minutes using a toothpick for doneness or the internal temperature, taken in the middle of the bread is 190 degrees F (88 degrees C). Immediately move to a wire rack to cool completely before cutting.**

- No need to remove from the paper or a 750 gram paper mold.

Enjoy!

Yield: 12 Servings

Prep Time: 20 Minutes

Rising Time: 5 Hours

Cook Time: 45 Minutes

Total Time: 6 Hours 5 Minutes

Notes

- For room temperature ingredients remove from the fridge about 1 hour before using.
- Panettone should be kept in an airtight bag at room temperature. It will keep for up to 3 days.
- You can choose whether to freeze them whole or in slices by placing them in bags suitable for freezing: the latter option is certainly more practical, because it will allow you to defrost only the desired quantity, without waste. Freezing times must not exceed 3 months.
- Keeps for 3 days well covered.

**The author used an 8½ X 4½ inch cake pan, or a 750 gram paper mold.

ST. BLAISE CAKE

(THE THROAT) THROAT'S BLESSED CHURCH

From Domenica DiGiambattisti (Luigi DeSantis' Grandmother)

INGREDIENTS

2 cups Flour
2 tablespoons Oil
3 tablespoons Sugar

3 Eggs at room temperature
1 teaspoon Vanilla
½ cup Water or Milk

DIRECTIONS

Step 1: In a bowl mix all ingredients until all is absorbed. Let stand 5 minutes.

Step 2: Turn dough until lightly floured board. Knead 10 - 12 strokes.

Step 3: Roll or pat into same size pieces. Cut dough with floured cutter.

Step 4: Place on ungreased cookie sheet.

Step 5: Shape in horseshoe shape and then cross over.

Step 6: Bake at 375 degrees F (190 degrees C) for 20 - 25 minutes.

St. Blaise Cake is a traditional Italian blessing bread, its name preserved by custom rather than description. Baked around the feast of Saint Blaise, this gently enriched loaf belongs firmly to the bread tradition, not the dessert table.

Like ciabatta and focaccia, it was made with simple pantry ingredients, shaped by hand, and shared with intention. The loaf was offered as a gesture of care, believed to protect the throat and voice, and passed among family and neighbors as much for its meaning as its nourishment.

In Italian kitchens, bread often carried purpose. This one still does.

CALCIONELLI (CHRISTMAS CHALOOCH)

From Mary & Rosario DeSantis

INGREDIENTS

For the Dough:

3 cups (390 g) Unbleached All-Purpose flour	½ cup (100 g) Sugar
¼ teaspoon Fine Sea Salt	3 large Eggs at room temperature
1 teaspoon Lemon Zest, finely grated	1 teaspoon Orange Zest, finely grated
½ cup (115 g) Unsalted Butter, cold and cut into cubes	
1 tablespoon Punch Abruzzo or other sweet liqueur (see NOTE below)	

For the Almond Filling:

2 cups (225 g) Blanched Almonds	1 teaspoon Lemon Zest, finely grated
1 teaspoon Orange Zest, finely grated	½ cup (125 g) Honey

For the Walnut Filling:

2 cups (225 g) Walnut Halves or pieces	2 teaspoons Lemon Zest, finely grated
½ cup (125 g) Honey	

DIRECTIONS

Make the Dough:

Step 1: Combine the flour, sugar, salt, and lemon and orange zest in the work bowl of a food processor fitted with metal blade; pulse briefly. Distribute the butter in the work bowl and pulse until it is incorporated and the mixture is a crumbly. Add the eggs and pulse until they are just incorporated. With the motor running drizzle in the liqueur and process just until the mixture clumps together.

Step 2: Turn the dough out onto a lightly floured work surface and knead until a smooth ball forms. Wrap tightly in plastic wrap and refrigerate for at least 1 hour and up to overnight.

To Make the Filling:

Step 1: Pulse the almonds in a food processor fitted with the metal blade until coarsely ground.

Step 2: Add the lemon and orange zests and process until the mixture is finely ground.

Step 3: Pour the honey into a nonstick frying pan and warm it over medium heat. As soon as the honey is loose, stir in the ground almonds. Use a silicone spatula to thoroughly combine the nuts and honey.

Step 4: Remove from the heat and scrape the mixture into a bowl.

Step 5: Let cool.

To Make the Calcionelli:

Step 1: Dust a rimmed baking sheet or a clean tablecloth with flour. Have on hand a 2¼ inch round cookie cutter, small bowl of water, and a fork, for cutting, shaping and sealing.

Step 2: Remove the dough from the refrigerator and cut in half. Rewrap and refrigerate one half. Roll the other half out on a lightly floured work surface into a large thin circle (between 1/16 inch and 1/8 inch) thick. Cut out as many circles as possible. Mound a teaspoon of the filling in the center of each circle. Dip a finger in the water and moisten the edges of the circle. Fold each circle into a half-moon. Press the tines of the fork along the edges to seal.

Step 3: Transfer the Calcionelli to the baking sheet or tablecloth.

Step 4: Reroll the scraps to cut out more circles; fill, shape and seal. Repeat the process with the remaining half of the dough. You should end up with 55 to 60 Calcionelli.

Step 5: Pour oil to a depth of 1 inch (2.5 cm) in a high-sided saucepan. And then heat over medium high heat; heat to about 375 degrees F (190 degrees C) on a deep-frying thermometer. Or test by dropping a scrap of dough into the hot oil; if it sizzles and float to the surface the oil is ready.

Step 6: Place a baking sheet or tray lined with paper towels neat the stove. Carefully add 6 to 8 Calcionelli to the hot oil. They will sizzle and begin a brown almost immediately so keep an eye on them. Fry for about 30 seconds, using a skimmer to turn them over and move them about.

Notes

- Instead of frying the cookies Mary and Mario DeSantis baked the cookies.
- Step 1: Preheat oven to 350 degrees F.
- Step 2: Bake approximately 20 to 25 minutes until golden brown or a toothpick inserted comes clean.

Step 7: Transfer them to the paper towel tray. Continue to fry the Calcionelli a few at a time until you have fried them all.

Step 8: Transfer them to a cooling rack to cool completely.

Step 9: To serve, dust with confectioners' sugar.

Yield: 50 to 60 Calcionelli

Notes

- Calcionelli will keep in a tightly lidded container at room temperature for up to 8 days.
- Makes about 5 dozen (60) Calcionelli.
- Each batch of filling makes enough to fill one batch of cookies. Choose walnut or almond or make a batch of each.
- These are pastries baked in Abruzzo for Christmas
- In Abruzzo dialect these pastries have different names i.e Caggionetti, Calchoons DeSantis' Family Name), Calcionelli.

Note

- Punch Abruzzo is a sweet liqueur made from caramelized sugar and the zest of lemons and oranges. It is sometimes available online. If you cannot find it, substitute Cointreau, Grand Marnier, or dark rum; or substitute ½ teaspoon pure vanilla extract.

MICHAEL DeSANTIS' VERSION OF MOM & DAD'S CHRISTMAS CHALOOCH

INGREDIENTS & DIRECTIONS

For the Dough:

Pillsbury Crescent Rolls (Rolled out so they were one big sheet)

For the Filling:

Mixed Raisins

Honey

Dried Candies Fruit

Vanilla Extract

Bake 350 degree F (180 degrees C) until done (will vary depending on amount of ingredients).



SALSA E MARINATI

BASIC ALL PURPOSE BRINE FOR MEATS, CHICKEN, AND TURKEY

From Barbara DeSantis

INGREDIENTS

1 tablespoon Black Peppercorns
3 Bay Leaves
4 cups Water
½ cup Kosher Salt

2 Sprigs Thyme
4 - 6 Cloves Garlic, sliced
½ cup Light Brown Sugar, packed

DIRECTIONS

Step 1: In a 1 quart pot or larger add water and salt. Add additional amounts of brine if needed until meat is submerged.

Step 2: Stir ingredients together in a saucepan and bring to a boil. Continue stirring until sugar is dissolved.

Step 3: Allow to cool.

Step 4: Place meat or poultry in a food safe plastic bag inside another container for support and leakage control (oven roasting bags are a fine choice – NOT garbage bags).

Step 5: Pour cooled brine into bag, and squeeze out as much air as possible and seal with a twisty tie.

Step 6: Refrigerate for 3 - 4 hours for 3 pounds meat (such as pork ribs), 5 - 6 hours for a nice roasting hen, or 12 - 24 hours for a turkey. 12 hours being for a small one and the longer time for those turkeys around 20+ pounds.

Step 7: Discard brine before using and pat meat dry.

Ready In: 3 Hours 15 Minutes Ingredients: 7

Yields: 1 Quart or more if necessary by adding salt to water

MASTER BRINE RECIPE FOR MEATS

From Barbara DeSantis

INGREDIENTS

10 Cloves Garlic, minced	3 Quarts Water
½ cup Kosher Salt	¼ cup Sugar, plus
2 teaspoons Sugar	1½ teaspoons Dried Thyme
1 teaspoon Whole Spice	1 Bay Leaf
2 teaspoons Black Peppercorns	¼ cup Black Peppercorns, plus

DIRECTIONS

Step 1: Bring all ingredients to a boil in a large saucepan, reduce heat and simmer for 15 minutes.

Step 2: Allow to cool completely before using.

Step 3: Large heavy duty sealable plastic bags work the best.

- Soak for 48 hours before using- it will produce the juicyyyyy-est meat you have ever made.

TURKEY BRINE

From Barbara DeSantis

INGREDIENTS

1 Gallon Vegetable Broth	1 tablespoon Dried Thyme
1 cup Sea Salt	1 tablespoon Dried Savory
1 tablespoon Dried Rosemary	1 Gallon Water
1 tablespoon Dried Sage	

DIRECTIONS

Step 1: In a large pot, combine vegetable broth, sea salt, rosemary, sage, thyme and savory. Bring to a boil, stirring frequently; to be sure salt is dissolved.

Step 2: Remove from heat, and let cool to room temperature.

Step 3: When the broth mixture is cool, pour it into a clean 5 gallon bucket. Stir in ice water.

Step 4: Wash and dry your turkey. Make sure you have removed the innards. Place turkey, breast down into the brine. Make sure that the cavity gets filled. Place the bucket in the refrigerator overnight.

Step 5: Remove the turkey carefully draining off the excess brine and pat dry. Discard excess brine.

Step 6: Cook the turkey as desired reserving the drippings for gravy. Keep in mind that brined turkeys cook 20 to 30 minutes faster so watch the temperature gauge.

Prep Time: 5 Minutes

Cook Time: 15 Minutes

Ready in 8 Hours 20 Minutes

- This is enough brine for a 10 – 18 lb. Turkey

MARINADE

From Edward Kmiec

INGREDIENTS

1/3 cup Vinegar
3 tablespoons Brown Sugar
Garlic

1/3 cup Oil
3 tablespoons Soy Sauce
Pepper

DIRECTIONS

Step 1: Mix and pour over meat.
Step 2: Refrigerate at least 8 hours.
Step 3: Turn once or twice.

WINE MARINADE

From Barbara DeSantis

INGREDIENTS

1 cup Red Wine
3 Gloves Garlic, crush and chopped
½ teaspoon Rosemary
4 tablespoon Parsley

1 cup Extra Virgin Olive Oil
1 teaspoon Salt
1 teaspoon Thyme
1 teaspoon Pepper

DIRECTIONS

Step1: Mix the wine and oil together in a jar with a tight fitted lid.
Step 2: Crush and chop the garlic with salt until almost paste.
Step 3: Add wine and oil along with all the remaining ingredients.
Step 4: Cover tightly and shake until all ingredients are well blended.

- A plastic bag tightly sealed can be used instead of a bowl making it easier to turn meat.

RED WINE VINAIGREETE

From Aunt Connie Duvak (Luigi DeSantis' Aunt)

INGREDIENTS

2 tablespoons Dijon Mustard
1 teaspoon Sugar
½ cup Extra Virgin Olive Oil

6 tablespoons Wine Vinegar
Salt and Pepper to taste

DIRECTIONS

Step 1: In a small bowl, whisk together the mustard, vinegar, sugar, salt and pepper.

Step 2: Slowly drizzle in the olive oil, whisking constantly until thickened.

RANCH DRESSING RECIPE

From Serious Eats

INGREDIENTS

½ cup Butter Milk
½ cup Sour Cream
½ cup Mayonnaise
1 tablespoon Fresh Parsley, finely chopped
1 teaspoon Fresh Dill, finely chopped

1 teaspoon Lemon Juice
2 teaspoon Dijon Mustard
½ teaspoon Onion Powder
½ teaspoon Salt
1/8 teaspoon Black Pepper

DIRECTIONS

Step 1: In a medium bowl, whisk together buttermilk, sour cream, and mayo.

Step 2: Mix in parsley, chives, dill, lemon juice, mustard, onion powder, salt and black pepper.

Step 3: Place in an airtight container and refrigerate for at least one hour before using. Store up to one week in the refrigerator.

Yield: 12 Servings

Make: 1 ½ Cups

Active: 10 Minutes

Total: 70 Minutes

BECHAMEL SAUCE

From Carol O'Halloran

INGREDIENTS

5 teaspoons Unsalted flour
4 cups Warmed Whole Milk
Kosher Salt
¼ cup All Purpose Flour
A Pinch of Nutmeg

DIRECTIONS

Step 1: Heat the butter in a medium size saucepan over medium heat until foaming. Do not brown.

Step 2: Add flour and cook, whisking constantly, for 1 minute.

Step 3: Whisk in warm milk, ½ cup at a time. Bring to a boil, reduce heat & simmer, whisking often until the consistency of cream; 8 - 10 minutes.

Step 4: Add nutmeg and season with sale.

Step 5: Remove from heat & press plastic wrap onto surface. Cool slightly (A thick top layer forms as it cooks. Covering with plastic is a means to avoid this. The author does not do this. Consider covering with a lid and whisking with fervor when gently reheating)

HOMEMADE ALFREDO

From Rebecca Folen's Friend Meredith Lyons

INGREDIENTS

1 Stick Butter
1 cup Parmesan Cheese, grated
1 lb. Fettuccine Alfredo
½ cup Heavy Whipping Cream
Fresh Parsley, chopped
Salt and Pepper to taste

DIRECTIONS

Step 1: At room temperature butter and cream to freshly cooked hot pasta.

Step 2: Stir.

Step 3: Stir in cheese and parsley, chopped

Step 4: Serve immediately.

QUICK & EASY ALFREDO SAUCE

From Cook Mode

INGREDIENTS

Butter	½ cup	1 cup	2 cups
Cream Cheese	1 8 oz package	2 8 oz packages	4 8 oz packages
Garlic Powder	2 teaspoons	4 teaspoons	8 teaspoons
Milk	2 cups	4 cups	8 cups
Parmesan Cheese, grated	6 ounces	12 ounces	1 ½ lbs.
Ground Black Pepper	1/8 teaspoon	¼ teaspoon	½ teaspoon

DIRECTIONS

Step 1: Gather all ingredients.

Step 2: Melt butter in a medium, nonstick saucepan over medium heat. Add cream cheese and garlic powder, stirring with a wire whisk until smooth. Add milk, a little at a time, whisking to smooth out lumps. Stir in Parmesan cheese and pepper.

Step 3: Remove from heat when sauce reaches desired consistency. Sauce will thicken rapidly. Thin with milk if cooked too long.

Step 4: Toss in hot pasta to serve.

Yield: - 4 Servings with 1X Ingredients; 8 Servings with 2X; 16 Servings with 4X

Prep Time: 5 Minutes Cook Time: 5 Minutes Total Time: 10 Minutes

ALFREDO SAUCE

From Allrecipes.com

INGREDIENTS

½ cup Butter
1 cup Heavy Cream
Salt and Pepper to taste
1 ½ cups Parmesan Cheese, freshly grated
(or you could use ½ Parmesan and ½ Romano)

1 Clove Garlic, crushed, finely grated,
or pressed (optional)
A Pinch of Freshly Grated Nutmeg
¼ cup Fresh Parsley, chopped

- (Do not use pre-grated cheese as it is coated with a substance that inhibits smooth melting and will ruin the texture of your Alfredo sauce.)

EQUIPMENT

- Large skillet (large enough to toss the cooked pasta with the finished sauce)
- Whisk
- Large Pot (for cooking pasta)
- Colander (drain pasta)

DIRECTIONS

Step 1: Melt the butter in a saucepan or skillet over medium low heat. If you are flavoring the sauce with garlic, add it to the melted butter and cook for about 1 minute. Do not let it brown.

Step 2: Whisk in the cream and simmer gently for 5 minutes to cook out some of the water from the cream.

Step 3: Remove the pan from the heat and add cheese a handful at a time, whisking after each addition until the cheese is melted.

Step 4: Return the pan to the heat and let the sauce simmer gently for 4 to 5 minutes more until the sauce is thickened. Do not let the sauce boil or else it will separate and lose its smooth texture. Season with salt and pepper and add a pinch of freshly grated nutmeg (optional). Will add flavor to the sauce.

Step 5: If you are cooking pasta: when the pasta is cooked al dente, drain it well (do not rinse it) and toss it in the skillet with the hot Alfredo sauce. Garnish with parsley and serve immediately.

How to Thicken Alfredo Sauce 5 Easy Ways

- Add more cheese: Remove the sauce from the heat and whisk in another handful of grated cheese until it is melted. Return the sauce to the heat source and heat verily gently without boiling.
- Add cream cheese (4 to 6 ounces).
- Make a roux of butter and flour.
- Use cornstarch: If you use low-fat ingredients to make Alfredo sauce, you can thicken it with a teaspoon of cornstarch.
- Add egg yolk: To keep the yolk from scrambling, temper it by whisking in a little hot cream, and then add the yolk and cream mixture back to the sauce.

CLASSIC PESTO

Pesto alla Genovese

From Lidia

INGREDIENTS

4 cups Loosely Packed Fresh Basil Leaves (about 60 Small or 30 Large Fresh Basil Leaves),
gently washed and dried

A Pinch of Coarse Sea Salt

3 tablespoons Pine Nuts, lightly toasted

2 tablespoons Pecorino Romano Cheese, freshly and finely grated

2 tablespoons Grana Padano, freshly and finely grated

3 to 4 tablespoons Extra Virgin Olive Oil

2 Cloves Garlic, peeled

DIRECTIONS

To Make the Pesto in a Mortar:

Step 1: Place a few leaves of the basil in the bottom of a mortar and sprinkle the salt over them.

Step 2: Crush the leaves coarsely with the pestle, add a few more leaves and continue crushing, adding new leaves each time those in the mortar are crushed, until all the leaves are coarsely ground.

Step 3: Toss in the garlic and pound until the mixture forms a smooth paste. Add the pine nuts and grind them to a paste.

Step 4: Stir in the cheese, then enough of the olive oil to give the pesto a creamy consistency.

To Make the Pesto in a Food Processor:

Step 1: Combine the basil, salt and garlic in the blender jar, add 2 tablespoons of the oil and blend at low speed, stopping frequently to press the basil down around the blades, until the basil forms a coarse paste.

Step 2: Toss in the pine nuts and pour in the remaining 2 tablespoons olive oil.

Step 3: Blend until the pine nuts are finely ground.

Step 4: Stir in the grated cheeses and enough of the remaining olive oil to form a creamy paste.

Tips for Pesto

- Pesto is at its best when used immediately after it is made, though it can be refrigerated for up to a few weeks if it is spooned into a container, topped with olive oil and sealed tightly.
- If you find yourself with an abundance of basil in summer, make some pesto and store it in small portions in the freezer, where it will last for up to a few months
- Frozen pesto gives a great burst of fresh flavor to hearty winter soups and pasta sauces.

SKINNY WALNUT BASIL PESTO

From Theresa Schimmoeller (DeSantis)

INGREDIENTS

2 cups (lightly packed) Fresh Basil Leaves

½ cup Raw Walnuts

¼ teaspoon Salt or to taste

1 teaspoon Lemon Juice

1 to 2 Cloves Garlic, crushed

¼ cup Olive Oil

DIRECTIONS

Step 1: Place basil, walnuts, garlic, and salt in a food process and process until coarsely ground.

Step 2: With motor running, add olive oil in a thin stream.

Step 3: Add lemon juice and pulse to mix.

Step 4: Serve immediately.

Yield: 6 Servings

Prep Time: 10 Minutes

Total Time: 10 Minutes:

BASIL WALNUT PESTO

Pesto di Noci e Basilico

From Lidia

INGREDIENTS

1½ cups Loosely Packed Fresh Basil Leaves
1 cup Fresh Italian Parsley Leaves
2 cups Walnut Halves or Pieces, toasted to dress the Pasta
4 Plump Cloves Garlic, peeled
½ teaspoon Kosher Salt
½ cup Extra-Virgin Olive Oil, plus a bit more for storing
1 cup Pecorino (or half Pecorino and half Grana Padano or Parmigiano-Reggiano), freshly grated, plus more for passing.

DIRECTIONS

- You will need a food processor.

Step1: If you are using the pesto right away to dress the Maccheroni alla Chitarra (or other pasta), heat a large pot of salted water to a boil and process the sauce.

Step2: To make the Pesto: Heap the basil, parsley, garlic, walnuts and salt into the food processor. Pulse several times, to chop everything together coarsely, then, with the machine running, pour in the 1/2 cup olive oil in a slow, steady stream. Step 3: Stop and scrape down the sides of the work bowl, and process to a uniformly fine bright-green pesto. Put all the pesto into a large, deep bowl, big enough to toss all the pasta in.

Step 4: Meanwhile, start cooking the Maccheroni or other pasta. Shortly before it is done, ladle ½ cup or so of the boiling pasta water into the bowl, and stir to warm and loosen the pesto-use only as much water is needed to bring the pesto to tossing consistency. When the Maccheroni is perfectly al dente, lift it from the pot with tongs and a spider, and drain for an instant, then drop it into the bowl.

Step 5: Toss pasta and sauce together thoroughly. Sprinkle a cup or so of grated cheese over it, and then toss again.

Step 6: Serve immediately in warm bowls, with more cheese at the table

Yield: Makes about 1 ½ cups, enough for a pound of Maccheroni alla Chitarra or other Pasta.

- To store and use the pesto later: Scrape it from the food processor into a small jar or container. Smooth the top surface, and cover it with a thin layer of olive oil, or a piece of plastic wrap to prevent discoloration. Refrigerate for a week, or freeze for several months; warm to room temperature before using.

WHITE WINE SAUCE FOR FISH

From Barbara DeSantis

INGREDIENTS

3 tablespoons Butter
2 tablespoons Shallots, minced
¼ teaspoon Salt
¼ cup White Wine
1 tablespoon Parsley, chopped

2 Cloves Garlic, minced
1 teaspoon Tarragon
¼ teaspoon Pepper
Juice of One Lemon

DIRECTIONS

Step 1: Melt Butter
Step 2: Add garlic and shallots.
Step 3: Cook 3 minutes.
Step 4: Season with tarragon, salt, pepper.
Step 5: Add wine and lemon juice.
Step 6: Whisk 1 minute.
Step 7: Add parsley.
Step 8: Serve over fish.

WHITE WINE SAUCE

From Barbara & Melissa DeSantis

INGREDIENTS

2 tablespoons Butter
1 ½ tablespoons Flour
½ cup Wine

1 tablespoon Onion or Shallot, chopped
½ cup Chicken Stock
A Pinch of Salt

DIRECTIONS

Step 1: In small pan melt butter.
Step 2: Add onion and fry until golden.
Step 3: Add flour.
Step 4: Stir until smooth.
Step 5: Gradually stir in chicken broth and wine.

JEAN PIERRE'S LOBSTER SAUCE

INGREDIENTS

6 Lobster Bodies with Heads
¼ cup Flour
1 cup White Onion, chopped
2 cups Water
2 cups Fish Stock
2 Fresh Tomatoes
1 cup Celery, chopped
1 cup Green Pepper, chopped
Salt & Pepper to Taste

½ cup Olive Oil
4 Cloves Garlic, chopped
1 cup Carrots, chopped
2 cups Veal Stock
1 cup Tomato Paste
1 cup Leeks
1 cup Red Peppers, chopped
Cayenne Pepper

DIRECTIONS

Step 1: In olive oil, sauté vegetables, garlic, and bodies together until bodies turn red, about 5 minutes.

Step 2: Simmer: Pour in the fish stock and water. Bring the mixture to a boil, then reduce the heat to a gentle simmer. Do not boil aggressively.

Step 3: Cook: Let it simmer gently, uncovered, for at least 45 minutes to 1 hour, or longer for a richer flavor. Skim off any foam that rises to the surface during the first 15 minutes of simmering.

Step 4: Strain: Remove the pot from the heat and allow the stock to cool slightly. Carefully strain the liquid through a fine-mesh sieve into a large bowl or container, pressing down on the solids. Discard the solids.

Step 5: Add flour, stir constantly to thicken.

- For an even richer sauce, you can add a splash of white wine or dry sherry before adding the liquids.

BASIC TOMATO SAUCE FROM FRESH TOMATOES

From FoodandWine.com

INGREDIENTS

10 lbs. tomatoes (coarsely chopped)	¼ teaspoon Red Pepper, crushed
1½ cups Water	3 Large Basil Leaves
½ cup Extra-Virgin Olive Oil	1 tablespoon Sugar
6 Large Cloves Garlic, very thinly sliced	Salt and Freshly Ground Pepper

DIRECTIONS

Step 1: In a large pot, combine the tomatoes with the water, cover and cook over moderate heat until the tomatoes are soft and soupy, about 15 minutes. Set a food mill over a very large bowl. Add the tomatoes and puree them into the bowl. You should have about 18 cups.

Step 2: Wipe out the pot and heat the olive oil in it. Add the garlic and crushed red pepper and cook over very low heat until softened, about 1 minute. Add the tomato puree, basil and sugar and season with salt and pepper. Simmer over low heat until the sauce is thickened and reduced to 12 cups, about 2 hours. Discard the basil. Let the sauce cool, then pour into six 1 pint containers and freeze for up to 4 months.

Yield: 6 Pints

This is a simple recipe. A straightforward sauce is easier to transform with a few additions and can become anything from a Bloody Mary mix to a vegetable curry.

TOMATO SAUCE

From Rebecca Folen's Great Grandmother

INGREDIENTS

1 Large Onion, chopped	1 Green Pepper, chopped
1 cup Celery, chopped	Olive Oil or Butter for Frying
Garlic	Basil
Salt & Pepper	Oregano
Parsley	1 large can of Tomato Puree
2 small cans Tomato Paste	1 medium can Tomatoes
1 lb. Ground Beef Browned in Olive Oil	

DIRECTIONS

Step 1: Saute Onion, Green Pepper and Celery in Olive Oil or Butter.

Step 2: Sprinkle with Garlic, Basil, Salt, Pepper, Oregano & Parsley.

Step 3: Add Tomato Paste, Puree & Tomatoes; Let simmer for 2 hours.

Step 4: Brown the Ground Beef in olive oil.

Step 5: Add to sauce.

TOMATO, TOMAHTO

From Foodheim

Emilio's Pomodoro

INGREDIENTS

¾ lb. Dried Spaghetti

6 Garlic Cloves, thinly sliced

3 tablespoons Extra-Virgin Olive Oil, plus more for drizzling

3 ½ cups Baby Sun GOLDS or other Cherry Tomatoes; half left whole left and half sliced in half

1 ½ teaspoons Kosher Salt Fresh Basil Leaves for topping

Fresh Parmigiano-Reggiano Cheese, grated for topping

Flaky Sea Salt

DIRECTIONS

Step 1: Bring a large pot of salted water to a boil. Add pasta and cook until al dente according to package directions.

Step 2: While pasta is cooking warm the olive oil in a sauce pan over medium heat. Add the garlic and sauté until fragrant. About 45 seconds. Add the cherry tomatoes and turn heat to medium high. Cook until tomatoes soften and most start to boil, 3 to 5 minutes. Turn heat to low and season with kosher salt.

Step 3: When pasta is al dente, use tongs to transfer into the sauce pan and toss to coat, adding a ladleful of pasta water as needed to loosen the sauce. Continue cooking over low heat until the tomatoes retain their shape but simultaneously make a silky sauce that coats the pasta threads.

Step 4: Transfer pasta to individual serving bowls and top with basil, cheese, sea salt, and a drizzle of olive oil.

TOMATO SAUCE

Salsa di Pomodoro

From Lidia

INGREDIENTS

3 lbs. Ripe Fresh Plum Tomatoes, peeled and seeded or 1 (35 ounce) Can Peeled Italian Tomatoes, seeded and lightly crushed, with their liquids
¼ cup Extra Virgin Olive Oil
1 Small Onion (about ½ cup) chopped
¼ cup Carrot, finely shredded peeled
4 Fresh Bay Leaves, including stems
Kosher Salt to taste
Peperoncino Flakes to taste

DIRECTIONS

Step 1: Pass the tomatoes through a food mill fitted with the fine dish.

Step 2: Heat the oil in a 2 to 3 quart nonreactive saucepan over medium heat.

Step 3: Add the onion, and cook, stirring occasionally, until wilted, about 3 minutes.

Step 4: Add the carrot and celery, and cook, stirring occasional, until golden, about 10 minutes.

Step 5: Add the food-milled tomatoes and the bay leaves, and bring to a boil.

Step 6: Season lightly with salt and pepperoncini.

Step 7: Once it is boiling, lower the heat so the sauce is at a lively simmer, and cook, stirring occasionally, until thickened, about 45 minutes.

Step 8: Remove the bay leaves.

Step 9: Taste and season with salt and pepperoncini if necessary.

Yield: 6 Servings Makes 3 ½ cups for 1 lb. dry pasta or 1 ½ lbs. fresh pasta.

MARINARA SAUCE

From Lidia

INGREDIENTS

¼ cup Extra Virgin Olive Oil

8 Garlic Cloves, peeled and crushed

3 lbs. Ripe Fresh Plum Tomatoes, peeled and seeded or one (35 ounce) Can of Peeled Italian Tomatoes, seeded and lightly crushed, with their liquid

Salt

Pepperoncini, crushed red pepper to taste

10 Fresh Basil Leaves, roughly torn

DIRECTIONS

Step 1: In a medium size bowl, non – stick saucepan, heat the olive oil over medium heat.

Step 2: Add the garlic and cook until lightly browned, about 2 minutes.

Step 3: Carefully add the tomatoes and their liquid.

Step 4: Bring to a boil and season lightly with salt and crushed red peppers.

Step 5: Reduce the heat to a simmer and simmer, breaking up the tomatoes with a whisk as they cook, until the sauce is chunky and thick, about 30 minutes.

Step 6: Stir in the basil about 5 minutes before the sauce is finished.

Step 7: Taste the sauce and add salt and pepper if necessary.

Yield: 3 ½ cups. Enough to sauce 6 servings of pasta.

Notes

- When using fresh plum tomatoes, the extra virgin olive oil can be increased to ½ cup for optimal results.
- Make this sauce only when the juiciest, most flavorful ripe plum tomatoes are available. Otherwise, canned plum tomatoes make a delicious marinara sauce.

BOLOGNESE MEAT SAUCE

From Foodandwine.com

INGREDIENTS

1 tablespoon Vegetable Oil	½ cup Onion, chopped
½ cup Celery, chopped	½ cup Carrot, and chopped
3 tablespoons Butter, plus 1 tablespoon for tossing the Pasta	
¾ lb. Ground Beef Chuck	Kosher Salt
Freshly Ground Black Pepper	1 cup Whole Milk
Whole Nutmeg, grated	1 cup Dry White Wine
1 ½ cups Canned Imported Italian Plum Tomatoes, cut up, with their juices	
1 ½ to 1 2/3 lbs. Pasta	
Freshly Parmigiano-Reggiano Cheese, grated, for serving	

DIRECTIONS

Step 1: Gather all the ingredients.

Step 2: Put the oil, butter and chopped onion in the pot; turn the heat on to medium.

Step 3: Cook and stir the onion until it has become transparent, then add the chopped celery and carrot. Cook for about 2 minutes, stirring the vegetables to coat them well.

Step 4: Add all the ground beef, a large pinch of salt, and a few grindings of pepper. Crumble the meat with a fork, stir well and cook until the beef has lost its raw, red color.

Step 5: Add the milk, and let it simmer gently, stirring frequently, until it has bubbled away completely. Add a little grating- about 1/8 teaspoon – of nutmeg and stir.

Step 6: Add the wine, let it simmer until it has evaporated, then add the tomatoes; stir thoroughly to coat all ingredients well.

Step 7: When the tomatoes begin to bubble, turn the heat down so that the sauce soaks at the laziest of simmer, with just an intermittent bubble breaking through to the surface.

Step 8: Cook, uncovered for 3 hours or more, stirring from time to time. While the sauce is cooking, you are likely to find that it begins to dry out and the fat separates from the meat. To keep it from sticking, continue the cooking, adding ½ cup of water whenever necessary. At the end, however, no water at all must be left and the fat must separate from the sauce. Taste and correct for salt.

Step 9: Toss with cooked drained pasta, adding the tablespoon of butter.

Step 10: Serve with freshly grated Parmesan on the side.

Yield: 6 Servings

Notes

- If you cannot watch the sauce for a 3 to 4 hour stretch, you can turn off the heat whenever you need to leave, and resume cooking later on, as long as you complete the sauce within the same day. Once done you can refrigerate the sauce in a tightly sealed container for 3 days or you can freeze it. Before tossing with pasta, reheat it, letting it simmer for 15 minutes and stirring it once or twice.

- Recommended pasta. You can use Bolognese Tagliatelle. Ragu is delicious with tortellini, and also you can use boxed dried pasta as rigatoni, Conchiglie, or Fusilli. Curiously meat sauce in Bologna is never served over spaghetti.

Conchiglie refers to a type of pasta shaped like a small shell or conch, and is known for its ability to hold sauces and ingredients.

Fusilli is a short, twisted pasta. Grooves in the pasta makes it versatile and a good match for many sauces.

Tagliatelle originates from the Emilia-Romagna and Marche regions of Italy Name comes from Italian meaning to cut & describes the pasta's preparation of rolling out dough and cutting it into long thin strips.

AMATRICIANA SAUCE

From The Clever Carrot

INGREDIENTS

1 lb. (450 g) Bucatini Pasta
8 ounces (250 g) Tomato Passata
8 ounces (250 g) Guanciale, cubed (or Best-Quality Thick Cut Bacon)
1/3 cup (30 g) Pecorino Romano Cheese, grated
A Pinch of Chili Flakes (optional)

DIRECTIONS

Step 1: Bring a large pot of salted water to a boil. Cook the pasta according to the package instructions. Do not drain. Reserve the pasta water.

Step 2: In a large 12 inch skillet, sauté the guanciale (or bacon if using) over medium heat until golden and crisp. Transfer to a paper-towel lined plate. Keep the fat in the pan.

Step 3: Add the tomato pasta to the pan, stir well. Simmer until slightly reduced, about 8 minutes or more, depending on the size of your pan (the wider the pan, the less cooking time you will need).

Step 4: At this point the pasta should be done. Using tongs, transfer the pasta directly into the pan. It is okay if some of the water still clings to the pasta – you want additional liquid to loosen the sauce.

Step 5: Add ½ of the reserved guanciale (or bacon if using) to the sauce. Toss thoroughly to combine. Reduce the heat and cook in the pan for 1 minute for the flavors to combine.

Step 6: Remove the pan from the heat. Add ½ of the cheese and stir well. Give it a taste, add more cheese and/or salt if desired. If the sauce becomes too thick, loosen with ¼ cup of the leftover pasta water, plus more as needed.

Step 7: Top with the remaining guanciale (or bacon if using), and serve right away.

Yield: 4 Servings

Prep Time: 5 Minutes

Cook Time: 20 Minutes

Total Time: 25 Minutes

Notes

- Bacon can be substituted for the Guanciale.
- Bucantini is the traditional pasta shape; however spaghetti and rigatoni are acceptable pasta shaped substitutes

The sauce originated in the commune (municipality) of Amatrice (in the mountainous providence of Riete of the Lazio region of Italy .It is known well known in Rome, Italy.



ZUPPE E STUFATI

ITALIAN WEDDING SOUP

From Barbara DeSantis

INGREDIENTS

For the Meatballs:

2 lbs. Ground Beef

4 Eggs at room temperature

4 tablespoons Parsley, finely chopped

2 teaspoons Salt

2 lbs. Ground Pork or Turkey

1 cup Bread Crumbs

2 Cloves Garlic, minced

1 teaspoon Pepper

For the Soup:

16 cups Chicken Broth

1 cup Parmesan Cheese, grated

32 ounces Soup Pasta, Acini de Pepe or Orzo pasta are good choices.

8 cups Fresh Spinach, chopped or 1 Small Frozen Box, thawed

DIRECTIONS

Meatballs:

Step 1: Add all the meatball ingredients together in a large bowl. Mix the ingredients together using your hands until evenly distributed.

Step 2: Form meat into small meatballs by rolling in or with hands.

Step 3: Place the meatballs on a lightly greased shallow baking pan. Place in an oven preheated to 350 degree F (180 degrees C) and bake for 25 to 30 minutes or until browned.

Note

The meatballs can also be browned on the stovetop if desired.

For the Soup:

Step 1: Cook soup pasta as directed on the package. Do not overcook. The pasta should be firm when added to the soup.

Step 2: Drain the pasta after cooking.

Step 3: While the pasta is cooking add the chicken broth to a large saucepan and bring to a boil.

Step 4: If using fresh spinach, add to the boiling broth and cook for 5 minutes or until spinach is tender. If using frozen spinach, drain well before adding to the broth.

Step 5: Add the meatballs and pasta. Bring the soup back to a simmer.

Step 6: Stir in the Parmesan cheese and serve.

Yield: 4 Serving

Serving Size: 1 Cup

Prep Time: 1 Hour

Cook Time: 45 Minutes

Acini de pepe is a tiny, round pasta that translate to “peppercorn” or seeds of pepper” in Italian. It is a type of pastina, or minute pasta, usually made from semolina flour and intended for broth-based soups and pasta salads. It is shaped like a peppercorn but is actually smaller, about the size of couscous.

ITALIAN WEDDING SOUP

From Melissa DeSantis

INGREDIENTS

1/2 lb. Extra Lean Beef

1 Egg at room temperature, lightly beaten

2 tablespoons Dry Bread Crumbs

1 tablespoon Parmesan Cheese , grated

1/3 cup Carrots, finely chopped

5 ¾ cups Chicken Broth

2 cups Escarole, thinly sliced

1 cup Orzo, uncooked

½ teaspoon Basil

½ teaspoon Onion Powder

DIRECTIONS

Step 1: Combine meat, egg, bread crumbs, cheese, basil, onion powder.

Step 2: Shape in ¾ inch balls.

Step 3: In large saucepan heat broth to boiling, stir in escarole.

Step 4: Return to boil, reduce heat to medium.

Step 5: Cook at slow boil for 10 minutes. Stir frequently.

VEGETABLE WEDDING SOUP

From Allrecipes.com

INGREDIENTS

3 tablespoons Extra Olive Oil
2 Large Onions, finely chopped
½ cup Plain Dry Bread Crumbs (not Panko)
1 Small Fennel Bulb, fronds reserved, thinly sliced
1 Large Egg Yolk at room temperature
¼ teaspoon Red Pepper Flakes, crushed
1 ½ ounces Parmesan, finely grated (about ¾ cup), plus more for serving
¼ cup Parsley, finely chopped, plus leaves for serving
1 teaspoon Diamond Crystal or ½ teaspoon Morton Kosher salt, plus more
¼ teaspoon Fresh Ground Pepper, plus more
2/3 cup Ditalini or other small Tubular Pasta
1 Small Head of Escarole, cut into 1 inch pieces
½ teaspoon Lemon Zest, grated
2 tablespoons Fresh Lemon Juice
1 cup Whole-Milk Ricotta
8 Cloves Garlic, finely grated
1 Parmesan Rind (optional)
4 cups Low-Sodium Vegetable Broth

DIRECTIONS

Step 1: Heat 3 tablespoons extra-virgin olive oil in a medium Dutch oven or other heavy pot over medium high. Add 2 large onions, finely chopped, and 1 small fennel bulb, thinly sliced (reserve fronds) and cook, stirring often, until softened and deeply browned and frizzled in spots, 10 - 14 minutes. (You should see some browning on the pot at this point.) Then cook, while stirring constantly, just until this point. Add 8 garlic cloves, finely grated, and ¼ teaspoon crushed red pepper flakes and cook, stirring constantly just until fragrant, about 1 minute. Add 1 Parmesan rind (if using), 4 cups low-sodium vegetable broth, and 5 cups water and bring to a boil. Reduce heat to low so soup is at a very gentle simmer.

Step 2: Mix together 1 large egg yolk, 1 ½ ounces Parmesan, finely grated (about ¾ cup), 1 cup whole-milk ricotta, ½ cup plain dry breadcrumbs (not panko), ¼ cup finely chopped parsley, 1 teaspoon Diamond Crystal or ½ teaspoon Morton kosher salt and ¼ teaspoon freshly ground black pepper in a large bowl. Then using a #60 cookie scoop (about 1 tablespoon), drop the balls of ricotta mixture into soup and cook until they float to the surface, 5-7 minutes.

Step 3: Add 2/3 cup ditalini or other small tubular pasta and simmer until still very al dente, about 4 minutes. Add 1 small head of escarole, cut into 1 inch pieces, and stir to wilt, then stir in ½ teaspoon finely grated lemon zest and 2 tablespoons fresh lemon juice. Taste soup and season with more salt and black pepper if needed.

Step 4: Ladle soup into bowls and top with parsley leaves, reserved fennel fronds, and more finely grated Parmesan

Ditalini is a tiny tube-shaped pasta that often used in soups and pasta salads. The name translate from Italian to “little thimbles” also referred to as tubettini,. It is a type of pasta that is shaped like small tubes. It has been described as “thimble-sized” and as a very short macaroni. In some areas it is also called “salad macaroni”.

CHICKEN SOUP

From Shana Harding

INGREDIENTS

2 Chicken Thighs (skin on and bone in)	2 Stalks Celery, chopped
12 Baby Carrots	½ cup Olive Oil
1 Large Onion, cut in quarters	4 Sprigs of Parsley, chopped
1 teaspoon Salt	1 teaspoon Pepper
2 Cloves Garlic, chopped	1 cup Fresh Spinach, chopped
½ cup Barley	1 Turnip, chopped
1 Parsnip, chopped	

DIRECTIONS

Step 1: Take large soup pot and fill half way with cold water.
Step 2: Add salt and pepper.
Step 3: Bring water to a boil.
Step 4: Add all ingredients except barley.
Step 5: Cook soup on low heat for two hours.
Step 6: For the last half-hour add barley.

CHICKEN SOUP WITH MEATBALLS

From Therese Schimmoeller (DeSantis)

INGREDIENTS

1 Small Chicken for soup or 3 Chicken Breasts with skin and bone on them	
1 large Onion	1 Stalk of Celery
a little Salt to taste	Spinach (or Escarole)

For the Meatballs:

1 lb. Ground Beef	Garlic Powder to taste
A Pinch of Salt	Parsley Flakes
Locatelli or Parmesan Cheese, grated	Bread Crumbs
1 or 2 Eggs at room temperature	

DIRECTIONS

Step 1: Mix together and make your little meatballs and add to your soup with 1 or 2 boxes of Chopped Frozen Spinach, thawed. Cook them together until done.
Step 2: If you prefer you can use escarole but I prefer the spinach. You can also beat 2 or 3 eggs and add cheese. Add cheese to soup before turning burner off.
Step 3: Cut chicken in small pieces and add to soup.

- You can add a can of College Inn Chicken Soup. It gives it good flavor.

CHICKEN SOUP

From Aunt Connie Duvak (Luigi DeSantis' Aunt)

INGREDIENTS

1 Whole Chicken (2 ½ to 3 lbs.) Or Breast (2) or Legs (2)	2 Stalks Celery with Leaves
2 - 3 Quarts Water	1 small Onion, chopped
2 Carrots	1 Tomato
2 Small Potatoes, cut up	½ teaspoon Dry Mustard
Salt seasoned to taste	½ teaspoon White (or Black) Pepper
½ teaspoon Paprika	

DIRECTIONS

Step 1: Tie chicken legs if whole chicken is used. Put chicken or parts in large pot of water and bring to a boil.

Step 2: Lower heat and cook 15 minutes.

Step 3: Remove chicken and put fresh water in pot.

Step 4: Bring water and chicken to boil again.

Step 5: When water starts to boil, reduce heat and add vegetables, carrots, celery.

Step 6: Keep skimming broth.

Step 7: Cook 2 – 2 ½ hours.

MINESTRONE SOUP ~ A SIMPLE RECIPE

From Enza's Quail Hollow Kitchen

INGREDIENTS

2 tablespoons Olive Oil	2 Cloves Garlic minced
1 ½ cups Carrots peeled and cut into bite-size pieces	1 cup Onion diced
1 cup Celery chopped	2 teaspoons Kosher Salt
½ teaspoon Black Pepper ground	1 teaspoon Italian Seasoning
1 Can (15 ounce) Diced Tomatoes	8 cups Chicken Broth or Vegetable Broth
1 Parmesan Cheese Rind	2 Bay Leaves
1 cup Potato peeled and cut into bite-size pieces	
1 ½ cups Ditalini Pasta or Small Elbows or Shells	
1 ½ cups Green Beans cut into bite-size pieces, fresh or frozen	
1 can (15 ounce) Cannellini Beans or Kidney Beans drained and rinsed	

DIRECTIONS

Step 1: Heat olive oil in a large Dutch oven or a soup pot. Add the onion, celery, and carrots and salute over medium heat for 3 -4 minutes or until the vegetables start to become tender.

Step 2: Stir the garlic, salt, pepper, and Italian seasoning into the vegetables and cook another minute or two. Add the tomatoes, chicken broth, cheese rind, and bay leaves to the pan and raise the heat to medium high. Bring the soup to a boil; add the potatoes cover and cook over low heat for 20 minutes or until the carrots and potatoes are tender.

Step 3: Remove the cheese rind and bay leaves from the soup. Raise the heat to medium and stir the green beans, cannellini beans, and pasta into the soup. Then cook uncovered for about 8 minutes or until the pasta is tender. Serve with grated Parmigiano or Pecorino cheese.

Yield: 10 Servings

Prep Time: 10 Minutes

Cook Time: 35 Minutes

Total Time: 45 Minutes

Notes

- When pasta sits in a liquid, it will absorb it and become swollen and mushy. So, if you are planning to serve the minestrone immediately, it is fine to cook the pasta in the soup. But if you are going to make the soup ahead of time, cook the pasta separately and add the soup to the cooked pasta when serving it.
- Leftovers can be stored in an airtight container and can be refrigerated for several days. If you have not cooked the pasta in the soup, it can be frozen for several months.

Variations

- One of the great things about minestrone soup is that it is such a versatile dish. Do not be afraid to make use of left over vegetables in this soup.
- During the summer months, fresh vegetables like zucchini or yellow squash make great additions.
- You can add meatballs or use ground beef or Italian sausage for an even heartier meal in
- Finish the soups with leafy greens like kale or fresh spinach.

AUTHENTIC POLISH PICKLE SOUP~ ZUPA OGORKOWA

From Rebecca Folen

INGREDIENTS

2 Chicken Leg Quarters (skin removed)	2 Stalks Celery, sliced
5 cups Water, or as needed to cover	1 Onion, sliced
½ Small Head Green Cabbage, chopped	2 Bay Leaves
2 Carrots, peeled and sliced	1 Clove Garlic, minced
3 tablespoons Fresh Parsley, chopped	A Pinch of Ground Thyme
A Pinch of Dried Marjoram	¼ cup Sour Cream
4 Small Dill Pickles, thinly sliced	1 tablespoon All-Purpose Flour
Salt and Ground Pepper to taste	

DIRECTIONS

Step 1: Place chicken legs in a large pot and cover with water, Add cabbage, carrots, celery, onion, bay leaves, parsley, garlic, thyme, marjoram, salt and black pepper.

Step 2: Cover pot and bring to a simmer over medium heat. Cook for about 1 hour. Transfer 1 cup chicken and vegetable broth to a saucepan. Then heat broth and pickles over medium low for about 15 minutes. Return pickle broth to large pot.

Step 3: Mix flour and sour cream in a bowl. Stir into soup; bring to a boil until thickened, about 5 minutes. Serve immediately.

Yield: 6 Servings

Prep Time: 20 Minutes

Cook: 1 Hour 25 Minutes

Total 1 Hour 45 Minutes

Tip: Aluminum foil helps keep food moist. Ensures it cooks evenly, keeps leftovers fresh, and makes clean-up easy.

EASY CREAM OF MUSHROOM SOUP

From Stephen Kmiec II

INGREDIENTS

1 tablespoon Unsalted Butter	1 cup Heavy Cream
1 Small Onion, finely chopped	2 tablespoons All-Purpose Flour
2 Cloves Garlic, minced	4 cups Chicken or Vegetables Broth
Salt and freshly ground Black Pepper to taste	Fresh Parsley or Thyme for garnish
1 lb. Fresh Mushrooms, cleaned and sliced	

DIRECTIONS

Step 1: In a large pot, melt the butter over medium heat. Add the onion and garlic and sauté until transparent.

Step 2: Add the mushrooms and cook until they are soft and browned, about 5 - 7 minutes.

Step 3: Stir in the flour and cook for another 2 minutes.

Step 4: Gradually add the broth while stirring constantly to prevent lumps. Bring to a simmer.

Step 5: Reduce the heat to low and let the soup simmer, for about 15 minutes.

Step 6: Use an immersion blender to puree the soup until smooth.

Step 7: Stir in the heavy cream and season with salt and pepper. Heat through, but do not boil.

Step 8: Serve hot.

Step 9: Garnished with fresh parsley or thyme.

Yield: 4 Servings

Prep Time: 10 Minutes

Cook Time: 30 Minutes

Total Time: 40 Minutes

Notes

- For a healthier version, you can substitute the heavy cream with half-and-half or a full-fat coconut milk.
- Feel free to mix in different types of mushrooms for a more complex flavor.
- If you prefer chunkier soup, set aside some of the salted mushrooms before blending and add them back into the soup after blending.

CREAM OF MUSHROOM SOUP RECIPE

From Stephen Kmiec II

INGREDIENTS

2 tablespoons Olive Oil	1 teaspoon Dried Thyme
2 tablespoons Butter	4 cups Vegetable Broth
2 lbs. Fresh Mushrooms	½ cup Heavy Cream
½ cup Shallots, minced	Salt and Pepper
2 Cloves Garlic, chopped	

DIRECTIONS

Step 1: In a large pot, heat the oil and butter over medium heat. Add the mushrooms and cook for 8 - 10 minutes until browned.

Step 2: Remove about a cup of the cooked mushrooms from the pot and set aside.

Step 3: Add the shallots, garlic, and thyme. Sauté for 1 minute until the garlic is fragrant.

Step 4: Stir in the broth and bring 10 minutes.

Step 5: Remove from heat. Use an immersion blender to puree the soup.

Step 6: Stir in the cream. Then season with salt and pepper to taste.

Step 7: Add the reserved mushrooms back to the pot and stir to combine. Serve warm.

Yield: 6 Servings

Prep Time: 10 Minutes

Cook time: 20 Minutes

Total time: 20 Minutes

HARD ROCK CAFE POTATO SOUP

From Julie Bosselman (Friend of Luigi's)

INGREDIENTS

8 slices Bacon

6–8 medium Russet Potatoes

Crisco Shortening (for rubbing potatoes)

1 medium Onion, diced

2 cloves Garlic, minced

4 cups Chicken Broth

2 cups Milk

1 cup Heavy Cream

4 tablespoons Butter

Salt and Black Pepper, to taste

Optional Toppings: shredded cheddar cheese, bacon bits, green onions, sour cream, Tabasco

DIRECTIONS

STEP 1: Rinse potatoes and pat completely dry. Rub lightly with Crisco shortening and place directly on the oven rack. Bake in a 400°F oven for 45–50 minutes, or until fork-tender. Remove from oven and allow to cool slightly.

STEP 2: In a large pot or cast-iron skillet, fry bacon until crisp. Remove bacon and set aside, reserving the bacon grease in the pan.

STEP 3: Add diced onion to the bacon grease and cook over medium heat until soft and translucent.

STEP 4: Add garlic and cook for about 30 seconds, just until fragrant.

STEP 5: Once potatoes are cool enough to handle, cut into bite-size chunks (skins on). Add potatoes and chicken broth to the pot.

STEP 6: Stir in butter, milk, and heavy cream. Heat gently over medium-low heat; do not boil.

STEP 7: Season with salt and black pepper to taste.

STEP 8: Serve hot, topped as desired. Crumble reserved bacon over the top.

Notes

- This soup is meant to be rich, chunky, and comforting.
- Do not blend; the baked potatoes provide natural body.
- Adjust thickness with additional milk or broth if needed.
- Leftovers reheat beautifully; warm gently on the stove.

LENTIL & RICE SOUP

From Enza's Quail Hollow Kitchen

INGREDIENTS

2 tablespoons Olive Oil	¾ cups Carrots diced
¾ cup Onion diced	¾ cups Celery diced
1 tablespoon Garlic minced	½ cup Canned Tomatoes chopped
8 cups Water	1 ½ cups Lentils
2 Chicken Bouillon Cubes	1 cup Rice, long grain
2 teaspoons Kosher Salt	¼ cup Black Pepper

DIRECTIONS

Step 1: Heat olive oil in a medium size sauce pan or Dutch oven. Sauté carrots, onion and celery until onion is tender. Add the garlic and cook another minute or two until it becomes fragrant.

Step 2: Add the tomatoes, water, lentils, bouillon, slant and pepper. Bring to a boil over medium high heat. Bring to a boil, cover and cook over low heat for 25 minutes

Step 3: add the rice, cover and simmer for 20 minutes. Salt and pepper to taste.

Yield: 8 Servings

Prep Time: 15 Minutes

Cook Time: 50 Minutes

Total Time: 1 Hour 5 Minutes

Tips

- Before adding the lentils to the soup, it is a good idea to sift through them to make sure that small stones have not been left behind in the packing process. It is better to avoid any mishaps that might occur if you bite into one.
- The rice and beans will soak up more liquid as the soup sits, so you may need to add extra water to thin it out. The author likes to dissolve chicken bouillon in a few cups of water. This will thin the soup without compromising the flavor.
- Left over soup can be stored in the refrigerator for up to a week if placed in an air-tight container or you can freeze it for up to 3 months
- Lentil and rice soups really good the next day as the flavors deepen so it is a good option for a make-ahead meal. Because the rice will likely soak up some of the liquid, you might need to have toad a cup of water to loosen it up again. Just dissolve a chicken bouillon cube in the before adding it to the soup so you do not dilute the flavor. You can also use chicken vegetable stock if you have it.

LENTIL SOUP

From The Pioneer Woman

INGREDIENTS

1 tablespoon Olive Oil	1 teaspoon Paprika
3 Carrots, chopped	1 teaspoon Kosher Salt
3 Garlic Cloves, finely chopped	½ teaspoon Black Pepper
2 Celery Stalks, chopped	2 Quarts Vegetable Broth
1 Yellow Onion, chopped	1 tablespoon Red Wine Vinegar
2 tablespoons Tomato Paste	1 teaspoon Cumin
2 teaspoons Fresh Thyme, chopped	
1 lb. Brown Lentils, rinsed and picked through (about 2 ½ cups)	
¼ cup Fresh Flat-Leaf Parsley, chopped, plus more for serving	

DIRECTIONS

Step 1: In a large Dutch oven, heat the oil over medium heat, Stir in the carrots, garlic, celery, and onion and cook, stirring frequently, until the vegetables are soft and light golden, 5 to 7 minutes.

Step 2: Stir in the tomato paste, thyme, cumin, paprika, salt, and pepper. And then cook, while stirring, until the tomato paste has darkened in color, 2 to 3 minutes. Stir in the vegetable broth and lentil and bring to a boil. Cover, reduce the heat to medium low and cook until the lentils are tender, 35 to 40 minutes.

Step 3: Remove about 3 cups of the soup and place in a blender. Remove the center part of the blender lid and cover with a towel to allow steam to escape. Blend until almost smooth and then return it to the pot. Alternatively, use an immersion blender to puree the soup, to the desired consistency.

Step 4: Stir in the parsley and vinegar. Serve sprinkled with more parsley.

Yield: 8 Cups

Can you use different spices?

The author uses cumin and paprika, along with fresh thyme and parsley. You can switch it up with different spices and herbs, if you like. You could add a dash of cayenne pepper to crank up the heat or turmeric, if you like.

Why do you add vinegar to lentil soup?

Red wine vinegar may seem like an odd ingredient to add to a soup at the last second, but it makes a big difference! The acid of the vinegar brightens up the whole flavor of the soup so it is perfectly balanced.

What kinds of lentils are good in lentil soup?

The author created this soup for brown lentils, which are easy to find in almost any grocery store. But it also works with green, yellow, or red lentils – thought the texture and cooking times may vary. French lentils, called puy lentils, are much smaller and firmer than brown lentils and do not make a good substitute for brown lentils for this particular soup recipe. If you use something other than brown lentil, check the package for their recommended cooking time.

Do you have to rinse the lentils before cooking?

Yes it is important, you will find dirt and debris like tiny pebbles hidden among the lentils that you must remove before cooking. Just give the lentils a good rinse in a colander and sift them to make sure no debris is left.

Do lentils need to be soaked before cooking?
Not necessary as long as you give the lentils a good rinse

Can you freeze lentil soup? You can keep the soup in an airtight container for up to 3 months. Let it thaw in the fridge overnight. Reheat the soup on the stove until boiling, splashing in ¼ cup of water if it is too thick. Lentil soup can be reheated with 2 tablespoons of water covered in a microwave-safe bowl until bubbling, 2 to 3 minutes.

SPLIT PEA SOUP

From Allrecipes.com

INGREDIENTS

1 tablespoon Olive Oil	2 cups Chopped Onion
2 cups Chopped Carrot	2 cups Finely Chopped Celery
1 ½ teaspoons Minced Garlic	1 cup Yellow Split Peas
1 cup Green Split Peas	8 cups Fat-Free Chicken Broth
1 ½ teaspoons Salt-Free Seasoning Blend	1 teaspoon Salt

DIRECTIONS

Step 1: Gather the ingredients.

Step 2: Heat oil in a Dutch oven over medium heat. Add onion, carrot, celery, and garlic; cook and stir until onion is translucent. 5 to 7 minutes.

Step 3: Stir in broth, split peas, and seasoning blend; cover and bring to a boil. Reduce heat to low and simmer, stirring frequently, until split peas are tender, about 2 ½ hours.

Step 4: Puree the soup with an immersion blender and serve.

Yield: 8 Servings

Prep Time: 20 Minutes

Cook Time: 2 Hours 40 Minutes

Total Time: 3 Hours

Note

- Use vegetable broth to make it vegan.

SPLIT PEA & HAM SOUP

From Allrecipes.com

INGREDIENTS

2 tablespoons Butter
½ Onion diced
1 lb. Dried Split Peas rinsed
1 Bay Leaf
2 ½ cups Water
Salt and Ground Pepper to taste

2 Ribs Celery diced
3 Cloves Garlic sliced
1 lb. Cooked Ham diced
1 quart Chicken Stock

DIRECTIONS

Step 1: Gather all ingredients.

Step 2: Melt butter in a large soup pot over medium low heat. Stir in celery, onion, and sliced garlic; cook and stir until onions are translucent but not brown, 5 to 9 minutes.

Step 3: Stir in split peas, ham, and bay leaf. Pour in chicken stock and water; stir to combine and simmer until peas are tender and soup has thickened, about 1 hour and 15 minutes. Stir occasionally.

Step 4: Season with salt and black pepper to taste

Step 5: Enjoy

Yield: 8 Servings

Prep Time: 15 Minutes

Cook Time: 1 Hour 30 Minutes

Total Time: 1 Hour 45 Minutes

Variation

- Add rice

What to Serve with Split Pea and Ham Soup?

This soup is quite filling but warm biscuits, golden cornbread or a grilled cheese sandwich for dipping will enhance the meal.

How to Store Split Pea Soup and Ham?

Store your left over ham and split pea soup in an airtight container in the refrigerator for up to 3 days. Reheat on the stove or in the microwave. If you do not think you will eat the soup within 3 days, you can freeze it for up to 3 months.

PASTA E FAGIOLI

From Allrecipes.com

INGREDIENTS

- | | | | |
|---|---|----|--------------------------------------|
| 1 | tablespoon Olive Oil | 1 | (14 ounce) Can Chicken Broth |
| 2 | Carrot, diced | 1 | tablespoon Dried Parsley |
| 3 | Stalk Celery, diced | ½ | tablespoon Dried Basil Leaves |
| 4 | Onion, sliced thin and diced | | Freshly Ground Black Pepper to taste |
| 5 | teaspoon Garlic, chopped | 1½ | cups Ditalini Pasta |
| 6 | (8 ounce) Cans Tomato Sauce | | |
| 7 | (15 ounce) Can Cannellini Beans, drained & rinsed | | |

DIRECTIONS

Step 1: Heat olive oil in a saucepan over medium heat. Add carrot, celery, and onion; cook and stir until soft. Add garlic and sauté briefly.

Step 2: Stir in tomato sauce, chicken broth, parsley, basil, and pepper, simmer for 20 minutes.

Step 3: Bring a large pot of lightly salted water to a boil, and then add Ditalini pasta and cook for 8 minutes or until al dente, drain.

Step 4: Add beans and cooked pasta to soup; simmer heated through, 1 or 2 minutes.

Yield: 4 Servings

Prep Time: 10 Minutes Cook Time: 30 Minutes Total Time: 40 Minutes

Ditalini is small, tube-shaped pasta, also known as “little thimbles” in Italian, often used in soups and salads.

ITALIAN VEGETABLE SOUP

From An Italian in My Kitchen

INGREDIENTS

2 tablespoons Olive Oil
1 -2 Cloves Garlic minced
5 cups mixed chopped vegetables (medium to large chopped)
-The author used kale, cabbage, carrots, celery, broccoli and zucchini)
3 cups frozen Barlotti beans or Pinto beans**
¾ cup Tomato Puree (passata)
1 teaspoon Basil
7-8 cups Vegetable Broth
1 teaspoon Oregano
1-2 tablespoons Fresh Parsley finely chopped
½ teaspoon Salt*
1-2 dashes Hot Pepper Flakes (optional)
1 – 1 ¼ cups Small Pasta (dried)

*Salt amount depends on if you make your own broth or purchase.

**If you prefer you can use dried beans. Place the dried beans (rinse them in cold water first) in a bowl of cold water let sit for 8 hours then drain, rinse and cook. If you use canned then drain and rinse, it is probably a good idea to add in the last 10 minutes of cooking time since they are already cooked.

DIRECTIONS

Step 1: In a large pot add olive oil and garlic, sauté for 1 minute then add the vegetables, (if you are adding greens to the soup be sure to add them towards the end of the cooking time.) beans, tomato puree, broth and spices, stir to combine.

Step 2: Bring to a boil and then turn heat down to simmer for approximately 30 – 60 minutes or until beans are tender. (Halfway through cooking taste for salt). Time depends if you use dried beans, they take longer to cook.

Step 3: The author advises that your pasta separately in a pot of boiling salted water and then adding it to the soup. (IF you are keeping half the soup for later consumption, then make half the pasta and only add it to the soup you will be eating or the pasta will get mushy). Serve with a sprinkle of parmesan cheese if desired. Enjoy!

Yield: 6 Servings

Prep Time: 20 Minutes

Cook Time: 40 Minutes

Total Time: 1 Hour

Notes

- Any leftover soup should be stored in an airtight container and refrigerated. It will last up to 3 – 4 days in the fridge.

- Freeze the completely cooked soup in a freezer safe container. I will keep for up to 6 months in the freezer. The author would advise freezing it without the beans.

Tips

- If you add greens to the soup then they should be added at the end of the cooking time
- If you are picky about the pasta being overcooked and mushy in the leftovers the author recommends making your pasta separately in a pot of boiling salted water and then adding it to the soup.
- If not picky about the pasta being overcooked, then you can add the pasta in the last 5– 10 minutes of cooking time, but you may need to add additional water or broth if the soup has become too thick. Once the pasta is cooked al dente, add a sprinkle of parmesan cheese to the bowl and serve.

Homemade vs Store Bought Broth:

For this recipe the author likes to use a vegetable based broth but if you prefer you can make a meat broth either beef or chicken. Of course, you can use store bought one also

HOMEMADE VEGETABLE BROTH

From An Italian in My Kitchen

INGREDIENTS

- 1 Carrot cut in half
- 1 Onion peeled and cut in half
- 1 Celery Stalk cut in two
- 1 Bay Leaf
- 2-3 Pepper Corns
- 1/4-1/2 teaspoons of Salt
- 12 cups of Water (If you make a meat based broth then add a few pieces of meat (bone in is also a good idea))

DIRECTIONS

- Step 1: In a large pot combine all ingredients.
- Step 2: Bring to a boil then lower the heat and simmer for about 3 hours. Stir occasionally.
- Step 3: Let the liquid cool completely if not using.

VEGETABLE SOUP

From The Pioneer Woman

INGREDIENTS

2 tablespoons Olive Oil, plus more for serving
1 (8 ¾ ounce) Can Corn, drained
2 Carrots, chopped
1 (14 ½ ounce) Can Crushed Tomatoes
2 Celery Stalks, chopped
1 ½ cup Frozen Cut Green Beans, thawed
1 Medium Yellow Onion, chopped
1 Medium Zucchini, chopped
1 Sweet Potato, (about 8 ounces), peeled and diced
1 teaspoon Kosher Salt, divided
2 teaspoons Italian Seasoning
4 Cloves Garlic, chopped
1 (5 ounce) Bag Baby Spinach
6 cups Vegetable Broth
½ teaspoon Black Pepper, to taste
1 (15 ounce) Can Cannellini Beans, drained and rinsed

DIRECTIONS

Step 1: Sauté the Vegetables: Heat a large Dutch oven over medium high heat. Add the olive, oil, then the carrots, celery, onion, and sweet potato. Then season with ½ teaspoon salt. Cook for 8 to 10 minutes, until slightly softened. Add the garlic and cook for an additional 2 minute.

Step 2: Add Broth and Remaining Ingredients: Pour in the vegetable broth, crushed tomatoes, corn, green beans, zucchini, Cannellini beans, and Italian seasoning. Bring the soup to a simmer, and then reduce the heat to medium. Cook for 12 to 15 minutes, stirring occasionally, until the zucchini and green beans are tender.

Step 3: Add Spinach and Season: Stir in the spinach and cook until it wilts. Season the soup with the remaining ½ teaspoons salt and black pepper. Serving in bowls, drizzled with extra olive oil.

Notes

Use fresh vegetables: try to avoid using canned or frozen vegetables if possible.

Season as you go: taste the soup while cooking and adjust the salt and pepper as needed. This helps to layer the flavors and makes sure the soup is not bland.

Cook at low heat: simmer the soup on medium low heat once all ingredients are added to keep the vegetables tender without overcooking.

Add spinach last: add the spinach last at the very end so it wilts just before serving, keeping its fresh color and nutrients intact.

Experiment with Herbs: feel free to add fresh or dried herbs like thyme or basil for extra depth and flavor.

LUCY'S CHILI

From Rebecca Folen

INGREDIENTS

1 lb. Ground Beef	2 teaspoons Oregano
2 lbs. Lean Beef, cut into ½-inch cubes (see Note)	4 teaspoons Worcestershire sauce
4 teaspoons Sugar	4 teaspoons Chili Powder
¼ teaspoon Cayenne	¼ teaspoon Coriander
2 teaspoons Black Pepper	¼ teaspoon Cumin
2 cups Water	2 Bay Leaves
1 ½ cups Yellow Onion, chopped	2 teaspoons Fresh Garlic, chopped
2 (15 ounce) Cans Diced Tomatoes	2 teaspoons Salt
2 (15 ounce) Cans Kidney Beans, drained	1 ½ teaspoons Hot Pepper Sauce

DIRECTIONS

Step 1: In a large soup, brown ground beef over medium-high heat, breaking up into small pieces until it cooks. When ground beef is nearly done, add diced beef and cook about 3 minute until pieces are medium (still pink in the center).

Step 2: Reduce heat to medium and add Worcestershire sauce, chili powder, coriander, cumin, bay leaves, garlic, salt, hot pepper sauce, oregano, sugar, cayenne and black pepper. And then cook, while stirring occasionally, for 20 minutes.

Step 3: Add water, onion, and chopped and diced tomatoes. Reduce to a simmer and cook about 1 hour until reduced to desired consistency. Add beans and cook for 15 minutes. Serve with sour cream, shredded cheddar cheese and nacho chips.

- Stew beef is fine; you may also substitute leftover roast beef.

CHILI

From Rebecca Folen, Original Recipe from Greg Sherman

INGREDIENTS

1 lb. Ground Hamburger Meat	1 Yellow Onion, sliced
2 Cloves Garlic, chopped	2 Celery Stalks, sliced
1 (16 ounce) Can Whole Tomatoes	1 Green Pepper, sliced
2- 3 tablespoons Chili Powder	2 teaspoons Salt
1 teaspoon Worcestershire	1 teaspoons Sugar
1 (15 ounce) Can Kidney Beans or Pinto Beans	

DIRECTIONS

Step 1: Brown the beef.

Step 2: Sauté the onion, pepper, garlic, and celery.

Step 3: Add tomatoes, spices, sauces and bring to a boil.

Step 4: Cover and simmer for 1 hour.

Step 5: Stir in the beans and boil again.

Step 6: Simmer uncovered about 15 minutes.

Step 7: Add water to thin.

CATALAN (SPANISH) BEEF STEW WITH MUSHROOMS ~ ESTOFAT DE BOU

From Maryellen Kmiec

INGREDIENTS

For the Stew:

2 tablespoons Olive Oil	1 Bay Leaf
2 Large Onions, finely diced	1 ½ cup Dry White Wine
½ teaspoon Sugar	1 ½ cups Water
Kosher Salt and Pepper	1 Sprig of Fresh Thyme
2 Plum Tomatoes	¼ teaspoon Ground Cinnamon
1 teaspoon Smoked Paprika	2 ½ lbs. Boneless Beef Short Ribs

For the Picada:

¼ cup Whole Blanched Almonds	3 tablespoons Fresh Parsley, minced
2 tablespoons Olive Oil	8 ounces Oyster Mushrooms
1 Slice Hearty White Sandwich Bread	2 Garlic Cloves, chopped
1 teaspoon Sherry Vinegar (or Red Wine Vinegar)	

DIRECTIONS

Step 1: Chop your two onions to a fine dice. Slice your tomatoes in half lengthwise and grate the pulp using the large holes of a cheese grater; throw away the skin. Cut the boneless ribs into 2 inch cubes (though they will probably be less than 1 inch thick).

Step 2: Place a Dutch oven a medium low burner and begin heating 2 tablespoons of olive. When the oil begins to shimmer, add minced onions, ½ teaspoon sugar, and ½ teaspoon kosher salt. Sauté for 40 minutes until the onions becomes deeply caramelized.

Step 3: Add tomatoes, 1 teaspoon smoked paprika, and bay leaf to the pot.

Step 4: Meanwhile begin to preheat your oven to 300 degrees F (150 degrees C), with an oven rack in the middle section.

Step 5: Add wine, water, thyme sprig, and cinnamon to the Dutch oven, and use the piqued to deglaze the pan. Season the meat with 1 ½ teaspoons kosher salt and ½ teaspoon ground black pepper.

Step 6: Add beef to Dutch oven and turn up burner to high heat until simmering. Move uncovered pot to oven and bake for 1 hour. Then stir stew so that meat will cook evenly, and cook, still uncovered, for 1 ½ to 2 hours more. The meat will be very tender.

Step 7: You have the option of stopping here; refrigerating, and finishing the next day. The author did this because he made it mid-week and it was the only way it would be ready for dinner. When you re-heat over a medium burner and add 1 cup water.

Step 8: To prepare the Picada (sauce) remove the crust from the bread and tear into 1 inch pieces. While the stew is still in the oven, place a 10 inch skillet over a medium burner and add 1 tablespoon of olive oil. Then sauté the almonds for 5 minutes but just until they become golden brown. Use a slotted spoon to move the almonds to the bowl of a food processor.

Step 9: Add the bread to the skillet (using the left over oil from the almonds) and toast for about 4 minutes until it becomes nicely browned; stirring to ensure even browning.

Step 10: Add bread to food processor. Peel your two garlic cloves and add to the food processor.

Step 11: Process for 20 seconds until it becomes finely ground. Scrape down the sides of the bowl as necessary. Sprinkle in parsley and set aside.

Step 12: Remove the pot from the oven, and find and remove the bay leaf. Mix in the mixture from the food processor into the pot.

Step 13: Return your 10 inch skillet over medium burner; add 1 tablespoon olive oil. Heat until it begins to shimmer, and then add mushrooms and 1/2 teaspoon kosher salt. Sauté for 7 minute or until the mushroom become tender. Stir into stew in Dutch oven.

Step 14: Add vinegar and sprinkle in salt and pepper according to taste.

Note

The recipe for Spanish-Style Beef stew is somewhat less liquid than most stews; the bread crumbs mop up the free-standing liquid. Fortunately, the moisture is still there, but you will need to add extra water when re-heating any leftover.

Pique refers to the French culinary technique of using several ingredients together to add flavor to any dish like soups, stocks and sauces during cooking to impart a subtle, sweet and aromatic flavor to a dish. This technique enhances the flavor of a dish while preserving its aesthetic appeal.

Picada is a flavorful and versatile Spanish sauce, particularly prominent in Catalonia and Valencia. It is known for its ability to thicken and enhance the flavor of dishes, and while it is sometimes described as a paste, it is frequently used in recipes as a sauce base or finishing element.

BIGOS (POLISH HUNTER'S STEW)

From Rebecca Folen

INGREDIENTS

1 ounce Dried Porcini or other Wild Mushrooms	1 tablespoon Juniper Berries, optional
1 tablespoon Black Peppercorns	2 lbs. Pork Shoulder
1 to 2 lbs. Kielbasa or other Smoked Sausage	
1 (25 ounce) Jar Sauerkraut (we recommend Buddies, which you may be able to find in the refrigerated section of your local supermarket.)	
1 ½ lbs. Mixed Fresh Mushrooms	1 Large Onion, chopped
2 tablespoons Bacon Fat or Vegetable Oil	Salt
1 Green Cabbage, cored and chopped	2 tablespoons Tomato Paste (optional)
1 Smoked Ham Hock	1 tablespoon Caraway Seeds
20 Prunes, sliced in half (optional)	
1 (12 ounce) Bottle Pilsner, or Lager Beer	
1 (15 ounce) Can Tomato Sauce (optional)	
1 to 2 tablespoons Mustard or Horseradish (optional)	

DIRECTIONS

Step 1: Pour hot tap water over the dried mushrooms and submerge them for 20 to 40 minutes, or until soft.

Step 2: Grind or crush the juniper berries (if using) and black peppercorns roughly, you do not want a powder.

Step 3: Cut the pork shoulder into large chucks, about 2 inches and set aside.

Step 4: Cut the sausages into similar-sized chunks and set aside.

Step 5: Drain the sauerkraut and set aside.

Step 5: Drain the mushrooms, straining the soaking liquid through a fine mesh sieve. Set the soaking liquid aside. Clean off any dirt from the soaked mushrooms and cut them into large pieces; leave small ones aside.

Step 6: Brown the pork shoulder. In a large lidded pot, heat the bacon fat or vegetable oil for a minute or 2. Working in batches if necessary, brown the pork shoulder over medium-high heat. Do not crowd the pan. Set the browned meat aside.

Step 7: Add the onions and cabbage, then the tomato paste. Put the onion and fresh cabbage into the pot and sauté for a few minutes, stirring often, until the cabbage is soft. Sprinkle a little salt over them. The vegetables will give off plenty of water. When they do, use a wooden spoon to scrape any browned bits off the bottom of the pot.

Note

If you are making the tomato-based version, add the tomato paste here. Once the pot is scraped and the cabbage and onions soft remove from the pot and set aside with the pork shoulder.

Step 8: Add the fresh mushrooms, pork, cabbage onions and seasonings. Add the fresh mushrooms and cook them without any additional oil, stirring often, until they release their water. Once they do sprinkle a little salt on the mushrooms.

Step 9: When the water is nearly all gone, add back the pork, the cabbage-and-onion mixture. Then, add the ham hock, kielbasa, optional Polish sausage, drained sauerkraut, caraway seeds, marjoram, ground peppercorns, and juniper (if using)

Step 10: Add the beer (or tomato sauce) and simmer. Add the beer, if using, or the tomatoes if you are making the tomato-based version. Stir well to combine.

Note

You should not have enough liquid to submerge everything. That's good: Bogos is a "dry" stew, and besides, the ingredients will give off more liquid as the cook.

Bigos is better the longer it cooks, but you can eat it once the ham hock falls apart. Check at 2 hours, and then every 20 minutes after that.

Step 11: Discard the bones and fat, then add the prunes and cook longer. When the hock is tender, fish it out and pull off the meat and fat from the bones. Discard the bones and the fat, then chop the meat roughly and return to the pot. Add the soaked dried mushroom, strained mushroom soaking liquid, and prunes (if using), and cook until they are tender, at least 30 more minutes.

Step 12: Add the mustard just before serving:

Note

Bigos is best served simply, with rye bread and a beer. If you want a little kick, add the mustard (or horseradish) rights before you eat it.

Bigos improves with age, too, which is why this recipe makes so much. Your leftovers will be even better the next day.

Prep Time: 20 Minutes

Cook Time: 30 Minutes

Total Time: 50 Minutes

BE'EF STEW

From Rebecca Folen

INGREDIENTS

12 ounces Beef or Round Roast, boneless, cut into bite size chunks
½ cup Onion, chopped
1 Green Peppers, chopped
2 Cloves Garlic, chopped
2 Medium Potatoes, peeled and diced
4 Carrots, peeled and sliced
1 (14 ounce) Can Beef Broth, defatted
¼ cup Evaporated Skim Milk
1 tablespoon Paprika
2 tablespoons Cornstarch
2 tablespoons Dry Sherry or Dry Red Wine

DIRECTIONS

Step 1: Heat the skillet on medium high heat. Add beef, onion, green pepper and garlic. Cook until beef is browned.

Step 2: Stir in potatoes, carrots and broth. Bring to a boil, and then reduce heat. Cover and simmer for 30 minutes. Do not boil again.

Step 3: Stir in milk and paprika.

Step 4: In cup, mix cornstarch and wine until smooth. Add to beef mix. Cook until slightly thick and bubbly.

JEAN PIERRE'S LOBSTER BISQUE

From Lidia

INGREDIENTS

For the Lobster Sauce:

6 Lobster Bodies with Heads
¼ cup Flour
1 cup White Onion, chopped
1 cup Leeks
1 cup Red Peppers, chopped

½ cup Olive Oil
4 Cloves Garlic, chopped
1 cup Carrots, chopped
1 cup Celery, chopped
1 cup Green Pepper, chopped

For Step 2:

1 cup White Wine
2 cups Water
1 cup Tomato Paste
Cayenne Pepper
Pepper

2 cups Veal Stock
2 cups Fish Stock
2 Fresh Tomatoes
Salt

DIRECTIONS

Step 1: In olive oil, sauté vegetables, garlic, and bodies together until bodies turn red about 5 minutes. Add flour, stir constantly to thicken.

Step 2: Add Step Two to Step One. Simmer over medium heat for one hour. Strain. Adjust seasonings.

For the Lobster Bisque:

INGREDIENTS

2 cups of Jean Pierre's Lobster Sauce +
2 tablespoons Sherry +
1 cup Heavy Cream

LOBSTER BISQUE

From Food and Cooking

INGREDIENTS

2 (8 ounce) bottle clam juice	2 Bay Leaves
4 Medium Lobsters Tails (18 to 20 ounces)	2 cups Dry White Wine, divided
1 Medium Yellow Onion, chopped	5 tablespoons Unsalted Butter,
divided	2 Celery Stalks, chopped
2 Carrots, peeled and chopped	¼ cup All-Purpose Flour
3 tablespoons Tomato Paste	
2 teaspoons Creole Seasoning or Old Bay, divided	1 cup Heavy Cream
5 Garlic Cloves, finely chopped and divided	Kosher Salt, to taste
2 Sprigs Tarragon, plus more to serve	1 tablespoon Sherry Vinegar

DIRECTIONS

Step 1: In a medium saucepan, combine the clam juice, 1 cup white wine, and 3 cups of water. Add the lobster tails and bay leaves, cover and steam until lobster tails turn red, 5 to 7 minutes.

Step 2: Remove the lobster tails, reserving the stock. When cool enough to handle, remove the lobster meat from the shells and return the shells to the reserved stock. Chop the meat into bite sized pieces, place it in a covered container, and refrigerate until ready to use. Return the stock to a boil over medium heat; reduce the heat to medium-low and simmer for 20 minutes more. Strain the stock and reserve. There should be about 4 cups of stock.

Step 3: In a Dutch oven over medium heat, melt 4 tablespoons of butter. Add the onion, carrots, celery and 1 ½ teaspoons of Creole seasoning. Then cook, stirring frequently, until the vegetables are soft and golden, 5 to 7 minutes. Stir in 4 cloves of the finely chopped garlic; cook until fragrant, 1 minute. Stir in the tomato paste until the vegetables are coated.

Step 4: Pour in the remaining 1 cup of wine, allowing the mixture to simmer and thicken. Gradually add the lobster stock and bring the mixture to a boil. Add the tarragon sprigs. Reduce the heat to medium-low and simmer until thickened slightly, 25 to 30 minutes.

Step 5: Remove the mixture from the heat and remove the tarragon sprigs. Using a countertop blender, blend the mixture in batches until smooth. Return the mixture to the Dutch oven. Stir in the cream and sherry vinegar and warm over medium low heat.

Step 6: Meanwhile, in a small skillet, melt the remaining 1 tablespoon of butter over medium heat. Add the remaining finely chopped garlic clove, the reserved lobster meat, and the remaining ½ teaspoon of Creole seasoning. Cook until heated through, 2 to 3 minutes.

Step 7: Season with salt, to taste.

Step 8: Serve the bisque topped with the warm garlic butter lobster and chopped fresh tarragon.

Yields 5 Cups

Prep Time: 15 Minutes

Total Time: 1 hour 30 Minutes

Tips

- Swirl heavy cream or crème fraiche over each serving for a beautiful presentation and an extra creamy bite.

- Crème fraiche is a rich, cultured French cream with a higher fat content than sour cream, giving it a creamier texture and less tangy taste. It originated in Normandy and translates to “fresh cream”.

Notes

- A bisque, by its classic French definition, is a luxuriously thick creamy soup based on shellfish and traditionally thickened using ground shells or rice.
- To thicken lobster bisque: a roux – butter and flour cooked into a paste – acts as the main thickener. It is important to cook the flour for a few minutes before adding the lobster stock. The flour needs time to evenly distribute for smooth, evenly thicken sauce. Heavy cream for the bisque gives the soup body and a velvety mouthfeel.

MARYLAND CRAB SOUP

From Stephen Kmec II

INGREDIENTS

- | | |
|---------------------------------------|------------------------------------|
| 2 (14 ½ ounce) Cans Stewed Tomatoes | 2 tablespoons Onions, chopped |
| 3 cups Water | 2 tablespoons Old Bay Seasoning TM |
| 2 cups Beef Broth | 1 Gallon Water |
| 1 cup Fresh Lima Beans | 1 cups Carrots, sliced |
| 1 cup Corn Kernels, frozen and thawed | 1 lb. Blue Crab Crabmeat |
| 10 Blue Crabs, steamed (optional) | |

DIRECTIONS

- Step 1: Gather all ingredients.
- Step 2: Place stewed tomatoes, 3 cups water, beef broth, lima beans, corn, sliced carrots, chopped onion and Old Bay seasoning in a 4-quart pot. Bring to a simmer over medium heat; cover and cook for 5 minutes.
- Step 3: Bring 1 gallon of water to a boil in a large pot. Add crab claws and boil for 6 minutes; Drain.
- Step 4: Stir crabmeat and boiled crab claws into tomato and vegetable mixture. Cover and simmer for 10 to 15 minutes. Serve hot.

Yield: 10 Servings

Prep Time: 15 Minutes

Cook Time: 30 Minutes

Total Time: 45 Minutes



PASTA E GNOCCHI

FRESH EGG PASTA

From Lidia

INGREDIENTS

3 cups Unbleached All-Purpose flour, or as needed	1 teaspoon Extra Virgin Olive Oil
4 Large Eggs, at room temperature	Warm Water as needed
½ teaspoon Salt	

DIRECTIONS

Step 1: Spoon 2 2/3 cups of the flour into the work bowl of a large capacity food processor fitted with the metal blade. Beat the eggs, olive oil and salt together in a small bowl until blended. With the motor running, pour the egg mixture into the feed tube. Process until the ingredients form a rough and slightly sticky dough. If the mixture is too dry, drizzle a very small amount of warm water into the feed tube and continue processing. Scrape the dough out of the work bowl onto a lightly floured wood or marble surface. (To mix the dough by hand see note below).

Step 2: Knead the dough by gathering it into a compact ball, then pushing the ball away from you with the heels of your hands. Repeat the gathering and pushing motion several times, and then press into the dough, first with the knuckles of one hand, then with the other, several times. Then alternate between the kneading and “knuckling” the dough until it is smooth, silky and elastic – It pulls back into shape when you stretch it. The process will take 5 to 10 minutes of constant kneading, slightly longer if you prepared the dough by hand. (Mixing the dough in a food processor gives the kneading process a little head start.) Flour the work surface and your hands lightly any time the dough begins to stick while you are kneading.

Step 3: Roll the dough into a smooth ball and place in a small bowl. Cover with plastic wrap. Let the dough rest at least one hour at room temperature or up to 1 day in the refrigerator before rolling and shaping the pasta. If the dough has been refrigerated, let it stand at room temperature for about 1 hour before rolling and shaping.

- What makes the difference in fresh pasta is the number of eggs you use to make the dough.

EASY HOMEMADE PASTA

From AllRecipes.com

INGREDIENTS

2 cups Flour
2 tablespoons Olive Oil

3 Large Eggs, at Room Temperature
2 tablespoons Water, as needed

DIRECTIONS

Step 1: Gather all ingredients.

Step 2: Mix flour, eggs, olive oil, and salt in a bowl until combined. Add water, 1 teaspoon at a time, to flour mixture until a smooth thick dough forms.

Step 3: Turn dough out onto a lightly floured work place and knead for 10 minutes. Let dough rest for 5 to 10 minutes.

Step 4: Divide dough into 8 balls; use a pasta machine to roll and cut dough into desired pasta shape.

Yield: 4 Servings

Prep Time: 20 Minutes Additional Time: 5 Minutes Total Time: 25 Minutes

Notes

- This dough makes really good homemade linguine or ravioli using a manual pasta machine. If the dough is too sticky, roll it in a bit of flour.
- This recipe makes enough pasta for 24 small raviolis or 4 servings of linguine. Whatever pasta you make, it should take no more than 4 to 6 minutes.

GNOCCHI

From Allrecipes.com

INGREDIENTS

	1X	2X	4X
Medium Russet Potatoes, scrubbed	3	6	12
All-Purpose Flour, plus more for dusting	1 1/2 cups	3 cups	6 cups
Large Egg at room temperature	1	2	4
Kosher Salt	1 teaspoon	2 teaspoons	4 teaspoons
Servings	4	8	16

DIRECTIONS

Step 1: Gather all ingredients.

Step 2: Place potatoes in a large saucepan and cover with 2 inches of salted water. Bring to a boil over high heat; reduce heat to medium high and simmer, undisturbed until tender but still firm, about 25 to 30 minutes. Drain potatoes and place back in saucepan.

Step 3: As soon as potatoes are cool enough to handle, peel potatoes by rubbing skins off with your hands. Pass peeled potatoes through a potato ricer into a large bowl (alternatively, mash until very smooth). Let cool slightly, about 10 minutes.

Step 4: Fold in flour, egg, and salt until flour is incorporated and dough starts to hold together. Transfer dough to a lightly floured surface and gently knead once or twice until mostly smooth (do not overwork).

Step 5: Divide dough into 4 even portions. Roll and shape each portion of the dough into long "snakes," about 3/4 inch in diameter.

Step 6: Cut snakes into about 1/2 inch long pieces. (Optional: roll each piece against the tines of a fork or a gnocchi board to make light ridges.) Transfer shaped gnocchi to a single layer on a parchment-lined baking sheet dusted with flour.

Step 7: Bring a large pot of lightly salted water to a boil over high. Working in batches, drop in gnocchi and cook for 3 to 4 minutes or until gnocchi have risen to the top; transfer cooked gnocchi with a spider or slotted spoon to desired sauce.

Step 8: Serve and enjoy.

Prep Time: 30 Minutes

Additional Time: 5 Minutes

Cook Time: 40 Minutes

Total Time: 1 Hour 15 Minutes

Notes

- Serve with multiple different sauces. For example Alfredo sauce, Marinara sauce, Pesto sauce.
- Alfredo sauce traditionally is a simple white/cream sauce. It is made from butter, and heavy cream.
- The Parmesan cheese will thicken the sauce up. You can add garlic, salt, pepper and Italian seasoning to make the sauce taste even better.

NOTES

- For room temperature, remove from the fridge about 60 minutes before using.
- The perfect potato is an old potato, in other words no new potatoes. New potatoes contain more water which absorbs too much flour. Go for Yukon Gold or Russet Potatoes.
- If you prefer instead of boiling the potatoes you can bake them in a 350 degree F (180 degree C), oven until tender, let cool enough to handle.
- As far as flour goes, the author always uses all purpose. In Italy it is called Manitoba but some people prefer 00 or a lower protein flour. A lower protein flour will make them softer and more tender, although you may need a little less flour to make the dough.

RICOTTA GNOCCHI

From An Italian in My Kitchen

INGREDIENTS

1 cup Ricotta
1 Large Egg at room temperature
½ cup Parmesan Cheese, freshly grated
2-3 Pinches of Salt
2 Dashes of Pepper
1 cup All-Purpose Flour

For the Sauce

¼ cup Butter
6-7 Sage Leaves

DIRECTIONS

Step 1: Place the ricotta in a sieve and let drain for approximately 25 minutes.

Step 2: In a large bowl whisk until creamy and thick the ricotta, egg, parmesan, salt and pepper.

Step 3: Then add the flour and mix until almost combined, then move to a flat surface and form into a compact soft dough, remove pieces and form into a rope and cut into ¾ inch (2 cm) pieces, roll the pieces off a fork to make ridges or leave plain.

Step 4: In a large pot of boiling water salted cook the gnocchi for approximately 1 - 2 minutes or until they float to the top. Remove with a slotted spoon and add to the sauce and toss and serve, sprinkle with parmesan cheese before serving. Enjoy.

For the Sauce

In a large pot add the butter and sage leaves, cook on medium heat until butter has melted, cook for about 2 minutes, add the gnocchi and toss and serve.

Yield: 4 Servings

Prep Time: 20 Minutes

Cook Time: 2 Minutes

Total Time: 22 Minutes

Notes:

- If the dough is too sticky, then add a little extra flour, although not too much because the dough should be very soft.
- Any leftover gnocchi should be stored in an airtight container and refrigerated. They will last up to 3 days in the fridge.
- To freeze the gnocchi, place them on a cookie sheet in a single layer and freeze for about 2 hours, then transfer them to a freeze bag or an air tight container. The gnocchi will last for up to 6 weeks in the freezer.

POTATO GNOCCHI

From An Italian in My Kitchen

INGREDIENTS

For the Gnocchi:

- 1 lb. Potatoes (Yukon Gold or Russet are best), clean but not skinned nor new potatoes
- 1 cup Flour
- 1 Medium Egg at room temperature
- ½ teaspoon Salt

For the Sauce:

- 2 tablespoons Olive Oil (40 g)
- 1 - 2 Large Cloves Garlic, chopped
- 1 teaspoon Oregano
- 5 Basil Leaves, chopped (or 1 teaspoon Dried)
- 2 Dashes of Hot Pepper Flakes (if desired)
- 1 can of Pelati Tomatoes with Sauce (1 ½ cups) nothing else added in the tomatoes.
- ½ cup Water

DIRECTIONS

For Gnocchi:

Step 1: In a large pot boil the unpeeled potatoes until tender, remove from the pot and let cool, remove the skin. Then pass through a potato ricer. Yukon Gold or russet are best.

Step 2: Mix together the flour and salt, place on a flat surface, make a well in the middle and add the potatoes and egg, mix together with your fingers to form a soft dough, it should not stick to your fingers. On a lightly floured surface, cut small amounts of dough to form ropes and cut into ¼ inch (2 cm), then slice each piece on a fork and squeeze a little (but not too hard). Sprinkle with a little bit of flour and toss, so that they do not stick together. Let the gnocchi rest for 20 minutes before cooking.

For the Tomato Sauce:

While the gnocchi are resting make the sauce. In a large saucepan add olive oil, tomatoes, salt, garlic, oregano, basil, hot pepper flakes (if using) and water, stir to combine, half cover and let simmer over medium heat until thickened. Remove cover for the last few minutes to thicken.

For Cooking Gnocchi:

In a large pot of salted boiling water cook the gnocchi, gnocchi are ready when they float to the top. Drain and add to the cooked sauce, add a little pasta water, cook for 30 seconds, gently tossing. Serve immediately topped with fresh grated Parmesan cheese if desired.

Yield: 4 Servings

Prep Time: 1 Hour Cook Time: 5 Minutes Resting Time: 20 Minutes Total Time: 1 Hour 5 Minutes

Step 8: To Cook a Whole Batch of Maccheroni: bring to boiling a large pot of well salted water (at least 6 quarts with a tablespoon or more of salt).

Step 9: Using your hand or a colander, shake excess flour off the nests of Maccheroni, and drop them into the pot. Stir and separate the strands as the water returns to a rolling boil, then cook the pasta for 4 to 5 minutes, stirring occasionally, until al dente.

- To freeze the cut Maccheroni: Set the whole tray in the freezer. When the nests are solid, seal them in an airtight plastic bags and pack into a container, so they do not get crushed. (Frozen Maccheroni can be dropped right into the pasta cooking pot; stir gently to separate the strands as they soften.)

AUTHENTIC POLISH PIEROGI with POTATOES & CHEESE

INGREDIENTS

For the Filling:

5 Yellow Medium Potatoes or 3 Large Russet Potatoes 1 tablespoon Blue Cheese (optional)
8 ounces Farmer's Cheese ½ teaspoon Garlic Powder
2 tablespoons Cheddar Cheese, optional ½ teaspoon Onion Powder
1 Large Yellow Onion, sweet and chopped Freshly Ground Pepper to taste
1 tablespoon Extra Virgin Olive Oil Kosher Salt to taste

For the Dough:

3 cups All-Purpose Flour ½ cup Milk (2% or Whole), warm
½ to ¾ cup Warm Water (depending on how much your flour soaks)
1 tablespoon Unsalted Butter, melted A Little Bit of Kosher Salt

For the Toppings:

1 Large Yellow Onion, chopped ½ cup Sour Cream
2 Slabs Bacon, chopped (optional) 2 tablespoons Extra Virgin Olive Oil

DIRECTIONS

For the Filling:

Step 1: Place potatoes in a pot, cover with water and cook until fork tender.
Step 2: In the meantime heat up the oil in a frying pan, add onion, and cook until golden brown.
Step 3: Once potatoes are cooked, using a potato ricer or potato masher, mashed the potatoes so they do not have clumps.
Step 4: Add farmer's cheese and mix together.
Step 5: Add onions, other cheese, spices, salt, and pepper and mix well.

For the Dough:

Step 1: Pour the flour on a counter or other surface that will allow you to make the dough,
Step 2: Add a pinch of salt.
Step 3: Make a little hole in the middle and start adding milk and butter.
Step 4: Add a little water at a time and work the dough until you can form a ball about 10 – 15 minutes.
Step 5: Once done, cover it with the big bowl and let it rest for about 20 - 30 minutes.
Step 6: Roll the dough until thin (like pasta) and using either a cookie cutter or a large wine glass cut the circles.
Step 7: Place 1 teaspoon of the filling in the middle of the circle.
Step 8: Wet one half of the circle and then seal it together.
Step 9: Boil a large pot of water and season with salt.
Step 10: Once the water is boiling put about 8 pierogi in at a time.
Step 11: Once they come to the surface let them cook for 1 minute and using a spider or slotted spoon take them out and place on a plate.
Step 12: If you want to fry them as the author did in recipe, use 1 tablespoon oil and fry pierogi on each side until golden brown.

For the Pierogi Topping:

Step 1: Using separate pans add oil and onions and fry the onions until golden brown and bacon until crispy (you do not need fat for bacon as it is already fatty).

Step 2: Add onions and bacon on top of the pierogi and serve with sour cream.

Yield: 8 Servings

Cook Time: 30 Minutes

Resting Time: 30 Minutes

Notes

- Some people use eggs for the dough. The author tried all kinds of dough variations, and hers is the most delicate. Egg tends to make the dough tougher. You can add an egg to the dough and reduce the amount of liquid.
- The addition of blue cheese and cheddar elevates to another level. This addition is from a very famous Polish chef.
- If you are not serving pierogi immediately, take them out on a counter and let them cool down and dry a little. Make sure that they are not touching each other. Once cooled, place them on a baking sheet, again a distance Total time: 2 Hours 20 Minutes from each other, and place in a freezer, and let them freeze. Once done, you can pack them in a plastic bag.

Variations (Instead of Farmer's Cheese)

- Ricotta cheese: This is often cited as a good substitute, especially for sweet pierogi fillings. Ricotta is a softer cheese, so it is recommended to drain it well to prevent the filling from becoming too watery.
- Cottage cheese: Another widely available option, cottage cheese can be used, particularly the dry curd variety. It has a slightly more crumbly texture and can be drier than farmer's cheese.
- Cream cheese: For sweeter filling or a creamier texture, cream cheese can be used, although it may be softer than farmer's cheese.
- The best filling will depend on your personal preferences and the specific pierogi recipe you are using. You might need to adjust the amount of liquid or seasoning in your recipe to achieve the desired consistency and taste when using a substitute.
- Potato and cheese (Pierogi Ruskie): A classic and popular choice. This filling combines mashed potatoes with farmer's cheese and sautéed onion. Some variations use cream cheese or cheddar.
- Sauerkraut and Mushrooms: A traditional and flavorful filling often enjoyed during holidays, especially Christmas Eve. It is made with cooked sauerkraut and wild mushrooms, or a combination with cremini mushrooms.
- Spinach: A modern and popular option, spinach pierogi can be made with spinach, potatoes, and feta cheese.
- Lentil: More common in Eastern Poland, lentil pierogi provide a hearty and nutritious filling.
- Wild Mushrooms: Often combined with onions or other vegetables.
- Meat: Pierogi with meat filling typically ground pork, beef chicken, or a blend of these meats, often seasoned with garlic and marjoram. Some recipes suggest using leftover meat from chicken or roasted turkey.

Variations of Pierogi Fillings (cont'd.)

- Fish: Steamed or fried fish fillets, minced and seasoned, sometimes with eggs, parsley or lemons.
- Fruits: Seasonal fruits like blueberries, strawberries, raspberries, plums, or apples, often sweetened with sugar.
- Poppy Seed, Dried Fruit, and Honey: A special filling with a sweet, nutty flavor, often served during Christmas Eve celebrations.
- Pumpkin: Roasted pumpkin puree often mixed with twarog and spices like cinnamon and nutmeg, can create a warm and comforting sweet pierogi filling.
- Chocolate: For a decadent twist, some pierogi are filled with a square of dark chocolate, some topped with roasted hazelnuts and cream cheese.

Pierogi are a beloved staple of Polish home cooking, carried from generation to generation through well-floured kitchens and long wooden tables. Originating in Poland, these tender dumplings were traditionally made for gatherings, holy days, and family celebrations, when many hands worked together and nothing was rushed.

Filled with potatoes, cheese, sauerkraut, or fruit, pierogi reflect the heart of Polish hospitality. Simple ingredients, shaped with care, meant to nourish both body and spirit. Each fold tells a quiet story of thrift, warmth, and togetherness, reminding us that the most enduring recipes are born at home.

PIEROGIE DOUGH

From Helen Kmiec (Barbara DeSantis' Mother)

INGREDIENTS

1 cup Flour	1 teaspoon Salt
1 Egg at room temperature	About 4 tablespoons Cold Water
1 tablespoon Butter	

DIRECTIONS

Step 1: Mix to a medium soft dough.

Step 2: Turn dough out onto a lightly floured surface and knead gently just until smooth.

- Do not overwork.

Step 3: Cover and let rest at room temperature for 20-30 minutes before rolling.

Storage Tips

Short rest:

Dough may be wrapped tightly and rested at room temperature for up to 1 hour.

Refrigerator:

Wrap dough well in plastic wrap and refrigerate for up to 24 hours.

Bring to room temperature before rolling.

Freezer (optional):

Dough can be wrapped tightly and frozen for up to 1 month.

Thaw overnight in the refrigerator, then bring to room temperature before use.

Helpful Notes

- Dough should feel soft but not sticky. Add a small amount of flour only if needed.
- Resting the dough is essential for easy rolling and tender pierogies.

STUFFED SHELLS WITH MEAT

From The Seasoned Mom

INGREDIENTS

1 (12 ounce) Box Jumbo Pasta Shells
1 lb. Ground Beef (you can substitute with Ground Turkey, Ground Italian Sausage, or Ground Chicken)
1 cups Onion, chopped
1 (15 ounce) Container Ricotta Cheese
2 cups Shredded Italian Blend Cheese, divided (you can substitute with Mozzarella Cheese, shredded)
½ cup Parmesan Cheese, grated
1 Large Egg at room temperature
¼ cup Pesto (use prepared store-bought for convenience or homemade pesto when basil is fresh)
1 (24 ounce) Jar Marinara Sauce
Garnish with Fresh Parsley or Basil, chopped (optional)

DIRECTIONS

Step 1: Preheat oven to 375 degrees F (190 degrees C). Cook pasta shells in a large pot of boiling water according to package instructions for al dente. Drain the shells in a colander and rinse under cold water.

Step 2: Meanwhile, brown ground beef and onion in a large skillet over medium high heat. Drain off fat; let cool slightly before adding to the filling.

Step 3: Combine 1½ cups of the shredded Italian blend cheese, all of the ricotta cheese, all of the Parmesan cheese, the egg, the pesto, and half of the beef and onion mixture in a large bowl. Set aside.

Step 4: Spread ¾ cup of the marinara sauce in the bottom of a 9 x 13 inch baking dish. In a bowl, stir together the remaining marinara sauce and the remaining half of the beef and onion mixture. Set aside.

Step 5: Fill the cooked, cooled pasta shells with the ricotta mixture. Arrange the shells in the baking dish.

Step 6: Top the shells with the marinara sauce mixture.

Step 7: Sprinkle the remaining ½ cup of Italian cheese blend over top.

Step 8: Cover the dish with foil. Bake for 30 minutes. Remove the cover and bake for 10 more minutes. Garnish with fresh parsley or basil, if desired, Serve!

Yield: 8 Servings

Prep Time: 30 Minutes Cook Time 40 Minutes Total Time: 1 Hour 10 Minutes

STUFFED PASTA SHELLS

From An Italian in My Kitchen

INGREDIENTS

For the Sauce:

2 tablespoons Olive Oil	1 - 2 Cloves Garlic, minced
¼ Medium Onion, finely chopped (optional)	1 - 1½ cups Water
2 ½ cups Celery Stalk, chopped small	½ teaspoon Salt
½ Medium Carrot, chopped small	½ - 1 teaspoon Oregano Ground
2 ½ cups Tomato Puree (Passata)	
½ - 1 teaspoon Basil Ground or 4 - 5 Dashes of Basil Leaves, chopped	

For the Filling:

24 Large Pasta Shells
1 Large Egg at room temperature
1 cup Ricotta (if ricotta is watery drain in a sieve for about 30 – 60 minutes)
4½ - 5 cups Fresh Spinach (½ cup) cooked
A Pinch of Salt
A Pinch of Nutmeg (optional)

Extra:

2 - 3 tablespoons Parmesan Cheese or Mozzarella, freshly grated, if preferred.

DIRECTIONS

Step 1: Preheat oven to 350 degrees (180 degrees C).

Step 2: Start by making the sauce: in a large skillet add the olive oil, onion, carrot and celery, cook on medium heat for 2 - 3 minutes, then add the tomato puree, water, salt, basil and oregano stir to combine, continue to cook on medium heat, half covered until thickened, approximately 20 - 25 minutes.

Step 3: Cook the pasta shells in a large pot of salted water until very al dente. Check the box and boil 2 minutes less than the recommended cooking time. Then drain pasta shells well and set aside, so they do not stick together, toss with a teaspoon or 2 of olive oil.

Step 4: While the sauce is cooking, in one inch of lightly salted water, cook the spinach until very tender, then drain. Let it cook, once it has cooled, squeeze out as much excess moisture as possible.

Step 5: Finely chop the spinach. Place it in a medium bowl, add the ricotta, egg, pinch of salt, nutmeg and the parmesan cheese, gently mix together.

Step 6: In a medium size baking pan spread approximately ¼ - ½ cup of sauce on the bottom, fill the shells with the ricotta mixture (The author used a heaping teaspoon and a bit per shell) Place the shells in the pan (the mixture fills 24 shells and that fit perfectly in the pan, the author used an 11 x 7 inch (28 x 18 cm) baking dish).

Step 7: Spoon the remaining sauce over the shells, but do not cover completely, sprinkle with the 2 tablespoons of Parmesan cheese or even some grated mozzarella cheese if you wish,

Step 8: Bake in the preheated oven for approximately 20 - 25 minutes. Before serving, top with more freshly grated Parmesan cheese if desired, serve immediately. Enjoy.

Yield: 4 Servings

Prep Time: 15 Minutes

Cook Time: 50 Minutes

Total Time: 1 Hour 5 Minutes

Notes

- If you cannot find jumbo pasta shells then you can substitute with cannelloni shells, prepared the same way.
- If you want you can add ground turkey, chopped Italian sausage or even ground beef to the sauce. The author would advise adding it after cooking the carrots and celery.
- Any leftovers should be stored in an airtight container and refrigerated. They will last 3 - 5 days in the fridge.
- Stuffed shells can be frozen. After stuffing the pasta shells, place on a baking sheet and place in the freezer until they begin to harden.
- Then remove from the baking sheet and place in either a freezer bag or an airtight container. When ready to serve, thaw the shells, and continue with the recipe. They will last for up to 3 months in the freezer.
- Serve with a side salad, bread sticks, garlic bread or a side of vegetables.

SPINACH & CHEESE STUFFED PASTA SHELLS

From Allrecipes.com

INGREDIENTS

32 Jumbo Pasta Shells	1 cup Parmesan Cheese, grated
2 (10 ounce) Packages Frozen Chopped Spinach, thawed and drained	2 tablespoons Fennel Seed
2 teaspoons Dried Basil	3 Cloves Garlic, minced
Salt and Pepper to taste	4 ½ cups Spaghetti Sauce

DIRECTIONS

Step 1: Preheat the oven to 350 degrees F (180 degrees C).

Step 2: Bring a large pot of salted water to boil. Gently place pasta shells in boiling water; return water to a boil. Cook until shells are just tender; drain well.

Step 3: Squeeze spinach dry and place in a large mixing bowl. Add ricotta, 1/3 cup Parmesan cheese, fennel, basil and garlic. Then season with salt and pepper. Mix well.

Step 4: Spread ½ cup spaghetti sauce evenly over the bottom of a 9 x 13 inch baking dish.

Step 5: Fill each shell with spinach-cheese mixture. Arrange shells, filling- side up, in the baking dish. Spoon the remaining spaghetti sauce over shells. Sprinkle remaining Parmesan cheese on top of shells.

Step 6: Cover the pan loosely with aluminum foil and bake in the preheated oven until heated through, about 30 minutes.

Yield: 6 Servings

Prep Time: 20 Minutes

Cook Time: 45 Minutes

Total Time: 1 Hour 5 Minutes

RICOTTA & PEAR FILLED PASTA SACKS (SAGGHETTI)

Also Known as Fagottini (Little Pasta Sacks) – From Flavors of Italy

INGREDIENTS

For the Filling:

9 ounces (1 cup) (250 g) Ricotta Cheese, drained 1 ounce (30 g) Fresh Parmesan Cheese, grated
1 Small Firm Pear, core and cut into tiny cubes

For the Pasta:

7 ounces All-Purpose Flour (200 g) 2 Eggs at room temperature

- Alternatively use 2/3 All Purpose Flour and 1/3 Semolina Flour

5 tablespoons Pasta Cooking Water (only if needed to thin out sauce)

DIRECTIONS

For the Filling:

Step 1: Core the pear and cut into tiny cubes.

Step 2: Mix the pear with the ricotta and Parmesan cheese and set aside.

For the Pasta:

Step 1: Prepare the pasta according to preparation instructions for the basic pasta recipe.

Step 2: On a floured work surface roll out the dough into an almost paper-thin sheet.

Step 3: Cut into 5 inch (12 centimeter) rounds using a pasta cutter or any other round cutting substitute such as a bowl.

Step 4: Cover the rounds with a dish towel and work about ten rounds per time to keep the rounds from drying out.

Step 5: To fill the pasta, place 1 heaping teaspoon of filling on each round.

Step 6: Use a small basting brush to moisten the border of each round.

Step 7: With your fingertips pinch the pasta rounds together just above the filling, leaving the very top of the round open.

Step 8: You should end up with what looks like little bundles or sacks.

Step 9: The pasta can be frozen for future use at this point; do not thaw before cooking the pasta.

Cooking and Serving the Pasta:

Step 1: Cook the pasta in boiling salted water until al dente, about 4 minutes. This may vary somewhat depending on how thin you have rolled out your pasta dough.

Step 2: Spoon a third of the sauce onto each serving plate.

Step 3: Gently remove the pasta sacks from the boiling water using a slotted spoon or large scoop colander.

Step 4: Place 5 to 6 pasta sacks on each plate, spoon over the rest of the sauce and garnish each with a sprinkling of freshly grated Parmesan cheese and shaved pears.

MANICOTTI

From Lidia

INGREDIENTS

1 lb. Fresh Ricotta Cheese or one 15 ounce Whole-Milk Ricotta Cheese
Tomato Sauce
Crepes or Booked Pasta Squares
1 ½ cups (1/4 inch) Fresh Mozzarella (about 6 ounces), cubed
2 large Eggs at room temperature
1 teaspoon Salt
1 cup Parmigiano-Reggiano Cheese, freshly grated
½ cup fresh Italian Parsley, chopped
¼ teaspoon freshly ground White Pepper
A pinch of Nutmeg, preferably fresh grated
4 ounces fresh Mozzarella Cheese, grated (about 1 1/4 cups), optional

DIRECTIONS

Step 1: Spoon the ricotta into a large, fine-mesh sieve or a colander lined with a double thickness of cheesecloth or a basket-type coffee filter. Set the sieve over a bowl and cover the ricotta well with plastic wrap. Let the ricotta drain in the refrigerator at least overnight, or up to 24 hours. Discard the liquid in the bottom of the bowl.

Step 2: Make the tomato sauce and the crepes or pasta squares. (The crepes may be made up to one day in advance; the pasta squares up to several hours in advance.)

Step 3: Whisk the eggs and salt together in a large bowl until foamy. Add the drained ricotta, the mozzarella cubes, 2/3 cup of the Parmigiano-Reggiano, the parsley pepper and nutmeg. Stir well until blended.

Step 4: Preheat the oven to 425 degrees F (220 degrees C). Coat the bottom of each of two 13 X 9 inch baking pans (or any low pans into which the manicotti will fit comfortably) with ½ cup of the sauce.

Step 5: Working with one crepe or pasta square at a time, spoon 3 full tablespoons of the ricotta filling about 1 inch from the edge closest to you. Roll loosely into a cylinder, smoothing out the filling along the length of the tube as you roll.

Step 6: Arrange the manicotti seam side down and side-by-side, over the sauce in the baking pans. Spoon the remaining sauce over the manicotti and sprinkle them with the remaining ½ cup of the Parmigiano-Reggiano. Cover the baking dishes loosely with aluminum foil and poke the foil several times with a fork.

Step 7: Bake 20 minutes. Uncover the dishes, scatter the grated mozzarella, if using, over the top of the manicotti and bake until the edges are bubbling and the cheese topping is golden brown, about 20 minutes.

- If you choose to make the manicotti with pasta squares, fill and roll them on a damp towel – it will make them easier to handle. For a lighter, thinner sauce add a little stock to the tomato sauce or to the baking dish after you add the sauce, do not cook the sauce quite so much when you make it. If you have some fresh basil in the kitchen, tear some leaves and scatter them over the manicotti in the dish right before you bake them.

BAKED STUFFED SHELLS

Conchiglie Ripiene al Forno

From Lidia

INGREDIENTS

1 teaspoon Kosher Salt, plus more for the Pasta Water
6 Cloves Garlic, crushed and peeled
¼ teaspoon Red Pepper Flakes, crushed
1 lb. Large Pasta Shells
1 lb. Fresh Ricotta, drained overnight
1 Large Egg at room temperature, beaten
16 ounces Low-Moisture Mozzarella cut into small cubes, plus 4 ounces shredded
2 (28 ounce) Cans whole San Marzano Tomatoes, crushed by hand
½ cup Loosely Packed Fresh Basil
¼ cup Extra Virgin Olive Oil
2 cups Grana Padano Cheese, grated
8 ounces Frozen Peas, thawed
1 Bunch Scallions, chopped
3 tablespoons Fresh Italian Parsley, chopped

DIRECTIONS

Step 1: Preheat oven to 400 degrees F (200 degrees C). Bring a large pot of salted water to a boil for the pasta. In a Dutch oven, heat the olive oil over medium heat. Add the garlic, and cook until the edges are just golden, about 2 minutes. Sprinkle in the crushed red pepper. Add the tomatoes, slosh out the can with 1 cup of cooking water, and add that to the pot. Stir in the salt, and bring to a rapid simmer. Cook, uncovered until thickened, about 20 minutes.

Step 2: While the sauce cooks, add the shells to the boiling pasta water and cook until just ad dente. Drain, and separate shells on baking sheets to avoid sticking.

Step 3: For the filling, stir together in a bowl the ricotta, cubed mozzarella, 1 cup grated Grana Padano, the scallions, peas, parsley, and egg. Mix the shredded mozzarella and remaining grated Grana Padano in another bowl, and set aside. Stir the basil into the finished sauce.

Step 4: To assemble, in a 10 x 15 inch or other large baking dish, spread 2 cups of the sauce. Divide the filling among the shells, and arrange them in one layer in the baking dish. Top evenly with 2 cups more sauce. Sprinkle with the reserved cheese mixture. And then dollop the remaining sauce evenly over the top. And then tent with foil, and bake until bubbly all over, about 25 to 30 minutes. Remove foil, and bake until cheese is golden and crusty, 5 to 10 minutes more. Let sit 5 minutes before serving.

Yield: 8 Servings

- This recipe multiplies well, so it is good for when you are entertaining large groups. The shells can be stuffed and assembled ahead of time. Return them to room temperature, and add the final topping of sauce and cheese just before baking.

SPAGHETTI WITH BOLOGNESE SAUCE

From Cooking Curiosity

INGREDIENTS

For the Bolognese Sauce:

1 tablespoon Olive Oil	1 tablespoon Unsalted Butter
2 Cloves Garlic, minced	1 medium Onion, finely chopped
1 Medium Carrot, finely chopped	1 Celery stalk, finely chopped
1 lb. Ground Beef (or a mix of beef & pork)	½ cup Dry White Wine
1 can (28 ounces) Crushed Tomatoes	2 tablespoons Tomato Paste
1 teaspoon Dried Oregano	½ cup Whole Milk
1 Bay Leaf	Salt and Freshly Ground Black Pepper

For the Spaghetti:

12 ounces Spaghetti	Salt for the Pasta Water
---------------------	--------------------------

For Serving:

Parmesan Cheese, freshly grated
Fresh Basil, Parsley for garnish (optional)

DIRECTIONS

Make the Bolognese Sauce:

Step 1: In a large pot or Dutch oven, heat the olive oil and butter over medium heat. Add the chopped onion, carrot, and celery, and sauté for 5 - 7 minutes until the vegetables are softened and the onion is translucent. Add the minced garlic and cook for another minute until fragrant.

Step 2: Add the ground beef to the pot, breaking it up with a spoon, and cook until browned and no longer pink, about 8 - 10 minutes. Then season with salt and pepper.

Step 3: Pour in the milk and let it simmer, stirring occasionally, until it is mostly absorbed. Add the white wine and simmer until reduced by half.

Step 4: Stir in the crushed tomatoes, tomato paste, oregano, and bay leaf. Reduce the heat to low, cover, and let the sauce simmer gently for at least 1 hour, stirring occasionally. For the best flavor, let it simmer for 2 - 3 hours.

Cook the Spaghetti:

About 15 minutes before the sauce is ready, bring a large pot of salted water to a boil. Add the spaghetti and cook according to the package instructions until al dente. Drain the pasta, reserving a cup of the pasta water.

Combine and Serve:

Step 1: Remove the bay leaf from the Bolognese sauce. If the sauce is too thick, add a little reserved pasta water to achieve your desired consistency.

Step 2: Toss the cooked spaghetti with the Bolognese sauce until well soaked. Serve immediately, topped with freshly grated Parmesan cheese and garnished with fresh basil or parsley if desired.

SPAGHETTI AGLIO E OLIO

From Allrecipes.com

INGREDIENTS

Kosher Salt	1 lb. Dried Spaghetti, such as DeCecco
1/3 cup Good Olive Oil	2 large cloves Garlic, slivered
1/2 cup Fresh Parsley, minced	1/2 teaspoon Red Pepper Flakes, crushed
1 cup fresh Parmesan Cheese, grated plus extra for serving	

DIRECTIONS

Step 1: Bring a large pot of water to boil. Add 2 tablespoons of salt and the pasta and cook according to the directions on the package. Set aside 1 ½ cups of the pasta cooking water before you drain the pasta.

Step 2: Meanwhile, heat the olive oil over medium heat in a pot large enough to hold the pasta, such as a 1 inch sauté pan or a large, shallow pot, Add the garlic and cook for 2 minutes, stirring frequently, until it just begins to turn golden on the edges-do not overcook it! Add the red pepper flakes and cook for 30 seconds more. Carefully add the reserved pasta-cooking water to the garlic and oil and bring to a boil. Lower the heat, add 1 teaspoon of salt, and simmer for about 5 minutes, until the liquid is reduced by about a third.

Step 3: Add the drained pasta to the garlic sauce and toss. Remove from the heat, add the parsley and Parmesan and toss well. Allow the pasta to rest away from the heat for 5 minutes for the sauce to be absorbed. Taste for seasoning and serve warm with extra Parmesan on the side.

Yield: 4 Servings

Prep Time: 35 Minutes

Inactive Time: 5 Minutes

Cook Time: 20 Minutes

Total Time: 60 Minutes

SPAGHETTI CARBONARA

From Theresa Schimmoeller (De Santis)

INGREDIENTS

8 ounces Spaghetti
½ cup Parmesan, freshly grated
4 Cloves Garlic, minced
Kosher Salt and Freshly Ground Black Pepper, to taste
2 tablespoons Fresh Parsley Leaves, chopped

2 Large Eggs at room temperature
4 Slices Bacon, diced

EQUIPMENT

- Cast iron skillet

DIRECTIONS

Step 1: In a large pot of boiling salted water, cook the pasta according to package instructions; reserve ½ cup water and drain well.

Step 2: In a small bowl, whisk together eggs and Parmesan; set aside.

Step 3: Heat a large cast iron skillet over medium high heat. Add bacon and cook until brown and crispy, about 6 – 8 minutes; reserve excess fat.

Step 5: Stir in garlic until fragrant, about 1 minute. Reduce heat to low.

Step 6: Working quickly, stir in pasta and egg mixture, and gently toss to combine; season with salt and pepper, to taste. Add reserved pasta water, 1 tablespoon at a time until desired consistency is reached.

Step 7: Serve immediately, garnish with parsley, if desired.

Yield: 4 Servings

Prep Time: 5 Minutes Cook Time: 15 Minutes Total Time: 20 Minutes

SPAGHETTI CARBONARA

From Allrecipes.com

INGREDIENTS

2 Eggs at room temperature		cloves Garlic, chopped
3 ounces Parmesan Cheese, finely grated	2	3 tablespoons Olive Oil
1/2 cup loosely packed Flat-Leaf Parsley Leaves, chopped		1/2 cup dry White Wine
1/4 lb. Pancetta or Thin-Cut Bacon		1 tablespoon Salt
1 lb. Spaghetti		Pepper, plus more for garnish

DIRECTIONS

Step 1: Put a large pot of water to boil. Meanwhile, crack eggs into a large bowl and beat lightly. Finely shred or grate cheese; add 1/2 cup of eggs, and set the rest aside. Finely chop parsley and add to eggs. Add pepper and whisk to combine well. Set aside

Step 2: Cut pancetta or bacon into 1/2 inch thick slices, peel and chop garlic, and set both aside. Heat the olive oil in a small frying pan on medium high heat. Add pancetta and cook, stirring occasionally, until it starts to brown. Add garlic and cook, stirring until fragrant, about 1 minute. Add wine and cook until liquid is reduced by about half.

Step 3. When water boils, add salt and spaghetti. Boil pasta until it is tender to the bite. Drain well and immediately pour pasta into bowl with egg mixture. Toss to thoroughly coat pasta with egg mixture. (The heat from the pasta will partly cook the egg and melt the cheese.). Pour pancetta mixture on top of pasta and toss to combine thoroughly. Sprinkle with remaining cheese and pepper to taste. Serve immediately.

Variations:

- Peas, please: Add ¾ cup frozen peas to the egg mixture.
- Add radicchio. Finely shred 1 small head radicchio and cook with the pancetta.
- Pick basil: Substitute ¼ cup chopped fresh basil leaves for the parsley.
- Spice it up: Add ½ cup teaspoon red chili flakes with the garlic.
- Change the cheese: Substitute other hard, aged cheese (such as asiago, pecorino, or aged gouda).
- Try using whole-wheat spaghetti (the assertive, rich flavors of this dish will hold up to heartier pasta beautifully).

Chef's Note

- The heat from the hot pasta partly cooks the eggs. If you are concerned about eating raw or undercooked eggs, use ½ cup pasteurized eggs in lieu of fresh.
- Asiago is a semi-hard Italian cow's milk cheese, known for its nutty and slightly sweet flavor.
- Pecorino is a class of Italian sheep's cheese with a history going back to Roman days. The Italian word "pecora" means sheep.

RAVIOLETTI IN MUSHROOM-WALNUT CREAM SAUCE

From Barbara DeSantis

INGREDIENTS

12 ounce Ravioletti or Tortellini, Tricolored	8 ounces Mushrooms, sliced
2 tablespoons Extra Virgin Olive Oil	¾ cup Heavy Whipping Cream
¼ cup Walnuts, chopped	2 cups Freshly Grated Parmesan Cheese
¼ teaspoon Black Pepper	

DIRECTIONS

Step 1: Cook pasta according to package directions.

Step 2: Meanwhile, heat olive oil in a large skillet over medium heat. Salute mushrooms and walnuts until mushrooms are golden.

Step 3: Add heavy cream and cook stirring frequently for 5 minutes until slightly thickened.

Step 4: Turn heat to warm and when cream stops simmering, add pepper and Parmesan, and stir until sauce is smooth.

Step 5: Do not boil.

Step 6: Drain pasta and place on a warmed platter or individual serving plates.

Step 7: Pour sauce over pasta.

Step 8: Serve immediately.

Ravioletti refers to a small, Italian cheese-filled ravioli, often used in soups or as a side dish.

Tortellini is a ring-shaped Italian pasta that is rationally stuffed with meat, cheese, or vegetables and served in broth. The name translate to “tiny cakes”. The Emilia-Romagna cities of Bologna and Modena are known for tortellini.

PASTA ALLE VONGOLE

From Allrecipes.com

INGREDIENTS

3 Large Plum Tomatoes, chopped	1 Large Shallot, chopped
1 lb. Dried Linguine	4 Large Cloves Garlic, chopped
¼ cup Extra Virgin Olive Oil	About ½ cup Dry White Wine
¼ teaspoon Red Chili flakes	Salt (optional)
4 Dozen Littleneck Clams, preferably small (4 - 5 lbs.), scrubbed and rinsed	
½ cup Flat-Leaf Parsley, coarsely chopped	

DIRECTIONS

Step 1: Bring a large pot of salted water to a boil for pasta. Meanwhile, sauté shallot and garlic in oil in another large pot over medium high heat until softened, 3 minutes. Add ½ cup wine and cook 1 minute. Stir in chili flakes and tomatoes, cook 1 -2 minutes.

Step 2: Boil pasta 5 – 6 minutes, or until halfway done. Meanwhile, add clams to garlic mixture, increase heat to high, and cook covered, 5 minutes.

Step 3: Scoop out ¾ cup pasta water and reserve. Drain pasta and add pan with clams. Cook together, covered, stirring occasionally, until pasta is al dente and clams have opened, 5 - 6 minutes. Add some pasta water or more wine if you want a juicier sauce. Discard any opened clams. Toss pasta and clams with parsley.

Yield: 4 Servings

Prep Time: 15 Minutes Cook Time: 50 Minutes Total: 35 Minutes

PASTA ALLA CHITARRA

Maccheroni alla Chitarra

From Lidia

INGREDIENTS

2 cups (10 ounces) All-Purpose Flour, plus more as needed

4 Large Eggs at room temperature

1 teaspoon Kosher Salt, plus more for the Pasta Pot

Equipment

- A Food Processor fitted with a Steel Blade - A Wooden Chitarra
- A Pasta-Rolling Machine or Wooden Rolling Pin

DIRECTIONS

Step 1: Measure 2 full cups of unsifted flour (or weigh out 10 ounces), and dump it all in the food processor bowl; process for a few seconds to aerate.

Step 2: Beat the eggs with the salt in a spouted measuring cup. With the food processor running, quickly pour in all the eggs through the feed tube. Process continuously, as a dough forms and gathers on the blade and cleans the side of the bowl. If the dough does not come together or clean the bowl after 30 seconds or so, stop the machine, scrape down the sides, and sprinkle in a couple of tablespoons more flour. Process for a few more seconds – and add more flour if necessary - until a fairly firm ball of dough forms.

Step 3: Turn the dough out on a lightly floured surface, and knead by hand for a minute or more, until it is smooth and firm. If it is at all sticky, incorporate more flour as you knead.

Step 4: Press the dough into a disk, wrap tightly in plastic wrap, and let rest at room temperature for at least a ½ hour. (You can refrigerate the dough for up to a day, or freeze for a month or more. Defrost in the refrigerator, and return to room temperature before rolling.) Cut the dough in four equal pieces.

- If using a Pasta Machine: Roll each piece through the machine at progressively narrower settings, to form long wide strips, about 1/8 inch (no thinner) and as wide as your machine allows. If the strip grows longer than the strings of your Chitarra, cut it crosswise into two shorter strips.

Step 5: To Roll by Hand: Lightly flour the work surface and your rolling pin. Flatten each piece of dough into a rectangle with your palm, and roll it from the center, gradually lengthening it into a broad strip about 1/8 inch thick. Do not roll the dough too thin or longer or wider than the strings of your Chitarra.

Step 6: To cut Maccheroni with Chitarra: Lay a strip of dough over the strings of the Chitarra (on a two sided Chitarra, use the more widely spaced strings). Using gentle but constant pressure, roll your pin lengthwise up and down the pasta, so the strings cut it cleanly into strands of Maccheroni that fall onto the tray of the Chitarra. Dust the freshly cut strands with flour, and gather them into a loose nest on a floured tray.

Step 7: When all the strips have cut either by hand or by the Maccheroni, then collect them in floured nests. Leave the tray uncovered at room temperature until you are ready to cook the pasta.

PASTA ALL'AMATRICIANA

From Allrecipes.com

INGREDIENTS

3 ounces Thickly Sliced Pancetta (cook in 2 tablespoon of Olive Oil)
1 Fresh Red Chili – stemmed seeded and minced
1 Bay Leaf
½ cup Dry White Wine
½ cup Whole Tomatoes, chopped with juices reserved
¾ lb. Dried Pasta, such as Bucatini, Spaghetti or Rigatoni
Freshly Ground Pepper
Fresh Pecorino Romano Cheese, grated

DIRECTIONS

Step 1: In a large skillet, combine the pancetta, chili and bay leaf with 2 tablespoon of olive low heat oil and cook over moderate until pancetta is golden brown, about 5 minutes. Add the wine and simmer over moderate heat until it has reduced to 2 tablespoons, about 4 minutes. Add the tomatoes and their juices and simmer over moderately low a heat, stirring occasionally, until the sauce is thickened, about 30 minutes.

Step 2: Bring a large pot of salted water to a boil. Add the pasta and cook over high heat until just barely tender. Drain the pasta and stir it into the sauce. Cook the pasta over moderately low heat, stirring occasionally, until al dente, about 12 minutes. Then season with pepper. Spoon the pasta into shallow bowls, generously sprinkle with the grated Pecorino Romano and serve passing more Pecorino cheese at the table.

Yield: 4 – 6 Servings

FETTUCCINE ALFREDO

From Allrecipes.com

INGREDIENTS

12 ounces Dry Pasta	½ teaspoon White Pepper
4 tablespoons Butter	½ teaspoon Dry Mustard Powder
1 teaspoon Garlic, finely minced	A Few Grinds of Fresh Nutmeg
2 cups Heavy Cream	1 teaspoon Kosher Salt
2 cups Parmesan Cheese, freshly grated plus more for the serving	
Chopped Parsley, chopped for garnish (optional)	

DIRECTIONS

Step 1: Place a large pot of water on to boil and once boiling, salt the water and then add the fettuccine. You should always salt pasta water to flavor the pasta. Cook to al dente.

Step 2: While the pasta is cooking, in a large skillet or sauté pan over low heat.

Step 3: Cook for a few minutes on low, just until the garlic barely starts to brown.

Step 4: Add in the cream, whisking into the butter and garlic

Step 5: Whisk in the salt, pepper and nutmeg. To make things easier, measure out all of the spices in a little dish ahead of time.

Step 6: Whisk in the Parmesan cheese and turn off the burner.

Step 7: Once the pasta is almost cooked, use tongs and remove the pasta to the cream mixture. Do not discard the cooking water yet.

Step 8: Turn heat back onto the sauce to medium heat and cook until the pasta is tender and the sauce is thick. Add pasta water if it gets too thick. Pasta water is also good to use to reheat leftovers so save a cup or two.

Step 9: Serve immediately with additional Parmesan cheese over the top of each portion along with optional chopped parsley.

Yield: 4 Servings

If you use fresh pasta instead of dried pasta, the timing of this dish will change. Fresh pasta cooks up quickly so make the sauce first, then cook the fresh pasta and add to the sauce.

Prep Time: 15 Minutes

Cook Time: 15 Minutes

Total: 30 Minutes

PASTA PRIMAVERA

From Allrecipes.com

INGREDIENTS

2 cups Green Beans, trimmed and halved crosswise	
2 cups Broccoli Florets	½ cup Asparagus, sliced (about 2 ounces)
6 ounces Uncooked Fettuccine	1 tablespoon Olive Oil
1 cup Onion, chopped	2 teaspoons Fresh Garlic, minced
1/8 teaspoon Red Pepper, crushed	
½ cup Fresh or Frozen Green Peas, thawed	
1 cup Grape Tomatoes, halved	2/3 cup Half-and- Half
1 teaspoon Cornstarch	¾ teaspoon Salt
¼ cup Fresh Basil, chopped	
¼ cup (one ounce) Parmigiano-Reggiano Cheese, shaved	

DIRECTIONS

Step 1: Cook green beans in boiling water 1 minute. Add broccoli and asparagus; cook 2 minutes or until vegetables are crisp-tender. Remove vegetables from pan with a slotted spoon; place in a large bowl. Return water to a boil. Add pasta; cook 10 minutes or until al dente. Drain and add to vegetable mixture.

Step 2: Heat oil in a large nonstick skillet over medium high heat. Add 1 cup onion and sauté for 2 minutes. Add garlic and red pepper; sauté 3 minutes or until onion begins to brown. Add peas and sauté 1 minute. Add tomatoes; sauté 2 minutes. Combine half-and-half and cornstarch, stirring with a whisk. Reduce heat to medium. Add half-and-half mixture and salt to pan; cook 1 minute or until sauce thickens, stirring constantly. Pour sauce over pasta mixture, toss gently to coat. Sprinkle with basil and cheese. Serve immediately.

Step 3: Serve with Sauvignon Blanc a good option since the fresh “green” quality mirrors vegetable perfectly.

- Because this is a cream-based pasta primavera, you can opt for a Pinot Blanc.

EGGPLANT PASTA

From Allrecipes.com

INGREDIENTS

¼ tablespoon Olive Oil
2 Cloves Garlic, minced
1 Eggplant, peeled and cut into ½ inch cubes
1 (28 ounce) Can Plum Tomatoes with Juice, chopped
1 (16 ounce) Package Rigatoni Pasta

DIRECTIONS

Step 1: Heat olive oil in a large skillet over medium heat; cook and stir until fragrant, 1 to 2 minutes.
Step 2: Add eggplant; cook, stirring constantly, until eggplant is softened, about 5 minutes
Step 3: Add tomatoes and juice; cook until sauce is slightly reduced, about 20 minutes.
Step 4: Bring a large pot of lightly salted water to a boil.
Step 5: Cook rigatoni in the boiling water, stirring occasionally until cooked through but firm to the bite.
About 13 minutes.
Step 6: Drain and transfer to a serving bowl.
Step 7: Pour sauce over pasta.

Rigatoni is a medium - sized, tube-shaped pasta with ridges on the outside and a smooth interior. The word “rigatoni” translates to “ridged” and the pasta’s unique texture is created by extruding it through dies. It is shorter and wider than penne and ziti, and has square-cut ends. It can be used in many sauces, and is especially popular in central and southern Italy, particularly Sicily.

BAKED PENNE

From MarketGrow.com

INGREDIENTS

1 lb. Penne Paste	½ teaspoon Dried Basil
1 teaspoon Onion, diced	Salt and Pepper to taste
3 Cloves Garlic, minced	½ cup Parmesan Cheese, grated
24 ounces Marinara Sauce	1 tablespoon Olive Oil
½ teaspoon Dried Oregano	2 cups Mozzarella Cheese, shredded
¼ cup Fresh Parsley or Basil, chopped (optional)	
1 lb. Ground Beef or Italian Sausage (optional)	

DIRECTIONS

Step 1: Preheat oven to 375 degrees F (190 degrees C) and lightly grease a 9 x 13 inch baking dish.

Step 2: Cook the penne pasta according to the package instructions until it is al dente. Drain and set aside.

Step 3: In a large skillet, heat the olive oil over medium heat. Add the diced onion and sauté for 3 – 4 minutes until softened. Add the garlic and cook for another minute.

Step 4: If using ground beef or sausage, add it to the skillet and cook until browned, breaking it apart as it cooks. Drain any excess fat.

Step 5: Stir in the marinara sauce, oregano, basil, salt and pepper. Let the sauce simmer for 5 – 7 minutes to blend the flavors.

Step 6: Combine the cooked penne pasta with the sauce and mix until the pasta is well coated.

Step 7: Transfer half of the pasta mixture to the prepared baking dish. Sprinkle with 1 cup of mozzarella cheese and half of the Parmesan cheese.

Step 8: Add the remaining pasta mixture on top, then sprinkle with the rest of the mozzarella and Parmesan cheese.

Step 9: Cover the dish with aluminum foil and bake for 20 minutes. Remove the foil and bake for an additional 10 – 15 minutes, or until the cheese is bubbly and golden.

Step 10: Garnish with fresh parsley or basil before serving.



PIZZA, CALZONES E STROMBOLI

HOMEMADE PIZZA DOUGH

From An Italian in My Kitchen

INGREDIENTS

	1X	2X	3X
Lukewarm Water	2 cups	4 cups	6 cups
Active Dry Yeast	1 ½ tablespoons	3 tablespoons	4 ½ tablespoons
Olive Oil	2 tablespoons	4 tablespoons	6 tablespoons
All-Purpose Flour	5 ¼ cups	10 ½ cups	15 ¾ cups
Salt	1 ½ teaspoons	3 teaspoons	4 ½ teaspoons

DIRECTIONS

Step 1: In the bowl of your stand mixer (or a large bowl if you knead by hand) add the warm water and sugar, then sprinkle the yeast on top and let sit for 5- 10 minutes. Then stir to combine. Continue with Machine or Hand.

Mixing by Machine:

Step 1: Add the olive oil, flour and salt, with the hook attachment start to combine on low speed #1, Scrape the hook and then raise to medium speed #2 and knead for approximately 5 – 7 minutes or until you have a smooth elastic dough (scrape the hook half way through kneading).

Mixing by Hand:

Step 1: Add the olive oil, flour and salt, then with a fork mix until the dough starts to come together. On a lightly floured surface remove dough from the bowl and knead until dough is smooth and elastic for approximately 10 minutes (if dough is really sticky add a little extra flour).

Next Steps:

Step 1: Place in a lightly oiled bowl, roll the dough to cover lightly with the oil, cover the bowl with plastic wrap and a large clean kitchen towel, leave in a warm draft free area until double in bulk, approximately 2 hours.**

Step 2: Preheat oven to 450 degrees F (250 degrees C). Punch dough down a few times and divide into 1 – 3 balls, let dough rest for 30 minutes.

Step 3: Place the dough in the desired pizza sheets or cookie sheets (lightly oiled) and shape the dough into the desired shape (using your clean hands.)

Step 4: Top with your favorite toppings, bake for approximately 15 – 20 minutes until crust is golden and cheese has melted. Enjoy!

Step 5:**At this point, dough can also be refrigerated, placed in plastic bag, remove air and tie securely. Store up to 24 hours.

Yield

- Makes 2 Pie Crusts with 1X ingredients ; 4 Pie Crusts with 2X; 6 Pie Crusts with 3X

Prep Time: 2 Hours

Cook Time: 25 Minutes

Total Time: 2 Hours 25 Minutes

To Make the Easy Pizza:

- In a medium bowl add a can of diced or pureed tomatoes (13.5 ounces) (398 ml), add 1 teaspoon oregano, 1 teaspoon basil, a sprinkle of salt, tablespoon or two of olive oil and stir to combine. Top pizza dough.

To Make Fresh Tomato Sauce:

- Chop fresh tomatoes (15 – 20 Grape or Cherry or 3 - 4 Roma tomatoes). If you use Roma tomatoes then remove the seeds, toss with 1 teaspoon oregano, 1 teaspoon basil (or even 5 - 6 fresh basil leaves chopped), 1 - 2 pinches salt and a tablespoon or 2 of olive oil.

To Make Stirred Fried Veggies & Italian Sausage:

- In a medium frying pan add Italian sausage (casing removed and chopped) and fry until starting to brown, add thinly sliced onion, pepper and mushrooms and a drizzle of olive oil, ½ teaspoon oregano, basil, salt and pepper to taste, cook on medium for approximately 10 minutes. Use as topping for pizza (on the sauce and then bake).

Tips

- Can the dough be made in advance? The dough can rise in the fridge, overnight works perfectly. Prepare the dough, place in a light greased bowl; cover with plastic and let rise overnight in the refrigerator, leaving the dough to rise in the fridge from 12 – 24 hours is considered the best amount of time. Although the dough can remain in the fridge for up to 3 - 4 days.
- If the dough smells sour it has probably gone bad and should be discarded. Remove the dough from the fridge and bring it to room temperature, about 30 – 60 minutes, punch it down, then divide it into 2 or 3 parts, again let it rest for about 20 minutes, form into your preferred shape and top as desired.
- How to freeze the Dough: Let the dough rise before freezing, and then divide the dough into your desired pizza portions, place in an airtight freezer bags and freezer. Dough will last up to 3 months in the freezer.
- Thaw the frozen dough overnight (8 hours) in the refrigerator. When ready to use, remove it from the fridge and bring it to room temperature, approximately 30 – 60 minutes on the counter will do. Continue with the recipe from step 4.
- OR remove the frozen dough from the bag or container, and then place it in a bowl with enough room to allow it to expand, cover it with plastic wrap. Let it sit for a couple of hours, giving it time to thaw and rise. Then it is ready to use.
- How to Serve the Pizza: Any leftover pizza, as long it has not been left out for more than 2 hours, should be placed in an airtight container or wrapped well in plastic wrap or foil and placed in the refrigerator. It will last up to 4 days in the fridge. Anyone for cold pizza for breakfast.
- Be sure to let the dough rest before forming it in the pan, resting will keep it from springing back. And use your hand to gently stretch the dough to fit in the pan and not a rolling pin, using your hands preserves the gas bubbles formed during fermentation and keeps the dough from deflating.

NAPOLETANA DOUGH RECIPE

From Kyle Schimmoeller (Theresa De Santis' Husband)

INGREDIENTS

4 cups (500 g) 00 Flour
1 ½ cups (325 ml) Boiled Water to 100 degrees F (38 degrees C)
½ tablespoon (10 g) Kosher Salt
3 teaspoons (3 g) Active Dry Yeast

DIRECTIONS

Step 1: Warm water to 100 degrees F and add yeast slowly. Let the yeast activate for 5 – 10 minutes.

Step 2: Mix the activated yeast, flour and salt and knead.

Step 3: Cover the dough and let it rise for 1 ½ - 2 hours or until double. Punch it down and push out the air bubbles.

Step 4: Form the dough into a large ball, then cut it into six 5 ounce (140 g) pieces or three 9 ¾ ounce (275 g) equal pieces.

PIZZA

From Luigi De Santis

INGREDIENTS

3¾ cups Flour
1 teaspoon Salt
2 packages Yeast
3 cups (approximately 1 lb.) Mozzarella Cheese, grated

Pizza Sauce (recipe follows)

Corn Meal

½ teaspoon Sugar
1¼ cup Water

½ cup Parmesan Cheese, grated
¾ cup Olive Oil

INGREDIENTS

Step 1: Combine and sift flour and salt; Stir in yeast and sugar; Mix thoroughly

Step 2: Heat water and ¼ cup oil (225 degrees F/108 degrees C) until warm, approximately 3 - 4 minutes; DO NOT BOIL.

Step 3: Make a well in center of Flour mixture; Pour batter mixture into well. Then mix.

Step 4: Gather dough into a rough ball; Place on floured surface; Knead for approx. 15 minutes, or until smooth, shiny and elastic.

Step 5: Dust dough lightly with flour. Punch down dough; divide into 4 pieces. Shape into balls; roll each into a 10 inch circle, 1/8 inch thick.

Step 6: Place on pizza pan that has been dusted with corn meal; flute edges to form rim. Spread ¾ cup pizza sauce on each circle; sprinkle with mozzarella and Parmesan cheese.

Step 7: Bake at 500 degrees F (260 degrees C) for about 10 minutes, or until crust is brown and sauce is bubbling.

Yield: 1 Pizza

PIZZA RECIPE

From Lidia

INGREDIENTS

For the Dough:

1 teaspoon Active Dry Yeast	1 teaspoon Sugar
1 tablespoon Extra Virgin Olive Oil, plus more for the bowl	1 teaspoon Kosher Salt
3 ¼ to 3 ½ cups All-purpose Flour, plus more as needed	

For the Sauce:

1 ½ cups Canned Tomatoes, drained, preferable San Marzano, crushed by hand or through a food mill	
1 tablespoon Extra Virgin Olive Oil	1 teaspoon Kosher Salt
½ teaspoon Oregano, preferably Sicilian o the branch	3 Cloves Garlic, peeled

For the Topping:

1 lb. Mozzarella, sliced	Grana Padano Cheese, freshly grated
Extra Virgin Olive Oil, for drizzling	Fresh Basil Leaves

DIRECTIONS

Step 1: In a spouted measuring cup, mix the yeast, sugar, and olive oil into 1 ¼ cups warm water (about 100 degrees F / 38 degrees C) or just warm to the touchy) and let sit until bubbly, about 3 minutes

Step 2: Put 3 cups flour in a mixer fitted with the dough hook, and add the salt. Pour in the yeast mixture, and mix at medium speed until a rough, sticky ball of dough comes together, about 1 minute, adding a little more flour or water as necessary. Let rest for 5 minutes in the mixer, then mix on low speed until the dough is no longer sticky, about 1 minute. Oil your hand, transfer the dough to the counter, and knead until very smooth, about 30 seconds. Transfer to an oiled bowl, and cover the surface of the bowl with plastic wrap. Refrigerate at least 4 hours or overnight. Slowly leavened dough is tastier.

Step 3: Before making the pizza bring the dough to room temperature. Stir together the sauce ingredients in a bowl, and let the flavors blend at room temperature. Preheat the oven to 500 degrees F (250 degrees C) with a pizza stone on the bottom rack. (If you do not have a pizza stone, use an inverted sheet pan.) Punch the dough down, divide in it in half, and let it rest on the counter and come to room temperature

Step 4: Stretch one pizza on a sheet of parchment paper on a pizza peel or the back of a sheet pan to approximately a 10 inch round shape (it is okay if it is irregular and more of an oval or a square). Fish the garlic from the sauce, and discard. Spread half of the sauce on the pizza, and top with the mozzarella, a few torn fresh basil leaves, and a light sprinkled of grated cheese. Drizzle lightly with olive oil. Slide the pizza onto the stone (still on the parchment), and bake until the crust is browned on the underside and the cheese is browned and bubbly, about 8 to 10 minutes. Repeat with the remaining half of dough. (You may have a little bit of sauce etc, depending on how wide you have stretched your pizza; you just want a light coating of sauce.)

Yield: 2 Pizza Pies- 4 Servings

Notes

- You can add whatever toppings you like to the pizza – salami, grilled vegetables, olives, capers, anchovies, etc.
- Just go sparingly, because an overloaded pizza will be saggy.

PIZZA MARGHERITA

From Lidia

INGREDIENTS

- 1 Batch of Pizza Dough
- 2 to ¾ cups Marinara Sauce
- 3 ounces Fresh Mozzarella Cheese, thinly sliced
- 4 tablespoon Extra Virgin Olive Oil

DIRECTIONS

Step 1: Preheat oven to 450 degrees F (230 degrees C). Place a pizza stone on the rack in the lower third of the oven. (You can use a sheet pan or a cast iron skillet to bake the pizza if you do not have a stone.)

Step 2: Divide the dough in half, and then form it into a flat round and let rest on top of your knuckles on both raised fists. Use your knuckles to pull out and stretch the round into a thin circle. Place the dough circle on your work surface and press it out as thin as you can with your fingers.

Step 3: Place the dough circle on a piece of parchment paper on a pizza peel-paddle (or if you do not have a pizza paddle, slide the parchment paper with the pizza dough circle on the back of a sheet pan.) Spread half of the sauce onto the dough, use just enough sauce to dot about half of the pizza's surface, leaving a lip around the edges. In the spaces where you have not dotted sauce, lay down half of the cheese. Drizzle with half of the olive oil. Slide off the pizza peel or sheet pan onto the baking stone (or on your sheet pan/cast-iron skillet).

Step 4: Bake the pizza until the cheese is melted and bubbly and the crust is browned and crisp on the bottom, about 10 minutes. Remove from the oven and repeat with remaining dough, sauce, cheese and olive oil.

A pizza stone is usually a rectangular stone made of terra cotta - it helps to bake a food crusty pizza and focaccia because it heats to high temperature and disperses the heat evenly, cooking the bottom of the pizza evenly and crispy. A pizza stone should not be washed, since it is porous - just scrape and brush any remaining debris.

PIZZA BIANCA/WHITE PIZZA & HAM & TRIPLE CHEESE

From An Italian in My Kitchen

INGREDIENTS

2 Pizza crusts (Homemade or store bought)

For Basic White Pizza:

- ¾ cup Pancetta, shopped
- 1 cup Firm Mozzarella, shredded
- 2 - 2 tablespoons Flaked Fresh Parmesan Cheese, flake with a potato peeler
- 3 cup Fresh Arugula, if the leaves are large cut in half
- 4 tablespoons Olive Oil, divided

For Ham & Triple Cheese Pizza:

- 1 Medium Fresh Mozzarella, drained in a sieve 1 - 2 hours
- 1½ cups Provolone Cheese, freshly grated
- 10 - 12 Black Olives, pitted and cut in half
- 3 - 4 Slices Cooked Ham, cut into strips
- 1 - 2 tablespoons Olive Oil, divided

DIRECTIONS

Step 1: Pre-heat oven to 425 to 450 degrees F (225 – 250 degrees C).

Step 2: Brush the bottom of a 12 inch (30 cm) pizza pan with 1 tablespoon olive oil.

For Basic White Pizza:

Step 1: Prepare your pizza dough, whether you are making homemade or store bought. Place the dough on a prepared pizza pan and gently stretch to form the shape of the pan. Prick the bottom of the dough with a fork, top with pancetta, shredded mozzarella cheese and drizzle with one tablespoon of olive oil, bake for approximately 10 to 12 minutes or until crust is golden and baked.

Step 2: Remove the pizza from the oven, top with the arugula and sprinkle with flakes of parmesan. Slice and serve, Enjoy!

For Ham & Triple Cheese Pizza:

Step 1: Pre-heat oven to 425 - 450 degrees F (225 – 250 degrees C). Brush the bottom of a 12 inch (30 cm) pizza pan with 1 tablespoon olive oil.

Step 2: Place the dough on the prepared pizza pan and gently stretch to form the shape of the pan, prick the bottom of the dough with a fork, top with (in this order) sliced mozzarella, shredded provolone, ham strips, halved black olives, parmesan cheese and drizzle with one tablespoon of olive oil. Then bake for approximately 10 to 12 minutes or until crust is golden and baked. Slice and enjoy!

Notes

- For this recipe the author used a good store bought dough and pricked the bottom of the dough with the tongs of a fork and this kept it from getting bubbles on top.
- Leftover pizza should be wrapped air tight or placed in an airtight container and stored in the fridge. It will last up to 4 days in the fridge. Re-heat in a low oven or microwave. If you know you are going to have leftovers then it might be a good idea to add the arugula before serving as re-heating will wilt and dry it up.
- It is best to freeze the leftover sliced pizza on a cookie sheet until firm and then move to a freezer safe container or bag. Separate the slices in layers with parchment paper or plastic wrap. It will keep for up to 2 months in the freezer. Again freeze without the greens on top.

WHITE PIZZA

From What's Gaby Cooking

EQUIPMENT

- Pizza Stone
- Wooden French Rolling Pin
- Aluminum Pizza Peel
- Pizza Cutter

INGREDIENTS

- 1 lb. Pizza Dough
- 2 tablespoons Olive Oil plus some to drizzle
- 3 Cloves Garlic, finely chopped
- 4 cup Ricotta Cheese
- 5 cup Provolone Cheese, shredded
- Pepperolio Red Pepper Drizzle (if using)
- Sea Salt
- Fresh Basil
- Red pepper to taste (if using)

DIRECTIONS

Step 1: Preheat your oven to 500 degrees F (260 degrees C). Thirty minutes before cooking the pizza; put your pizza stone in the oven.

Step 2: Divide the pizza dough into 2 even pieces. Stretch each piece of dough in a circular motion, and then lay them both out on a flat surface and flatten out using a rolling pain. If you have a pizza peel, sprinkle some flour on it and place the stretched out dough on the peel.

Step 3: Once your 2 pizza doughs are flat and ready to be cooked, brush the olive oil over the pizza and sprinkle with garlic. Arrange the ricotta and some red pepper flakes (if using) on top. The season with salt and pepper.

Step 4: Transfer the pizza into the oven and bake for 12 to 13 minutes until the crust is golden. Remove pizza from the oven. Drizzle with police oil, and the slice and serve.

Yield: 4 Servings

Prep Time: 35 Minutes Cook Time: 12 Minutes Total Time: 47 Minutes

PIZZA SAUCE

From Luigi De Santis

INGREDIENTS

3 tablespoon Olive Oil	1 tablespoon Oregano, crushed
1 cup Onions, finely chopped	1 teaspoon Basil, crushed
1 tablespoon Garlic, finely chopped	1 Bay Leaf
2 teaspoon Sugar	4 cups Italian Tomatoes, chopped
1 teaspoon Salt	¼ cup Pepper
1(6 ounce) Can (3/4 cup) Tomato Paste	

INGREDIENTS

Step 1: Heat oil (350 degrees F/180 degrees C).

Step 2: Cook onion, stirring frequently, for 7 - 8 minutes or until soft and transparent.

Step 3: Add Garlic.

Step 4: Cook, stirring for 2 minutes longer.

Step 5: Add tomatoes, tomato paste, oregano, basil, bay leaf, sugar, salt, and pepper.

Step 6: Bring to a boil (225 degrees F/108 degrees C).

Step 7: Reduce heat (200 degrees F/95 degrees C).

Step 8: Simmer, uncovered for 1 hour.

Yield: 3 Cups

- To serve when frozen: Heat, uncovered, on top of range (190 degrees F/90 degrees C) for 15 - 20 minutes.

EASY HOMEMADE CALZONE RECIPE

From Spend with Pennies

INGREDIENTS

1 lb. Pizza Dough	½ cup Pepperoni, sliced
½ cup Pizza Sauce	1 cup Mozzarella Cheese, shredded
½ cup Onion, diced	1 tablespoon Extra Virgin Olive Oil
½ cup Green Bell Peppers, cored and seeds removed, diced	

DIRECTIONS

Step 1: Preheat oven to 425 degrees F (220 degrees C) and line a large pan with parchment paper.

Step 2: Divide pizza dough into 4 equal parts and roll each dough ball into a ½ inch thick circle.

Step 3: On half of each dough circle, add equal parts sauce, green bell pepper, and sliced pepperoni. Make sure to leave a little room around the edges so you can crimp the calzone shut.

Step 4: Sprinkle the toppings with equal parts shredded cheese. Then fold the other half of the dough over the toppings and crimp the edges.

Step 5: Cut 2 -3 air vents into the top of the calzone and place it on to the prepared baking sheets.

Step 6: Brush with olive oil and bake for about 15 minutes, or until dough is fully cooked and the calzone is golden brown.

Step 7: Serve with prepared Pizza sauce for dipping.

Yield: 4 Calzones

Notes

- Use homemade pizza dough or store bought.
- Check your local pizza places (or Italian market) for fresh homemade dough and store some extra in the freezer.
- Ensure meats are cooked and any watery veggies (like mushrooms or pineapple) are cooked and/or well drained. A few spoonfuls of ricotta can be added for a traditional calzone.
- Be sure to allow the calzones to cool for a few minutes as the fillings will be hot. A couple of minutes of rest will keep the cheese from running out.

Prep Time: 20 Minutes

Cook Time: 15 Minutes

Total Time: 35 Minutes

CALZONES

From Lidia

INGREDIENTS

1 lb. Fresh Ricotta, or one (15 ounce) Container Whole Milk Ricotta
Pizza Dough (see Pizza Dough Recipe)
2 Medium Leeks if using), White and Light Green parts only, trimmed and cleaned
3 tablespoons Extra Virgin Olive Oil, plus more for Brushing the Calzones
Salt & Freshly Ground Black Pepper
1 lb. Fresh Spinach, stems removed, leaves washed and drained or one 10 ounce bag
12 ounces Fresh Mozzarella, cut into ¼ inch cubes
Coarse Cornmeal

DIRECTIONS

Step 1: Line a sieve with a double thickness of cheese cloth or basket type coffee filter. Dump the ricotta in and set the sieve over a bowl. Cover with plastic and refrigerate overnight or up to 1 day. Discard the drained liquid.

Step 2: Prepare the pizza dough. It is not necessary to divide the dough before the second rising.

Step 3: If using leeks, slice them crosswise, ½ inch thick. In a large, deep skillet or braising pan, heat 3 tablespoons olive oil over medium high heat. Add the leeks, season lightly with salt and pepper, and cook until softened, about 4 minutes.

Step 4: Stir in the spinach a large handful at a time, waiting for each handful to wilt somewhat before adding the next. Continue cooking until the spinach is completely wilted and all the liquid is evaporated, about 4 minutes.

Step 5: Drain in the colander, pressing lightly to remove excess liquid. Stir the drained ricotta and mozzarella together in a bowl until blended. Season to taste with salt and pepper. Place one oven rack in the lowest position and the second rack in the upper third of the oven. Center a baking stone, if using, over the lower rack. Preheat the oven to 450 degrees F (230 degrees C). If not using a baking stone, sprinkle two large baking sheets generously with coarse cornmeal.

Step 6: Divide the dough in half. Working with one half at a time, roll the dough out on a lightly floured surface to about ¼ inch thick. Cut the dough into 4 inch circles and reserve the unused dough. Spread 3 tablespoons of the cheese mixture in an even layer over half of each circle. Leaving a ½ inch border around the edge. Top the cheese with about 1 tablespoon of the spinach and leeks (if using). Brush the edges of the circles with warm water and fold the uncovered dough over the spinach-cheese filling. Seal the edges by pressing firmly with the tops of fork tines or by plaiting the edges. Poke holes into the top of each calzone several times with a fork. Crush the tops of the calzones with olive oil. Let stand slightly puffed, about 15 minutes.

Step 7: To bake the calzones on a baking stone first sprinkle a pizza peel or perfectly flat baking sheet generously with cornmeal. Place three or four of the calzones on the prepared peel and slide them onto one side of the stone, leaving some space between them. Repeat with a second round of three or four calzones. Bake the calzones until lightly browned on the underside, about 8 minutes.

Step 8: Transfer the calzones to the upper rack and continue baking until deep golden brown, about 20 minutes. Start baking a second batch on the stone once you remove the first batch.

Step 9: Let stand at least 10 minutes before serving.

Common Calzone Fillings

- Cheeses: Ricotta, mozzarella, and Parmesan are classic choices, but other options like cheddar, Gruyere, or goat cheese are also used.
- Meats: Pepperoni, Italian sausage, ham bacon, and ground egg are popular, white chicken and even leftover meal like steak or pulled pork can be incorporated.
- Vegetables: Spinach, mushroom, onion, pepper, olives, and tomatoes are common, but you can also include other options like corn, broccoli, or roasted red peppers.
- Herbs: Fresh herbs such as basil and oregano add flavor in the filling.
- Sauces: While some calzones have sauce on the side for dipping, others include it inside. You can use traditional tomato sauce, but options like barbecue sauce or pesto are also available.

Examples of Classic & Creative Combinations

- Spinach-Ricotta: A traditional choice featuring wilted spinach, ricotta, mozzarella, and sautéed onion and garlic, often with tomato sauce.
- Meat Lover's: Combine various meats like pepperoni, sausage, and ham with cheese.
- Pulled Pork/Chicken: Uses barbecue sauce, pulled meat, and sharp cheddar cheese.
- Steak and Peppers: Filled with chopped steak and roasted red pepper, plus goat cheese.'
- Seafood: Calzones can also incorporate ingredients like prawns or anchovies, especially in coastal region.

Lidia states in her recipe that American may be used to the large pizzeria-size versions of calzones, but she is offering the more typical Neapolitan version

EASY STROMBOLI

From Feast and Farm

INGREDIENTS

- 1 lb frozen Pizza Dough, thawed
- $\frac{3}{4}$ cup Jarred Marinara Sauce
- 8 Slices Provolone Cheese
- $\frac{1}{4}$ lb. Large Pepperoni, thinly sliced, small ones will work too
- $\frac{1}{4}$ lb. Genoa or Harm Salami, thinly sliced
- $\frac{1}{4}$ lb. Virgin or Baked Ham, thinly sliced

DIRECTIONS

Step 1: Preheat the oven to 400 degrees F (200 degrees C). Grease a cookie sheet and set aside.

Step 2: Using a rolling pin or your hand, roll your dough to a rough 14 x 12 inch rectangle.

Step 3: Layer on the marinara sauce, cheese, (it is okay if they overlap), all of the meats.

Step 4: Starting at the long side, roll up and pinch the seam to seal.

Step 5: Place the roll on your baking sheet, seam side down and cut four shallow cuts in the top of the Stromboli to let steam escape.

Step 6: Bake until golden and bubbly, about 20 to 25 minutes. Slice and serve.

Yield: 6 Servings

Prep Time: 10 Minutes Cook Time: 20 Minutes Total Time: 30 Minutes

HOMEMADE STROMBOLI

From Sally's Baking Addiction

INGREDIENTS

Homemade Dough for 2

- 1 1/3 cups (320 ml) Warm Water (between 100 – 110 degrees F (38 – 43 degrees C).
- 2 ¼ teaspoons (7 g) Instant or Active- Dry Yeast (1 Standard Packet)
- 3 tablespoons (13 g) Granulated Sugar
- 4 tablespoons (40 ml) Olive Oil
- 5 teaspoon Salt
- 6 ½ cups (about 450 g) All-Purpose Flour (Spooned & Leveled), plus more for hands and work surface

Fillings for 2:

- 3 tablespoons (43 g) Unsalted butter, melted
- 2 Garlic Cloves, minced (or ½ teaspoon Garlic Powder)
- 2 teaspoons Fresh Parsley, chopped (or 1 teaspoon Dried)
- 1 lb. Thinly Sliced Meats, such as Italian Cold Cuts, Deli Ham, or large Pepperoni slices*
- ¾ - 1 lb. (140 – 454 g) Cheese shredded (about 3 cups or about 16 – 20 Deli Cheese)*

Egg Wash & Topping for 2:

Egg Wash: 1 Large Egg at room temperature, beaten with 1 tablespoon Water
Fresh or Dried Parsley, Flaky Sea Salt, and/or Parmesan Cheese, grated (optional)

DIRECTIONS

Step 1: Whisk the warm water, and granulated sugar together in the bowl of your stand mixer fitted with a dough hook or paddle attachment. Cover and allow to rest for 5 minutes. *If you do not have a stand mixer, simply use a large mixing bowl and mix the dough with a wooden spoon or silicone spatula in the next step.

Step 2: Add the olive oil, salt, and flour. Beat on low speed for 2 minutes.

Step 3: Knead the dough: Keep the dough in the mixer (and switch to the dough hook (if using the paddle) and beat for an additional 5 full minutes, or knead by hand on a lightly floured surface for 5 full minutes. If the dough becomes too sticky during the kneading process, sprinkle 1 teaspoon of flour at a time on the dough or on the work surface/in the bowl to make a soft, slightly tacky dough. Do not add more flour than you need because you do not want a dry dough. After kneading, the dough should still feel a little soft. *Poke it with your finger – if it slowly bounces back your dough is ready to rise. You can also do a “windowpane test” to see if your dough has been kneaded long enough: tear off a small (roughly golf ball-size) size of dough and gently stretch it out until it is thin enough to light to pass through. Hold it up to a window or light. Does light pass through the stretched dough without the dough tearing first? If so, your dough has been kneaded long enough and is ready to rise. If not, keep kneading until it passes the windowpane test.*

Step 4: Rise: Lightly grease a large bowl with oil or nonstick spray – just use the same bowl you used for the dough. Place the dough in the bowl, turning it to coat all sides in the oil. Cover the bowl with plastic wrap or a clean kitchen towel. Allow the dough to rise at room temperature for 60 – 90 minutes or until doubled in size.

Step 5: Preheat the oven to 400 degrees F (200 degrees C). Line 2 large baking sheets with parchment paper or silicone baking mats.

Step 6: Shape the Dough: When the dough is risen, punch it down to release the air and divide it in half. If you are not making 2 Stromboli freeze the other half of the dough.(See freezing instructions below). On a lightly floured work surface using a lightly floured rolling pin, roll each portion of dough into a 10 x 15 inch rectangle. Use your hands to square off the edges. If the dough keeps shrinking as you try to shape it, cover it lightly and let the dough rest for 10 minutes before trying again. (The gluten just needs to relax.)

Step 7: Add the Fillings: Mix the melted butter and garlic together. Using a pastry brush or the back of a spoon, spread the garlic butter evenly over each rectangle. Sprinkle each with parsley. When you start layering on meats and cheeses, leave a 1 inch border on the bottom and sides and a 3 inch border on top. (Basically you will have an empty 3 x 16 inch gap on top that only has butter/garlic on it. This is because when rolling, the fillings will be pushed forward. Arrange a layer of sliced meats onto each dough rectangle, usually about 8 – 10 overlapping slices on each, depending on the size of your slices. Add a layer of cheese. Repeat with more meat and cheese until all is used – about ½ pound meat and ½ pound cheese per Stromboli.

Step 8: Brush the edges with egg wash, including the 3 inch border at the top. Slowly roll each into a tight 16 – inch log, folding in the two ends as you roll. Dust your hands or the dough with flour if things become too sticky.

Step 9: Want to Add Pizza Sauce? You can add pizza/marinara/tomato sauce to the filling. Feel free to skip the melted butter and garlic (or leave it on, it does not matter) and spread ½ cup of sauce onto each rolled out dough before layering on the meats and cheeses in Step 6.

Step 10: Carefully transfer each Stromboli to a prepared baking sheet. Pinch or tuck in the ends to seal. Brush the top of each Stromboli with egg wash and, if using, sprinkle on the optional toppings. Using a sharp knife, cut 3 -4 slits into the tops of each, which helps steam escape. At this point, you can either bake or cover the shaped Stromboli tightly and refrigerate for up to 8 hours.

Step 11: Bake for about 25 minutes or until the crust is golden brown – if you have an instant-read thermometer, the center of the Stromboli should be at least 200 degrees F (93 degrees C). If meats are particularly greasy (like pepperoni) some grease will spill out the sides. Cheese may bubble out the sides of top slits, too. If baking both at the same time, rotate pans halfway through baking and extend bake time (if needed) by 2 -3 minutes. Remove from the oven and let cool on the baking sheets for 5 minutes before transferring to a cutting board and slicing.

Step 12: Serve plain or with warm pizza/marinara sauce for dipping.

Step 13: Cover and store leftover Stromboli (slices or whole) in the refrigerator for up to 3 days.

Yield: Two 16 inch Stromboli (about 10 -12 Slices Each)

Or maybe you want to add Pizza Sauce? You can add pizza/sauce/marinara/tomato sauce to the filling. Feel free to skip the melted butter and garlic(or leave it on, it does not matter) and spread ½ cup of sauce onto each rolled out dough before layering on the meats and cheeses in Step 6.

Egg Free: Skip the egg wash if needed. You can brush each shaped Stromboli with 1 tablespoon melted butter instead.

Notes for Freezing Stromboli -- either before OR after baking

Freezing the Dough: This recipe will yield 2 Stromboli. After the dough rises and you divide the dough in half (Step 6), you can freeze half of the dough. (If you want to freeze all of this dough, the author recommends you still divide it in half and freeze separately.) Shape half or halves into a ball(s). Lightly coat all sides of the dough ball(s) with nonstick spray or olive oil. Place the dough ball(s) in a zipped-top bag and seal tightly, squeezing out all the air. Freeze for up to 3 months. To thaw, place the frozen pizza dough in the refrigerator for about 8 hours or overnight. When ready to make Stromboli, remove the dough from the refrigerator and allow to rest for 30 minutes on the counter. Continue with Step 6, pinching down the dough to release air if needed.

Refrigerate Shaped Stromboli Ahead of Time: See end of Step 10.

Fillings & Vegetable Stromboli: Butter + garlic + parsley is a great spread for the dough before adding the meats/cheeses. Feel free to use more garlic and parsley or swap parsley for another herb or Italian seasoning. You can also use pizza sauce. See Next Note: Use ½ pound of various sliced deli meats per Stromboli, this could be about 20 slices per Stromboli but that depends on the thickness of your meat. Avoid using small pizza pepperoni slices. For best results (and flavor), use large pepperoni slices from the deli counter. You want about ½ pound of cheese per Stromboli as well. If using shredded cheese the author recommends 1½ cups per Stromboli. If using deli cheese, the author recommends 10 – 12 slices per Stromboli. You can also mix – for example using 6 – 8 large slices of provolone and 1 cup mozzarella cheese. For a meatless option, you can add cooked mushrooms, cooked chopped broccoli, or cooked sliced peppers (blot excess moisture if you can) spinach or basil leaves (chopped or whole) - 2 cups of vegetables per Stromboli (plus your cheese) works well. Options are endless here. You cannot really go wrong because if you have used too much filling, you will not be able to roll it up.

Freezing Shaped Stromboli Before Baking: Instead of freezing the dough as a whole, you can freeze the shaped Stromboli before baking. Fill and roll Stromboli as directed in Step 7. Do not cut or add egg wash (Step 7). Carefully place filled/rolled Stromboli on a piece of plastic wrap. Sprinkle with flour to help prevent sticking. Wrap up tightly.

To preserve freshness, the author recommends a layer of aluminum foil over the plastic wrap as well. Freeze for up to 3 months. Then thaw, still wrapped, in the refrigerator for 24 hours. Brush with egg wash, add optional toppings, and cut steam slits. Place Stromboli on a lined baking sheet and bake as directed. Since Stromboli is pretty cold going into the oven, it will take a couple of extra minutes to bake.

Freezing Baked Stromboli:

Allow baked Stromboli to cool completely. Wrap in plastic wrap or aluminum foil (or a layer of both), and freeze for up to 3 months. Thaw, while still wrapped, for just 1 hour at room temperature. Bake, lightly covered with aluminum, in a 350 degrees F (180 degrees C) oven for 30 minutes

Amount of Dough/1 Stromboli: If you want only 1 Stromboli, freeze half of the dough as noted in Step 5. If you are only making 1 Stromboli, make sure you halve the filling ingredients. For the egg wash/topping ingredients, it is difficult to halve the egg, so whisk 1 egg with 1 tablespoon water, use as directed, then discard any leftover. (You will have leftover egg wash even if you are making 2 Stromboli.)

PIZZA DOUGH ~ L'impasto per la Pizza

From Lidia

INGREDIENTS

3 ½ to 4 cups All Purpose Flour (plus extra for dusting)	2 teaspoons Olive Oil
1 Package (2 ½ ounces) Active Dry Yeast	1 teaspoon Sugar
1 ½ cups Warm Water (110 degrees F/45 degrees C)	1 teaspoon Salt

DIRECTIONS

Step 1: IN a spouted measuring cup, mix the yeast, sugar, and olive oil into 1 ¼ cups warm water (about 100 degrees F / 38 degrees C) or just warm to the touch, and let sit until bubbly, about 3 minutes

Step 2: Put 3 cups of flour in a mixer fitted with the dough hook, and add the salt.

Step 3: Pour in the yeast mixture, and mix at medium speed until a rough, sticky ball of dough comes together, about 1 minute, adding a little more flour or water as necessary.

Step 4: Let rest for 5 minutes in the mixer, mix on low until the dough is no longer sticky, about 1 minute.

Step 5: Oil your hands, transfer the dough to the counter, and knead until very smooth, about 30 seconds.

Step 6: Transfer to an oiled bowl, and cover the surface of the bowl with plastic wrap.

Step 7: Refrigerate at least 4 hours or overnight. Slowly leavened dough is tastier.

Step 8: Before making the pizza, bring the dough to room temperature.

Yield: 2 Pizzas – 4 Servings

POTATO PIZZA – TWO WAYS

From An Italian in My Kitchen

INGREDIENTS

1 Pizza Dough (storebought or any recipe you prefer)
1 large Potato, sliced very thin
2 -3 Tablespoons Extra Virgin Olive Oil
2 sprigs Rosemary, leaves only
1 -2 pinches Salt

For the Sausage Cheese Potato Pizza

2 large Potatoes, shredded (400 g)
1 large Italian Sausage, casing removed and broken into bites
1 -2 pinches Salt
2 - 3 tablespoons Extra Virgin Olive Oil
1 ½ cups Firm Mozzarella, shredded
1 -2 sprigs Fresh Rosemary, leaves only

DIRECTIONS

Step1: Make the pizza dough as per instructions.

Step 2: Once the dough has risen, preheat oven to 400 degrees F (200 degrees C).

Step 3: Drizzle 2 -3 cookie sheet or pizza pans with a tablespoon of olive oil, divided dough into 2 -3 balls and place on cookie sheet to rest for at least 20 minutes.

For the Simple Potato Pizza

Step 1: Slice the potatoes very thin and place in a bowl of cold water. Let sit 15 minutes then drain well and towel dry.

Step 2: Spread dough to desired shaper, then top with sliced potatoes, sprinkle with rosemary and salt and drizzle 1 -2 tablespoons of olive oil.

Step 3: Bake for approximately 15 – 20+ minutes then raise temperature to 425 degrees F (220 degrees C) and let bake until fully cooked and potatoes have browned slightly.

Step 4: Let rest 3 minutes and then slice and serve. Enjoy.

For the Sausage Cheese Potato Pizza

Step 1: Shred potatoes and then place in a bowl of cold water, let it sit 15 minutes then drain well and towel dry.

Step 2: Spread the dough to desired shape. Then top with ½ the shredded mozzarella, the shredded potatoes, sausage, remaining cheese, rosemary leaves and sprinkle with salt and a drizzle of olive oil.

Step 3: Bake for approximately 15 – 20* minutes then raise temperature to 425 degrees F (220 degrees C) and let bake until fully cooked and potatoes have browned slightly.

Step 4: Let rest 3 minutes and then slice and serve. Enjoy

*Could be more or less depending on your oven and how thick your pizza crust is.

Prep Time: 15 Minutes

Cook Time: 16 Minutes

Rising Time: 2 Hours

Total Time 31 Minutes

Notes

- Best flour to use: To tell the truth, some people will swear by bread flour, but the author used all purpose(11% protein or higher). It is not necessarily the flour but how you go about making the pizza that counts. Although if you prefer bread flour then by all means use it.
- Any leftovers should be stored in an airtight container and refrigerated. It will keep for up to 3 -4 days. You can reheat it in the oven or in the microwave. Be sure not to leave it out at room temperature for more than two hours.



VERDURE CALDE

FRIED EGGPLANT

From Food and Cooking

INGREDIENTS

2 Medium Eggs Plants, about 3 lbs.	3 Eggs at room temperature
1 ½ teaspoons Salt, plus more for seasoning	½ cup Milk
3 ½ cups Panko Breadcrumbs with Italian Seasoning	Vegetable Oil for Frying
½ cup Parmesan Cheese, grated	2 tablespoons Fresh Parsley, chopped
½ teaspoon Ground Black Pepper	
Marina or Tomato Sauce, for serving	

DIRECTIONS

Step 1: Cut the eggplant into ½ inch thick slices. Line 2 large sheet trays with paper towels and lay the slices on top in a single layer. Then season with a light sprinkle of salt all over both sides of the eggplant. Set aside for 45 minutes, and then pat each slice dry with paper towel.

Step 2: Meanwhile, place the flour on a plate. In a wide shallow bowl, whisk together the eggs and milk. In another wide, shallow bowl combine the Panko breadcrumbs, parmesan cheese, salt and pepper.

Step 3: Working 2 to 3 slices at a time, dredge the eggplant in the flour to coat completely, dip in the egg mixture, and then coat in the breadcrumb mixture.

Step 4: Preheat the oven to 200 degrees F (95 degrees C).

Step 5: Meanwhile, heat a large skillet filled with about ¼ inch of oil over medium high heat. Then heat until very hot (about 350 degrees F (180 degrees C). Working in batches, cook 4 to 5 slices of eggplant in a single layer until golden brown on each side, about 3 minutes total. Remove from the oil and transfer to a wire rack set over a sheet tray (or a sheet tray lined with paper towels). Hold the fried eggplant warm in the oven. Continue to fry the eggplant slices, adding more oil as needed to the skillet.

Step 6: Sprinkle with parsley and season with salt. Serve with marinara sauce if you like. I enjoyed them with mayo and tomatoes in a sandwich.

Yields: 6 - 8 Servings.

Prep Time: 30 Minutes

Total Time: 1 Hour 30 Minutes

- To keep the oil around 350 degrees F (180 degrees C), adjust the temperature of your stove from medium low to medium high as you fry the eggplant.

Cornstarch:

- The first step is dusting the eggplant with cornstarch to give the breading something to cling to.
- The author prefers to use cornstarch instead of flour since it is 100 percent starch (versus flour is about 75%), and it gets super crispy (it is what they use for crusty General Tso's chicken at Chinese restaurants.)
- The eggs help adhere the Panko to the eggplant slices, and you can pre-season with extra herbs and spices. "Italian seasoning" means some mixture of garlic, onion, salt, and oregano.

Dry After Frying:

- Now that you have breaded and are ready for frying, let the eggplant dry for a few minutes. DO NOT SKIP THIS!
- Excess moisture is messy and downright dangerous when you are dealing with hot oil. It also makes the temperature drop too much when you add the eggplant which means you are decreasing the potential for the maximum crunch factor.

Skillet:

- Make sure your skillet is deep enough to hold the oil and eggplant with enough height to keep the oil safely splattering inside. Also the author suggests using a straight sided pan since fishing the fried bits out of a rounded-edge pan can be tricky business, especially if you want to avoid oil spillage (and stove top fires).

Few ingredients in Italian cooking are as misunderstood, and yet as deeply loved, as the eggplant.

Fried eggplant holds a quiet but essential place in Southern Italian cooking. Introduced to the Mediterranean through centuries of trade, the eggplant became a defining ingredient in regions where sun, olive oil, and resourcefulness shaped the table. What began as a humble garden vegetable grew into a symbol of abundance — especially in Sicily and Campania, where eggplant dishes remain woven into daily meals and festive gatherings alike.

In Italian homes, fried eggplant is rarely treated as an afterthought. It anchors layered dishes, enriches sauces, and appears on platters alongside cured meats and cheeses. Its deep, golden slices carry both simplicity and comfort, bridging rustic countryside traditions with Sunday family dinners. The transformation from firm flesh to tender richness is part of what makes it so enduring.

For many Italian-American families, fried eggplant evokes memory as much as flavor.

The aroma of olive oil warming in the pan, trays lined with paper towels, and conversations unfolding in the kitchen are part of its story. More than a preparation, it represents continuity — a way of honoring heritage through ingredients that are accessible, generous, and deeply satisfying.

ITALIAN FRIED EGGPLANT

From Simple Italian Cooking

INGREDIENTS

1 Medium Eggplant sliced crosswise into ¼ inch , salt and drain

1 cup Flour

1 cup Breadcrumbs

3 Eggs at room temperature, beaten

1 ¼ cup Romano cheese, grated, if using

DIRECTIONS

Step 1: Wash your eggplant, and remove skin if concerned over the use of pesticides, if organic, there is no need to peel.

Step 2: Slice the eggplant into ¼ inch round slices.

Step 3: Place the flour in a dipping bowl or plate.

Step 4: Beat the eggs in a second bowl.

Step 5: Mix the breadcrumbs and Romano (or Parmesan cheese) if using in the third plate.

Step 6: Dip the eggplant in the flour (tap off excess), then egg, then breadcrumbs mixture and set aside until all are breaded.

Step 7: Pour in enough olive oil in a frying pan so there is about ¼ inch of olive oil in the pan.

Step 8: Fry the eggplant on each side for about 2 minutes until the breadcrumbs are golden brown on both sides. Use a long handled tongs or fork to avoid oil from splattering on you.

Step 9: Remove each slice from the pan and place on a paper towel (on a plate) to let the oil drain.

Step 10: Continue the process until all slices are used. Add more oil if needed during the process.

Step 11: Serve warm.

Notes

- The measurement for the coating will vary on the size and quantity of the eggplant. You want to make sure the eggplant is well coated with the breadcrumbs and the egg will help make the breadcrumbs stick.
- Do not let the oil get too hot where it will burn the eggplant mixture, But a nice medium high heat should be fine. It should only take 2 -3 minutes on the first side.
- This recipe goes great with pasta, especially with red sauce because you can dip the eggplant in the sauce. A marinara sauce is perfect. You can also use the sauce alone as a dipping sauce.
- You may need more egg as you go along as it gets rather sticky during the battering process. Do not be shy, use what you need when you need it. But letting the excess egg drip off will help.
- The trick is to slice it thick-ish and salt it generously, Pat dry aggressively. Eggplant is porous and absorbs moisture. Salting the slices and letting them sit for about an hour draws out excessive water, preventing sogginess.
- Frying the eggplant until it is tender and “custardy” is important. Raw eggplant has an unpleasant taste so ensure it is cooked until soft.
- Panko breadcrumbs absorb less oil than regular breadcrumbs, helping to create a crispier coating.

Cornstarch:

- The first step is dusting the eggplant with cornstarch to give the breading something to cling to.
- The author prefers to use cornstarch instead of flour since it is 100 percent starch (versus flour is about 75%), and it gets super crispy (it is what they use for crusty General Tsao's chicken at Chinese restaurants.)
- The eggs help adhere the panko to the eggplant slices, and you can pre-season with extra herbs and spices. "Italian seasoning" means some mixture of garlic, onion, salt, and oregano.

Dry After Frying:

- Now that you have breaded and are ready for frying, let the eggplant dry for a few minutes. **DO NOT SKIP THIS!**
- Excess moisture is messy and downright dangerous when you are dealing with hot oil. It also makes the temperature drop too much when you add the eggplant which means you are decreasing the potential for the maximum crunch factor.

Skillet:

Make sure your skillet is deep enough to hold the oil and eggplant with enough height to keep the oil safely splattering inside. Also the author suggests using a straight sided pan since fishing the fried bits out of a rounded-edge pan can be tricky business, especially if you want to avoid oil spillage (and stove top fires).

Oil & Temperature:

The author uses vegetable or other neutral-flavored, high-smoke point oil (such as vegetable oil or avocado oil) for this recipe so that you can keep it safely at about 375 degrees F (190 degrees C).

Hot oil forces the moisture (steam) out of the eggplant which helps prevent oil from moving into the eggplant. If the oil is not hot enough, or you overcrowd the pan, the oil temperature drops and oil can seep into the eggplant resulting in soggy slices.

It is flipping time once the bubbles start getting bigger and increase significantly, and then you will flip the slices over and cook the other side.

Those big bubbles mean you are about out of steam – literally – on the side and in danger of the slices being soggy. Drain on paper towels before serving, both to catch greasy drops and to wick away the excess moisture.

Other Fried Vegetables:

For Zucchini, use 3 medium zucchini cut into French fry pieces (about 3 - 4 inches by ½ inch wide strips. Same ingredients (except using zucchini instead of eggplant) and same directions including

Tips.

- To keep the oil around 350 degrees F (180 degrees C), adjust the temperature of your stove from medium low to medium high as you fry the eggplant.
- Salt the zucchini before cooking by having two benefits
- The salt has a chance to reach the vegetable directly (not just sitting on top of it) as part of the breading.
- The salt helps drain out some of the moisture in the zucchinis and helps the zucchini strips fry crispy.

For fried okra same as above for eggplant and zucchini.

HALUSKI (POLISH FRIED CABBAGE & NOODLES)

From Rebecca Folen

INGREDIENTS

8 ounces Wide Egg Noodles
½ Large Head of Cabbage, shredded
8 teaspoons Butter
Salt and Pepper to taste
1 Small White Onion, roughly chopped
Crisp Crumbled Bacon (optional)

DIRECTIONS

Step 1: Fill a large pot half full with water. Lightly salt it and over high heat bring the water to a boil.

Step 2: Once boiling, pour in the egg noodles, stir, and cook according to the package directions. Transfer the noodles to a colander when done, and drain away all excess water.

Step 3: While the noodles are cooking, get started on the cabbage by adding 6 tablespoons of butter on to a large Dutch oven set over medium heat.

Step 4: Once the butter is melted, stir in the cabbage and onion. Cook the mixture, stirring occasionally, for 15 - 20 minutes or until the cabbage has browned/caramelized and is tender.

Step 5: Melt the last 2 tablespoons of butter in the pot, and add the cooked pasta to the pot, stirring everything to coat. Cook just long enough for the noodles to heat through.

Step 6: If using, stir in the bacon and season the Haluski with freshly grated black pepper, to taste.

Step 7: Serve immediately and enjoy.

Prep Time: 20 Minutes

Cook Time: 30 Minutes

Total Time: 50 Minutes

STUFFED CABBAGE

From Mary and Rosario DeSantis

INGREDIENTS

1 Whole Cabbage
½ cup Rice (soaked overnight)
1 lb. Meat Loaf Mix
1 Yellow Onion, diced
1 -2 jars Tomato Sauce
Crisp Crumbled Bacon (optional)

DIRECTIONS

Step 1: Brown meat.
Step 2: Sauté vegetables
Step 3: Mix meat, vegetables, rice.
Step 4: Season to taste.
Step 5: Cut leaves off cabbage and cut out spines.
Step 6: Drop spoonful mixture on leaves, Roll up and place in layers in large pot.
Step 7: Pour Tomato Sauce over rolls.
Step 8: Cook over medium heat until tender.

Few dishes speak more clearly of Old World kitchens than stuffed cabbage. Known across Eastern and Central Europe by many names — golabki in Poland, holubtsi in Ukraine, sarma in the Balkans — cabbage rolls represent a tradition of thrift, patience, and communal cooking. At their heart, they transform humble ingredients into something deeply sustaining.

In immigrant households, stuffed cabbage became a bridge between continents. Large pots simmered slowly on the stove, filling kitchens with the scent of tomato, onion, and seasoned meat or rice. The rolling itself was often shared work — a quiet assembly line of hands shaping leaves around filling, layering them carefully into heavy pans.

Whether prepared with beef and rice, mushrooms, or regional variations handed down through generations, stuffed cabbage reflects the philosophy that nothing should be wasted and everything should be nurtured. It is not fast food. It is food that requires time — and rewards it — offering comfort that feels both practical and celebratory.

STUFFED CABBAGE

From Shana Harding

INGREDIENTS

1 lb. 85% Lean Ground Beef	1 cup Rice, cooked
½ Onion, chopped	½ cup Garlic, minced and chopped
1 tablespoon Salt	½ cup Parsley, chopped
1 Egg at room temperature	1 Head of Cabbage
2 tablespoons Butter	2 (15 ounce) Can Tomato Sauce
2 tablespoons Brown Sugar	3 tablespoon Wine Vinegar
½ cup Raisins	

DIRECTIONS

Step 1: Take a large pot, fill it with cold water, core the cabbage, put a tablespoon of salt in the water, and boil the cabbage until it becomes a darker color, approximately 5 minutes.

Step 2: Take the cabbage out of the boiling water and put aside. Drain the water from the pot. Place the tomato sauce in the pot.

Step 3: Combine all the remaining ingredients in a separate bowl. Take one cabbage leaf at a time off the cabbage head. Take a medium-sized meatball of the mixture from the bowl and place it in the middle of the cabbage leaf. Fold the right-side in, fold the left-side in, fold the bottom side up, roll to cover the top-side in.

Step 4: Place in the pot a sauce, seam-side down. Continue until all the meat in the bowl has been used up.

Step 5: Any extra cabbage should be chopped up and placed in the pot.

STUFFED CABBAGE

From Helen Kmiec (Barbara DeSantis' Mother)

INGREDIENTS

1 Whole Cabbage	1 Yellow Onion, diced
½ cup Rice (soaked overnight)	1 lb. Meat Loaf Mix
1 Can Seasoned Tomato Soup	

DIRECTIONS

Step 1: Brown meat.

Step 2: Sauté vegetables.

Step 3: Mix meat, vegetables, rice.

Step 4: Season to taste.

Step 5: Cut leaves off, cabbage and cut out spines.

Step 6: Drop spoonful mixture on leaves, Roll up and lay in rolls in pan.

Step 7: Pour soup over rolls.

Step 8: Bake 350 degrees F (180 degrees C) for 30 minutes.

STUFFED CABBAGE

From Aunt Connie Duvak (Luigi DeSantis' Aunt)

INGREDIENTS

- | | |
|---|------------------------------|
| 1 Small Head of Cabbage (2 ½ to 3 lbs.) | 2 ½ lbs. Chuck Meat, chopped |
| 1 (8 ounce or 16 ounce) Can of Tomatoes | 1 teaspoon Paprika |
| 2 teaspoon Garlic Powder | 1 teaspoon Oil |
| ½ Onion, chopped | |

DIRECTIONS

Step 1: In a small bowl, combine garlic powder, paprika, onion and oil; set aside.

Step 2: In a large pot bring water to a boil. Put cabbage in water for 15 minutes. If leaves do not come apart cook 5 minutes more (or when they come apart easily).

Step 3: While cabbage is cooking sauté onions until clear. Add onions to meat mixture.

Step 4: Rinse and soak sauerkraut in hot water. Take leaves from cabbage one at a time with fork. Put on platter.

Step 5: Put 1 - 2 tablespoonful stuffing in one cabbage and roll.

Step 6: Put in roasting pan same side down. Put small amount of sauerkraut on bottom of roasting pan. Also put sauerkraut between layers of cabbage rolls. Cut leftover cabbage as a filler until all cabbage is use.

Step 7: Put tomato sauce over cabbage.

Step 8: Add water to cover cabbage.

Step 9: Bake 375 degrees F (190 degrees C) for 1 hour 15 minutes or until chop meat is soft.

DO NOT OVER COOK.

AU GRATIN POTATOS

From Julie Bosselman, Friend of Luigi DeSantis

INGREDIENTS

1 large bag frozen shredded Potatoes
2/3 cups Butter, cut into small pats
1 pint Table Cream
3/4 cup Milk (rinse out the whipping cream container)
2–3 cups Cheese, shredded (any kind on hand)
1-2 teaspoons White Pepper, to taste
Ground Horseradish to taste
Salt and Pepper, to taste

DIRECTIONS

Step 1: Preheat oven to 350°F.
Step 2: Lightly grease a baking dish.
Step 3: Spread frozen hash brown potatoes evenly in the dish.
Step 4: Dot small pats of butter evenly over the potatoes.
Step 5: Add small amounts of ground horseradish, spaced across the dish.
Step 6: Sprinkle lightly with white pepper.
Step 7: Pour table cream evenly over everything.
Step 8: Sprinkle cheese over the top.
Step 9: Salt the cream lightly, if at all.
Step 10: Bake uncovered for 45–60 minutes, until hot, bubbly, and lightly browned.

Julie first tasted these cheesy potatoes as a young girl at Dreisbach's, a family-style steakhouse in her hometown of Grand Island, Nebraska. They were always served hot, generous, and meant to be shared — the kind of dish that showed up in the middle of the table and disappeared just as quickly.

Years later, as Julie learned to cook alongside her mother-in-law, the recipe evolved. What stayed the same was the spirit: simple ingredients, baked in large quantities, adjusted by feel, and seasoned by memory. This version carries both places — the comfort of childhood and the confidence that comes from learning your way around a kitchen that feeds people you love.

BUTTERMILK-CHIVE POTATO GRATIN

From Barbara DeSantis

INGREDIENTS

4 Russet Potatoes, peeled and sliced 1/8 inch thick	½ cup Cheddar Cheese, shredded and divided
½ cup Parmesan Cheese, shredded and divided	½ cup Whole Buttermilk
½ cup Fresh Chives, chopped	½ teaspoon Ground Nutmeg
2 teaspoons Kosher Salt	1 teaspoon Ground Black Pepper

DIRECTIONS

Step 1: Preheat oven to 400 degrees F (220 degrees C). Spray a 2 ½ quart baking dish with nonstick cooking spray.

Step 2: Layer potatoes in the bottom of a baking dish until potatoes cover the bottom of the dish. Layer ¼ cup of each cheese on top of potatoes, repeat potato layer.

Step 3: In a medium bowl, whisk together buttermilk and remaining 4 ingredients: (chives, nutmeg, salt and black pepper)

Step 4: Pour over potatoes.

Step 5: Cover with remaining ¼ cup of each cheese and bake for one hour or until potatoes are cooked through and golden.

Step 6: Serve immediately.

Yield: 6 - 8 Servings

BLACK BEANS & RICE

From Cooking Curiosity

INGREDIENTS

1 cup Long-Grain Rice	2 cups Water
1 tablespoon Vegetable Oil	1 medium Onion, finely chopped
1 Bell Pepper (any color) diced	2 Cloves Garlic, minced
1 teaspoon Ground Cumin	1 teaspoon Dried Oregano
½ teaspoon Smoked Paprika	1 cup Vegetable Broth or Water
1 can (15 ounce) Black Beans, drained and rinsed	1 Bay Leaf
Salt and Pepper to Taste	1 tablespoon Lime Juice
Fresh Cilantro chopped for garnish	

DIRECTIONS

Step 1: Cook the Rice – In a medium sauce pan, bring 2 cups of water to a boil. Add the rice, reduce the heat to low, cover, and simmer for about 15 minutes, or until the rice is tender and the water is absorbed. Remove from heat and let it sit covered for 5 minutes, then fluff with a fork.

Step 2: Prepare the Vegetables - In a skillet, heat the vegetable oil over medium heat. Add the chopped onion and bell pepper, cooking until they are soft and the onion is transparent, about 5 minutes. Add the minced garlic, ground cumin, dried oregano and smoked paprika. Cook for another 1 -2 minutes until fragrant.

Step3: Cook the Beans – Add the drained black beans, vegetable broth (or water) and bay leaf to the skillet. Bring to a simmer and cook for about 10 – 15 minutes, allowing the flavors to meld and the liquid to reduce slightly. Then season with salt and pepper to taste. Remove the bay leaf and stir in the lime juice.

Step 4: Combine and Serve: Gently fold the cooked rice into the black bean mixture until well combined. Serve the black beans and rice in bowls or as a side dish, garnish with fresh chopped cilantro.

Variations

- Add 6 ounces chopped meat for a hearty meal.
- Add coconut milk instead of water when cooking to infuse a tropical flavor.
- Incorporate mango salsa for a sweet and spicy twist.
- Try roasting the beans with spices for a crunchy texture.
- Create a layered dish by placing black beans and rice in a bowl and topping with avocado slices, diced tomatoes, and a squeeze of lime.
- Serve the mixture in a tortilla wrap for a delightful burrito.
- Present in a bowl with a drizzle of olive oil and spreading feta cheese for an Italian twist.

YAMS

From Rebecca Folen

INGREDIENTS & DIRECTIONS

- Step 1: Blanche Potatoes. Rinse blanched potatoes with cold water.
- Step 2: Peel Potatoes.
- Step 3: Chop into large pieces.
- Step 4: Butter baking dish.
- Step 5: Layer Potatoes in dish.
- Step 6: Season with Salt, Pepper, Paprika.
- Step 7: Cover with small pieces of Butter.
- Step 8: Add 2/3 tablespoon Brown Sugar or Syrup.
- Step 9: Pour 1/3 cup Apple Cider Vinegar and/or Water.
- Step 10: Cover.
- Step 11: Bake at 350 degrees F (180 degrees C) for 45 minutes.

STUFFING

From Rebecca Folen

INGREDIENTS

- | | |
|--------------------------------------|---------------------------------|
| 1 Bag Dry Stuffing Mix | 2 cups Water or Stock |
| 1 cup (2 sticks) Butter or Margarine | ¼ cup Celery, chopped |
| ¼ cup Onion, chopped | 5 tablespoons Shallots, chopped |
| ¼ cup Apples, chopped | ½ cup Walnuts, chopped |
| 1 tablespoon Sugar | |

DIRECTIONS

- Step 1: Sauté the vegetables, season if desired.
- Step 2: Heat the water and the butter until boiling.
- Step 3: Remove from heat.
- Step 4: Add stuffing.
- Step 5: Toss in vegetables and nuts.

FORKS OFF-THE-COB CREAM CORN

From Maryellen Kmiec

INGREDIENTS

10 Ears Fresh Corn, cooked and cut off the Cob

1 cup Heavy Cream

1 cup Milk

2 tablespoons Sugar

½ teaspoon White Pepper

¼ teaspoon Accent

½ teaspoon Thyme

4 ounces Butter

2 tablespoons Flour

1 teaspoon Kosher Salt

½ teaspoon Black Pepper

½ teaspoon Granulated Garlic

DIRECTIONS

Step 1: In a stockpot, combine the first 10 ingredients (corn, butter, cream, milk, flour, sugar, salt, white pepper, black pepper and garlic); slowly bring it to a boil. Reduce to a simmer. Allow to simmer for 3 minutes.

Step 2: In a separate saucepan, bring the butter to a boil. Stir in the flour. Add butter and flour mixture to the simmering corn.

Step 3: Stirring occasionally and allow to simmer for 3 more minutes. Keep warm until served.

Variations:

- Do not like scallops: Use shrimp instead.
- Do not like fresh corn: Use Sub frozen corn.
- No chives? Try basil or rosemary.

GREEN BEANS WITH HAZELNUTS & GARGONZOLA

From Barbara & Melissa DeSantis

INGREDIENTS

2 lbs. Green Beans, trimmed
½ cup Hazelnuts, chopped
Salt and Pepper to taste
1½ tablespoons Butter
½ cup Gorgonzola Cheese, crumbled

DIRECTIONS

Step 1: Bring water to a boil.

Step 2: Add green beans.

Step 3: Return to boil and cook 3 - 4 minutes or until crisp.

Step 4: Drain and set aside.

Step 5: Return pot to medium high.

Step 6: Add butter and Hazel Nuts and stir until nuts are roasted About 2 - 3 minutes

Step 7: Add beans and stir until heated.

Step 8: Remove pan from heat.

Step 9: Add cheese, salt & pepper.

Yield: 8 Servings

MAPLE WHISKEY GLAZED CARROTS

From Barbara & Melissa DeSantis

INGREDIENTS

1 teaspoon Dijon Mustard
¼ cup Ground Black Pepper
1 Clove Garlic, minced
¼ cup Whiskey

½ teaspoon Salt
½ cup Maple Syrup
1 teaspoon Rosemary Leaves

DIRECTIONS

Step 1: Combine mustard, salt, pepper, maple syrup, garlic and rosemary in saucepan on medium heat.

Step 2: Bring to simmer and cook 5 minutes.

Step 3: Remove from heat and slowly stir in whiskey.

Step 4: Return pan to heat.

Step 5: Simmer 10 minutes until thick.

Step 6: Put water on to boil for carrots.

Step 7: Add carrots and cook 5 minutes.

Step 8: Drain carrots.

Step 9: Return to sauce pan.

Step 10: Add glaze and toss.

Yield: 6 – 8 Servings

ROASTED BRUSSELS SPROUTS & CARROTS

From Barbara DeSantis

INGREDIENTS

1 lb. Brussel Sprouts, halved	2 (6 ounce) Packages Rainbow Butter
2 tablespoons Unsalted Butter, melted	2 tablespoons Vegetable Oil
1 teaspoon Kosher Salt	½ cup Bacon, cooked and crumbled
½ teaspoon Ground Black Pepper	½ cup Crème Fraiche
1 tablespoon Fresh Thyme, chopped	

DIRECTIONS

Step 1: Preheat oven to 400 degrees F (200 degrees C). Line a baking sheet with aluminum foil.

Step 2: In a large bowl combine Brussel sprouts, unsalted butter, vegetable oil, salt and black pepper.

Step 3: Lay evenly on prepared baking sheet. Cook for 15 minutes or until browned on outside.

Step 4: Transfer to a large bowl or serving bowl and toss together with bacon, crème fraiche and thyme.

Step 5: Serve immediately.

Yield: 6 - 9 Servings

Crème Fraiche is a rich, cultured French cream with a higher fat content than sour cream.

COLLARD GREENS

From Rebecca Folen

INGREDIENTS

Olive Oil (to sauté)	1 Large Onion, diced
½ cup Cider Vinegar	½ cup Balsamic Vinegar
1½ cup Water	4 lbs. Collards, roughly chopped
Vegetable Stock to taste	1 teaspoon Cayenne Pepper (optional)
Sugar to taste	2 Cloves Garlic, chopped
Bacon	

DIRECTIONS

Step 1: Heat olive oil.

Step 2: Add onion and garlic. Cook in medium low heat until caramelized.

Step 3: Add vinegar and water. Bring to boil.

Step 4: Add collards. Simmer until tender.

Step 5: Add stock and spices. Continue to simmer until tender.

COLLARD GREENS

From MarketGrow.com

INGREDIENTS

1 tablespoon Extra Virgin Olive Oil	1 Small Onion, diced
2 Cloves Garlic, minced	1 lb. Sweet Sausage, sliced
1 lb. Fresh Collard Greens, chopped	4 cups Chicken Broth
½ teaspoon Red Pepper Flakes (adjust to taste)	¼ teaspoon Salt
¼ teaspoon Black Pepper	¼ teaspoon Smoked Paprika
1 tablespoon Apple Cider Vinegar	

DIRECTIONS

Step 1: Sauté the Aromatics: Heat the olive oil in a large pot over medium heat. About 5 minutes. Add the minced garlic and cook for an additional 1 minute until fragrant.

Step 2: Cook the Sausage: Add the sliced sausage to the pot and cook until brown, about 5 - 7 minutes. The sausage should be slightly crispy around the edges.

Step 3: Add the Collard Greens: Stir in the chopped collard greens, allowing them to wilt slightly.

Step 4: Simmer: Pour in the chicken broth, and then add the pepper flakes, spiced paprika, black pepper, and salt. Stir well to combine. Bring the mixture to a boil, and then reduce the heat to low and cover the pot. Let it simmer for 45 minutes to 1 hour, stirring occasionally, until the collard greens are tender.

Step 5: Finish and Serve: Stir in the apple vinegar just before serving. Taste and adjust seasoning if necessary. Serve hot and enjoy.

Variations: You can use bacon or turkey or ham hocks.

SOUTHERN-STYLE COLLARD GREENS

From Cheriee – Nurse Beacon Point

INGREDIENTS

2 lbs. of Collard Greens	¼ cup Sugar
2 lbs. Kale	2 teaspoons Seasoned Salt
Garlic Powder	Black Pepper
3 Cloves Garlic, chopped	6 cups Water
16 ounces of Chicken Broth/Stock (or you make your own with Chicken Bullion)	
1 pack of Goya Sazon (orange pack)	
Smoked Turkey Tails or Necks or Ham Hocks	
1 piece of Meat for every Pound of Greens)	
½ Onion, chopped	¼ cup Apple Cider Vinegar

DIRECTIONS

Step 1: In a big stock pot filled with water, cook meat and the seasonings/ingredients for 30 to 40 minutes (until almost tender) in the water and the chicken stock listed below.

Step 2: Bring to a boil and then simmer on low to medium heat.

Step 3: Add greens and bring to a boil again and then let simmer on medium heat for 2 hours.

Notes

- You can add more water or chicken broth if needed. Also adjust your salt level to your liking.
- You can also use Bacon or Sausage.
- Goya Sazon is a mixture of coriander, garlic, cumin and annatto.
- Annatto, also known as achioto is a natural orange-yellow food coloring and flavoring agent derived from the seeds of the Bixa Orellana tree, commonly used in Latin American Caribbean and Filipino cuisines.



INSALATE CLASSICO

CAPRESE SALAD RECIPE

From Love and Lemon

INGREDIENTS

1 pint Cherry Tomatoes, sliced in half	2 tablespoons Olive Oil
2 tablespoons Balsamic Vinegar	½ teaspoon Salt
¼ teaspoon Pepper	¼ cup Basil, chopped
¼ teaspoon Dried Oregano or Thyme	¼ cup Basil, chopped
1 cup Mozzarella Balls	

DIRECTIONS

Step 1: Place the tomatoes, mozzarella balls and freshly chopped basil in a large bowl.

Step 2: In a small bowl, whisk together the olive oil, balsamic vinegar, salt, pepper and dried oregano.

Step 3: Pour the dressing over the tomato mixture and toss to combine. Refrigerate until ready to serve.

Step 4: Add more basil or salt and pepper to taste. Drizzle with balsamic glaze if desired.

Notes

- This salad tastes best if served immediately, however, it can be refrigerated for up to 1 day in an airtight container.
- Make it a Meal: Serve over a bed of arugula or power greens with grilled chicken or steak.

Variations

- Make it strawberry spinach salad by tossing in a handful of baby spinach Plus 1 cup cut up strawberries.
- Arugula would be good too.
- Use basic balsamic vinaigrette instead of the balsamic reduction and olive oil.
- Use peaches instead of strawberries for a late summer treat.
- Try another herb, for example Berries and mint.
- Include roasted pecan (½ cup) with a different nut or seed. Toasted walnuts or hazelnuts.
- Add an avocado (ripe).
- Replace the mozzarella for crumbled goat or feta cheese.

Tips

- A true Caprese salad is minimalistic. Resist the urge to add other ingredients like mayonnaise, eggs
- Use fresh in season ripe tomatoes.
- Use fresh high quality room temperature mozzarella.
- much balsamic vinegar.

GREEK SALAD WITH POTATOES

Rebecca Folen

INGREDIENTS

2 Pita Breads, torn into 1 inch pieces
1 package (15 ounces) Refrigerated Diced Potatoes' (about 3 cups)

For the Dressing

2/3 cup Feta Cheese, crumbled
1 Clove Garlic, crushed
2/3 cup (about 6 ounces) Plain Low Fat Yogurt
Salt & Pepper
4 teaspoons chopped Fresh Dill, chopped
¼ cup Ripe Olives, pitted and chopped
1 cup Cherry Tomatoes, halved
1 Small Cucumber, peeled and cut into ½ inch thick slices
3 cups Cut-Up Romaine Lettuce Leaves (1 inch strips)
¼ cup Green Onions (white and light green portions only), thinly sliced

DIRECTIONS

Step 1: Heat the oven to 350 degrees F (180 degrees C).
Step 2: On large baking sheet, arrange torn pita in an even layer; bake until crisp, about 15 minutes. Cool.
Step 3: Meanwhile, in large saucepan, bring 5 cups water to a boil.
Step 4: Add potatoes, return to a boil; reduce heat and simmer until tender; about 2 minutes. Drain. Cool.
Step 5: For dressing: in a blender, combine feta cheese, yogurt, dill, mint and garlic; process until smooth.
Step 6: Season to taste with salt and pepper.
Step 7: In large bowl, combine pita, potatoes, tomatoes and cucumber. Add dressing; toss lightly to coat.
Step 8: Place romaine lettuce in large serving bowl. Mound the vegetables over lettuce.
Step 9: Sprinkle with olives and green onion.

Yield: 6 Servings

SPRING NICOISE POTATO SALAD

From Rebecca Folen

INGREDIENTS

8 Small Red Potatoes, uniform in size (about 1 lb.)
1 (6 ounce) Can White Tuna in Water, drained
12 Asparagus Spears, steamed
½ cup Kalamata Olives, pitted
8 Radishes, sliced
2 tablespoons Red Onions, minced

For Dressing:

3 tablespoons Red Wine Vinegar
2 tablespoons Fresh Parsley, chopped
4 teaspoons Extra Virgin Olive Oil

DIRECTIONS

- Step 1: Quarter the potatoes and place in a large pot.
- Step 2: Cover with water; set over high heat, bring to a boil, and boil 10 minutes or until potatoes are tender. Drain.
- Step 3: Arrange potatoes on a platter. Top with tuna, asparagus, radishes, olives, and red onion.
- Step 4: Whisk dressing ingredients in a small bowl until combined. Drizzle over salad.
- Step 5: Season with salt and pepper.

Kalamata olives are so-called because they were originally grown in the region around Kalamata, which includes Messenia and nearby Laconia, both located on the Peloponnese Peninsula. Now grown worldwide including the USA and Australia.

SPINACH AND STRAWBERRY SALAD

From Barbara DeSantis

INGREDIENTS

1 ½ cup Sugar	¼ cup Cider Vinegar
¼ cup Wine Vinegar	½ cup Oil
¼ teaspoon Paprika	1 tablespoon Poppy Seeds
1 ½ tablespoons Sesame Seeds	1½ tablespoons Onion, minced
1 Pint Strawberries	1 lb. or 1 Bag Spinach
¾ cup Almonds, slivered or chopped	2 tablespoons Oleo

DIRECTIONS

Step 1: Whisk together sugar, vinegars & oil
Step 2: Let dressing stand several hours before serving.
Step 3: Mix oleo and almonds and toast lightly.
Step 4: Wash and slice berries.
Step 5: Wash and breakup spinach.
Step 6: Add berries and nuts.
Step 7: Toss.
Step 8: Add dressing just before serving.

QUINOA BROCCOLI SLAW WITH HONEY-MUSTARD DRESSING

From Theresa Schimmoeller (DeSantis)

INGREDIENTS

For the Slaw:

¾ cup Quinoa, uncooked ½ cup
Almonds, slivered or sliced
1 ½ lbs. Broccoli (about 2 Large or 3 Medium Heads) or 16 ounces Shredded Broccoli Slaw

1 ½ cups Water 1/3 cup
Fresh Basil, chopped

For the Honey-Mustard Dressing:

½ cup Olive Oil
2 tablespoons Smooth Dijon Mustard
1 tablespoon Apple Cider Vinegar or
Lemon Juice, more if needed
Freshly Ground Pepper, to taste

2 tablespoons Lemon Juice
1 tablespoon Honey
2 Medium Cloves Garlic, pressed or minced
½ teaspoon Sea Salt
Red Pepper Flakes, for heat (optional)

DIRECTIONS

Step 1: To cook the quinoa. First, rinse the quinoa in a fine mesh colander under running water. In a medium-sized pot, combine the rinsed quinoa and 1½ cups water. Bring the mixture to a gentle boil over medium heat, then reduce the heat to medium low and gently simmer the quinoa until it has absorbed all of the water. Remove the quinoa from heat, cover the pot and let it rest for 5 minutes. Uncover the pot and fluff the quinoa with a fork. Set it aside to cool.

Step 2: Meanwhile, toast the almonds. In a small skillet over medium heat, toast the almonds, stirring frequently, until they are fragrant and starting to turn golden on the edges, about 5 to 7 minutes. Transfer to a large serving bowl to cool.

Step 3: To prepare the broccoli (if you are not using prepared broccoli slaw), trim off any brown bits from the florets and stems, and then slice the florets off the stems into manageable pieces. Use a paring knife to peel off the rough, woody perimeter of the broccoli stems and discard those pieces. Now you can feed the broccoli florets through your food processor using the slicing blade, then switch to the grating blade to shred the stems. Alternatively, you can shred the broccoli with a Mandoline or by hand with a sharp knife.

Step 4: Combine all of the remaining ingredients in a liquid measuring cup and whisk until emulsified. The dressing should be pleasantly tangy and pack a punch. If it is overwhelmingly acidic, add a little more honey to balance out the flavors. If it needs kick, add a bit more mustard or lemon juice. Step 5: Add the shredded broccoli slaw, cooked quinoa and chopped basil to your large serving bowl. Pour dressing over the mixture and toss until well mixed. Let the slaw rest for 20 minutes to let the flavors meld.

Notes

- Make it Vegan: Substitute maple syrup for the honey
- Make it Nut Free: Sunflower seeds would be a great alternative to the almonds.
- Storage Suggestions: This salad keeps well overnight. Brighten up leftovers with a squeeze of lemon juice and maybe an extra drizzle of olive oil and dash of salt, too.

MIXED VEGETABLE SALAD

From MarketGrow.com

INGREDIENTS

- | | |
|--------------------------------|--------------------------------|
| 1 cup Cherry Tomatoes | ¼ cup Fresh Parsley, chopped |
| 2 Cucumber, sliced | ¼ cup Olive Oil |
| 3 Red Bell Pepper, diced | 2 tablespoons Red Wine Vinegar |
| 4 Yellow Bell Pepper, diced | 1 teaspoon Dijon Mustard |
| 1 Carrot, shredded | 1 teaspoon Honey |
| ¼ cup Red Onion, thinly sliced | Salt & Pepper to taste |
| ½ cup Radishes, sliced | |

DIRECTIONS

Step 1: Prepare the Vegetables: In a large bowl, combine the cherry tomatoes, cucumber, red bell pepper, yellow bell pepper, shredded carrot, red onion, radishes, and parsley.

Step 2: Make the Dressing: In a small bowl or jar, whisk together the olive oil, red wine vinegar, Dijon mustard, honey, salt, and pepper until well combined.

Step 3: Toss the Salad: Pour the dressing over the vegetables and toss until everything is evenly coated.

Step 4: Serve: Serve the salad immediately, or refrigerate it for a short time to let the flavors meld together. This salad can be served chilled or at room temperature.

VEGETABLE SALAD

From Carol O'Halloran

INGREDIENTS & DIRECTIONS

- 1 Head Broccoli, raw, cut into small flowerets but discard stem
- 2 cup Raisins
- 3 Medium Red Onion, chopped
- 4 Slices Bacon, fried and crumbled

For the Dressing:

- 1 cup Mayonnaise
- 2 cup Sugar
- 3 tablespoons Apple Cider Vinegar

Mix dressing and add bacon then pour over broccoli, raisins and onion.

Do not add bacon to dressing or pour over salad until serving.

COLD ITALIAN SALAD

From Shana Harding

INGREDIENTS

1 can Artichoke Hearts, quartered	1 can Black Olives	1 can White Cannelloni Beans
1 can Chick Peas		
½ Red Pepper, cored and seeds remove, chopped	½ Onion, chopped	
Salt, Onion, Garlic Powder and Oregano to taste	¾ cup Genoa Salami, cubed	
¾ cup Mozzarella Cheese, shredded		

DIRECTIONS

Step 1: Drain all cans and place the contents in a large bowl

Step 2: Put all seasoning ingredients in the bowl.

Step 3: Mix with shredded mozzarella cheese and Genoa salami

Warm a nice Italian bread and enjoy.



INSALATE SOSTANZIOSE

GINGER PORK SALAD

From Rebecca Folen

INGREDIENTS

3 tablespoons Rice Vinegar
5 tablespoons Vegetable Oil
4 cups Red Cabbage, shredded
1 cup Cooked Brown Rice
Kosher Salt and Freshly Ground Pepper
4 cups Broccoli Florets (12 ounces)
4 Boneless Pork Chops (½ inch thick; 1 lb. total), patted dry
4 Scallions, thinly sliced, whites & greens separated
2 tablespoons Fresh Ginger, minced (from a 2 - inch piece)
2 Mini Cucumbers, halved lengthwise and thinly sliced (¾ cup)

DIRECTIONS

Step 1: In a large heatproof bowl, whisk together vinegar and 3 tablespoons oil. Add cabbage, toss to coat. Then season generously with salt. Then season pork with salt and pepper.

Step 2: Heat a large skillet over medium high. Add 1 tablespoon oil and broccoli; season with salt and pepper. Sauté for 2 minutes. Add ¼ cup water; cover and cook until broccoli is crisp-tender, 3 minutes.

Step 3: Stir in scallion whites and ginger, cook, stirring, 30 seconds. Transfer to bowl with cabbage.

Step 4: Add remaining 1 tablespoon oil to skillet over medium high heat, then pork. Cook, flipping once, until a thermometer inserted in thickest parts registers 140 degrees F, (60 degrees C) 3 to 4 minutes. Transfer to a plate; let cool slightly, then thinly slice the pork.

Step 5: Toss cucumbers and rice with cabbage mixture; season with salt and pepper. Divide among plates; serve with pork and top with scallion greens.

CHICKEN SALAD WITH EGGS

From Adventures with Mel

INGREDIENTS

2 cups Chicken, cooked and shredded	4 Large Hardboiled Eggs, mashed
2 Stalks Celery, minced	1 Large Apple, diced and chopped
½ cup Walnuts or Pecans, chopped	2 Green Onion, chopped
½ cup Mayonnaise	¼ teaspoon Mustard

EQUIPMENT

- Cutting Board
- Large Mixing Bowl
- Chef's Knife
- Electric Egg Cooker

DIRECTIONS

Step 1: In a large bowl, mix together the shredded chicken, hard boiled eggs, celery, apple, walnuts and green onions.

Step 2: Next, measure out the mayo and mustard, and mix it into the chicken mixture. If you like a “wetter” chicken salad, you can add more mayo.

Step 3: If you feel like it needs it, you can add in a dash of salt and pepper. Otherwise it is ready to eat and enjoy.

Prep Time: 20 Minutes

Servings: 6 Servings

Alternative Chicken Salad Ingredients & Variations:

- Mince up dill pickles or sweet pickles to add into the ingredients. Bread and butter pickles or sweet relish would also taste good.
- Swap out the green onions for red onions; it gives a spicy kick to this southern chicken salad.
- Instead of mayo, you can use Miracle Whip or plain Greek yogurt.
- Instead of regular mustard, using Dijon mustard or stone ground mustard.
- In place of walnuts, you can use pecans or almonds.
- Add chopped up grapes or raisins.
- The author recommends sourdough bread to make the sandwiches.

Notes

- You can cook fresh chicken or you can make this chicken salad with canned chicken or store bought rotisserie chicken. You can boil, bake, or grill the chicken until it is fully cooked; then after it is cooled just a bit using 2 forks to shred the chicken.
- The salad should definitely be stored in an airtight container in the refrigerator. Chicken salad will usually keep for 2 - 3 days in the fridge.

SCANDINAVIAN SHRIMP SALAD

From Rebecca Folen

INGREDIENTS

- 12 ounces Baby Potatoes, halved A Pinch of Sugar
(quartered, if large)
Kosher Salt and Freshly Ground Pepper 1 teaspoon Dijon Mustard
¼ cup Cornichons, sliced lengthwise, plus 2 tablespoons Pickling Liquid
½ cup Extra-Virgin Olive Oil 1 lb. Large Shrimp, peeled and deveined
1 Small Fennel Bulb, thinly sliced, plus ¼ cup Fronds,
chopped
2 Head Butter Lettuce (8 ounces), leaves separated
3 Hard-Boiled Eggs, halved

DIRECTIONS

Step 1: Place potatoes in a medium saucepan; add enough water to cover by 1 inch.

Step 2: Add 2 tablespoons salt.

Step 3: Bring to a boil, then reduce heat to medium - high and cook until potatoes are easily pierced with the tip of a knife, 15 to 20 minutes.

Step 4: Meanwhile, whisk together the pickling liquid, mustard, and sugar.

Step 5: Whisk in oil; season with salt and pepper.

Step 6: Stir in fennel fronds.

Step 7: Transfer potatoes to a bowl with a slotted spoon, and toss with 2 tablespoons dressing.

Step 8: Return water to a boil, add shrimp. Remove from heat and let stand, stirring occasionally, until shrimp are bright pink and opaque, 2 to 3 minutes.

Step 9: With a slotted spoon, transfer to an ice water bath until cool and drain well.

Step 10: Toss lettuce and sliced fennel with 2 tablespoons dressing; arrange on a platter.

Step 11: Top with potatoes, shrimp, cornichons, and eggs.

Step 12: Drizzle with remaining dressing.

Step 13: Serve

Active Time: 20 Minutes

Total Time: 35 Minutes

Yield: 8 Servings

Cornichons are small tart French pickles crunchy, about the size of a pinky often used as garnish or accompaniment to charcuterie, and cheese.

SHRIMP SALAD

From Rebecca Folen

INGREDIENTS

- | | |
|--|-----------------------------------|
| 1 (2-lb. bag) frozen Uncooked Shrimp, thawed | 4 Scallions (White Part), chopped |
| 2 cup Mayonnaise | 3 teaspoons Lemon Juice |
| Hot Sauce (1 to 1 ½ teaspoons) | 2 teaspoons Bay Seasoning. |

DIRECTIONS

- Step 1: Cover Shrimp with Water.
Step 2: Add bay seasoning
Step 3: Bring to boil (boil for about 2 minutes).
Best made a day ahead.

RAISIN TUNA SALAD

From Living with Landyn

INGREDIENTS

- | | |
|--|-------------------------------|
| 3 cans Albacore Tuna, rinsed and drained | 2 Stalks Celery, chopped |
| 2 Green Onions, chopped | 3 tablespoons Dill, chopped |
| ¼ cup Mayonnaise | ¼ cup Raisins (Red or Golden) |
| Salt & Pepper to taste | ½ teaspoon |
| Lemon Juice | ½ cup Crisp Apples, diced |
| Extra Virgin Olive Oil for drizzle | 1 Lemon |

DIRECTIONS

- Step 1: Mix together and serve on top of fresh chopped Spinach (optional).
Step 2: Squeeze lemon + drizzle with Extra Virgin Olive Oil over top as the dressing.
Step 3: Scatter ½ of a diced honey crisp apple on top.

Yield: 4 - 5 Servings

TACO SALAD

From Barbara DeSantis

3 lbs. Ground Beef

16 ounces Picante Sauce – medium

1 Medium Onion, chopped

¾ lb. Monterey Jack, shredded

1 (16 ounce) Can Refried Beans

1 Small Jar Taco Sauce

A Dash of Garlic Powder

¾ lb. Cheddar Cheese, shredded

Step 1: Sauté onion and beef together. Drain.

Step 2: Add beans and sauce. Simmer for 10 minutes.

Step 3: Layer meat alternating with cheese. Cook at 400 degrees F (200 degrees C) for 30 minutes.

Step 4: Top with scallions and tomatoes, black olives and sour cream.

SWEET POTATO TACO SALAD

From Rebecca Folen

INGREDIENTS

- 2 Sweet Potatoes (1 ½ lbs.), peeled and chopped into 1-inch pieces (4 cups)
- 1 cup plus 2 tablespoons Extra Virgin Olive Oil
- ¼ teaspoon Chili Powder Kosher Salt & Freshly Ground Pepper
- 1 teaspoon Lime Zest, finely grated
- 2 tablespoons Fresh Lime Juice
- 3 cup Packed Cilantro Leaves, chopped, plus more for serving
- 4 Romaine Hearts, chopped (10 cups)
- 5 (15 ounce) Can Black Beans, drained and rinsed
- 6 cup Pickled Jalapenos, chopped

Sliced radishes, lightly crushed Tortilla Chips, and crumbled Goat Cheese, for serving.

DIRECTIONS

Step 1: Preheat oven to 450 degree F (230 degrees C). On a rimmed baking sheet, toss sweet potatoes with 2 tablespoons oil and chili powder; Season with salt and pepper. Then roast the mixture, stirring once, until browned and tender, 20 to 22 minutes. Let cool slightly.

Step 2: Meanwhile, whisk together lime zest and juice, chopped cilantro and remaining 1/3 cup oil. Season with salt and pepper. Toss romaine hearts with half of dressing (about ¼ cup) Season with salt and pepper. Divide among bowls.

Step 3: Top with beans, jalapenos, radishes, chips, cheese and sweet potatoes. Drizzle with remaining dressing and sprinkle with cilantro leaves. Serve.

Yield: 4 Servings

Active Time: 25 Minutes

Total Time: 35 Minutes



PIATTI VEGETARIANI

FOUR CHEESE RISOTTO

From An Italian in My Kitchen

INGREDIENTS

3 tablespoons Butter	1 small Onion finely chopped
1 ¼ cup Arborio Rice	½ cup White Dry Wine
3–4 cups Vegetable Broth	1-2 dashes Pepper
½ teaspoon Salt (more or less to taste)	½ cup Swiss cheese shredded
½ cup Fontal (Fontina or Gruyere cheese)	½ cup Parmesan Cheese freshly grated

¼ cup Gorgonzola Cheese, crumbled** (sweet or mild)

**If you do not like Gorgonzola then you leave it out, you can add extra Swiss or Fontina if desired.

EXTRAS

2-4 tablespoons freshly grated Parmesan Cheese.	1-2 tablespoons fresh Parsley
---	-------------------------------

DIRECTIONS

Step 1: On low/medium heat in a large pan melt the cheese add the chopped onion and stir to combine. Cook until transparent, then add the rice and stir to continue.

Step 2: Cook the rice for approximately 2 minutes, then add the wine and cook until it has evaporated (about 1 -2 minutes). Stir occasionally.

Step 3: Add the broth a little at a time (about ½ cup at a time), stirring often, lower heat a little, you want a low simmer, you do not want the rice to cook immediately.

Step 4: Let the rice absorb the broth (but not dry a little moist) before adding more. Taste for salt (you may not have to add any if you have a salty broth) add a dash or two of pepper. Cook approximately 20 minutes or until rice is al dente and not mushy and a little moisture remains.

Step 5: Remove from heat and stir in the cheese. Serve immediately sprinkled with freshly Parmesan Cheese and chopped fresh parsley. Enjoy!

Yield: 4 Servings

Prep Time: 10 Minutes

Cook Time: 26 Minutes

Total Time: 36 Minutes

Can you cook risotto without Wine?

Yes, you can cook risotto without wine. Many recipes call for it – it adds a little flavor and acid to the dish which can offset the richness. But is it not required. If you use wine make sure it is a good dry wine that you would also drink.

Do you need white wine to make risotto?

No, you don't have to add wine to risotto. Many recipes call for this, but the author likes to make risotto without wine. If you do want to add some, you should add it while the rice first cooks before adding any broth. Let it bubble and evaporate before adding the broth.

Why use Arborio Rice?

To tell the truth if you are ever in the mood for a risotto and you only have regular rice it will not stop you from making one. But the author feels Arborio is better because it is a rice with a very large grain. It will release a high quantity of starch while cooking; it absorbs liquids and condiments without any difficulty, which makes it ideal for both creamed and dry risottos.

What is the Best Cheese for a Cheese Risotto?

You are going to want a creamy cheese and in the author's opinion since this is an Italian Risotto the go for mostly Italian cheeses, such as (Fontal (Fontina) Gorgonzola (sweet or mild), Parmegiano Reggiano or Parmegiano di Parma, Asiago, Swiss or even Gruyere.

Tips

- For this recipe, you use store-bought broth or you can use homemade. Depending on the broth, you may need more or less salt in the dish. It is always better to wait to add salt until it is done – so, give it a taste and add more if you think it needs it.
- Do not rush adding the broth to the rice. You want the rice to slowly absorb the liquid. It will release starch and turn very tender and creamy. If the rice cook too fast it will have a completely different texture.
- Risotto is easy to make, but it takes time. So, this is not something that can be rushed so plan ahead and allow yourself time to make it. It will be worth it.

How to Store leftover Risotto:

Risotto is best when it is made. It will tighten up and will not be as creamy if leftovers are stored in the refrigerator. You can thin it with a little water, broth or even a little milk when you warm it up.

SEE HOMEMADE VEGETABLE BROTH (p. 95)

EGGPLANT LASAGNA

From Allrecipes.com

INGREDIENTS

2 Large Eggplants (about 2½ lbs.)
2 ¾ teaspoons Kosher Salt, divided
3 tablespoons Olive Oil, divided
1 Medium Yellow Onion, divided
½ lb. Lean Ground Beef
¾ cup Parmesan, grated and divided
Nonstick cooking spray
1 Large Egg at room temperature, slightly beaten
½ cup Italian Parsley, freshly chopped & divided
1 (15 ounce) Container Whole Milk Ricotta Cheese
2 ¼ cup Italian Blend Cheese, shredded, divided
1 (28 ounce) Crushed Fire-Roasted Tomatoes
4 Cloves Garlic, minced and divided
1 ¼ teaspoon Black Pepper, divided
1 teaspoon Italian Seasoning, divided
¼ teaspoon Red Pepper Flakes
3 tablespoons Fresh Basil, divided
¼ cup Panko Bread Crumbs

DIRECTIONS

Step 1: Heat the oven to 425 degrees F (220 degrees C).

Step 2: Slice the eggplant lengthwise into ½ inch thick slices. Place the slices on 2 baking sheets and sprinkle with 2 teaspoons of kosher salt. Allow to sit for 30 minutes.

Step 3: Meanwhile, in a large sauté pan, heat 1 tablespoon of the oil over medium heat. Add the onion and cook, stirring frequently, until the onion is soft and lightly golden, 5 to 7 minutes. Add 3 cloves of the minced garlic, ½ teaspoon of salt, ½ teaspoon of black pepper, ½ teaspoon of Italian seasoning, and the red pepper flakes. Cook until fragrant, 1 minute. Add the ground beef and cook, crumbling the meat with a wooden spoon, until the meat is no longer pink.

Step 4: Add the crushed tomatoes and 2 tablespoons of basil and bring to a boil. Reduce the heat to medium-low and simmer the sauce for 15 minutes until thick.

Step 5: Remove from the heat and stir in 2 tablespoons of parsley.

Step 6: Pat the eggplants dry and brush with remaining 2 tablespoons oil and sprinkle with ½ teaspoon of black pepper. Place on the two baking sheets. Bake until the eggplant is golden brown and soft, 20 to 22 minutes.

Step 7: In a medium bowl, combine the ricotta, egg, ½ cup of Parmesan, panko, ¼ cup of parsley, the remaining ¼ teaspoon salt, 1 clove minced garlic, ¼ teaspoon black pepper, and ½ teaspoon Italian seasoning.

Step 8: Spray an 11 by 7 inch baking dish with nonstick cooking spray. Spread ½ cup of the meat sauce into the bottom of the prepared dish as a base. Now build the lasagna: Start with 4 to 5 pieces of eggplant in a single layer (cut to fit if necessary), then build a third of the ricotta mixture, a third of the remaining meat mixture and ¾ cup of the cheese blend. Repeat two more times, adding a layer of eggplant, ricotta mixture, meat, and cheese blend each time. Sprinkle the top with the remaining ¼ cup Parmesan.

Step 9: Bake until the cheese is melted and the top is golden brown. 40 to 45 minutes. Allow to cool for 10 minutes.

Step 10: Top with the remaining parsley and basil.

Yield: 6 – 8 Servings

Prep Time: 30 Minutes

Total Time: 2 Hours 20 Minutes

EGGPLANT PARMESAN

From An Italian in My Kitchen

INGREDIENTS

<i>Basic Sauce:</i>	1X	2X	3X
Peeled Tomatoes (400 g)	1 can	2 cans	3 cans
Extra Virgin Olive Oil	2 tablespoons	4 tablespoons	6 tablespoons
Clove Garlic, minced	1 - 2	2 - 4	3 - 6
Salt	¼ teaspoon	½ teaspoon	¾ teaspoon
Hot Pepper Flakes (if desired)	1 - 2 pinches	2 - 4 pinches	3 - 6 pinches
Oregano	1 teaspoon	2 teaspoons	3 teaspoons
Fresh Basil, chopped	5 leaves	10 leaves	15 leaves
Water	¼ cup (59 g)	½ cup (118 g)	¾ cup (177 g)

For the Layers:

Medium Eggplants	2 - 3	4 - 6	6 - 9
Parmesan Cheese	¼ cup (75 g)	½ cup (150 g)	¾ cup (225 g)
Firm Mozzarella, shredded	1 ½ cups (150 g)	3 cups (300 g)	4 ½ cups (450 g)

DIRECTIONS

Step 1: Preheat oven to 350 degrees F (180 degrees C).

Step 2: Slice the eggplant into ¼ inch slices and place in a bowl, sprinkle with approximately 1 teaspoon of salt and let sit for about 15 – 20 minutes. Then drain but do not rinse.

Step 3: In a medium pot add olive oil, tomatoes, garlic, hot pepper flakes (if using), oregano, salt and basil leaves and water, stir to combine, squish the tomatoes with a fork occasionally. Simmer on medium heat until thickened and most of the water has evaporated.

Step 4: After 20 minutes grill the eggplant.

How to Grill the Eggplant:

Step 1: Slice the eggplant into ½ inch to ¾ inch thick rounds or lengthwise planks.

Step 2: Salt the slices and let them sit for 15 – 20 minutes to draw out bitter moisture and a silky texture.

Step 3: After the sitting period, pat the eggplant dry with paper towels to remove the salt and liquid.

Step 4: Brush the dried eggplants with olive oil and your desired seasonings before place them on a preheated grill.

Step 5: Heat the grill to medium high heat.

- Grilling the eggplant typically takes 20 – 30 minutes depending on the size and heat of the grill.
- The eggplants should be cooked until the skin is blackened and the flesh is soft and easily pierced with a fork.
- Turn it every 5 - 7 minutes helps ensure even cooking.

Step 6: In an 8 x 6 inch (20 x 15 cm) baking dish, spread a little sauce, then make about 3 or 4 layers starting with the grilled eggplant, top with sauce, shredded mozzarella cheese sprinkle with Parmesan cheese, continue for the remaining layer, the last layer top only with Parmesan cheese. (Place baking dish on a cookie sheet just in case the sauce bubbles over). Bake for approximately 25 – 30 minutes, let sit 5 minutes before serving. Enjoy!

Yield: 6 Servings with 1X ingredients
12 Servings with 2X ingredients
18 Servings with 3X ingredients

Prep Time: 30 Minutes
Total Time: 55 Minutes

Cook Time: 25 Minutes

Notes

- This eggplant parmesan bake will keep just as well as any other eggplant dish. You can store the leftovers in an airtight container, either altogether, or separated by serving size, and keep in the refrigerator for up to 5 days.
- If you want to freeze half for later, or you want to make a double batch for an easy to heat up dinner during busy weeks, you can also freeze the dish.

To freeze you will once again want to store everything in an airtight container once the dish is completely cooled. Then you can store it in the freezer for up to 4 months.

EGGPLANT PARMIGIANA ~ Melanzane Alla Parmigiana

From Lidia

INGREDIENTS

3 Medium Eggplants or 5 to 6 Smaller Eggplants (about 2 ½ to 3 lbs. total)
1 tablespoon Coarse Sea or Kosher Salt
3 Large Eggs at room temperature
1 teaspoon Salt
All-Purpose Flour for Dredging
2 cups Plain Breadcrumbs
½ cup Vegetable Oil, or as needed
½ cup Olive Oil, or as needed
Freshly Ground Pepper
Tomato Sauce
2 cups Grana Padano Cheese, grated
12 Fresh Basil Leaves
1 lb. Fresh Mozzarella Cheese or Imported Fontina Cheese, cut into pieces 1/3 inch thick.

DIRECTIONS

Step 1: Trim the stems and ends from the eggplants. Remove strips of peel about 1 inch wide from the eggplants, leaving about half the peel intact. Cut the eggplant lengthwise into ½ inch thick slices and place them in a colander. Sprinkle with the coarse salt and let drain for 1 hour. Rinse the eggplants under cool running water, drain thoroughly and pat dry.

Step 2: Whisk the eggs and 1 teaspoon fine salt together in a baking pan or wide, shallow bowl. Spread the flour and breadcrumbs in an even layer in two separate wide bowls or over sheets of wax paper. Dredge the eggplant slices in flour, shaking off the excess. Dip the floured eggplant into the egg mixture, turning well to coat both sides evenly. Let excess egg drip back into the pan, then lay the eggplant in the pan of breadcrumbs. Turn to coat both sides well with breadcrumbs, pressing with your hands until the breadcrumbs adhere.

Step 3: Pour ½ cup of each of the olive and vegetable oils into a medium skillet. Heat over medium high heat until a corner of the eggplant slices gives off a lively sizzle when dipped into the oil. Add as many as the eggplant slices can fit without touching and cook, turning once, until well browned on both sides. About 6 minutes. Remove the eggplant to a baking pan lined with paper towels and repeat with the remaining eggplant slices. Adjust the heat as the eggplant cooks to prevent the bits of coating that fall off the eggplant slices from burning. Add oil to the pan as necessary during cooking to keep the level the same.

Step 4: Preheat the oven to 375 degrees F (190 degrees C). Heat the tomato sauce to simmering, if cold or frozen, in a small saucepan over medium heat. Ladle enough sauce into a 9 x 13 inch baking dish to cover the bottom. Sprinkle with an even layer of a grated cheese and top with a layer of fried eggplant, pressing it down gently. Tear a few leaves of basil over the eggplant and ladle about 3/3 cup of the sauce to coat the top evenly. Sprinkle an even layer of grated cheese over the sauce and top with a layer of mozzarella or Fontina, using about 1/3 of the cheese. Repeat the layering as described above two more times, ending with a top layer of cheese that leaves a border of about one inch around the edges of the baking dish. Drizzle sauce along the border of the baking dish and sprinkle the top layer with the remaining grated cheese. Finish with a few decorative streak or rounds of tomato sauce. Cover the baking dish loosely with aluminum foil and poke several holes in the foil with the tip of a knife. Bake 30 minutes, until the cheese is bubbling and golden in places. Step 5: Uncover and continue baking until the top layer of cheese is golden in spots, about 15 minutes. Let rest 10 to 20 minutes, and then cut into squares and serve.

Yield: 6 Servings

How to Grill the Eggplant:

Step 1: Slice the eggplant into ½ inch to ¾ inch thick rounds or lengthwise planks.

Step 2: Salt the slices and let them sit for 15 – 20 minutes to draw out bitter moisture and a silky texture.

Step 3: After the sitting period, pat the eggplant dry with paper towels to remove the salt and liquid.

Step 4: Brush the dried eggplants with olive oil and your desired seasonings before place them on a preheated grill.

Step 5: Heat the grill to medium high heat.

Step 6: Grilling the eggplant typically takes 20 – 30 minutes depending on the size and heat of the grill.

Notes

- The eggplants should be cooked until the skin is blackened and the flesh is soft and easily pierced with a fork.
- Frying the breaded eggplant is a traditional preparation. However you can make this recipe by just grilling the eggplant slices; it is not as flavorful but it is much lighter and leaner.

In Italy this dish has always been served as a main dish, while in America for years it was considered a side dish. Now however you can find it served mainly as a main dish in America as well.

CREAMY WHITE BEAN FETTUCCINE ALFREDO

From Allrecipes.com

INGREDIENTS

2 teaspoon Olive Oil	2 Large Cloves Garlic, thinly sliced
1/8 teaspoon Crushed Red Pepper, plus more for garnish	2 (15 ounce) Cans Cannellini Beans, drained
½ cup Nutritional Yeast	1 ½ cups Vegetable Broth (such as Zoup!)
¼ teaspoon Kosher Salt	
¼ teaspoon Lemon Zest plus 1 tablespoon Fresh Juice (from 1 Lemon)	
16 ounces Uncooked Fettuccine Noodles	3 ounces Baby Spinach (about 3 cups)
Fresh Flat-Leaf Parsley, chopped, for garnish	

DIRECTIONS

Step 1: Heat oil in a large skillet over medium high. Add garlic and crushed red pepper; cook, stirring often, until fragrant, about 1 minute. Stir in beans, broth, yeast, lemon zest and juice, and salt. Bring to a boil, and remove from heat. Pour bean mixture into a blender. Secure lid to blender, and remove center piece to allow steam to escape. Place a clean towel over opening. Then process until smooth. Transfer bean mixture back to skillet.

Step 2: Bring a large pot of salted water to a boil over high. Add fettuccine to water, and boil, stirring often, until al dente about 10 minutes. Drain, reserving 1 to 1½ cups cooking water. Add pasta to skillet with bean mixture; toss to coat, adding reserved cooking water as needed to thin sauce. Add spinach; and cook, stirring until just wilted 2 minutes.

Step 3: Divide pasta among 4 bowls, Sprinkle with parsley and red pepper.

Yield: 6 Servings

Prep Time: 15 Minutes

Cook Time: 15 Minutes

Total Time: 30 Minutes

VEGETARIAN POT PIE

From Food and Cooking

INGREDIENTS

3 tablespoons All-Purpose Flour
2 ½ cups Vegetable Broth
1 cup Frozen Peas, thawed
1 (15 ounce) Can White Beans, drained and rinsed
½ cup + 1 tablespoon Heavy Cream, divided
½ cup Parmesan Cheese, freshly grated, plus more for topping
1 Sheet Puff Pastry, from 1 (17 ounce) Package, thawed

DIRECTIONS

Step 1: Preheat the oven to 400 degrees F (220 degrees C).

Step 2: Melt 2 tablespoons of butter in a 10 inch cast-iron skillet over medium high heat. Add the mushrooms and let sit for 3 minutes, without stirring. Reduce the heat to medium and add the garlic and thyme. Let cook 2 more minutes, stirring frequently, until the mushrooms are tender. Remove to a plate and set aside.

Step 3: Return the skillet to medium heat and add the remaining 3 tablespoons of butter. Once melted, add the carrots, onion, celery and salt and pepper. Let cook for 7 minutes, stirring occasionally, until slightly tender.

Step 4: Add the flour and stir well to combine. Cook 2 more minute.

Step 5: Add the vegetable stock and increase the heat to medium high. Cook 5 - 7 minutes, stirring frequently, until the mixture reaches a low boil and thickens.

Step 6: Pour in ½ cup of heavy cream, white beans, ½ cup of grated parmesan cheese and the reserved mushrooms. Stir well to combine, season with salt and pepper, if desired, and remove from the heat.

Step 7: Carefully transfer the skillet to a sheet tray lined with foil. Unfold the puff pastry and carefully place it in the center of the skillet over top of the pot pie filling (draping over the edges of the skillet).

Step 8: Brush the pastry all over with the remaining 1 tablespoon of heavy cream.

Step 9: Sprinkle with extra parmesan cheese, thyme leaves and black pepper.

Step 10: Bake for 20 - 25 minutes until the top crust is golden brown and the mixture is bubbly.

Step 11: Let rest 5 minutes, then scoop into bowls and serve.

Yields: 4 - 5 Servings

Prep Time: 30 Minutes

Total Time: 1 Hour

VEGETARIAN LASAGNA

From Luigi DeSantis

INGREDIENTS

1 lb. Refried Beans	1 Large White Onion, diced
5 Cloves Garlic, minced	1 (28 ounce) Can) Crushed Tomatoes
2 (6 ounce cans) Tomato Paste	½ cup White Wine
1 (15 ounce) Can Tomato Sauce Passata or Tomato Puree	1 teaspoon Fennel Seeds
2 tablespoons Granulated Sugar	½ cup Fresh Basil, chopped
1 teaspoon Dried Oregano	½ teaspoon Salt
¼ teaspoon Black Pepper	¼ cup Fresh Parsley, chopped
1 lb. Lasagna Pasta	30 ounces Ricotta Cheese
1 Large Egg at room temperature	1/8 teaspoon Ground Nutmeg
1 lb. Mozzarella Cheese, thinly sliced (about 24 slices)	1 cup freshly grated Parmesan Cheese

DIRECTIONS

Step 1: In a large pot of medium heat, add in ground sausage and ground beef. Use a spoon to break up the meat into small pieces.

Step 2: Add in onion and garlic and cook until meat is well browned, stirring constantly.

Step 3: Stir in sugar, fresh basil, fennel oregano, ½ teaspoon salt, pepper, and ¼ cup chopped parsley.

Step 4: Pour in crushed tomatoes, tomato paste, tomato sauce and wine. Stir well and bring to a simmer. Reduce heat to low and simmer for 1 - 4 hours (see notes), stirring occasionally.

Step 5: Meanwhile, place lasagna noodles into the bottom of a 9 x 13 inch pan.

Step 6: Pour hot tap water directly over the needles, making sure the pasta is completely immersed in the water. Let them soak for 30 minutes, then drain and discard water.

Step 7: In a mixing bowl, combine ricotta cheese with egg, remaining 2 tablespoons parsley, 1/2 teaspoon salt, and nutmeg. Refrigerate until ready to assemble lasagna.

Step 8: Preheat oven to 375 degrees F (190 degrees C). Lightly grease a deep dish 9 x 13 inch or lasagna pan.

Step 9: To assemble spread about 1 cup of meat sauce in the prepared lasagna pan, just enough to cover the bottom. Place 4 lasagna sheets on top. Spread with 1/3 of the ricotta cheese mixture on top of the pasta. Top with ¼ of mozzarella cheese slices. Spoon 1 ½ cups meat sauce over mozzarella, and then sprinkle with ¼ cup Parmesan cheese.

Step 10: Repeat layering 3 more times with pasta, ricotta, mozzarella, meat sauce, then Parmesan cheese, creating 3 complete layers.

Step 11: To finish, place a final layer of pasta sheets. Then spread 1 cup of meat sauce to cover the pasta and keep it from drying out. Top with remaining mozzarella slices and remaining Parmesan cheese.

Step 12: Cover the pan loosely with aluminum foil. Bake in preheated oven for 25 minutes. Remove foil and bake an additional 25 minutes to allow cheese to brown.

Step 13: Serve hot.

Yield: 12 Servings

Notes

- White wine can be replaced with red wine, chicken broth or beef broth.
- The sauce develops flavor as it simmers. It needs to be simmered for a minimum of 1 hour to give you amazing lasagna but you can simmer it up to 4 hours for the most amazing lasagna.
- If you do not want to leave it simmering on the stove, you can always transfer it all to a slow cooker and simmer it in there on high for 4 hours or low for 6 to 8 hours.
- Use a deep dish lasagna pan to ensure the layers fit.
- The difference between regular Italian Lasagna and Vegetarian Lasagna is the substitution of refried beans. Instead of ground sausage meat you would use one ounce of refried beans for every ounce of ground sausage meat.



CARNI ROSSE

ITALIAN EASTER MEAT PIE ~ PIZZAGAINA ~ PIZZA RUSTICA

From Mangia with Michele

INGREDIENTS

1 lb. Whole Milk Ricotta Cheese at room temperature, drained (See Notes)
8 ounces Basket Cheese, crumbled (or use more Ricotta cheese)
4 Large Eggs at room temperature beaten
½ teaspoon Ground Black Pepper
½ teaspoon Ground Nutmeg
8 ounces Fresh Mozzarella, diced small or pulled into shreds, drained of excess liquid
4 ounces Sharp Provolone (about 1 cup) ¼ inch, diced
4 ounces Genoa Salami (about 1 cup) ¼ inch, diced
4 ounces Sweet Soppressata (about 1 cup) ¼ inch, diced
4 ounces Mortadella (about 1 cup), ¼ inch, diced
4 ounces Pepperoni (about 1 cup) ¼ inch, diced
4 ounces Prosciutto, (about 1 cup) ¼ inch, diced
½ cup Pecorino Romano Cheese, grated (optional)
2 (9 inch) frozen, deep dish pie crusts or 9 ¾ inch frozen, regular-depth pie crusts, at room temperature.

DIRECTIONS

Step 1: Place a rack in the center of the oven and preheat to 375 degrees F (190 degrees C). Prep and gather all ingredients according to specifications above. Put the ricotta in a strainer or fine mesh sieve propped over a bowl and let it drain out excess liquid for 1 to 2 hours at room temperature. (You can line it with cheesecloth if you have it.) Discard the liquid and transfer the strained ricotta to a large bowl and set aside. Drain out any excess liquid from the fresh mozzarella.

Step 2: Combine the ricotta, basket cheese (if including), eggs, black pepper and nutmeg in a large bowl and mix well.

Step 3: Then, fold all of the remaining meats and cheese and stir until well-combines.

Step 4: Carefully transfer the meat and cheese mixture to the crusts, dividing it equally and flattening and smoothing the top with a spatula.

Step 5: Place the filled crusts on the middle rack of a 375 degree F(190 degrees C) preheated oven and set the timer for 40 minutes.

Step 6: After 40 minutes, the pies should be done. They should still have a very light jiggle to them, which will set once cooled and golden-brown crusts. (If the crusts are getting too brown during the baking process, reduce the oven temperature to 325 degrees F/160 degrees C and cook it a bit longer.)

Step 7: Remove the pies from the oven (assuming you are not serving them immediately) and let cool them at room temperature for about 2 hours. Then wrap them tightly in plastic wrap and store them in the refrigerator.

Step 8: Enjoy pizza chiena (another name for Italian Easter Pie) at room temperature, chilled or warmed up-as you please. It is traditionally served on Easter morning or as an appetizer for Easter brunch. Buon Appetito!

Yield: This recipe will make (2) 9 inch frozen, deep dish pies or (2) 9 ¾ frozen, regular depth pies

Prep Time: 30 Minutes

Cook Time: 40 Minutes

Total Time: 1 Hour 10 Minutes

Meats & Cheeses:

- You have a lot of flexibility here to use as many different types as you want and in whatever proportions you want. Also, there are lots of different kinds of meats that you can use. The author included the specific mix above but you can feel free to switch it up. Other great options, such as hot soppressate, ham (prosciutto cotto), cooked Italian sausages or even turkey breast, and capicola, among other.
- Ask for 1 to 2 Prosciutto ends from your marker if you plan on using prosciutto. It is much cheaper. Be sure to cut off all skin and tough, sinewy pieces of fat.
- As far as cheese, ricotta is necessary for this recipe but the others can be switched out. Use more ricotta cheese if you cannot find basket cheese. Shredded mozzarella can be used in place of fresh and mild provolone can be used in place of sharp. Smoked mozzarella, scamorza, caciocavallo and fontina are all great options, among other cheeses. Grated pecorino romano is an optional cheese and can be either included in the filling or sprinkled on top (or a little of both).
- Regardless of what types of meats and cheese you select, just be sure to use the total amount as indicated in the recipe.
- Use large eggs at room temperature. They help in setting up the meat and cheese pie.
- Spices such as pepper and nutmeg can be used. Note that you definitely do not need to add any salt to the recipe because of all the salt in the cured meats and cheeses.

Notes

- You can strain the ricotta one night ahead and allow the ricotta to drain overnight in the refrigerator. Be sure to bring the ricotta to room temperature for 1 to 2 hours before using.
- Take the pie crusts out of the freezer before you start prepping and let it come to room temperature as you prepare the recipe.
- Although the author has never had a problem with the pizza rustica overflowing in the oven, the author likes to bake the pie on a rack over a sheet pan as a precaution.
- Be sure to cool the Italian Easter pie before slicing it. Cooling time allows the ricotta cheese to set so that it can be sliced without falling apart.
- You can make pizza rustica up to 4 days before serving and hold in the refrigerator covered tightly with plastic wrap. You can freeze for up to 3 months. To freeze it, wrap the chilled pie tightly in plastic wrap then a layer of foil and/or place it in a freezer bag. You can also wrap and freeze individual slices. Thaw in the refrigerator before serving.
- If you would like pizza rustica warm and need to heat it up, just cover it in foil and place it in a 300 degree F (150 degrees C) oven until heated through. You can also reheat it in the microwave.

Basket cheese is a fresh soft cow's milk cheese often described as a cross between mozzarella and ricotta with a soft milky flavor that takes on the flavors of what it is paired with the cheese. As suggested it is traditionally formed inside a basket which leaves imprint on its surface. Fresh basket cheese has no salt taste, while dry basket cheese is mildly salty.

Pizza rustica translate to "rustic pie" and is also known as Italian Easter meat pie or Italian meat and ricotta pie.

Pizzagaina, or pizza gain, is another term for this pie and is a blurred pronunciation of the Italian term pizza chiena, or pizza chena, which itself is the Neapolitan dialect word for "pizza piena/ripien", which means "full/stuffed pie". Some people also call this Italian Easter Ham Pie or Torta di Pasqua.

Pizza rustica, which originated in Campania in southern Italy, is traditionally made in advance on Good Friday, to be enjoyed after either the Easter Vigil mass on Holy Saturday morning or on Easter Sunday, after 40 days of fasting and abstinence from meat and other food during Lent.

BRACIOLE

From Glada de Laurentis

INGREDIENTS

½ cup Dried Italian-Style Bread Crumbs
2/3 cup Parmesan Romano Cheese, grated
2 tablespoons Fresh Parsley Leaves, chopped
4 tablespoons Extra Virgin Olive Oil
Salt and Freshly Ground Black Pepper
3 ¼ cups Simple Tomato Sauce, recipe follows, or store-bought Marinara Sauce

1 Garlic Clove, minced
1/3 cup Provolone, grated
1 to 1 ½ lbs. Flank Steak
1 cup Dry White Wine

How to Make Simple Tomato Sauce:

½ cup Extra-Virgin Olive Oil
2 Cloves Garlic, chopped
1 Carrot, chopped
2 (32 ounce) Can Crushed Tomatoes
Salt and Freshly Ground Black Pepper

1 Small Onion, chopped
2 Stalk Celery, chopped
4 to 6 Basil Leaves
2 Dried Bay Leaves
4 tablespoons Unsalted Butter (optional)

DIRECTIONS

Step 1: Stir the bread crumbs, garlic, Pecorino Romano cheese, provolone and parsley in a medium bowl. Stir in 2 tablespoons of the oil. Season mixture with salt and pepper and set aside.

Step 2: Use a meat mallet to pound the steaks between 2 sheets of baking paper. Begin in the middle and pound towards the sides. If the slices are particularly large, they can be cut in half.

Step 3: Lay the flank steak flat on the work surface. Sprinkle bread crumbs mixture evenly among the steaks, if cut into smaller pieces. Starting at one short end, roll up the steak as for a jelly roll to enclose the filling completely. Using butcher's twine, tie the steak roll to secure. Sprinkle the Bracirole with salt and pepper.

Step 4: Preheat the oven to 350 degrees F (150 degrees C).

Step 5: Heat the remaining 2 tablespoons of oil in a heavy large ovenproof skillet over medium heat. Add the Bracirole and cook until browned on all sides, about 8 minutes. Add the wine to the pan and bring to a boil. Stir in the marinara sauce. Cover partially with foil and bake until the meat is almost tender, turning the Bracirole and basting with the sauce every 30 minutes. After 1 hour, uncover and continue baking until the meat is tender, about 30 minutes longer. The total cooking time should be about 1 ½ hours.

Step 6: Remove the Bracirole from the sauce. And then, using a large sharp knife, cut the Bracirole crosswise and diagonally into ½ inch slices. Transfer the slices to plates. Spoon the sauce and serve.

Yield: 6 cups

Simple Tomato Sauce

Step 1: In a large casserole pot, heat oil over medium high heat. Add onion and garlic and sauté until soft and translucent, about 2 minutes. Add celery and carrot and season with salt and pepper. Sauté until all the vegetables are soft, about 5 minutes. Add tomatoes, basil, and bay leaves and reduce the heat to low. Cover the pot and simmer for 1 hour or until thick. Remove bay leaves and taste for seasoning. If sauce tastes too acidic, add unsalted butter, 1 tablespoon at a time, to round out the flavor.

Step 2: Pour half the tomato sauce into the bowl of a food processor and process until smooth. Continue with remaining tomato sauce.

Step 3: If not using all the sauce, allow it to cool completely and then pour 1 to 2 cups portions into plastic freezer bags. Freeze for up to 6 months.

Yield: 4 Servings

Total Time: 2 to 10 Minutes

Prep Time: 25 Minutes

Cook: 1 Hour 45 Minutes

Besides flank steaks, you can try rump, skirt, or round steak.

Bracirole is an Italian cooking technique that involves stuffing, rolling, searing and braising meat in a sauce. The word "bracirole" translates to "a slice of meat rolled over coats"

GRANDMA GENNACO'S BEEF BRACIOLE

From James O'Halloran

INGREDIENTS

For the Rolled Meat

2 lbs. Flank Steak (do not use Top or Bottom Round)
½ teaspoon Freshly Ground Black Pepper
5 Large Cloves Garlic, coarsely chopped
3 ounces Sliced Prosciutto, diced
1/3 cup Extra Virgin Olive Oil

½ cup Fresh Italian Flat Leaf Parsley, coarsely chopped
4 tablespoons Pesto (use jarred or see recipe)

For the Tomato Sauce

4 Large Cloves Garlic, sliced
1 teaspoon Dry Oregano
1 teaspoon Granulated Sugar
½ teaspoon Freshly Ground Black Pepper
3 tablespoons Butter
¼ cup plus 1 tablespoon Fresh Basil Leaves, minced and divided
3 (28 ounce) Cans Crushed San Marzano Tomatoes (such as Cento or Pastene Brand)
28 ounces of Water (rinse the can and add to sauce).

3 tablespoons Fresh Mint, minced
½ teaspoon Red Pepper Flakes
1 teaspoon Kosher Salt
2 Bay Leaves
1 lb. of your Favorite Pasta

DIRECTIONS

Step 1: If you feel comfortable butterflying the thickest part of the flank steak, do that now. If not cut narrow cross hatch marks on both sides, cover with plastic wrap.

Step 2: And pound. Our flank was 8 x 12 inches and after pounding was 12 x 15 inches.

Step 3: Sprinkle the top with the salt and pepper.

Step 4: Into a small food processor, puree salt pork, garlic, parsley and oil to form a thick paste.

Step 5: In a medium bowl, mix prosciutto, pesto, Romano cheese and pureed salt pork mixture.

Step 6: Spread this all over the flattened flank steak, leaving a one-inch edge on the furthest long side away from you.

Step 7: Start rolling the whole long flank into a tight roll, finishing on the open wedge away from you, seam side down.

Step 8: Cut the long tight roll into 4 to 6 even logs, depending on the size of your beef.

CLASSIC ITALIAN MEATBALLS ~ POLPETTE DI CARNE

From An Italian in My Kitchen

INGREDIENTS

For the Meatballs:

1 lb. Ground Beef (500 g)	1 Large Egg at room temperature
3 tablespoons Bread Crumbs	1 Clove Garlic, minced
3 tablespoons Freshly Grated Parmesan Cheese	½ teaspoon Salt
½ - 1 tablespoon Parsley, finely chopped	A Dash of Black Pepper
¼ cup Milk (author used 2%) (60 g)	

For the Sauce:

2 tablespoons Olive Oil	1 - 2 Cloves Garlic, minced
1 ½ cups Tomato Puree/Passata	¼ - ½ teaspoon Salt
4 - 5 Fresh Basil Leaves, chopped	½ teaspoon Oregano
½ cup Water	

DIRECTIONS

Step 1: In a large bowl mix together the ground beef, egg, bread crumbs, parmesan cheese, minced garlic, chopped parsley, salt and pepper. Slowly add the milk until you have a soft compact mixture

Step 2: Form the mixture into small balls.

For the Sauce:

Step 1: In a large pan add the olive oil, garlic, tomato puree/passata, salt, fresh basil, oregano and water. Mix to combine.

Step 2: Add the meatballs and gently mix to cover them in sauce. Cover the pan and cook on low/medium (more low than medium) heat for approximately 15 to 20 minutes, uncover and continue to cook for another 15 - 20 minutes or until cooked through and the sauce has thickened. If you find the sauce thickening too much then add a little more water.

Step 3: Serve immediately as a main dish or over your favorite al dente pasta. Top with freshly grated parmesan cheese before serving. Enjoy!

Yield: 26 - 27 Meatballs.

Prep Time: 20 Minutes

Cook Time: 40 Minutes

Total Time: 1 Hour

Tips

- The author says the best meat to use is lean 80% ground beef or if you prefer you can use ½ ground beef and ½ ground pork or even Italian sausage
- Use freshly grated Parmesan cheese and not the cheese sold in plastic packages, can or jars.
- Ground beef with 15 - 20% fat. A little fat content helps the meatballs stay juicy,
- For the tomato sauce be sure to use tomato puree/passata.
- Use fresh parsley and fresh basil – just the tomato with nothing added.
- The cooked meatballs can be stored in an air tight container in the fridge for up to 3 – 4 days.
- They can be frozen cooked in a freezer safe container for up to 3 months.
- You can even freeze them uncooked. Place them on a cookie tray in the freezer until firm then transfer to a freezer safe container or bag. They will keep for up to 3 to 4 months.

ITALIAN STYLE MEATBALLS

From Allrecipes.com

INGREDIENTS

3 ounces (in weight) Italian or French Bread	1/3 cup Whole Milk
¼ cup Fresh Italian Flat Leaf Parsley, finely chopped	2 teaspoons Salt
½ teaspoon Freshly Ground Black Pepper	3 Eggs at room temperature
¾ cup Onion, finely minced	1 ½ lb. Ground Beef
1 ½ tablespoons Fresh Garlic, finely minced	½ lb. Ground Veal
1 lb. Ground Pork (not Sausage Meat)	¼ cup Extra Virgin Olive Oil
¾ cup Fresh Parmesan Cheese, grated	

DIRECTIONS

Step 1: Soak bread in milk in large bowl.

Step 2: After the bread soaks for 4 - 5 minutes, add eggs and beat with the wet bread.

Step 3: Add onions, garlic, parmesan, parsley, salt and pepper and stir to combine.

Step 4: Add the beef, pork, and veal and gently work the mixture to combine the ingredients but do not over mix.

Step 5: Using an ice cream scoop, scoop out meatballs to about 2 ½ ounces each, (would roughly fit into a ¼ cup measuring cup). However you can make them any size you want, just adjust cooking times.

Step 6: Wet your hands and roll out the meatballs into round shape. Place in the refrigerator to firm up if the mixture gets too warm. They will keep their shape better when cooking if not too soft.

Step 7: In a large 12 X 14 inch skillet, heat the olive oil over medium heat.

Step 8: Working in two batches, gently place the meatballs in the pan and cook a few minutes on each side (top, bottom and all sides); use a few soup spoons to roll the meatballs over as they cook. The meatballs will flatten just a bit and not stay exactly round but keep turning and browning, they will form back into a round shape. (Strain out oil between batches with a slotted spoon to get rid of any burned bits). Total cooking time for each batch should be about 10 - 12 minutes. Use a probe thermometer and remove from pan at 150 degrees F (65 degrees C).

Step 9: The meatballs are fully cooked and can be used in a variety of recipes. For spaghetti and meatballs put the meatballs directly in a pot of your favorite tomato sauce and continue to cook in the sauce for another 5 to 10 minutes. Or place them into a hot stock for an Italian Meatball soup.

Yield: 28 Meatballs (approximately 2 ½ ounces each)

Note

These meatballs freeze well. Freeze on a single layer in a dish or pan. Once frozen, place in zip lock bags and place back into the freezer.

Prep: 15 Minutes

Cook: 45 Minutes

Total: 1 Hour

Step 9: Using butcher's twine and tie each roll, leaving 1 string end of each tie long enough to find after cooking.

Step 10: In a large Dutch oven or heavy bottomed pot that has a lid, add the third of a cup of olive oil and heat over medium high heat. Once the oil is hot, sear the beef rolls for 2 - 3 minutes per side until nicely browned, about 8 - 12 minutes.

Step 11: Remove the beef to a platter and reduce heat to medium. Remove and discard any filling that may have leaked out and darkened in the pot bottom.

Step 12: Add the sliced garlic, ¼ cup of the basil, 2 tablespoons of the mint, all of the oregano and hot pepper flakes and cook for 2 minutes, stirring often and starting to scrape up the brown bits from the pan.

Step 13: Add the canned tomatoes, water, sugar, salt, pepper and bay leaves and stir and scrape up more of the brown bits from the bottom.

Step 14: Bring the sauce to a simmer and then nestle the beef logs into the sauce.

Step 15: Place a heat diffuser under the pot and place the lid partially over the top.

Step 16: Once the sauce has started to bubble, reduce to medium low and set your timer for 90 minutes, Stir twice during the 90 minutes to make sure nothing is sticking.

Step 17: Remove the logs to a platter or your cutting board.

Step 18: Bring a pot of water to a boil.

Step 19: Use a small ladle and remove and discard the fat that floated to the top of the sauce. This is rendered salt pork fat and can be discarded. Also remove and discard the bay leaves.

Step 20: Add the butter, remaining basil and remaining mint and stir then remove from heat.

Step 21: Salt the pasta water and cook your pasta.

Step 22: While pasta is cooking, remove the twine from the rolls and then slice each roll into half inch slices.

Step 23: To serve, place pasta into serving dishes top with sauce and then add the sliced Bracirole. Serve with additional Romano or Parmesan cheese.

Yield: 6 – 8 Servings

Prep Time: 45 Minutes

Cook Time: 2 Hours

Total Time: 2 Hours 45 Minutes

ITALIAN MEATBALLS

From Luigi DeSantis

INGREDIENTS

1 cup 4C Redi-Flavored Bread Crumbs
¾ lb. Ground Beef
¼ lb. Pork

2 Eggs at room temperature
Salt & Pepper to taste
Oil for frying

INGREDIENTS

Step 1: In a large bowl, mix all ingredients (except oil) thoroughly.

Step 2: Shape into meatballs about 1 inch in diameter.

Step 3: Heat oil in large skillet.

Step 4: Add meatballs and cook over medium high heat until browned.

Step 5: Add meatballs to your sauce and simmer about 15 minutes.

Yield: 24 Meatballs

BAKED MEATBALLS

From Rebecca Folen

INGREDIENTS

½ lb. Ground Pork
½ lb. Ground Lamb
½ lb. Ground Round
½ cup Parmesan Cheese, finely grated
5 ounces Frozen Spinach, thawed & drained thoroughly
1 Whole Egg at room temperature
1 ½ teaspoons Dried Basil
1 ½ teaspoons Dried Parsley
1 teaspoon Garlic Powder
1 teaspoon Kosher Salt
½ teaspoon Red Pepper Flakes
½ cup Bread Crumbs, divided

DIRECTIONS

Step 1: Preheat the oven to 400 degrees F (200 degrees C).

Step 2: In a large mixing bowl, combine the pork, lamb, ground round, spinach, cheese, egg, basil, parsley, garlic powder, salt, red pepper flakes, and ¼ cup of the bread crumbs.

Step 3: Using your hands, mix all ingredients until well incorporated. Use immediately or place in refrigerator for up to 24 hours.

Step 4: Place the remaining ¼ cup of breadcrumbs into a small bowl. Using a scale, weigh the meatballs into 1 5-ounce portions and place on a sheet pan. Use your hands to shape the meatballs into round balls. Roll in the breaded crumbs and place the meatballs in individual, miniature muffin tin cups.

Step 5: Bake for 20 minutes or until golden and crooked through.

Prep Time: 20 Minutes

Cook Time: 20 Minutes

MEATBALLS WITH SAUCE

From Riceterria

INGREDIENTS

1 lb. (500 g) of Minced Meat (Beef and Pork)	½ cup (100 g) Parmesan Cheese, grated
½ cup (110 g) Stale Breadcrumbs	2 Eggs at room, temperature
1 Clove Garlic, minced	1 tablespoon Parsley, chopped
Flour to Taste	Extra Virgin Oil Olive
3 ½ cups (800 g) of Tomato Puree	1 Onion, chopped
1 Carrot, chopped	1 Stalk Celery, chopped
Salt & Pepper to Taste	

DIRECTIONS

Step 1: In a bowl, mix the minced meat with the grated parmesan, the breadcrumbs soaked in water and then squeeze, the eggs, the minced garlic clove, the chopped parsley, salt and pepper, until you obtain a smooth mixture.

Step 2: Take the meat mixture and form it into balls of about 1 ½ inches (2 cm) in diameter.

Step 3: Dip the balls in the flour and shake off the excess.

Step 4: In a large saucepan, sauté the chopped onions, carrot and celery with a little extra virgin olive oil.

Step 5: When the vegetables are wilted, add the tomato puree, salt and pepper and cook for 15 minutes on low heat.

Step 6: Add the meatballs to the sauce and cook for 30 - 40 minutes, until the meat is fully cooked and the sauce has thickened.

Step 7: Serve the meatballs with sauce, accompanied with some homemade bread.

Step 8: Enjoy

Tips

- To make the meatballs even softer, you can add a little milk or water to the mixture.
- Cooking time for the meatball in the sauce may vary depending on the size of the meatballs and the consistency of the sauce.
- Meatballs with sauce are a very versatile dish and can be served in different ways. They can be accompanied with toasted bread, baked potatoes or fresh parsley. In addition, they can be garnished with fresh parsley leaves and grated cheese.
- You can replace ground beef with other types of meat, such as chicken or turkey, or with vegetables such as tofu or mushrooms. In this case, you will need to adapt the recipe to the new ingredients.

Pallottine al sugo is a typical dish of the Molise and Abruzzo cuisine. The name comes from the rounded shape of the meatballs, which resemble bullets. The origin of this dish dates back to the Middle Ages. As time went by, this recipe became more and more popular among the common people, who began to prepare Pallottine al suga as a main dish, accompanied with homemade bread.

SPAGHETTI & MEATBALLS ~ Spaghetti con Polpette di Carne

From Lidia

INGREDIENTS

For the Meatballs:

1 Medium Carrot, coarsely chopped	2 Stalks Celery, coarsely chopped
1 Medium Onion, coarsely chopped	1 lb. Ground Beef
1 lb. Ground Veal	1 lb. Ground Pork
2 Large Eggs at room temperature beaten	1 teaspoon Dried Oregano
1 cup Fresh Parsley, chopped	2 cups Bread Crumbs
1 tablespoon Kosher Salt	

For the Sauce:

1 ¼ cup Extra-Virgin Olive Oil	1 Medium Onion, (about 1 ½ cups)
2 teaspoons Kosher Salt, plus more as needed	1 lb. Spaghetti
3 (28 ounce) Cans Italian Plum tomatoes, preferably San Marzano, crushed by hand	
1 cup Grana Padano, grated	1 teaspoon Pepperoncino Flakes

DIRECTIONS

Step 1: Preheat the oven to 425 degrees F. (220 degrees C).

Step 2: Combine the carrot, celery, and onion in a food processor, pulsing to make a fine-textured paste or Pestata. Scrape the Pestata into a large bowl, and add the three meats, eggs, oregano, parsley, bread crumbs, and salt, mixing with your hands to combine well. Roll the meat into golf-ball-sized balls, and place on baking sheets lined with parchment paper. (You should get about forty-eight meatballs.) Bake the meatballs until browned all over, about 18 to 20 minutes. (They do not need to be entirely cooked through, because they will cook more in the sauce. While the meatballs are baking, bring a large pot of salted water to boil for pasta. Slip the spaghetti into the boiling water and cook until al dente. Drain the pasta, reserving ½ cup of pasta water.

Step 3: Begin the sauce: Beat the olive oil in a large pot over medium heat. Toss in the onion and sauté until it turns transparent, about 2 to 3 minutes. Ladle in the reserved pasta water, and simmer the onion to break it down, about 2 to 3 minutes. Then once the water has cooked away, sprinkle in 1 teaspoon of the salt and the bay leaves. Let the pepperoncino toast for a minute, then pour in the tomatoes. Slop out the tomato cans and bowl with 4 cups of hot water, add to the pot, and stir. Stir in the remaining teaspoon of salt, and bring the sauce to a simmer while the meatballs finish baking; simmer sauce about 10 minutes more.

Step 4: When the meatballs have finished baking, gently add them to the sauce and return to a simmer. Let simmer, shaking the pan periodically to move (but not break) the meatballs, until the sauce is thick and flavorful, about 1 ½ hours. Plop the spaghetti back into the empty pasta cooking pot. Add half of the sauce (with no meatballs) and toss. Set in a hot bowl, and top with meatballs and additional sauce if necessary.

Step 5: Serve immediately, offering the remaining sauce and meatballs at the table with the grated cheese.

BOLOGNESE LASAGNA

From Carol O'Halloran

INGREDIENTS

For the Bolognese Sauce

2 ounces diced pancetta, finely chopped	1 cup whole milk
1 medium Spanish onion or yellow onion, finely chopped	½ teaspoon sea salt
1 rib celery, finely chopped	1 carrot, finely chopped
4 tablespoons unsalted butter	11 ounces ground beef
4 ounces ground pork	4 ounces ground Italian sausage
1 clove, freshly ground cinnamon	
1 teaspoon freshly ground black pepper	
2 pounds tomatoes, peeled and chopped, or 1 (28-ounce) can whole peeled tomatoes	

For the Béchamel

5 teaspoons Unsalted flour	¼ cup All Purpose Flour
4 cups Warmed Whole Milk	A Pinch of Nutmeg
Kosher Salt	

For the Lasagna

About 16 sheets lasagna noodles (De Cecco brand recommended), enough to make 4 layers in a 13 x 9-inch baking pan with the noodles overlapping each other a little bit
1 cup freshly grated Parmesan cheese

DIRECTIONS

Step 1: Combine pancetta, onion, celery, and carrot in sauté pan with butter and cook over medium heat until onion turns pale gold.

Step 2: Add the other ingredients:

Add the beef, pork, and sausage to the pan and increase the heat to high. Cook until browned. Sprinkle with the ground clove, cinnamon, and pepper.

Step 3: Stir in the tomatoes and bring to a simmer. Reduce the heat to medium. Cook over medium heat for 15 minutes. If you are using whole canned tomatoes, break them up as you add them to the sauce.

Step 4: Add the milk, season with sea salt, then turn down the heat and let simmer for 2 and 1/2 hours. Stir at least every 20 minutes. Whenever the sauce simmers down to the point that it is sticking to the bottom of the pan, just add 1/4 cup of water and scrape up the browned bits from the bottom and continue to cook.

Step 5: Heat the milk until almost boiling in a heavy bottomed sauce pan. In a separate pan melt the unsalted butter with the flour over low heat. Stir rapidly with a spoon. Cook this for 1 minute and then remove from the heat.

Step 6: Slowly add half the hot milk to your butter and flour mixture. During this process stir constantly.

Step 7: Return the milk, butter, flour mixture to low heat until the sauce begins to thicken. Add the remaining milk slowly while stirring working it into the thickened sauce. Continue to stir until it comes to a boil.

Step 8: Season with some sea salt, and continue stirring until the right consistency has developed. If any lumps form, beat them out rapidly with a whisk until they dissolve. Remove from heat.

Prepare the Lasagna

Step 1: Preheat oven to 375°F.

Step 2: Cook the lasagna noodles:

Step 3: Cook the lasagna according to instructions. About 8 minutes in 6 quarts of boiling salted water. Drain, rinse with cold water.

Step 4: Lay the individual lasagna noodles out on kitchen towels, not touching, so they do not stick together while you layer the casserole.

Step 5: Spread a little olive oil around the inside of a 13x9-inch baking pan. Make sure your baking pan is non-reactive - pyrex or stainless steel. Do not use an aluminum pan as it will react with the acidity of the sauce and ruin the flavor.

Step 6: Put a layer of lasagna noodles down first. Layer on a third of the bolognese sauce, then a third of the bechamel sauce.

Step 7: Sprinkle with grated Parmesan. Repeat two more times. Top with a final layer of noodles and sprinkle with grated Parmesan.

This is a labor of love. The Bolognese takes a good 4 hours to make and is worth every minute. The béchamel and pasta (I make my own pasta because you cannot buy case lasagna sheets down here (lives in Georgia)(Love the Kitchen aid pasta attachment) are also time consuming. Assembly guarantees one messy kitchen. Should you come and visit, I will make some).

Adapted from lots of recipes but especially one I found from Aston Martin.

It's great BUT makes an amazing lasagna when paired with homemade or dairy case pasta (do not use boxed) and béchamel sauce covered with Parmigiana Reggiano.

CLASSIC LASAGNA WITH MEAT SAUCE

From Allrecipes.com

INGREDIENTS

1 ½ cups Fat-Free Ricotta Cheese
6 ounces Part-Skim Mozzarella Cheese, shredded (about 1 ½ cups)
¼ cup Fresh Flat-Leaf Parsley Leaves, divided
1 ½ tablespoons Unsalted Butter, melted
1 tablespoon Fresh Oregano, finely chopped
5 Cloves Garlic, minced and divided
1 Large Egg at room temperature, lightly beaten
12 ounces Extra-Lean Ground Beef (93% lean)

DIRECTIONS

Step 1: Preheat oven to 375 degrees F (190 degrees C).

Step 2: Combine ricotta, 2 ounces (about ½) cup) mozzarella, 2 tablespoons parsley, butter, oregano, 1 garlic clove, and egg. Set aside.

Step 3: Place ground beef in a large nonstick skillet over medium high heat. Sprinkle with pepper and remaining 4 garlic cloves. Then cook for 9 minutes or until beef is browned. Stirring to crumble; drain. Return beef mixture to pan; stir in marinara sauce, and remove from heat.

Step 4: Spread ½ cup meat sauce in bottom of a broiler-safe 11 x 7 inch glass or ceramic baking dish coated with cooking spray. Cut bottom third off each noodle to form 6 long and 6 short noodles; cut short noodle in half to form 12 pieces.

Arrange 2 long noodles along outside edges of dish; arrange 4 short noodle pieces along center of dish.

Step 5: Top noodles with 1 cup of meat sauce. Top with 2 long noodles and 4 short noodle pieces, all of ricotta mixture, and 1 cup meat sauce. Arrange remaining 2 long noodles and 4 short noodle pieces on top. Spread remaining meat sauce over top noodles. Sprinkle evenly with remaining 4 ounces (1 cup) mozzarella cheese and Parmigiano-Reggiano cheese. Cover with foil coated with cooking spray.

Step 6: Bake at 375 degrees F (190 degrees C) for 30 minutes. Uncover and bake for an additional 10 minutes or until bubbly.

Step 7: Preheat broiler to high (Keep lasagna in oven).

Step 8: Broil lasagna for 1 to 2 minutes or until cheese is golden brown and sauce is bubbly. Remove from oven; let stand 10 minute. Sprinkle with remaining 2 tablespoons parsley; cut into 6 pieces.

Yield: 6 Servings (A serving size is 1 piece)

Hands-On: 16 Minutes

Cook Time: 1 Hour

Total: 1 Hour 6 Minutes

ITALIAN LASAGNA

From Luigi DeSantis

INGREDIENTS

1 lb. Ground Italian Sausage	1 lb. Lean Ground Beef
1 Large White Onion, diced	5 Cloves Garlic, minced
1 (28 ounce) Can) Crushed Tomatoes	2 (6 ounce) Cans) Tomato Paste
1 (15 ounce) Can Tomato Sauce Passata or Tomato Puree	½ cup White Wine
1 teaspoon Fennel Seeds	2 tablespoons Granulated Sugar
½ cup Fresh Basil, chopped	1 teaspoon Dried Oregano
½ teaspoon Salt	¼ teaspoon Black Pepper
¼ cup Fresh Parsley, chopped	1 Large Egg at room temperature
1 lb. Lasagna Pasta 30 ounces Ricotta Cheese	1/8 teaspoon Ground Nutmeg
2 tablespoons Fresh Parsley, chopped	½ teaspoon Salt
1 lb. Mozzarella Cheese, thinly sliced (about 24 slices)	
1 cup Freshly Grated Parmesan Cheese	

DIRECTIONS

Step 1: In a large pot medium heat, add in ground sausage and ground beef. Use a spoon to break up the meat into small pieces.

Step 2: Add in onion and garlic and cook until meat is well browned, stirring constantly.

Step 3: Stir in sugar, fresh basil, fennel oregano, ½ teaspoon salt, pepper, and ¼ cup chopped parsley.

Step 4: Pour in crushed tomatoes, tomato paste, tomato sauce and wine. Stir well and bring to a simmer. Reduce heat to low and simmers 1 - 4 hours (see Notes), stirring occasionally.

Step 5: Meanwhile, place lasagna noodles into the bottom of a 9 X 13 inch pan.

Step 6: Pour hot tap water directly over the needles, making sure the pasta is completely immersed in the water. Let them soak for 30 minutes, then drain and discard water.

Step 7: In a mixing bowl, combine ricotta cheese with egg, remaining 2 tablespoons parsley, 1/2 teaspoon salt, and nutmeg. Refrigerate until ready to assemble lasagna 9 x 13 -inch or lasagna pan.

Step 8: To assemble spread about 1 cup of meat sauce in the prepared lasagna pan, just enough to cover the bottom. Place 4 lasagna sheets on top. Spread with 1/3 of the ricotta cheese mixture on top of the pasta. Top with ¼ of mozzarella cheese slices. Spoon 1 ½ cups meat sauce over mozzarella, and then sprinkle with ¼ cup Parmesan cheese.

Step 9: Repeat layering 3 more times with pasta, ricotta, mozzarella, meat sauce, then Parmesan cheese, creating 3 complete layers.

Step 10: To finish, place a final layer of pasta sheets. Then spread 1 cup of meat sauce to cover the pasta and keep it from drying out. Top with remaining mozzarella slices and remaining Parmesan cheese.

Step 11: Cover the pan loosely with aluminum foil. Bake in preheated oven for 25 minutes. Remove foil and bake an additional 25 minutes to allow cheese to brown.

Step 12: Serve hot.

Notes

- White wine can be replaced with red wine, chicken broth or beef broth.
- The sauce develops flavor as it simmers. It needs to be simmered for a minimum of 1 hour to give you amazing lasagna but you can simmer it up to 4 hours for the most amazing lasagna.- I
- f you do not want to leave it simmering on the stove, you can always transfer it all to a slow cooker and simmer it in there on high for 4 hours or low for 6 to 8 hours.
- Use a deep dish lasagna pan to ensure the layers fit.

Yield: 12 Servings

Prep Time: 1 Hour 45 Minutes

Cook time: 50 Minutes

Total Time: 2 Hours 35 Minutes

LASAGNA

From Rebecca Folen

INGREDIENTS

2 (8 ounce) Cans Tomato Sauce
2-3 Cloves Garlic, diced
Oregano
1 cup Carrots, shredded
1 (15 or 16 ounce) Container Ricotta
¼ cup Parmesan Cheese, grated
1 (10 ounce) Package Frozen Spinach, thawed

DIRECTIONS

Step 1: Preheat oven to 350 degrees F (180 degrees C).
Step 2: Spray glass dish.
Step 3: Mix sauce and spices.
Step 4: Mix spinach, carrot, ricotta, Parmesan sauce on bottom of glass dish.
Step 5: Layer.
Step 6: Bake for 45 minutes.

LASAGNA

From Luigi DeSantis

INGREDIENTS

1 cup Soft Bread Crumbs	½ cup Milk
1 ½ lbs. Meat Loaf Mix	1 Onion, chopped
3 tablespoons Worcestershire Sauce	3 tablespoons Ketchup
1 Egg, slightly beaten at room temperature	1 ¼ teaspoon Salt
Ground Black Pepper to taste	

DIRECTIONS

Step 1: Preheat the oven to 350 degrees F (180 degrees C). Lightly grease an 8 x 4 inch loaf pan or 8 x 10 inch Pyrex glass Combine bread crumbs and milk to a small bowl and set aside to soften.

Step 2: Mix meat loaf mix, onion, onion, Worcestershire, ketchup, egg, salt and black pepper in a large bowl, add bread crumb mixture and mix with your hands until combined.

Step 3: Pat the mixture into the prepared loaf pan.

Or with your hands shape the mixture into the shape of football and place in the Pyrex glass.

Step 4: Bake in the preheated oven until no longer pink in the center, about 1 hours. An instant-read thermometer inserted into the center should read at least 160 degrees F (70 degrees C). Allow to stand 5 minutes before serving.

Variations of Meatloaf

- You can add ½ cup Green Bell Pepper, cored, seeds removed and chopped Or
- You can add 1 cup Cheddar Cheese, shredded + ½ cup Carrot, shredded + 1 tablespoon Yellow Mustard

Or

- You can add 1/3 cup Brown Sugar + 3 Slices Bread, crumbled + ½ cup Carrot, shredded+ 1 tablespoon Yellow Mustard

PAPPARDELLE WITH BEEF RAGU

From Barbara DeSantis

INGREDIENTS

3 lbs. (1.5 kg) Beef Chuck Meat	¼ cup (60 ml) Olive Oil
Salt and Freshly Ground Pepper, to taste	2 Yellow Onions, finely chopped
2 Carrots, peeled and finely chopped	2 Celery Stalks, finely chopped
5 Large Garlic Cloves, minced	½ cup (90 ml) Tomato Paste
3 tablespoons Fresh Rosemary, minced	1 cup (250 ml) Dry Red Wine
5 cups (940 ml) Chopped Canned Plum tomatoes, with juices	1 lb. (550 g) Pappardelle Pasta
3 tablespoons Fresh Flat-Leaf Parsley, chopped	

DIRECTIONS

Step 1: Season the beef on all sides with salt and pepper.

Step 2: In the stovetop-safe insert of a slow cooker or in a large sauté pan over medium high heat, warm 1 tablespoon of the olive oil. Add the beef and sear on all sides, about 7 minutes total. Transfer the beef to a plate.

Step 3: In the inset or sauté pan over medium heat, warm the remaining 3 tablespoons of olive oil.

Step 4: Add the onions, carrots and celery and cook, stirring occasionally, until softened, about 10 minutes.

Step 5: Add the garlic and rosemary and cook for 1 minute more, adding 1 to 2 tablespoons water if needed to keep the vegetables from browning.

Step 6: Add the wine and tomato paste and cook, stirring occasionally, until most of the liquid has evaporated, about 4 minutes. If using an insert, add the beef and tomatoes, and place the insert on the slow-cooker base. If using a sauté pan, place the beef, onion mixture and tomatoes in a slow cooker. Cover and cook on low according to the manufacturer's instructions until the beef is very tender, about 6 hours.

Step 7: Let the beef and sauce cool at room temperature for 1 hour or up to overnight in the refrigerator.

Step 8: To finish the sauce, using a slotted spoon, transfer the beef to a large bowl. Skim the fat off the sauce. Simmer the sauce over high heat until reduced by half, about 7 minutes, and then reduce the heat to medium low.

Step 9: Using 2 forks or your fingers, shred the beef. Return the beef to the sauce add the cheese and parsley and stir to combine.

Step 10: Adjust the seasonings with salt and pepper. Keep warm over low heat while cooking the pasta.

Step 11: Meanwhile, bring a large pot of salted water to a boil over high heat.

Step 12: Add the pasta and cook, stirring occasionally to prevent sticking, until al dente, according to the package instructions.

Step 13: Drain the pasta, add it to the sauce and stir to combine. Serve immediately.

Yield: 8 Servings

STUFFED RED PEPPERS

From Mary & Rosario DeSantis

INGREDIENTS

4 Red Bell Peppers, tops cut off and seeds removed	
1 lb. Rice (White or Brown), cooked	1 lb. Ground Beef, Turkey or Chicken
1 Small Onion, chopped	2 Cloves Garlic, minced
1 cup Canned Diced Tomatoes, drained	1 teaspoon Italian Seasoning
½ teaspoon Paprika	Salt & Pepper, to taste
½ cup Shredded Mozzarellas or Cheddar Cheese	Fresh Parsley, for garnish

DIRECTIONS

Step 1: Prepare the Peppers: Preheat your oven to 375 degrees F (190 degrees C). Cut the tops off the bell peppers and remove seeds and membranes. Place them in a baking dish,

Step 2: Cook the Filling: In a skillet over medium heat, cook the ground meat until browned and crumbled. Add the onion and garlic, and cook for another 3 - 4 minutes until softened.

Step 3: Combine Ingredients: Stir in the cooked rice, diced tomatoes, Italian dressing, paprika, salt and pepper. Let the mixture cook for a few minutes, allowing the flavors to blend.

Step 4: Stuff the Peppers: Press mixture into each pepper pressing lightly to pack it in. Cover the baking dish with foil. In the preheated oven cook stuffed peppers for 25 - 30 minutes.

Step 5: Bake: Once the peppers have baked in the preheated oven for 25 - 30 minutes then remove the foil, sprinkle each pepper with cheese, and bake for an additional 10 minutes, or until the cheese is melted and bubbly.

Step 6: Serve.

- Garnish with fresh parsley and serve. Enjoy your delicious peppers as a main dish or alongside a fresh salad.

STUFFED PEPPERS

From Shana Harding

INGREDIENTS

½ lb. Meatloaf Mix (type used for making Meat Loaf (Pork, Beef and Veal))
4 Red Peppers, tops cut off and membrane removed
2 Eggs at room temperature ¼ cup Minute Rice, cooked
½ cup Italian Bread Crumbs ½ cup Parmesan Cheese, shredded
½ cup Pitted Black Olives, chopped
½ cup Tomatoes, diced Garlic Seasoning to taste
2 tablespoons Worcestershire Sauce
Large Bottle of Barilla Marinara Sauce

DIRECTIONS

Step 1: Wash peppers, cut off tops and remove pepper membrane and put peppers aside.

Step 2: Combine rest of the ingredients except the sauce.

Step 3: Put sauce in all pot.

Step 4: Fill peppers with mixture. Put filled peppers straight-up pit.

Step 5: Put pepper tops on peppers.

Step 6: Sprinkle with oregano on top.

Step 7: Put pot on 350 degrees F (180 degrees C) oven for one hour, with a pot top.

STUFFED PEPPERS

From Sailor Bailey

INGREDIENTS

4 Bell Pepper (Red or Green), cored, with seeds and white flesh and stems removed
1 lb. Lean Ground Meat
1 ½ - 2 cups Rice, cooked
1 tablespoons Extra Virgin Olive Oil
¼ cup Chopped Onions, white or red
2 Garlic Cloves, chopped
2 teaspoons Italian Seasoning
1 teaspoon Garlic Powder
½ teaspoon Salt
½ teaspoon Black Pepper
½ teaspoons Dried or Fresh Thyme
1/3 cup Mozzarella (extra for topping)
1/3 cup Canned Diced Tomatoes**
2 tablespoons Fresh Parsley for garnish

DIRECTIONS

Step 1: in a large pan. Chop onions and garlic and sauté. Add ground meat to medium high heat oiled skillet or pan. Brown the meat for about 4 minutes. Add in onions and garlic and sauté for another 4 minutes. Preheat oven to 375 degrees F (190 degrees C).

Step 2: Once meat is browned and onions and garlic have started to sweat, add in rice, seasonings, and tomatoes. Let everything simmer together well, about 6 minutes. Once everything is mixed and cooked through, add in cheese. Turn the heat off and mix the cheese as well.

Step 3: Slice bell peppers vertically. Clean out seeds, white flesh and stems. Spray a large 9 x 13 inch baking dish with nonstick spray. Lay the peppers down in the dish with the open side facing up. Stuff them with the cheesy meat mixture. Make sure you press the mixture in firmly so they are bursting with filling.

Step 4: Sprinkle a little more cheese on the top of each pepper. Cover with tin foil and bake for about 15 – 20 minutes or until the peppers are sweating, softened and cheese is melty and bubbling. Enjoy right away keep or in the refrigerator for up to 5 days for meal peep. Reheat in the microwave covered.

Notes

*Ground chicken or beef or meat loaf ground meats will also work.

**Marinara or pasta sauce will also work great.

Yield: 4 Servings

Prep Time: 5 Minutes

Cook Time: 15 Minutes

SHEPHARD'S PIE

From An Italian in My Kitchen

INGREDIENTS

For the Meat Filling:

2 tablespoons Olive Oil	1 cup Yellow Onion, chopped
1 lb. 90% Ground Beef or Minced Lamb	2 teaspoons Dried Parsley Leaves
1 teaspoon Dried Rosemary Leaves	1 teaspoon Thyme Leaves
½ teaspoon Salt	½ teaspoon Ground Black Pepper
1 tablespoon Worcestershire Sauce	2 Cloves Garlic, minced
2 tablespoons All-Purpose Flour	2 tablespoons Tomato Paste
1 cup Beef Broth	1 cup Frozen Peas and Carrots, thawed
½ cup Frozen Corn Kernel, thawed	

For the Potato Topping:

2 lbs. Russet Potatoes, peeled and cut into 1 inch cubes	8 tablespoons Unsalted Butter (1 stick)
½ cup Half-and-Half	½ teaspoon Garlic Powder
½ teaspoon Salt	¼ teaspoon Ground Black Pepper
¼ cup Parmesan Cheese, shredded	

DIRECTIONS

Step 1: Add oil to a large skillet and place over medium high heat for two minutes. Add onions. Cook for 5 minutes, stirring occasionally.

Step 2: Add ground beef (or minced lamb) to the skillet and break it up with a wooden spoon. Add parsley, rosemary, thyme, salt, and pepper. Stir well. Cook for 6 - 8 minutes, until the meat is tender, stirring occasionally.

Step 3: Add Worcestershire sauce and garlic. Stir until smooth. Cook for 1 minute.

Step 4: Add flour and tomato paste. Stir to smooth out any lumps.

Step 5: Add the broth, frozen peas, carrots, and frozen corn. Bring the mixture to a boil and then reduce the temperature and cook over low heat for 5 minutes stirring occasionally.

Step 6: Leave the meat mixture aside. Heat the oven to 400 degrees F.

Step 7: Make a layer of potatoes.

Step 8: Put the potatoes in a large pot. Cover the potatoes with water. Bring the water to a boil. Cook the potatoes until soft, 10 - 15 minutes.

Step 9: Drain the potatoes in a colander. Return the potatoes to the veiled pot.

Step 10: Let the potatoes rest in the pot for 1 minute to evaporate any remaining liquid.

Step 11: Add butter, half-and-half, garlic powder, salt, pepper. Mash the potatoes and stir until all areas are combined.

Step 12: Add Parmesan cheese to the potatoes. Stir until combined.

Step 13: Assemble the casserole.

Step 14: Pour the meat mixture into a deep baking dish. Spread it in an even layer. Spoon the mashed potatoes over the meat. Carefully spread evenly.

Step 15: If the baking dish seems too full, frame a baking sheet with edges so the filling does not seep into the oven.

Step 16: Bake without a lid for 15 - 20 minutes.

Step 17: Cook for 15 minutes before serving.

Yield: 6 Servings

Prep Time: 20 Minutes Cook Time: 1 Hour

Total Time: 1 Hour 20 Minutes

Notes

- If you cannot find frozen peas and carrots, you can use ½ cup frozen peas and ½ cup frozen sliced carrots.
- Bake at 400 degrees F (200 degrees C), start by preheating the oven after preparing the meat.

SHEPHARD'S PIE

From Pioneer Woman

INGREDIENTS

For the Meat Filling

2 tablespoons Olive Oil
1 lb. 90% Ground Beef or Minced Lamb
1 teaspoon Dried Rosemary Leaves
½ teaspoon Salt
1 tablespoon Worcestershire Sauce
2 tablespoons All-Purpose Flour
1 cup Beef Broth
1 cup Frozen Peas and Carrots, thawed

1 cup Yellow Onion, chopped
2 teaspoons Dried Parsley Leaves
1 teaspoon Thyme Leaves
½ teaspoon Ground Black Pepper
2 Cloves Garlic, minced
2 tablespoons Tomato Paste
½ cup Frozen Corn Kernel, thawed

For the Potato Topping

2 lbs. Russet Potatoes, peeled and cut into 1 inch cubes
8 tablespoons Unsalted Butter (1 stick)
½ teaspoon Garlic Powder
¼ teaspoon Ground Black Pepper

¼ cup Parmesan Cheese, shredded
½ cup Half-and-Half
½ teaspoon Salt

DIRECTIONS

Step 1: Add oil to a large skillet and place over medium high heat for two minutes. Add onions. Cook for 5 minutes, stirring occasionally.

Step 2: Add ground beef (or minced lamb) to the skillet and break it up with a wooden spoon. Add parsley, rosemary, thyme, salt, and pepper. Stir well. Cook for 6 - 8 minutes, until the meat is tender, stirring occasionally.

Step 3: Add Worcestershire sauce and garlic. Stir until smooth. Cook for 1 minute.

Step 4: Add flour and tomato paste. Stir to smooth out any lumps.

Step 5: Add the broth, frozen peas, carrots, and frozen corn. Bring the mixture to a boil and then reduce the temperature and cook over low heat for 5 minutes stirring occasionally.

Step 6: Leave the meat mixture aside. Heat the oven to 400 degrees F.

Step 7: Make a layer of potatoes.

Step 8: Put the potatoes in a large pot. Cover the potatoes with water. Bring the water to a boil. Cook the potatoes until soft, 10 - 15 minutes.

Step 9: Drain the potatoes in a colander. Return the potatoes to the veiled pot.

Step 10: Let the potatoes rest in the pot for 1 minute to evaporate any remaining liquid.

Step 11: Add butter, half-and-half, garlic powder, salt, pepper. Mash the potatoes and stir until all areas are combined.

Step 12: Add Parmesan cheese to the potatoes. Stir until combined.

Step 13: Assemble the casserole.

Step 14: Pour the meat mixture into a deep baking dish. Spread it in an even layer. Spoon the mashed potatoes over the meat. Carefully spread evenly.

Step 15: If the baking dish seems too full, frame a baking sheet with edges so the filling does not seep into the oven.

Step 16: Bake without a lid for 15 - 20 minutes.

Step 17: Cook for 15 minutes before serving.

Yield: 6 Servings

Prep Time: 20 Minutes Cook Time: 1 Hour

Total Time: 1 Hour 20 Minutes

BEEF STROGANOFF

From Edward & Maryellen Kmiec

INGREDIENTS

3 ½ tablespoons Unsalted Butter	1 tablespoon All-Purpose Flour
1 cup Beef Broth	2 tablespoons Olive Oil
1 (1 lb.) Piece of Beef Tenderloin, trimmed, sliced ¼ inch thick, and then cut into 1" pieces	¾ lb. Cremini Mushrooms, trimmed and halved (quartered if large)
½ cup Shallots, sliced thinly	1 teaspoon Dijon Mustard
3 tablespoons Sour Cream at room temperature	¼ teaspoon Black Pepper
2 tablespoons Fresh Dill, chopped	½ teaspoon Salt

DIRECTIONS

Step 1: Melt 1½ tablespoons butter in a small heavy saucepan over moderate heat and whisk in flour, then cook roux, whisking constantly for 2 minutes. Add broth in a slow stream, whisking constantly, and bring to a boil. Resume heat and simmer, whisking occasionally, 3 minutes. Remove from heat and keep warm.

Step 2: Pat beef dry and season well with salt and pepper. Heat 1 tablespoon butter with 1 tablespoon oil in a 12 inch heavy skillet over moderately high heat until foam subsides. Then sauté beef in two batches, turning once, until browned on both sides but still pink inside, about 1 minute. Transfer to plate with a slotted spoon.

Step 3: Heat remaining tablespoon butter with remaining tablespoon oil in same skillet over moderately high heat until hot but not smoking, then sauté shallots, stirring occasionally, until golden brown, about 3 minutes. Add mushrooms and sauté, stirring occasionally, until liquid mushrooms give off and are evaporated and mushrooms are browned, about 8 to 10 minutes. Return meat with its juices to skillet and stir to combine, and then transfer to a platter.

Step 4: Reheat sauce over low heat (do not let boil), then whisk in sour cream, mustard, dill, salt and pepper.

Step 5: Pour sauce over beef and serve immediately.

Yield: 8 – 10 Servings

- This recipe makes good use of the tail-end of a Tender Loin

Cremini mushrooms, also known as baby bellas, or baby portobellos, are the younger, more mature version of the common white mushroom. They are characterized by a light-tan to rich brown cap and a firmer, more flavorful texture than white button. They are often used as a substitute for white button mushrooms or as a smaller, younger version of the Portobello.

LAZY GOLUMPKI ~ BEEF & CABBAGE

From Allrecipes.com

INGREDIENTS

1 Head Green Cabbage, cut into bite-size pieces	1 teaspoon Salt
1 teaspoon Dried Parsley	½ teaspoon Onion Powder
2 cups Water	1 cup White Rice
1 lb. Ground Beef	
1 (10 ½ ounce) Can Condensed Tomato Soup (such as Campbell's)	
1 (32 ounce Container) Crushed Tomatoes (such as Hunt's)	
½ teaspoon Oregano (optional)	

DIRECTIONS

Step 1: Boil cabbage in a stockpot until tender, 10 to 15 minutes. Drain well.

Step 2: Heat a large skillet over medium low heat. Cook and stir beef in the hot skillet until browned and crumbly, 5 to 7 minutes; drain and discard grease. Mix salt, parsley, onion powder, and black pepper into ground beef.

Step 3: Bring water and rice to a boil in a saucepan. Reduce heat to medium low, cover, and simmer until rice is tender, and liquid has been absorbed, 20 to 35 minutes. Stir tomato soup and crushed tomatoes together in a bowl.

Step 4: Preheat oven to 350 degrees F (175 degrees C).

Step 5: Combine cabbage, seasoned ground beef, rice, and tomatoes mixture together in a bowl, transfer to a 9 X 13 inch baking dish.

Step 6: Bake in the preheated oven until bubbling, about 45 minutes.

Yield: 8 Servings

Prep Time: 15 Minutes Cook Time: 1 Hour 20 Minutes

Total Time: 1 Hour 35 Minutes

Tips

- Soak rice overnight. They will be easier to handle and will absorb sauce easily.

Variation

- Use a meatloaf mixture of beef, pork and veal (total 1 pound).
- If you like your Golumpki more moist use more tomatoes sauce.

Cook's Note: This recipe uses a lot of sauce. If you like the traditional Golumpki version, you may want to reduce the amount of sauce.

POT ROAST

From Barbara DeSantis

INGREDIENTS

3 lbs. Pot Roast
Carrots
Potatoes
Salt & Pepper

1 cup Tomatoes
Onions
Flour
1 ½ ounces Fat in Pan to Brown

DIRECTIONS

Step 1: Mix Flour, Salt & Pepper

Step 2: Flour the Meat

Step 3: Add fat to skillet on medium-low heat. Brown meat.

Step 4: Low Flame to simmer.

Step 5: Bake at 375 degrees F (190 Degrees C) for 2 ½ to 3 ½ Hours .

Step 6: 45 Minutes Before Roast is finished, add Vegetables

SALISBURY STEAK DELUXE

From Barbara DeSantis

INGREDIENTS

1 can (10 $\frac{3}{4}$ ounce) Condensed Cream of Mushroom Soup, undiluted
1 tablespoon Prepared Mustard
2 teaspoons Worcestershire Sauce
1 teaspoon Prepared Horseradish
1 Egg at room temperature
 $\frac{1}{4}$ cup Dry Bread Crumbs
 $\frac{1}{4}$ cup Onion, finely chopped
 $\frac{1}{2}$ teaspoon Salt
A Dash of Pepper
1 $\frac{1}{2}$ lbs. Ground Beef
1 - 2 tablespoons Cooking Oil
 $\frac{1}{2}$ cup Water
2 tablespoons Fresh Parsley, chopped

DIRECTIONS

Step 1: In a bowl, combine the soup, mustard, Worcestershire sauce and horseradish;

Step 2: Blend well. Set aside.

Step 3: In another bowl, lightly beat the egg. Add bread crumbs, onion, salt, pepper and $\frac{1}{4}$ cup of the soup mixture. Add beef and mix well.

Step 4: Shape into 6 patties.

Step 5: In a large skillet, brown the patties in oil; drain.

Step 6: Combine remaining soup mixture with water; pour over patties.

Step 7: Cover and cook over low heat for 10 - 15 minutes or until meat is done.

Step 8: Remove patties to a serving platter; spoon sauce over meat.

Step 9: Sprinkle with parsley.

Yield: 6 Servings

GREEN PEPPER STEAK

From Barbara DeSantis

INGREDIENTS

1 lb. Beef Chuck or Round, fat trimmed
¼ cup Salad Oil
1 ½ teaspoons Ginger, grated or ½ teaspoon Ground Ginger
1 cup Green Onion, thinly sliced
2 Stalks Celery, thinly sliced
1 cup Red or Green Peppers, cut into 1 inch squares
1 tablespoon Cornstarch
1 cup Water
2 Tomatoes cut into wedges

DIRECTIONS

Step 1: With a very sharp knife cut beef across grain into thin strips, 1/8 inch thick.

Step 2: Combine soy sauce, garlic, ginger. Add beef. Toss and set aside while preparing vegetables. Then heat oil in large frying pan or wok. Add beef and toss over high heat until brown. Taste meat. If it is not tender, cover and simmer for 30 to 40 minutes over low heat.

Step 3: Turn heat up and add vegetables. Toss until vegetables are tender crisp, about 10 minutes. Mix cornstarch with water. Add to pan; stir and cook until thickened.

Step 4: Add Tomatoes.

Prep Time: 20 Minutes

Cooking Time: 30 to 40 Minutes

Notes

- For 2 Servings: Half of the ingredients. You might need to add water.
- This recipe yields 4 servings
- For 8 servings: Double the ingredients but reduce the water to 1 ¾ cups. Add another ½ tablespoon cornstarch.

Tip

- You can prepare the beef ahead and refrigerate just before adding the vegetables. Finish cooking later.

MEAT LOAF

From Luigi DeSantis

INGREDIENTS

1 cup Soft Bread Crumbs	½ cup Milk
1 ½ lbs. Meat Loaf Mix	1 Onion, chopped
3 tablespoons Worcestershire Sauce	3 tablespoons Ketchup
1 Egg, slightly beaten at room temperature	1 ¼ teaspoon Salt
Ground Black Pepper to taste	

DIRECTIONS

Step 1: Preheat the oven to 350 degrees F (180 degrees C). Lightly grease an 8 x 4 inch loaf pan or 8 x 10 inch Pyrex glass Combine bread crumbs and milk to a small bowl and set aside to soften.

Step 2: Mix meat loaf mix, onion, onion, Worcestershire, ketchup, egg, salt and black pepper in a large bowl, add bread crumb mixture and mix with your hands until combined.

Step 3: Pat the mixture into the prepared loaf pan.

Or with your hands shape the mixture into the shape of football and place in the Pyrex glass.

Step 4: Bake in the preheated oven until no longer pink in the center, about 1 hours. An instant-read thermometer inserted into the center should read at least 160 degrees F (70 degrees C). Allow to stand 5 minutes before serving.

Variations of Meatloaf

- You can add ½ cup Green Bell Pepper, cored, seeds removed and chopped Or
- You can add 1 cup Cheddar Cheese, shredded + ½ cup Carrot, shredded + 1 tablespoon Yellow Mustard

Or

- You can add 1/3 cup Brown Sugar + 3 Slices Bread, crumbled + ½ cup Carrot, shredded+ 1 tablespoon Yellow Mustard

ITALIAN MEATLOAF

From Lidia

INGREDIENTS

2 cups of Country Bread with crust, cubed	1 cup Milk
2 Medium Carrots, cut into chunks	1 cup Fresh Italian Parsley, chopped
1 Medium Onion, cut into chunks	2 teaspoons Kosher Salt
2 Medium Stalks Celery, cut into chunks	1 ½ lbs. Ground Beef
1 cup Grana Padano or Parmigiano-Reggiano Cheese, grated	1 ½ lbs. Ground Pork
1 cup Pureed Canned Tomatoes	1 Bunch Scallions, trimmed and chopped
1 teaspoon Dried Oregano	2 tablespoons Extra Virgin Olive Oil

DIRECTIONS

Step 1: Preheat the oven to 380 degrees F (195 degrees C).

Step 2: Put the bread crumbs in a medium bowl, and pour milk over them. Let the bread soak until it is soft. Meanwhile combine the carrots, celery, and onion in a food processor, and pulse to make a fine-textured paste or pestata.

Step 3: When the bread is soft, squeeze out the excess milk and put the bread in a large mixing bowl.

Step 4: Mix the pestata, ground meats, scallions, grated cheese, marinara sauce, parsley, salt, and oregano with the bread, using your hands to distribute all of the ingredients evenly.

Step 5: Oil a 10 x 15 inch Pyrex or ceramic baking dish with the olive oil.

Step 6: Form the meat mixture into a loaf in the oiled pan.

Step 7: Place in the oven, and bake until browned and cooked through (the center of the meatloaf should read 165 degrees F (75 degrees C) on an instant-read thermometer, about 1 hour and 15 minutes.

Step 8: Let cool for 10 minutes before serving.

Notes

- Cooked meatloaf will stay safe to eat in the refrigerator for 3 to 4 days, when stored properly. To ensure safety, refrigerate the meatloaf with 2 hours of cooking in an airtight container or wrapped lightly in foil, and keep your refrigerator set at or below 40 degrees F (4 degrees C), Let the meatloaf cool to about room temperature before storing it. Let it thaw in the refrigerator overnight. To reheat thawed meatloaf, place slices or the entire loaf in an oven-safe dish with a splash of liquid like broth or water this will add moisture to prevent it from drying out), cover it with foil, and bake in a preheated oven at a low temperature (250 – 350 degrees F or 121 – 180 degrees C) until the internal temperature reaches 165 degrees F (74 degrees C).
- Uncooked meatloaf can be frozen for up to 3 to 4 months to maintain its best quality, though it can remain safe to eat for longer if stored properly at 0 degrees F (-18 degrees C) or below. To ensure it stays safe and flavorful, wrap the uncooked meatloaf tightly in plastic wrap, heavy-duty foil, or an airtight freezer bag, ensuring all air is removed to prevent freezer burn.

AMISH COUNTRY MEATLOAF

From Allrecipes.com

INGREDIENTS

2 lbs. Ground Beef (or Meat Loaf Mix)
1 Medium Onion, chopped small
1 Small Bell Pepper, chopped finely
2 Garlic Clove, chopped
1 cup Breadcrumbs
½ milligram of Dried Oregano

1 cup Milk
1 teaspoon Salt
½ teaspoon of Black Pepper
½ milligram of Dried Thyme
2 Eggs at room temperature

For the Icing:

½ cup Ketchup
2 teaspoons of Brown Sugar

1 tablespoon Mustard

DIRECTIONS

Step 1: Set your oven to 350 degree F (180 degrees C) and turn it on.

Step 2: Mix the ground beef, chopped onions, bell pepper, garlic, eggs, breadcrumbs, milk, salt, pepper, thyme, and oregano together in a big bowl. Mix well until all of the items are mixed in.

Step 3: Put the mixture into a loaf pan and press it down to make sure it is spread out evenly.

Step 4: Bake the meatloaf for about an hour in an oven that has already been hot.

Step 5: Make the glaze while the meatloaf is in the oven. Mix the ketchup, brown sugar and mustard together in a small bowl. Stir until everything is well mixed.

Step 6: After the meatloaf has been in the oven for an hour, take it out and spread the glaze on top evenly. Put the meatloaf and bake another 15 to 20 minutes or until the glaze is bubbling and the meatloaf is fully cooked.

BEEF WELLINGTON

From [Friendly Recipe Page](#)

INGREDIENTS

2 lbs. Beef Tenderloin
1 tablespoon Olive Oil
8 ounces Mushrooms, fine chopped
2 tablespoons Butter
2 Cloves Garlic minced
1 tablespoon Dijon Mustard
6 slices Prosciutto
1 Sheet Puff Pastry
1 Egg beaten at room temperature
Salt & Pepper to Taste

DIRECTIONS

Step 1: Preheat the oven to 400 degrees F (200 degrees C).
Step 2: Season the beef tenderloins generously with salt and pepper.
Step 3: In a skillet over medium high heat, heat the olive oil and sear the beef on all sides until browned, about 4 minutes per side.
Step 4: Remove the beef from the skillet and allow it to cool. Brush with Dijon mustard.
Step 5: In the same skillet, melt the butter and sauté the garlic and mushrooms until softened and moisture has evaporated.
Step 6: Roll out a sheet of plastic wrap and lay down the prosciutto slices, slightly overlapping them.
Step 7: Spread the mushrooms mixture evenly over the prosciutto.
Step 8: Place the beef on top and use the plastic wrap to tightly roll the prosciutto and mushrooms around the beef. Chill in the fridge for 15 minutes.
Step 9: Roll out the puff pastry and remove the beef from the plastic wrap. Place the beef in the center of the pastry and fold the pastry over, sealing the edges with beaten egg.
Step 10: Brush the entire pastry with the remaining egg wash.
Step 11: Place the wrapped beef on a baking sheet and bake for 25 – 30 minutes, or until the pastry is golden brown and beef is at desired doneness.
Step 12: Let it rest for 10 minutes before slicing and serving.

Yield: 4 Servings

Prep Time: 30 Minutes Cook Time: 30 Minutes Total Time: 1 Hour

Notes

Storage: Store leftovers in foil or plastic wrap in the refrigerator for up to 3 days.

Reheating: Reheat in oven at 350 degrees F (175 degrees C) for about 15 minutes or until heated through

OSSO BUCO

From Giada De Laurentis

INGREDIENTS

1 Sprig Fresh Rosemary	1 Sprig Fresh Thyme
1 Dry Bay Leaf	2 Whole Cloves, chopped
Whole 3 Veal Shanks (about 1 lb. per Shank), trimmed	All-Purpose Flour
Sea Salt and Black Pepper, freshly ground	½ cup Vegetable Oil
1 Small Onion, diced into ½-inch cubes	1 tablespoon Tomato Paste
1 Small Carrot, diced into ½-inch Cubes	1 cup Dry White Wine
1 Small Celery, diced into ½ inch Cubes	3 cups Chicken Stock
3 tablespoons Fresh Flat-Leaf Italian Parsley, chopped	1 tablespoon Lemon Zest

EQUIPMENT

- Cheesecloth
- Kitchen Twine for Bouquet and frying the Veal Shanks

INSTRUCTIONS

Step 1: Place the rosemary, thyme, bay leaves and cloves into cheesecloth and secure with twine. This will be your bouquet garni.

Step 2: For the veal shanks, pat dry with paper towels, to remove any excess moisture. Veal shanks will brown better when they are dry. Secure the meat to the bone with kitchen twine. Season each shank with salt and freshly ground pepper. Dredge the shanks in flour, shaking off excess.

Step 3: In a large Dutch oven pot, heat vegetable oil until smoking. Add tied veal shanks to the hot pan and brown all sides, about 3 minutes per side. Remove browned shanks and reserve.

Step 4: In the same pot, add onion, carrot and celery. By seasoning with salt at this point the salt helps to help draw out the moisture from the vegetable. Then sauté until soft and transparent, about 8 minutes. Add the tomato paste and mix well. Return browned shanks to the pan and add the white wine and reduce liquid by half, about 5 minutes. Add the bouquet garni and 2 cups of the chicken stock and bring to a boil. Reduce heat to low, cover pan and simmer for about 1 ½ hours or until the meat is falling off the bone. Check every 15 minutes, turning shanks and adding more chicken stock as necessary. The level of cooking liquid should always be about ¾ the way up the shank.

Step 5: Carefully remove the cooked shanks from the pot and place in decorative serving platter. Cut off the kitchen twine and discard.

Step 6: Remove and discard bouquet garni from the pot.

Step 7: Pour all the juices and sauce from the pot over the shanks. Garnish with chopped parsley and lemon zest.

Bouquet garni is a bundle of fresh herbs, typically tied together with string or wrapped in cheesecloth, used to flavor stock, soups, stews and other dishes. It is a French culinary term, and the literal translation is “garnished bouquet. Traditional often includes parsley, thyme and bay leaf. Other herbs that may be used include rosemary, basil, chevil, tarragon or even pepper corns.

Yield: 6 Servings

Prep Time: 15 Minutes

Cook Time: 2 Hours

SALTIMBOCCA ALLA ROMANA

From An Italian in My Kitchen

INGREDIENTS

6 Slices Veal Scallops
6 Slices Prosciutto
6 Fresh Salva Leaves (Sage)
1 tablespoon Olive Oil
3 tablespoons Butter
2/3 cup Dry White Wine
¼ cup All-Purpose Flour

DIRECTIONS

Step 1: On a wooden board with a meat mallet, rolling pin or even frying pan, gently pound the veal cutlets (scallops) until thin.

Step 2: Top each piece of meat with a slice of prosciutto and a sage leaf, attach the leaf into place with a toothpick.

Step 3: Dredge both sides lightly in the flour. Place the butter and oil in a large frying pan and heat on medium high heat until butter has melted, then add the meat and cook for about 2 minutes.

Step 4: Then add the wine to the pan and raise the heat to high, cook until the alcohol evaporates (about 30 seconds). Remove the meat and add 1 -2 tablespoons of water and a little butter to the pan, stir to combine, Pour sauce over the meat and serve. Enjoy!

Yield: 6 Servings

Prep Time: 10 Minutes

Cook Time: 5 Minutes

Total Time: 15 Minutes

ROAST LEG OF LAMB

From Barbara DeSantis

INGREDIENTS

5 - 7 lbs. Leg of Lamb
¼ teaspoon Mustard Cream
½ teaspoon Salt
2 tablespoons Flour

DIRECTIONS

Step 1: Mix together mustard cream, salt and flour. Rub Mixture on Lamb

Step 2: Roast at 350 degrees F (180 degrees C) 20 - 30 minutes for each pound.



MAIALE

SUNDAY GRAVY

From Carol O'Halloran

INGREDIENTS

½ of this recipe for Italian-Style Meatballs	1 cup Extra Virgin Olive Oil, divided
2 tablespoons Garlic, chopped	1 ½ lb. Lean Bone Pork Chops
2 teaspoons Fresh Mint, chopped ÷d	1 ¼ lb. Pork Spare Ribs (5-6 ribs)
2 teaspoons Fresh Basil, chopped ÷d	1 lb. Italian Sweet Sausage
½ teaspoon Red Pepper Flakes, divided	2 cups Onions, chopped
5 cups Water	1 teaspoon Salt
½ teaspoon Freshly Ground Black Pepper	2 (6 ounce) Cans Tomato Paste
1 lb. Beef Skirt Steak, or other Bone-in-Beef cut	
2 (28 ounce) Cans Crushed, good quality Tomato such as Cento or Pastene	

DIRECTIONS

Step 1: Make raw meatballs according to recipe (see here) and roll into 12 round balls. Do not fry ahead but set aside refrigerated.

Step 2: In a large heavy bottomed pot or Dutch oven, heat ¼ cup of the olive oil over medium to medium high heat and brown all meat in 3 batches. Each batch should take about 3 - 4 minutes on each side. Do not crowd pan. As each batch is browned on both sides, remove to a platter.

Step 3: Next fry the meatballs on all sides and set aside.

Step 4: Add the remaining olive oil to the pan drippings and add onions, garlic, half of mint, half of basil and half of the red pepper flakes. Cook about 3 minutes or until onions are transparent, scraping up all brown bits from the bottom.

Step 5: Add tomato paste and stir to combine. Add canned tomatoes and the water. Add salt and pepper and stir. Stir in the other half of the mine, basil and pepper flakes and place the pot over a heat diffuser.

Step 6: Add the cooked meat back in along with any juices collected from the platter and stir into the sauce.

Step 7: Gently place the meatballs over the top, spooning a little gravy over them and gently push them into the gravy.

Step 8: Get the heat to a medium simmer, cover and cook for one hour, occasionally making sure nothing sticks to the bottom with a large wooden spoon.

Step 9: After an hour, spoon out the meatballs and cook the gravy for an additional hour uncovered.

Step 10: After the full 2 hours, collect the fat that pools at the top and discard. Or chill the mixture overnight (better the next day) and pick off the fat that congeals at the top. Just before the meat is fully cooked add the meatballs back in. It is easier to spoon the fat off the top before placing the meatballs back in.

Step 11: Serve over spaghetti with a nice Italian bread and grated Parmesan Reggiano cheese.

Yield: 10 – 12 Servings

Prep Time: 15 Minutes

Cook Time: 2 Hours 30 Minutes

Total: 2 Hours 45 Minutes

EASTER HAM PIE

Based on Recipe from Mary and Rosario DeSantis
Also Known as “Pizza Rustica” or “Torta Pasqualina”

INGREDIENTS

¾ lbs. (340 grams) Italian Ham, cubed	A Pinch of Salt
15 Eggs at room temperature	¼ cup Cheese, grated
1 lb. (454 g) Cheese	2 tablespoons Parsley, grated

For the Filling:

4 cups Flour	4 Eggs at room temperature
1 cup Crisco	1 tablespoon Baking Powder
1 teaspoon Salt	1 teaspoon Pepper
4 - 6 tablespoons Water	

DIRECTIONS

Step 1: Dice the ham.

Step 2: Beat the eggs & cheese together.

Step 3: Add the diced ham and pepper to the egg mixture.

Step 4: Fill pie pan lined with pie crust. Place another pie crust on top.

Step 5: Brush the top pie crust with egg white to make it shiny.

For the Crust:

Step 1: Beat the eggs, black pepper, grated parsley, and grated cheese together.

Step 2: Cut each corner of the crust to prevent it from exploding.

Step 3: Bake in preheated oven 325 degrees F (160 degrees C) in a 13 x 9 inch pan for 1 hour and 20 minutes, or until the crust is golden brown and the filling is solid..

Step 4: Enjoy

Variations

- Add cooked vegetables such as spinach, mushrooms or bell pepper to the filling.
- Use different types of cheese such as mozzarella, cheddar, or provolone.
- Substitute the ham with cooked bacon or sausage for a different flavor.

Cooking Tips and Tricks

- Be sure to dice the ham into small cubes that it is evenly distributed throughout the pie.
- Brushing the top crust with egg white will give it a shiny and golden finish.
- Cutting each corner of the crust before baking will prevent it from exploding in the oven.
- Allow the pie to cool slightly before serving to allow the flavors to meld together.

QUICK and EASY RICOTTA PANCETTA PASTA

From An Italian in My Kitchen

INGREDIENTS

3 - 4 cups Cooked Pasta	¼ cup Ricotta Cheese (200 g)
½ cup Pancetta, cubed	½ tablespoon Olive Oil
1 - 2 Pinches of Salt	2- 3 Dashes of Black Pepper
2 tablespoons Pecorino Cheese, freshly grated	1 - 2 Sprigs Fresh Thyme
1 tablespoon Parmesan Cheese, freshly grated	

Extras:

3 - 4 tablespoons Pecorino or Parmesan Cheese, grated

DIRECTIONS

Step 1: Cook the pasta al dente in a large pot of boiling water.

Step 2: Pass the ricotta through a sieve into a large bowl, add the salt, pepper, pecorino, Parmesan and chopped thyme. Combine well.

Step 3: In a small pan add the olive oil and pancetta, cook until golden. Remove the pancetta with a slotted spoon and place in the ricotta bowl.

Step 4: In a large pan add the cooked pasta, ricotta mixture and 2 - 3 tablespoons of pasta water. Toss to combine well, cook on high heat tossing continuously for 1 - 2 minutes. Serve immediately. Sprinkle with Parmesan or Pecorino Cheese. Enjoy.

Yield: 3 Servings

Prep time: 30 Minutes

Cook Time: 10 Minutes

Total Time: 30 minutes

Notes

- Pasta usually doubles in size when cooked, so for the recipe you will need approximately 2 -2 ½ cups of dried pasta to make 4 cups cooked. One cup of uncooked pasta is equal to approximately 70 grams (if measure with mezze rigatoni).
- If you prefer you can use all Parmesan cheese and not include pecorino.
- Store the pancetta and ricotta pasta for up to 2 days in the refrigerator in an airtight container. The author does not recommend freezing leftovers as the texture will change when thawing. To reheat, add some reserved pasta water or a little milk to rehydrate the pasta noodles and reheat on the stove or in the microwave until warmed through.

Substitutions & Variations

- Bacon Ricotta Pasta: if you cannot source pancetta, you can use bacon chopped into smaller pieces.
- Veggies: Make peas and pancetta pasta with some fresh or frozen peas added near the end.
- Spicier: If you like a spicy pasta, add some red pepper flakes to give it a little kick.
- Aromatics: Garlic is always a welcome addition to any pasta dish!
- Fresh Lemon: add a squeeze of fresh lemon to give the dish a light and refreshing taste.
- Tomatoes: If you are missing your pasta having tomatoes, you can add in some fresh cherry tomatoes or a drained can of diced tomatoes.

SAUERKRAUT & KIELBASA

From Barbara DeSantis' Mother (Helen Kmiec)

INGREDIENTS

Sauerkraut, drained
3-4 slices Bacon, chopped
1 small Onion, chopped
1 Apple, peeled and finely chopped
1 Carrot, peeled and grated
1 Beef Bouillon Cube OR 1/2 cup Beef Broth
1 teaspoon Caraway Seeds, to taste
1 lb. Kielbasa, cut into half-inch rounds
Water, as needed for simmering

DIRECTIONS

Step 1: Drain Sauerkraut and rinse WELL with cold Water.
Step 2: In a large skillet, sauté bacon and onion.
Step 3: Chop the Apple and Carrot into small bits. Throw those in too.
Step 4: Add the Sauerkraut and one Beef Bouillon Cube with a bit of Water OR some Beef Broth to add some moisture.
Step 5: Add the Caraway Seeds, mix and simmer uncovered for 15-20 minutes.
Step 6: Cut the Kielbasa, sliced and simmer until the meat is heated thoroughly, about ten more minutes.

CABBAGE WITH HAM & POTATOES

From SoulFood.com

INGREDIENTS

1 Ham Hock (the more the better)
1 Head Cabbage
4 - 6 Potatoes, cubed
Salt & Pepper to Taste

DIRECTIONS

Step 1: Cut cabbage head in half and cut out the core.

Step 2: Clean potatoes, no need to peel, but do use dish sponge scratchy side to scrub them really well – cut off any bad back spots. Cut in half.

Step 3: Place cabbage on bottom, then top with potatoes.

Step 4: Toss in one leftover ham, bone and all (or just the few pounds of ham you have purchased for this recipe – you cannot have too much ham. However all of it has to fit in the pot. You do not have to cut it up. The bones have lots of flavor and also why work when the steam causes it to fall off the bone. The author just likes to toss in the entire ham, with whatever is left over from our meal. When the dish is ready it will literally just fall off the bone at the time of serving.

Step 4: It is ok to just squeeze in all the ingredients the best you can. You will be cooking at extremely low heat for a very long time.

Step 6: Salt and pepper to taste – or if you prefer to do and add nothing until it is plated. The ham is salty so it is very easy to over salt this dish. Be careful.

Step 7: A crock pot is perhaps the best way to make this meal the first time around. However it can be made on top of the stove with the heat set to the lowest setting. If using a crock pot, use the medium setting all day long. While on the stove, cook at lowest possible setting all day.

Step 8: The author wished to point out that NO water is required. If you add water you lose a lot of flavor. DO NOT ADD WATER. There will be plenty of juice from the cabbage.

Yield: 4-6 Servings

Ready in 23 Hours

ROASTED PORK WITH JAM PAN SAUCE

From Barbara DeSantis

INGREDIENTS

2 Pork Tenderloins (about 1 lb. each), trimmed Oil for pan
½ cup Rudy Port
1 Sprig Each of Fresh Thyme and Rosemary
2 cups Chicken Broth
2 tablespoons Cold Butter
½ cup American Spoon Holiday Jam
Salt, Pepper, and Red Wine with Vinegar to taste

DIRECTIONS

Step 1: Generously season the pork with salt and pepper. Let it set at room temperature for about 45 minutes.

Step 2: Heat oven to 350 degrees F (180 degrees C).

Step 3: Add oil to a large oven-proof sauté pan and place over medium high heat.

Step 4: Add the tenderloins and sear on each side until golden and caramelized about 2 - 3 minutes. After searing, place the pan in oven and roast until cooked to your preference, about 20 minutes for medium.

Step 5: Remove pan from oven.

Step 6: Transfer pork to a wire rack, tent with aluminum foil, and let rest.

Step 7: Return the skillet to medium high heat. Add port and cook till reduced by half.

Step 8: Using a whisk or wooden spoon, scrape up all the caramelized bits left in the pan from roasting.

Step 9: Add the chicken stock and herbs. Bring to a boil and let reduce for about 5 minutes.

Step 10: Lower heat to medium and whisk in the Holiday Jam.

Step 11: Remove pan from heat, add butter, and whisk to emulsify the sauce.

Step 12: Remove the herb sprigs and season to taste with salt, black pepper, and a splash of red wine vinegar.

Step 13: Reserve in a warm place until ready to serve.

Step 14: Slice the pork and serve with the pan sauce and your favorite side dishes.

BRINED BABY BACK RIBS

From Barbara DeSantis

INGREDIENTS

- 1 Bottle (16 fluid ounce) (473ml) American Ranch Liquid Brine Seasoning*
 - 2 cups (550ml) Water
 - 4 Racks Baby Back Ribs, 4 - 5 lbs. (2 to 2.5kg) Total
 - 1 cup (240g) Spicy Mango or 3 cups Mustard Barbecue Sauce, plus more for serving
- *Available at William-Sonoma stores

DIRECTIONS

Step 1: In a bowl, stir together the brine seasoning and water. Place the ribs in a large brimming bag and add the brine mixture. Seal the bag, pressing out the air. Place the bag in a baking dish and refrigerate overnight.

Step 2: Remove the ribs from the brine and pat dry with paper towels; discard the brine. Lightly brush the ribs on both sides with some of the barbecue sauce.

For the Grill Method:

Step 1: Prepare a medium fire in a grill for indirect grilling. The internal temperature of the grill should reach 350 degrees F (180 degrees C).

Step 2: Place the ribs in a rib rack and set the rack on the grill over indirect heat.

Step 3: Cover the grill and cook, turning the ribs if they start to char on one side, until they are tender and the meat easily pulls away from the bone, about 2 hours.

Step 4: Brush the ribs with more barbecue sauce about halfway through cooking.

- Be sure the internal temperature of the grill stays at 350 degrees F (180 degrees C).

For the Oven Method:

Step 1: Preheat an oven to 350 degrees F (180 degrees C).

Step 2: Wrap the ribs tightly in aluminum foil and place on a baking sheet.

Step 3: Transfer to the oven and bake for one hour.

Step 4: Unwrap the ribs, keeping them on the foil, and brush the ribs lightly with more barbecue sauce.

Step 5: Continue cooking, uncovered until the ribs are tender and the meat easily pulls away from the bone, about 1 hour more.

Step 6: Remove the slabs from the rib rack or foil and place on a carving board.

Step 7: Cut into separate ribs and arrange on a warmed platter.

Step 8: Serve with barbecue sauce on the side.

Yield: 6 – 8 Servings

RED BEANS & RICE

From Julie Bosselman, Friend of Luigi DeSantis (original recipe Duane K. Johnson)

INGREDIENTS

1 lb. roll Jimmy Dean Sausage
1 (12 oz) can Red Beans, undrained
1 small head celery,
Additional Salt & Pepper to Taste

DIRECTIONS

Step 1: Chop celery small dice..
Step 2: In a skillet, brown sausage with diced celery until sausage is fully cooked and celery is tender.
Step 3: Add sausage and celery mixture to the red beans. Warm together over low heat.
Step 4: Cook rice separately according to package directions.
Step 5: Serve beans and sausage alongside the rice.
Enjoy!

CROCKPOT PORK BARBECUE

From Rebecca Folen

INGREDIENTS

¼ cup Brown Sugar	2 Cloves Garlic, chopped
1 teaspoons Salt	1 (6 ounce) Can Tomato Paste
2 teaspoons Thyme	2 teaspoons Pepper Sauce
1 (4 ½ ounce) Can Old El Paso Green Chili, chopped	

DIRECTIONS

Step 1: Mix all ingredients.
Step 2: Put roast in crock pot.
Step 3: Mix small amount of water in crock pot.
Step 4: Spread ingredients on roast.
Step 5: Cook on LOW heat for 8 - 9 hours.

HEARTY CHICKEN & SAUSAGE GUMBO

From Rebecca Folen

INGREDIENTS

4 Chicken Thighs (about 1 ½ lbs.)	2 Celery Stalks with Leaves, chopped
1 Yellow Bell Pepper, cored, seeded and chopped	1 Bay Leaf
4 Garlic Cloves, halved	½ teaspoon Foli Powder
½ lb. Andouille or other Spicy Smoked Sausage, cut into ¼ inch slices	
4 cups Water	¼ cup Vegetable Oil
½ cup Scallions, finely chopped	¼ cup (4 tablespoons) Butter
½ cup Butter	1 Large Red Onion, chopped
½ cup Fresh Parsley, finely chopped, divided	Salt to taste

DIRECTIONS

Step 1: In a Dutch oven, combine chicken, celery, garlic, bay leaf, water, and salt, bring to a boil over high heat. Reduce heat and simmer, covered, for 30 minutes, or until chicken is cooked through. With a slotted spoon, transfer chicken to a plate and discard bay leaf. Set aside pot with broth. When chicken is cool enough to handle, finely shred meat, discarding skin and bones.

Step 2: In a large mixing bowl, combine the pork, lamb, ground round, spinach, cheese, egg, basil, parsley, garlic powder, salt, red pepper flakes, and ¼ cup of the bread crumbs.

Step 3: Using your hands, mix all ingredients until well incorporated. Use immediately or place in refrigerator for up to 24 hours.

Step 4: Place the remaining ¼ cup of breadcrumbs into a small bowl. Using a scale, weigh the meatballs into 1 5-ounce portions and place on a sheet pan. Use your hands to shape the meatballs into round balls. Roll in the breaded crumbs and place the meatballs in individual, miniature muffin tin cups.

Step 5: Bake for 20 minutes or until golden and cooked through.

Prep Time: 20 Minutes

Cook Time: 20 Minutes

CHOPPED SUEY

From Barbara DeSantis' Mother Helen Kmiec)

INGREDIENTS

3 lbs. Pork Shoulder, cut into bite sized pieces
Brown Meat (no grease)
5 Onions, cut up
1 Stick Celery, sliced
2 Chicken Bouillon Cubes
2 cups Boiling Water
Salt & Pepper to Taste
Soy Sauce to taste
Chinese Vegetables (Chow Mein)
Chinese Noodles
Rice

DIRECTIONS

Step 1: Add ingredients to water.
Step 2: Simmer for 1 ½ hours.
Step 3: Add Chinese vegetables.
Step 4: Drain.
Step 5: Rinse under cold water (2 cans).
Step 6: Serve over rice with Chinese noodles.

TAGLIATELLE WITH WILD BOAR SAUCE

From Barbara DeSantis

INGREDIENTS

1 lb. Wild Boar Shoulder or Leg cut into 1- to 2-inch pieces
1 Sprig Fresh Rosemary
1 Medium Carrot, finely chopped
1 teaspoon Whole Peppercorns
1 Medium Onion, finely chopped
6 Cloves Garlic, peeled
1 Celery Stalk, finely chopped
2 cups Dry White Wine, plus more if needed
½ cup Parmesan Cheese, grated
4 tablespoons Extra Virgin Olive Oil
2 cups Vegetable Broth, divided
1 Can Canned Plum tomatoes, crushed, with liquid
1 lb. Tagliatelle, cooked according to package directions
Chopped Parsley for garnish

DIRECTIONS

Step 1: In a large container, place the meat, rosemary, peppercorns and garlic. Add wine to cover. Cover and let marinate overnight in the refrigerator.

Step 2: When ready to cook, remove the rosemary and garlic. Drain the meat, reserving the wine.

Step 3: In a large pot, heat the olive oil over medium high heat. Add the carrot, celery and onion. And then sauté until softened, 3 to 5 minutes.

Step 5: Add the meat and cook, stirring frequently until browned, about 15 minutes.

Step 6: Add the reserved wine and cook, stirring frequently, until it is evaporated, about 10 minutes.

Step 7: Add the tomatoes and 1 cup of broth. Reduce heat and simmer for 1 hour.

Step 8: Add the remaining broth and continue to simmer for 1 to 2 hours, stirring occasionally.

Step 9: Remove from the heat, Break the meat into fine shreds, Toss with Tagliatelle, sprinkle with Parmesan and garnish with chopped parsley.

Yield: 4 Servings



POLLAME

CHICKEN CACCIATORE

Pollo alla Cacciatore

From Lidia

INGREDIENTS

- 2 Broiler Chickens (about 2 ½ lbs.) each, preferably free range
- Salt & Freshly Ground Pepper
- All-Purpose Flour
- ¼ cup Olive Oil
- 1 Small Yellow Onion, cut into 1 inch cubes (about 1 cup)
- 2 cup Dry White Wine
- 3 (28 ounce) Can Italian Plum Tomatoes, preferably San Marzano, with Liquid, crushed
- 4 teaspoon Dried Oregano, preferably the Sicilian or Greek type dried on the branch, crushed
- 5 cups Sliced White or Shitake Mushrooms (about 8 ounces)
- 6 each, Red and Yellow Bell Peppers, cored, seeded and cut into ½ inch strips (about 2 cups total)

DIRECTIONS

Step 1: Cut each chicken into 12 pieces. With a sturdy knife or kitchen shears, remove the backbone by cutting along both sides. Remove the wingtips. Reserve the backbone, wingtips and giblets – except for the liver – to make chicken stock. Or, if you like, cut the backbone in half crosswise and add it to this dish.

Step 2: Place the chicken, breast side down, on a cutting board and cut the chicken into halves by cutting through the breast bone lengthwise.. Cut off the wing at the point that connects it to the breast, then cut each wing in half at the joint.

Step 3: Separate the leg from the breast. Cut the leg in half at the joint, cut the breast in half crosswise, giving the knife a good whack when you get to the bone to separate the breast cleanly into halves. Repeat with the remaining chicken.

Step 4: Season the chicken pieces generously with salt and pepper.

Step 5: Dredge the pieces in flour, coating them lightly and tapping off excess flour.

Step 6: In a wide (at least 12 inch), 5 quart braising pan, heat the vegetable oil with 2 tablespoons of the olive oil until a piece of chicken dipped in the oil gives off a very lively sizzle.

Step 7: Add as many pieces of chicken to the pan as will fit without touching. DO not crowd chicken; if skillet is not wide enough to fit all of the chicken, brown it in batches

Step 8: Remove the chicken from the skillet as it browns, adding some of the remaining pieces to take their place.

CHICKEN MARSALE

From Rebecca Folen

INGREDIENTS

4 Chicken Breasts	¼ cup Flour
¼ teaspoon Marjoram	1/8 teaspoon Pepper
1/8 teaspoon Salt	1 ½ Fresh Mushrooms
3 tablespoons Chives	1/3 cup Chicken Broth
1/3 cup Dry Marsala	

DIRECTIONS

- Step 1: Cover chicken in plastic wrap, pound to 1/8 inch thickness.
- Step 2: Combine flour, spices,
- Step 3: Press chicken into mix. Coat both sides.
- Step 4: sauté mushrooms and chives until tender.
- Step 5: Cook chicken in butter until evenly browned.
- Step 6: Add mushroom, broth and Marsala.
- Step 7: Cook 2 - 3 minutes until thickened over medium high heat.
- Step 8: Remove all chicken from the skillet, add the onions to the fat remaining in the pan and cook, stirring, about 5 minutes.
- Step 9: Pour the wine into the pan, bring to a boil, and cook until reduced by half, about 3 minutes.
- Step 10: Add the tomatoes and oregano, season lightly with salt and pepper, and bring to a boil.
- Step 11: Tuck the chicken into the sauce, adjust the heat to a gentle boil and cover the pan.
- Step 12: Cook, stirring every few minutes, about 20 minutes.
- Step 13: Meanwhile, in a large skillet, heat the remaining 2 tablespoons olive oil over medium high heat,
- Step 14: Add the mushrooms and peppers and toss until the peppers are wilted but still quite crunchy, about 8 minutes.
- Step 15: Season the vegetable with salt.
- Step 16: Stir the peppers and mushrooms into the pan, Cook, covered, until the chicken and vegetables are tender, 10 to 15 minutes.
- Step 17: Check the level of the liquid as the chicken cooks. There should be enough liquid to barely cover the chicken. If necessary, add small amounts of water to maintain the level of liquid as the chicken cooks.

Notes

- If you do not want to cut up a whole chicken, you can buy pieces – get all legs and thighs if that is what you want. They are very good in this dish.
- It can be made using only chicken breasts, but to keep the chicken from drying out, you should cut the cooking time in half, reduce the wine to $\frac{1}{4}$ cup and the tomatoes to 3 cups.
- Best of all, though, is to make this dish, with an older hen. In this case, increase the cooking time by 20 minutes, adding more water or stock as needed to keep the hen covered as it cooks.
- When you cut up chicken or anything for that matter, your knife should glide along. If you are struggling, stop for a second and take a look at what you are cutting; you should be cutting between the bones at the joints, not actually cutting through the bones. If you are off target, just wiggle the blade of the knife to get a feel for where the joint is, and then make another cut.

The “cacciatore” in cacciatore means “Hunt”, so this is Chicken Hunter’s Style

CHICKEN FLORENTINE

From Edward & Maryellen Kmiec

INGREDIENTS

2 tablespoons Olive Oil	2 teaspoons Kosher Salt
1 teaspoon Freshly Ground Black Pepper	½ cup All-Purpose Flour
2 tablespoons Butter	3 Cloves Garlic, minced
½ cup Large Shallots (about 2 Large), minced	1 cup Dry White Wine
1 cup Heavy Cream	½ Lemon
4 cups (about 3 ounces) Baby Spinach	1 tablespoon Parsley, chopped
4 (6 ounce) Chicken Breasts, halved, boneless and skinless	

DIRECTIONS

Step 1: In a large skillet over medium high heat, heat the olive oil.

Step 2: Sprinkle the chicken breasts with kosher salt and black pepper.

Step 3: Dredge in flour, shaking off excess.

Step 4: Working in batches; if needed place chicken in pan.

Step 5: Cook 7 - 8 minutes per side, turning once, or until golden brown and an instant-read thermometer inserted into the thickest part registered 165 degree F. (75 degrees C).

Step 6: Transfer to a plate, keep warm.

Step 7: Reduce heat to medium; add butter to melt.

Step 8: Add shallots and garlic, and cook 1 - 2 minutes, stirring often, or just until softened.

Step 9: Add wine, scraping up any browned bits on the bottom of the pan.

Step 10: Simmer 5 - 7 minutes or until liquid is reduced by half.

Step 11: Add heavy cream and cook for 5 minutes, stirring often, or until the mixture is thick enough to coat the back of a spoon.

Step 12: Remove the pan from the heat and add baby spinach and stir until spinach is wilted.

Step 12: Cut the chicken diagonally across the grain into 1 inch strips.

Step 13: Return to skillet.

Step 14: Sprinkle with parsley.

Step 14: Serve with lemon, cut into 4 wedges.

Step 15: Serve immediately.

Yield: 8 – 10 Servings

BAKED CHICKEN WITH LEMON AND GARLIC

From Barbara DeSantis

INGREDIENTS

12 to 18 Small Onions, peeled and chopped	½ cup Dry White Wine
1 Fryer Chicken, about 3 ½ to 4 lbs.	5 Cloves Garlic, minced
½ cup Chicken Broth	Salt, Pepper, Paprika to taste
Juice of 2 Lemons, about 5 to 7 tablespoons	
1 teaspoon Dried Tarragon (or use Dried Leaf Thyme)	

DIRECTIONS

Step 1: Spray a 13 x 9 inch baking dish with nonstick cooking spray or olive oil.

Step 2: Heat oven to 375 degrees F (190 degrees C).

Step 3: Quarter the chicken. Wash chicken and pat dry; arrange the prepared baking dish with the peeled onions. Combine wine, broth, garlic, lemon juice, and tarragon or thyme; pour over chicken.

Step 4: Sprinkle with salt, pepper, and paprika. Step 5: Bake for 30 minutes. Baste and return to bake for 45 – 55 minutes or longer, or until chicken is cooked through and browned.

Yield: 4 Servings

Notes

- If using fresh onion, cut an X on the root end, boil for 3 minutes then cool in ice water and slip skins off.
- Feel free to use chicken leg quarters, or bone-in chicken breasts place of the quartered chicken.

LEMON DIJON CHICKEN

From Rebecca Folen

INGREDIENTS

1 cup Lemon Juice	¼ cup Dry White Wine
3 tablespoons Dijon Mustard	3 Cloves Garlic, chopped
¼ teaspoon Rosemary	6 Chicken Breasts
1 cup Chicken Broth, defatted	1 tablespoon Cornstarch
1 teaspoon Lemon Peel, grated	3 tablespoons Parsley, chopped

DIRECTIONS

Step 1: Blend lemon juice, wine, mustard, garlic and rosemary. Allow mixture to marinate chicken for at least 1 hour in refrigerator.

Step 2: In bowl, stir together 2 tablespoons of broth and cornstarch until dissolved. Cook chicken on medium heat for 4 - 5 minutes each side until no longer pink.

Step 3: Cover chicken and remove from skillet.

Step 4: Add marinade to skillet.

Step 5: Use whisk, stir in cornstarch mixture, and remaining broth.

Step 6: Bring to boil, stirring constantly.

Step 7: Cook 2 more minutes.

Step 8: Stir in lemon peel.

Step 9: Return the chicken to skillet and heat through.

CHICKEN FRICASSEE WITH DUMPLINGS

From Barbara DeSantis

INGREDIENTS

¾ cup All-Purpose Flour, divided
½ teaspoon Freshly Ground Pepper
1 Broiler/Fryer Chicken (About 3 lbs)., cut up
2 Medium Carrots, chopped
3 Garlic Cloves, minced
½ cup White Wine or Apple Cider
2 Bay Leaves
½ teaspoon Salt
2 tablespoons Canola Oil
1 Large Onion, chopped
2 Celery Ribs, chopped
6 cups Chicken Broth
2 teaspoons Sugar
5 Whole Peppercorns

For the Dumplings:

1 1/3 cups All-Purpose Flour
¾ teaspoons Salt
1 tablespoon Butter, melted
2 teaspoons Baking Powder
2/3 cup 2% Milk

For the Soup:

½ cup Heavy Whipping Cream
2 teaspoons Fresh Thyme, minced
2 teaspoons Fresh Parsley, minced
Additional Salt & Pepper to Taste

DIRECTIONS

Step 1: In a shallow bowl, mix ½ cup flour, salt and pepper. Add chicken, 1 piece at a time, and toss to coat; shake off excess.

Step 2: In a 6 quart stockpot, heat oil over medium high heat. Then brown chicken in batches on all sides. Remove from pan.

Step 3: Add onion, carrots and celery to same pan; cook and stir 6 - 8 minutes or until onion is tender. Add garlic; cook and stir 1 minute longer. Stir in ¼ cup flour until blended. Gradually add stock, stirring constantly. Stir in wine, sugar, bay leaves and peppercorns. Return chicken to pan; bring to a boil. Reduce heat; simmer, covered, 20 - 25 minutes or until chicken juices run clear.

Step 4: For dumplings: in a bowl, whisk flour, baking powder and salt. In another bowl, whisk milk and melted butter until blended. Add to flour mixture; stir just until moistened (do not overmix). Drop by rounded tablespoons onto a parchment-lined baking sheet; set aside.

Step 5: Remove chicken from stockpot; Cool slightly. Discard bay leaves and skim fat from soup. Remove skin and bones from chicken and discard. Using 2 forks, coarsely shred meat into 1 to 1 ½ inch pieces; return to soup. Then cook, covered, on high until mixture reaches a simmer.

Step 6: Drop dumplings on top of simmering soup, a few at a time. Reduce heat to low; cook, covered 15 - 18 minutes or until a toothpick inserted in center of dumplings comes out clean (do not lift cover while simmering). Gently stir in cream, parsley and thyme.

Step 7: Season with additional salt and pepper to taste.

Yield: 6 Servings (3 Quarts)

Prep Time: 25 Minutes

Cook Time: 1 Hour 10 Minutes

CHICKEN CORDON BLEU

From Julie Bosselman, friend of Luigi's

INGREDIENTS

4 boneless, skinless chicken breasts
4 thin slices real Swiss cheese (Gruyère or Emmental preferred)
4 thin slices European-style ham (Black Forest, prosciutto cotto, or quality smoked ham)
Salt and freshly ground black pepper
½ cup all-purpose flour
2 eggs, beaten
1 cup fine breadcrumbs (not Panko, traditional crumbs are finer)
4 tablespoons butter
2 tablespoons neutral oil (sunflower or light olive oil)

DIRECTIONS

Step 1: Prepare and flatten chicken by placing the chicken between cloth or parchment and pound gently until thin, about ¼ inch thick. The goal is flexibility, not destruction. Season lightly with salt and pepper.

Step 2: Layer and roll - lay ham first, then cheese on top of the ham. This protects the cheese and prevents leaking. Roll tightly, keeping the ends tucked inward naturally. In farmhouse kitchens, no toothpicks were used. The roll holds because of proper tension.

Step 3: Let the rolled chicken rest 5–10 minutes. This helps it set.

Step 4: Bread properly by dredging each roll in flour, then egg, then breadcrumbs. Press gently so the coating becomes part of the surface, not just decoration.

Step 5: Let rest another 5 minutes before cooking.

Step 6: Pan-fry in butter (the essential step) - heat butter and oil in a heavy skillet over medium heat. Cook slowly, turning every few minutes, until all sides are golden brown and the chicken is fully cooked. This takes about 12–15 minutes total.

NOTES

- Do not rush. Butter carries flavor into the crust.
- Rest before serving. Remove from pan and let rest 5 minutes. This allows the cheese inside to settle instead of flooding out.
- Slice on a slight diagonal.

In European homes, cordon bleu was served with:

- Buttered potatoes
- Wilted greens
- Simple cucumber salad
- Or nothing at all but bread

No sauce was necessary. The cheese and butter created their own.

In our family, this dish belonged to Grandma Edith, who made it not from recipes, but from memory and instinct. Her cordon bleu came from the old way, where patience, butter, and care mattered more than measurement.

COQ AU VIN BLANC

From Ed & Maryellen Kmiec

INGREDIENTS

3 tablespoons Extra Virgin Olive Oil (EVOO), 3 turns of the pan
1 lb. Chicken Breast, boneless, cut into 2 inch pieces
1 lb. Chicken Thighs, boneless, cut into 2 inch pieces
Salt and Freshly Ground Pepper
2 tablespoons All-Purpose Flour, plus more for dredging
4 Slices of Bacon, chopped
1 lb. (about 2 cups) Frozen Pearl Onions, thawed and patted dry
1 lb. Small White Onions, halved
1 Fresh or Dried Bay Leaf
4 Sprigs of Fresh Thyme
2 cups Chicken Broth
2 cups Dry White Burgundy Wine
½ cup Heavy Cream

DIRECTIONS

Step 1: Heat 2 tablespoons of the EVOO, 2 turns of the pan, in a large nonstick skillet over moderate high heat. Season the chicken with salt and pepper, dredge in flour and add to the pan in a single layer. Do not cover the meat. Cook the chicken until browned, about 4 to 6 minutes on each side.

Step 2: While the chicken is working, heat a large Dutch oven or deep skillet over medium high heat with the remaining EVOO with 1 turn of the pan. When the olive oil is hot add the bacon and cook until crisp, about 5 minutes. Remove the bacon with a slotted spoon and drain on paper towels. Pour off a little of the `bacon fat, leaving a thin even layer in the Dutch oven. Add the onions, mushrooms, bay leaf and thyme (the leaves will come off the sprigs and into the sauce while cooking. Cook until the onions have a little color and the mushrooms are tender about 7 to 8 minutes. Add the 2 tablespoons of flour to the Dutch oven and cook for 2 minutes. Deglaze with the chicken broth, scraping up all the brown bits from the bottom of the pan, and cook for 5 minutes.

Step 3: Preheat the oven: Over high heat, add the wine to the cooked chicken in the skillet and scrape up all the brown bits. Reduce the liquid for about 5 minutes, then add the chicken and wine to the broth and vegetables in the Dutch oven; stir to combine. Stir in the cream and lower heat to a simmer and reduce the sauce for about 5 minutes.

Yield: 8 – 10 Servings

ROASTED CHICKEN WITH CAULIFLOWER ‘TABBOULEH’

From Rebecca Folen

INGREDIENTS

- 2 Chicken Breasts (1 ¾ lbs. total), boneless with skin on, patted dry.
- ¼ cup Extra-Virgin Olive Oil, plus more for drizzling
- Kosher Salt and Freshly Ground Pepper
- 1 Head Cauliflower (2 lbs.) quartered, cored and grated on the large holes of a box grater (4 packed cups)
- 2 teaspoon Shallot, halved and thinly sliced (¼ cup)
- 3 cup Fresh Herb Leaves, chopped, such as Parsley and Mint, plus Whole Leaves for serving
- 4 ounces Baby Kale, tough stems removed
- 5 (15 ounce) Can Chickpeas, drained and rinsed
- 6 Large Carrots (6 ounces), shaved into ribbons with a peeler

DIRECTIONS

Step 1: Preheat oven to 450 degrees F (230 degrees C). Place chicken on a rimmed baking sheet skin-sides up. Drizzle with oil; season with salt and pepper. Roast until a thermometer inserted in thickest parts registers 160 degrees F (70 degrees C), 30 to 35 minutes. Let cool 10 minutes, then remove bones and thinly slice.

Step 2: Combine cauliflower, lemon zest, and 3 tablespoons lemon juice. Then season with 1½ teaspoons salt. Let stand 20 minutes.

Step 3: Stir in shallot, 3 tablespoons oil, and chopped herbs.

Step 4: Toss kale, carrots, and chickpeas with remaining 1 tablespoon lemon juice and 1 tablespoon oil; season with salt and pepper.

Step 5: Divide cauliflower mixture among the plates; serve with salad, chicken and herb leaves.

Yield: 4 Servings

Active Time: 40 minutes

Total Time: 50 Minutes

ORANGE-HONEY-MUSTARD BAKED CHICKEN BREASTS

From Barbara DeSantis

INGREDIENTS

3 lbs. Chicken Breasts, boneless and skinless (about 4)
3 tablespoons Honey
1 tablespoon Kosher Salt
½ teaspoon Freshly Ground Black Pepper
1 cup Freshly Squeezed Orange Juice (about 6 Oranges)
2 tablespoons Orange Zest, finely grated (from about 2 Oranges)
¼ cup Yellow Onion or Shallot, finely chopped
2 tablespoons Whole Wheat Mustard
2 tablespoons Dijon Mustard
2 tablespoons Whole Grain Mustard
2 tablespoons Unsalted Butter (¼ stick, cut into 4 pieces and at room temperature)

DIRECTIONS

Step 1: Heat the oven to 400 degrees F (200 degrees C) and arrange on a rack in the middle.

Step 2: Season the chicken with 2 teaspoons of the salt and all of the pepper. Set aside.

Step 3: Place the orange zest, juice, onion, honey, and remaining teaspoon of salt in a large oven-safe frying pan, whisk to combine, and bring to a boil over medium high heat. Reduce the heat to medium and simmer until reduced by almost half, about 4 minutes.

Step 4: Add the reserved chicken, spoon some of the sauce over each breast, and bake until the chicken is just cooked through, about 30 minutes.

Step 5: Remove the chicken to a serving platter and tent with foil. Whisk the butter into the sauce 1 piece at a time. Let each piece of butter melt before adding the next. Spoon the sauce over the chicken and serve.

Yield: 4 to 6 Servings

Total Time: 1 Hour

CRISPY LEMON CHICKEN

From Barbara DeSantis

INGREDIENTS

	3 Quarts	4 Quarts
Chicken Breasts, boneless, skinless, each	4	6
Flour	½ cup	¾ cup
Black Pepper	2 teaspoons	3 teaspoons
Salt	¾ teaspoons	1 teaspoon
Olive Oil	1 teaspoon	1 ½ teaspoons
Lemon Juice	½ cup	¾ cup
Sugar	¼ cup	½ cup
Chicken Stock	¼ cup	¼ cup
Light Soy Sauce	2 tablespoons	3 tablespoons
Lemon Zest	2 teaspoons	3 teaspoons
Cornstarch	2 tablespoons	3 tablespoons

DIRECTIONS

Step 1: Mix together flour, salt and pepper. Dredge chicken breasts in flour mixture.

Step 2: Preheat pan on medium heat until the rim is hot to touch.

Step 3: Add olive oil to pan and allow to heat for another minute.

Step 4: Add chicken breasts and cook until golden brown, about 5 minutes on each side. Remove chicken from the pan.

Step 5: Mix together lemon juice, sugar, chicken stock, light soy sauce, lemon zest and cornstarch.

Step 6: Add mixture to the pan and allow to thicken (about 2 minutes). Toss chicken breasts in sauce. Garnish with lemon juice and minced parsley.

Yield: 3 or 4 Quarts

CHICKEN ALFREDO STUFFED SHELLS

From Food and Cooking

INGREDIENTS

20 Whole Jumbo Pasta Shells, cooked and drained	Salt & Pepper, to taste
2 Whole Chicken Breasts, boneless and skinless	$\frac{3}{4}$ cup Ricotta Cheese
Olive Oil, for grilling and frying	2 Whole Eggs at room temperature
$\frac{3}{4}$ cup Cottage Cheese	2 tablespoons Fresh Basil, minced
$\frac{1}{4}$ cup Fresh Parsley, minced	2 cups Whole Milk
4 tablespoons Butter	3 Cloves Garlic, minced
1 cup Heavy Cream, plus more as needed	
$\frac{3}{4}$ cup Mozzarella Cheese, grated plus more for the top	
2 cups Parmesan Cheese, grated plus more for the top	

DIRECTIONS

Step 1: Preheat oven to 375 degrees (180 degrees C). Season the chicken breasts on both sides with salt and pepper. Heat a grill pan or iron skillet over medium heat, drizzle with olive oil, and cook the chicken on both sides until done. Remove and shred with two forks and allow to cool.

Step 2: In a medium bowl, combine ricotta, cottage cheese, mozzarella, and 1 cup of the Parmesan, eggs, 2 tablespoons fresh parsley, salt, pepper and chicken. Stir to combine, splashing in 2 tablespoons heavy cream if needed. Set aside.

Step 3: In a large skillet over medium heat, melt butter and sprinkle over the flour. Whisk and cook until the roux turns golden brown. Pour in the milk and cream, whisking constantly, and cook for a few minutes, until thickened. Add the garlic, the additional 1 cup Parmesan, salt, pepper, 1 tablespoon minced parsley, and minced basil and stir until combined. Taste and adjust seasonings as needed. Set aside.

Step 4: Add 1 cup sauce to the bottom of a 9 x 13 inch baking dish. And then, by using a spoon, fill each of the jumbo shells generously with the chicken/ricotta mixture. Lay them face down into the pan, and then pour the sauce all over the top. Sprinkle on extra mozzarella and Parmesan, and then bake for 25 minutes, or until bubbly and golden. Serve with salad!

Yield: 8 Servings

Prep Time: 25 Minutes

Cook Time: 25 Minutes

Total Time: 50 Minutes

CHEESY CHICKEN ARTICHOKE BAKE

From Rebecca Follen

INGREDIENTS

1 (14 ounce) Container Chicken Broth, defatted	1 ½ lbs. Chicken Breasts
¼ cup Onion, chopped	1 Clove Garlic, chopped
¾ cup Evaporated Skim Milk	2 tablespoons Cornstarch
2 tablespoons Dry White Wine	1/3 cup Parmesan Cheese, shredded
½ teaspoon Rosemary	¼ teaspoon Salt
1/8 teaspoon Ground White Pepper	2 cups Mushrooms, sliced
1 (14 ounce) Can Artichokes Hearts with Juice	

DIRECTIONS

Step 1: Simmer broth in skillet. Add chicken. Cover and simmer for 15 - 20 minutes Reserve ¾ cup of broth. Cut chicken into bite size pieces. Set aside.

Step 2: Cook onions/garlic until tender. Stir in broth and milk. Stir together cornstarch and wine. Use whisk. Slowly stir cornstarch into broth. Cook over medium heat until mixture boils. Reduce heat. Stir in Parmesan cheese, garlic, and rosemary.

Step 3: Cook until cheese melts.

Step 4: Preheat oven to 350 degree F (180 degrees C). Put chicken in a glass pan, drain the artichokes, but save the juices. Cut artichokes in half and add to pan. Pour sauce on top. Bake for 25 -30 minutes.

Step 5: Add 2 tablespoons artichoke juice to skillet. Add mushrooms, cook until tender. Add to cool when it comes out of oven.

CHICKEN AND CHEESE

From Edward & Maryellen Kmiec

INGREDIENTS

2 tablespoons Unsalted Butter plus more for buttering the baking dish
½ lb. Short Bite-Sized Pasta such as Penne, Ziti Shells, Bowl Ties or Orecchiette
2 teaspoons Sea Salt, plus more to taste
2 tablespoons Olive Oil
1 Large Yellow Onion, diced
3 Garlic Cloves, minced
2 cups Milk
2 cups Heavy Cream
3 ½ cups Chicken, cooked and shredded (from 3 ½ to 4 lbs. Roasted Chicken)
2 cups (about 8 ounces) Sharp Cheddar Cheese, shredded
½ cup (about 1½ ounces) Parmesan Cheese, grated
8 ounces (about 4 cups) Fresh Spinach, washed, stems removed, and drained
2 tablespoons Fresh Marjoram Leaves, chopped or 2 teaspoons Dried
1 to 2 tablespoons Hot Sauce (Tabasco or Texas Pete) (optional)
1 teaspoon Freshly Ground Black Pepper plus more to taste

DIRECTIONS

Step 1: Preheat the oven to 350 degrees F (180 degrees C). Lightly butter a 9 x 13 inch baking dish.

Step 2: Bring a light slated pot of water to a boil. Add the pasta, stir and cook until al dente. Drain in a colander and transfer the pasta to a large bowl. Drizzle with 1 tablespoon of oil olive oil and toss to coat.

Step 3: Melt the butter with the remaining tablespoon of olive oil in a large skillet over medium heat. Add the onion and cook, stirring occasionally, for 3 to 4 minutes until translucent. Add the garlic and cook for 1 minute longer stirring constantly so the garlic does not brown.

Step 4: Stir in the milk and cream, reduce the heat to low, and simmer, stirring occasionally, until the sauce is reduced by half and is thick enough to coat the back of a spoon.

Step 5: Remove the sauce from the heat and add the chicken, cheddar, Parmesan, spinach, marjoram, and hot sauce, if using, 2 teaspoons of salt and 1 teaspoon of pepper. Stir until the cheeses have melted and the spinach is wilted. Pour into the bowl with the pasta and toss to coat the pasta with the sauce. Taste for salt and pepper and season with more to taste.

Step 6: Transfer the pasta to the prepared dish, scraping all the sauce out of the bowl with a rubber spatula and bake for about 45 minutes or until the sauce is bubbling around the edges and the pasta is slightly brown on top. Let the pasta rest for about 10 minutes before serving. Serve warm.

Yield: 6 -8 Servings

CHICKEN AND POTATOES DIJON

From Rebecca Folen

INGREDIENTS

Vegetables Cooking Spray

Salt and Pepper to taste

3/4 lb. (2 Medium) Potatoes cut into ½ inch cubes

2 Green Onions, sliced

2 (4 ounces each) Chicken Breast Halves, boned and skinned

1 Clove Garlic, finely chopped

1 ½ teaspoons Dijon-style Mustard

2 tablespoons Light Sour Cream

1/3 cup Dry White Wine or Chicken Broth

1 teaspoon Fresh Tarragon, chopped, or ¼ to ½ teaspoon Dried Tarragon

DIRECTIONS

Step 1: Spray a 12 inch nonstick skillet with vegetable cooking spray; add potatoes; cook over medium heat, tossing occasionally, adding more vegetables cooking spray as necessary, for 10 minutes. Push potatoes to side of skillet to allow room for chicken.

Step 2: Add chicken to skillet; cook with potatoes, tossing potatoes occasionally, about 15 minutes, until potatoes are tender and chicken juices run clear.

Step 3: Season with salt and pepper.

Step 4: Remove chicken and potatoes to platter; keep warm. Add garlic to skillet; sauté, stirring for 1 minute.

Step 5: Add green onion, mustard.

Step 6: Remove from heat; whisk in sour cream, Season with salt and pepper. Pour sauce over chicken.

Step 7: Serve immediately.

Yield: 2 Servings

CHICKEN POT PIE

From Food and Cooking

INGREDIENTS

4 tablespoons Butter	½ cup Onion, finely diced
½ cup Carrot, finely diced	½ cup Celery, finely diced
3 cups Cooked Turkey or Chicken, shredded	½ cup Flour
3 cups Low-Sodium Chicken Broth, plus more as needed	Splash of White Wine (optional)
¼ teaspoon Turmeric	Salt and Pepper to taste
Thyme, freshly chopped to taste	¼ cup Half-and-Half or Cream
1 Unbaked Pie Crust	1 Egg at room temperature

DIRECTIONS

Step 1: Preheat the oven to 375 degrees F (190 degrees C).

Step 2: In a large pot, melt the butter over medium high heat, and then add the onion, carrot, and celery. And then cook, while stirring occasionally, until the onion begins to turn transparent, about 3 minutes.

Step 3: Stir in the chicken or turkey, then sprinkle the flour over top and stir until it is all combined with the meat and vegetables. Cook for 1 minute, then pour in the chicken broth (and wine, if using). Stir and let it cook and thicken. Once it starts to thicken add the turmeric, salt, pepper, and thyme.

Step 4: Add the half-and-half or cream, then stir the mixture and let it bubble and thicken, about 3 minutes. If it seems overly thick, splash in a little more broth. Turn off the heat.

Step 5: Pour the filling into a 2-quart baking dish. Roll out the pie crust on a floured surface and lay it over the top of the dish. Press the dough so the edges stick to the outside of the pan. Use a knife to cut little vents here and there in the surface of the dough.

Step 6: Mix together the egg with 2 tablespoons of water and brush it all over the surface of the crust.(You will have some egg wash left over).

Step 7: Place the pie on a rimmed baking sheet and bake until the crust is deep golden brown and the filling is bubbly, 25 to 30 minutes. To prevent the crust from getting too brown, you might want to cover it lightly with foil for the first 15 minutes of baking time.

Step 8: Serve it up by the spoonful.

Yield: 12 Servings

Prep Time: 15 Minutes

Cook Time: 45 Minutes

Total Time: 1 Hour

CREAMY MAC, CHICKEN & CHEESE

From Edward & Maryellen Kmiec

INGREDIENTS

2 tablespoons Unsalted Butter plus more for buttering the baking dish
½ lb. Short Bite-Sized Pasta such as Penne, Ziti Shells, Bowl Ties or Orecchiette
2 teaspoons Sea Salt, plus more to taste
2 tablespoons Olive Oil
1 Large Yellow Onion, diced
3 Garlic Cloves, minced
2 cups Milk
2 cups Heavy Cream
3 ½ cups Chicken, cooked and shredded (from 3 ½ to 4 lbs. Roasted Chicken)
2 cups (about 8 ounces) Sharp Cheddar Cheese, shredded
½ cup (about 1½ ounces) Parmesan Cheese, grated
8 ounces (about 4 cups) Fresh Spinach, washed, stems removed, and drained
2 tablespoons Fresh Marjoram Leaves, chopped or 2 teaspoons Dried
1 to 2 tablespoons Hot Sauce (Tabasco or Texas Pete) (optional)
1 teaspoon Freshly Ground Black Pepper plus more to taste

DIRECTIONS

Step 1: Preheat the oven to 350 degrees F (180 degrees C). Lightly butter a 9 x 13 inch baking dish.

Step 2: Bring a light slated pot of water to a boil. Add the pasta, stir and cook until al dente. Drain in a colander and transfer the pasta to a large bowl. Drizzle with 1 tablespoon of oil olive oil and toss to coat.

Step 3: Melt the butter with the remaining tablespoon of olive oil in a large skillet over medium heat. Add the onion and cook, stirring occasionally, for 3 to 4 minutes until translucent. Add the garlic and cook for 1 minute longer stirring constantly so the garlic does not brown.

Step 4: Stir in the milk and cream, reduce the heat to low, and simmer, stirring occasionally, until the sauce is reduced by half and is thick enough to coat the back of a spoon.

Step 5: Remove the sauce from the heat and add the chicken, cheddar, Parmesan, spinach, marjoram, and hot sauce, if using, 2 teaspoons of salt and 1 teaspoon of pepper. Stir until the cheeses have melted and the spinach is wilted. Pour into the bowl with the pasta and toss to coat the pasta with the sauce. Taste for salt and pepper and season with more to taste.

Step 6: Transfer the pasta to the prepared dish, scraping all the sauce out of the bowl with a rubber spatula and bake for about 45 minutes or until the sauce is bubbling around the edges and the pasta is slightly brown on top. Let the pasta rest for about 10 minutes before serving. Serve warm.

Yield: 6 -8 Servings

MARRY ME CHICKEN

From Therese Schimmoeller (DeSantis)

¼ cup Sundried Tomatoes in Oil, drained and chopped
1 (8 ounce) Chicken Breasts, boneless and skinless, halved lengthwise (1 lb. Total)
1 teaspoon Kosher Salt
¼ cup All- Purpose Flour (or Gluten-Free Flour Mix)
1 ½ tablespoons Olive Oil, divided (The author used oil from sundried tomatoes)
2 Cloves Garlic, minced
1 teaspoon Tomato Paste
1½ ounces Reduce-Fat Cream Cheese (3 tablespoons)
3 tablespoons Half-and-Half
2 tablespoons Parmesan Cheese, grated
A Pinch of Red Pepper Flakes, adjusted to your taste (optional)

¼ teaspoon Black Pepper, freshly ground
1 Small Shallot, minced
4 cups Baby Spinach, packed
¾ cup Chicken Broth
¼ teaspoon Dried Oregano

DIRECTIONS

Step 1: Begin by pounding the halved chicken breasts to an even thickness (about ½ inch thick). Season them with salt and black pepper. Dredge each chicken piece in flour, shaking off any excess.

Step 2: Heat 1 tablespoon of olive oil (or juice from the sun dried tomatoes) in a large skillet over medium high heat. Add the chicken and cook for about 4 – 5 minutes per side or until the chicken is cooked through and has a golden-brown crust. Remove the chicken from the skillet and set it aside.

Step 3: In the same skillet, add the remaining ½ tablespoon of olive oil. Add the minced shallot and garlic and sauté for about 1 – 2 minutes until they become fragrant and translucent.

Step 5: Stir in the tomato paste and cook for another 1 – 2 minutes.

Step 6: Add the chopped sundried tomatoes and baby spinach to the skillet. Cook until the spinach wilts.

Step 7: Reduce the heat to low, and then add the cream cheese, chicken broth, half-and-half, dried oregano and red pepper flakes. Stir until the cream cheese is fully melted and the sauce is well combined. Return the cooked chicken to the skillet and let it simmer in the sauce for a few minutes until heated through.

Step 8: Sprinkle with grated Parmesan cheese and serve.

Yield: 4 Servings

Prep Time: 10 Minutes

Cook Time: 25 Minutes

Total Time: 35 Minutes

Variations:

Chicken: Swap chicken breasts with chicken tenders or thighs.

Gluten-Free: Replace all-purpose flour with a gluten-free mix.

Spiciness: For spicier chicken, add more red pepper flakes or omit them for a milder version.

HEALTHY CHICKEN ENCHILADAS

From Therese Schimmoeller (DeSantis)

INGREDIENTS

For the Enchilada Sauce

1 teaspoons Olive Oil	4 Cloves Garlic, minced
2 Chipotle Pepper (diced) from Canned Chipotle Peppers in Adobo Sauce	1 (16 ounce) Can Tomato Sauce
1 tablespoon of Adobo Sauce from Can	½ teaspoon Chili Powder
1 teaspoon Dried Oregano	¼ teaspoon Sea Salt
½ teaspoon Ground Cumin	
¼ teaspoon Fresh Pepper	
½ cup Low Sodium Vegetable or Chicken Broth	

For the Chicken & Vegetables

1 ½ cup teaspoon Olive Oil	½ cup Frozen Corn, thawed
2 cups Chicken, cooked and shredded (about 2 Breasts)	½ cup Black Beans
½ Medium Yellow Onion, diced	3 Cloves Garlic, minced
¼ cup Cilantro	½ teaspoon Chili Powder
¼ teaspoon Cumin	½ cup Enchilada Sauce, from above

For the Enchiladas

8 (7 inch) Whole Wheat Flour Tortillas
1 ½ cups Mexican Cheese, shredded, divided
Green Onions and Fresh Cilantro (for topping)
Jalapenos, for topping (optional)
Plain Greek Yogurt or Sour Cream (optional)
Sliced Avocado (optional)

DIRECTIONS

Step 1: In a medium sauce pan over medium heat, add oil and sauté garlic until fragrant, about 1 – 2 minutes. Add chipotle peppers, adobo sauce, tomato sauce, oregano, chili powder, cumin, broth, salt and pepper. Bring to a boil. Reduce the heat to low and simmer for 5 – 10 minutes. This will help thicken the sauce. Set aside until ready to serve.

Step 2: Preheat oven to 400 degrees F.

Step 3: Heat the olive oil in a medium skillet over medium high heat. And then sauté the onions and garlic until they are soft and translucent, about 4 – 5 minutes. Add chicken, corn, black beans, cilantro, chili powder, cumin and ½ cup enchilada sauce to the skillet. Stir to combine and cook for another 4 – 5 minutes. Remove from heat.

Step 4: Spray a 13 x 9 inch baking dish with non-stick spray. Fill each tortilla with ¼ - 1/3 cup of the chicken and black bean mixture, a sprinkle of cheese and roll it up.

Step 5: Place rolled tortilla into the baking dish, seam side down. Once all the tortillas are filled, cover with the remaining sauce and sprinkle remaining shredded cheese over top.

Step 6: Cover with aluminum foil and bake in the oven on the middle rack for 20 -25 minutes or until cheese is melted and enchiladas are warm throughout. Serve enchiladas with your toppings of choice: green onions, fresh cilantro, jalapenos, sliced avocado and Greek yogurt and/or sour cream.

Yield: 8 Servings

Prep Time: 10 Minutes

Cook Time: 50 Minutes

Total Time: 1 hour

CROCKPOT BOURBON CHICKEN

From Barbara DeSantis

INGREDIENTS

2 lbs. Chicken Thigh, boneless and skinless	½ cup Bourbon
½ cup Soy Sauce	½ cup Brown Sugar
¼ cup Ketchup	2 Cloves Garlic, minced
½ teaspoon Ground Ginger	¼ cup Apple Cider Vinegar
¼ teaspoons Red Pepper Flakes, crushed for a bit of heat (optional)	2 tablespoons Cornstarch
¼ cup Chicken Broth	Cooked Rice, for serving
2 tablespoons Water	
Chopped Green Onions, for garnish (optional)	
Sesame Seeds, for garnish (optional)	

DIRECTIONS

Step 1: Prepare the Chicken: Place the chicken thighs in the crockpot in an even row.

Step 2: Make the Sauce: In a bowl, whisk together the bourbon, soy sauce, brown sugar, ketchup, garlic, ground ginger, crushed red pepper flakes (if using), apple cider vinegar, and chicken broth until well combined.

Step 3: Cook: Pour the sauce over the chicken in the crockpot. Cover and cook on low for 6 - 7 hours or on high for 3 - 4 hours until the chicken is tender and fully cooked.

Step 4: Thicken the Sauce: About 30 minutes before serving mix the cornstarch and water in a small bowl to create slurry. Stir the slurry into the crockpot, then cover for another 30 minutes, allowing the sauce to thicken.

Step 5: Serve: Once the sauce is thickened, serve the bourbon chicken over cooked rice. Garnish with chopped onions and sesame seeds, if desired.

BOURBON CHICKEN

From Barbara DeSantis

INGREDIENTS

1 cup Jim Beam Bourbon Whiskey	½ cup Dark Brown Sugar
1 cup Ketchup	½ teaspoon Liquid Smoke
¼ cup White Vinegar	2 teaspoons Worcestershire Sauce
1 tablespoon Lemon Juice	4 Cloves Garlic, minced
½ teaspoon Dry Mustard	Salt & Pepper
One Package Boneless Chicken Thighs (1 – 1 ½ lbs.), cut into bite-sized pieces.	

DIRECTIONS

Step 1: Heat oil in a large skillet.

Step 2: Add chicken pieces and cook until lightly browned.

Step 3: Remove chicken.

Step 4: Add remaining ingredients, heating over medium heat. Then heat until well mixed and dissolves.

Step 5: Add chicken and simmer for 20 minutes.

Step 6: Serve over hot rice and enjoy.

GRILLED ITALIAN-STYLE TURKEY CHEESEBURGERS

From Rebecca Folen

INGREDIENTS

1 (16 ounce) Package Butterball Fresh Ground Turkey	
1 teaspoon Italian Seasoning	½ teaspoon Garlic Salt
5 Slices (5 ounces) Provolone or Mozzarella	1 cup Fresh Spinach Leaves
10 Slices (5 inches wide) Italian or Sourdough Bread	3 Plum Tomatoes, sliced
5 teaspoons Italian Dressing	¼ cup Fresh Basil, thinly sliced
	Non-stick cooking spray

DIRECTIONS

Step 1: Spray cold grate of outdoor grill with grilling spray. Prepare grill for medium heat.

Step 2: Mix turkey, Italian seasoning, and garlic salt in medium bowl until combined. Shape into 5 (½ inch thick) patties. Grill 5 to 6 minutes on each side, or until patties are no longer pink in the center and meat thermometer inserted in center reaches 165 degrees F (74 degrees C). Top each patty with cheese slices during last minute of grilling.

Step 3: Spread each bread slice with 1/2 teaspoon dressing. Toast on the grill. Top the 5 bread slices, dressing side up, evenly with spinach, basil and tomatoes. Place turkey on tomatoes and cover with remaining slices. Put dressing on each side.

LEFT-OVER TURKEY POT PIE

From An Italian in My Kitchen

INGREDIENTS

1 lb. Cooked Turkey or Chicken	1 - 2 Medium Carrots, chopped
1 cup Frozen Peas	1 Medium Celery Stalk, chopped
1/3 cup Butter	1 Clove Garlic, minced
1/3 cup All-Purpose Flour	1 Shallot, minced
2 Dashes of Salt	1 cup Milk (Author used 2%)
1 - 2 tablespoons Fresh Italian Parsley, finely chopped	
1 Puff Pastry Pie Crust	

DIRECTIONS

Step 1: Preheat oven to 375 degrees F (190 degrees C).

Step 2: In a medium pot add the chopped carrots, celery and peas, cover with water and boil until tender (al dente). Remove the vegetables with a slotted spoon to a clean bowl, but do not discard the water (this is your vegetable broth).

Step 3: In an oven safe pan add the butter, chopped garlic, and shallot, cook until transparent.

Step 4: Then add the flour, salt, pepper, chopped parsley and combine. Add the vegetable broth and milk, stir to combine. Bring the mixture to a boil and cook for about 2 to 3 minutes or until thickened.

Step 5: Stir in the peas and carrot mixture and the chopped leftover turkey (or chicken whichever you are using). Then place the puff pastry on top. The author used a star cookie cutter to add some interest, but you could cut strips or just cover with the pastry dough.

Step 6: Brush the dough with a little bit of milk and bake for about 30 to 35 minutes or until golden and bubbly. Let the pie sit for about 10 minutes before serving. Enjoy.

Yield: 6 Servings

Prep time: 15 Minutes

Cook Time: 55 Minutes

Total Time: 1 Hour 10 Minutes



PESCE E FRUTTI DI MARE

SPAGHETTI with CALAMARI, SCALLOPS & SHRIMP ~ Spaghetti al Tornola

From Lidia

INGREDIENTS

1 teaspoon Kosher Salt plus more for the pasta pot	8 ounces Medium Calamari, cleaned
6 Plump Garlic Cloves, peeled and sliced	8 ounces Dry Sea Scallops
¼ cup Extra-Virgin Olive Oil, plus	1 lb. Large Shrimp
2 tablespoons more for finishing the pasta	1 lb. Spaghetti
4 cups Cherry Tomatoes, halved, OR	¼ teaspoon Peperoncino Flakes, to taste
2 cups Canned Italian Plum Tomatoes, crushed chopped	1 tablespoon Fresh Italian Parsley,
¼ cup Fresh Basil, chopped	

DIRECTIONS

Step 1: In a large pot with salted water (at least 6 quart water with 1 tablespoon salt), and heat to a boil.

Step 2: To prepare the seafood: Cut the calamari bodies, including the tentacles, into ½ inch rings. Pull off the side muscle or “foot” from the scallops and discard. Remove the shells, tails and digestive vines from the shrimp; rinse and pat dry.

Step 3: Heat the olive oil in a skillet and set it over medium high heat. Scatter in the sliced garlic and color, about 2 minutes. Dump in the cherry tomatoes, sprinkle on the teaspoon salt and the peperoncino, and cook for about 5 minutes, stirring and tossing the tomatoes, until softened and sizzling in their juices but still intact. Start cooking the pasta first and the seafood right after, so they are ready at the same time.

Step 4: Drop the spaghetti into the boiling water, stir, and return the water to a boil. As it cooks, scatter the calamari rings and tentacles in the pan with the tomatoes, and get them sizzling over medium high heat. Let the pieces cook for a minute or two, then toss in the scallops, and spread them out to heat and start sizzling quickly. After they have cooked for a couple of minutes, toss in the shrimp, ladle in a cup or boiling pasta water, stir the seafood and sauce together, bring to a steady simmer, and cook just until the shrimp turns pink and begin to curl, about 3 minutes.

Step 5: As soon as the spaghetti is barely al dente, lift it from the pot, drain briefly, and drop into the skillet. Toss the pasta and the simmering sauce together for a minute or two. Until the spaghetti is nicely coated with sauce and perfectly al dente, and the seafood is distributed throughout the pasta. Turn off the heat, sprinkle on the basil and parsley, and drizzle on another 2 tablespoons olive oil. Toss well, heap the spaghetti into warm bowls, giving each portion plenty of seafood, and serve immediately.

ITALIAN SEAFOOD LINGUINE

From An Italian in My Kitchen

INGREDIENTS

2 cups Mixed Seafood (Shrimp, Clams, Calamari rings, Haddock), calamari rings and haddock cut into small pieces)

¼ cup Fresh Parsley, chopped

¼ cup Extra-Virgin Olive Oil

1 - 2 Dashes of Hot Pepper Flakes (optional)

½ cup White Wine (good quality) (optional)

3 cup Linguine or Spaghetti, cooked

DIRECTIONS

Step 1: In a large pot of boiling salted water add linguine and cook very al dente.

Step 2: While the pasta is cooking, in a large skillet or frying pan add the olive oil, seafood, chopped parsley, hot pepper flakes (if using) and salt to taste. Cook on medium heat until fish is cooked. If you wish to add wine then add it with seafood and cook on high for 30 - 60 seconds until evaporated then continue with the cooking.

Step 3: Drain pasta (keeping ½ ladle of pasta water), add pasta to frying pan with pasta water, gently toss and cook for another 30 - 60 seconds, while tossing occasionally.

Step 4: Add the pasta and ¼ cup pasta water to the frying pan, and cook for another minute or two. Serve immediately, sprinkle with some freshly chopped parsley. Enjoy.

Yield: 4 Servings

Prep Time: 20 Minutes Cook Time: 10 Minutes Total Time: 30 Minutes

Notes

- You can even use frozen fish, just make sure there is nothing added, no sauce nor spices. Let it thaw then drain to remove excess moisture.
- This is one type of pasta dish that is best consumed at the time it is made. If you do have leftovers, then store in an airtight container and refrigerate for up to 1 day, re-heat on the stove, add a little water (pasta water if available) and heat through.

CLASSIC SEAFOOD PASTA

From An Italian in My Kitchen

INGREDIENTS

½ lb. Clams in the Shell	¼ cup Olive Oil
1 - 2 Cloves Garlic, chopped	½ lb. assorted Seafood*
1 - 2 Dashes Hot Pepper Flakes (optional) or Black Pepper	Salt to taste**
½ cup Fresh Italian Parsley, finely chopped	½ cup dry White Wine
½ cup Clam Liquid or Fish Broth (divided)	
4 cups Cooked Spaghetti (9 ounces Uncooked (325 g))	

Notes

*The author likes to use a mixture of shrimp, scallops, calamari, mussels, haddock and cod. You can even use frozen fish, just make sure there is nothing added, no sauce or spices. Let it thaw then drain to remove excess moisture.

**Sometimes seafood is already very salty, sometimes it is not, so be sure to taste before adding any salt. If the seafood is very salty do not salt the water for the pasta.

DIRECTIONS

Step 1: Before cooking the clams, place the clams in a bowl, and rinse them. Add some salt, cover them in water, and leave the clams to soak for 2 - 3 hours. After the time has passed the clams will have purged any residual sand, drain and rinse them before cooking.

Step 2: In a medium pan add the prepared clams, cover and cook on medium high until they open, approximately 3 - 5 minutes, if one does not open it should be eliminated. With a slotted spoon remove the clams to a clean bowl, pour the liquid through a sieve into a lean bowl or cup. It should be about ½ cup, (If not enough you may need to use reserved pasta water).

Step 3: In a large pot of boiling water cook the pasta 1 minute before al dente, check the instructions on the box.

Step 4: While the pasta is cooking, in a large skillet add the oil, whole garlic and hot pepper flakes (if using), cook on medium high for 1 - 2 minutes.

Step 5: Add the seafood mixture, chopped parsley, cook for 1 minute then add the wine and half the clam liquid, cook on high for 2 minutes until the alcohol evaporates.

Step 6: Lower the heat to medium and continue to cook stirring occasionally until the seafood is cooked approximately 2 minutes, add the pasta and 2 - 3 tablespoons of remaining clam liquid. Cook on high tossing to combine for 1 minute, the pasta should be more creamy and not dry. Serve immediately topped with fresh chopped parsley. Enjoy.

Prep Time: 15 Minutes

Cook Time: 10 Minutes

If Using Fresh Clams Resting Time: 2 Hours

Total Time: 2 Hours 25 Minutes

Notes

- This simple and easy Seafood Pasta is made the Classic Italian way which means there is no cream, no milk, no butter, just the traditional Italian recipe.
- This dish as it is call “In Bianco” meaning there is not a tomato anything in the ingredients and some form of fish broth or clam liquid is needed.
- A dry white wine is usually best for cooking Pinot Grigio, Sauvignon Blanc and Chardonnay make nice choices.
- Traditionally Italians will make this recipe with either spaghetti or linguine. Just make sure you use a good quality pasta & always check the package directions before making it.
- If you do not want to cook clams, then use 1 lb. of mixed seafood and for the liquid fish broth. Your own homemade or store bought. If frozen is used make sure it is thawed.

SHRIMP & ASPARAGUS PASTA

From Rebecca Folen

INGREDIENTS

Fresh Asparagus, cut	1 lb. Shrimp, deveined and peeled
Olive Oil	Butter
Garlic	1 lb. Linguini

DIRECTIONS

Step 1: Heat the olive oil and the butter.

Step 2: Salt and Pepper to taste.

Step 3: Add asparagus (cut).

Step 4: Add garlic.

Step 5: Turn to medium low temperature.

Step 6: Add shrimp (deveined and peeled).

Step 7: Stirring constantly, Sauté for about 3 minutes until shrimp are pink.

Step 8: Toss with cooked linguini.

Notes

- This simple and easy Seafood Pasta is made the Classic Italian way which means there is no cream, no milk, no butter, just the traditional Italian recipe.
- This dish as it is call "In Bianco" meaning there is not a tomato anything in the ingredients and some form of fish broth or clam liquid is needed.
- A dry white wine is usually best for cooking Pinot Grigio, Sauvignon Blanc and Chardonnay make nice choices.
- Traditionally Italians will make this recipe with either spaghetti or linguine. Just make sure you use a good quality pasta & always check the package directions before making it.
- If you do not want to cook clams, then use 1 lb. of mixed seafood and for the liquid fish broth. Your own homemade or store bought. If frozen is used make sure it is thawed.

SHRIMP FETTUCCINI ALFREDO

From Allrecipes.com

INGREDIENTS

1 lb. Fettuccini Pasta	1 tablespoon Butter
1 lb. cooked shrimp - peeled and deveined	6 tablespoons grated Parmesan Cheese
4 cloves Garlic, minced	Salt, to taste
6 tablespoon fresh Parsley, chopped	

DIRECTIONS

Step 1: Fill a large pot with lightly salted water and bring to a rolling boil. Cook fettuccine at a boil until tender yet firm to the bite, about 8 minutes. Drain.

Step 2: Heat butter in a large skillet over medium heat. Cook and stir shrimp and garlic in butter for 1 minute. Pour in half-and-half; stir. Add Parmesan cheese, 1 tablespoon at a time, stirring constantly. Mix in parsley; season with salt. Simmer, stirring frequently, until sauce is thickened.

Step 3: Stir fettuccine into sauce until evenly coated; serve hot.

Yield: 6 Servings

Prep Time: 20 Minutes

Cook Time: 20 Minutes

Total Time: 40 Minutes

This recipe combines creamy parmesan sauce with tender shrimp for a classic fettuccine pasta.

Home cooks agree that adding shrimp at the end keeps it tender and flavorful.

"This dish is easy and quick to make."

LOBSTER PASTA

From Cooking Curiosity

INGREDIENTS

2 Live Lobsters (about 1 ½ pounds each) or 1 pound cooked Lobster Meat
12 ounces Linguine or Fettuccine 2 tablespoons Olive Oil
4 tablespoons Unsalted Butter divided 1 cup Heavy Cream
1 small Shallot finely chopped 2 Cloves Garlic, minced
½ cup White Wine 2 Sprigs Tarragon
½ cup Grated Parmesan Cheese plus more for Serving
¼ teaspoon Dried Thyme ½ teaspoon Salt, or to taste
1 Pinch of Red Pepper Flaked (optional) ¼ cup Fresh Parsley chopped
¼ teaspoon Freshly Ground Black Pepper, or to taste
Zest of 1 Lemon 1 tablespoon Lemon Juice

DIRECTION

Step 1: IF using cooked lobster meat, simply chop it and set it aside.

Step 2: If using live lobsters, bring a large pot of well-salted water to a boil. Add the lobsters and cook for about 8 – 10 minutes or until they are bright red. Remove the lobsters and let them cool on a wire rack. When cool extract the meat from the claws, knuckles, and tails, chop into bite-size pieces and set aside.

Step 3: Bring a pot of well-salted water to a boil (use the lobster water for extra flavor, if possible). Cook the pasta according to package instructions until al dente. Reserve 1 cup of pasta water, then drain and set aside.

Step 4: In a large skillet over medium heat, add the olive oil and 2 tablespoons of butter. Once the butter has melted, add the shallot and sauté until soft, about 2 -3 minutes. Add the garlic and stir until fragrant, about 1 minutes.

Step 5: Pour in the white wine and scrape up any browned bits from the bottom of the pan. Let the wine simmer for a minute, then slowly add the heavy cream and stir well.

Step 6: Add the Parmesan cheese in small handfuls, stirring well between each addition until melted. Mix in the thyme, tarragon, and red pepper flakes (if using).

Step 7: Season with salt and pepper, bring to a simmer and cook for 5 minutes until slightly thickened.

Step 8: Add the drained pasta to the skillet with the sauce, tossing to coat well. If the sauce is too thick, add a splash of pasta water and stir. Add more as needed until the desired consistency is reached.

Step 9: Gently stir in the chopped lobster meat, remaining 2 tablespoons of butter, parsley, lemon zest, and lemon juice.

Step 10: Cook until the lobster is heated through, about 2 -3 minutes, and adjust the season if necessary.

Step 11: Serve the pasta with additional Parmesan cheese and a sprinkle of fresh parsley. Enjoy!

Yield: 4 Servings.

Preparation Time: 20 Minutes

Cooking Time: 30 Minutes

Total Time: 50 Minutes

Notes

- Substitute chicken broth for white wine.
- Use large shrimp instead of lobster. Sauté it with the shallots and garlic, remove it from the pan, and make the sauce as instructed, Add them back at the end.

Tips for the Best Pasta

- Season the pasta water: Salt the water generously so your pasta is flavorful from the inside out. It should taste like salt water.
- Cook the Pasta al dente: You want it chewy, not mushy. And remember, it will keep cooking in the sauce.
- Reserve Plenty of Pasta Water: It is the secret to a silky sauce that clings to every noodle. Save more than you think you will need, just in case.
- Handle the Lobster Gently: Stir it carefully to keep those precious chunks of lobster intact.
- Add Parmesan Gradually: To avoid clumps, sprinkle in the cheese slowly. Allow it to melt smoothly into the sauce, and then add more.
- Watch the Garlic: Burnt garlic will ruin the sauce, so sauté just until fragrant. That might only be 30 seconds.
- No White Wine? Chicken Broth works well too. Or use seafood stock! Speaking of...
- Save the lobster Shells for Stock: Stash the shells in the freezer and use them to make stock when you have the time. You can add veggie cut-offs and shrimp tails/heads, too, for more flavor.

Variations

- Creamy Tomato Lobster Pasta: Sauté 1 cups of chopped tomatoes with the onions until they are soft. Add the garlic, and follow the rest of the recipe as instructed.
- Use Shrimp Instead: It is a great substitute for lobsters, adding a similar seafood richness.
- Spice it Up: Toss in some red chilies, cayenne, or crushed red pepper flakes.
- Try Different Pasta Shapes: The author thinks this is best with noodles. But feel free to experiment with penne, linguine, or orecchiette.
- Incorporate Vegetables: Green it up with baby spinach, asparagus, or peas for a pop of color and nutrition. Or mix in some sautéed garlic butter mushrooms.
- Add a Dash of Truffle Oil: Just before serving, drizzle a bit of truffle oil over the top for an earthy and luxurious finish.

How to Store and Reheat

- Lobster does not reheat well (it turns rubbery) and the pasta will absorb most of the sauce as it sits in the fridge. That is why this recipe is best made and devoured on the same day. But if you have a ton of leftovers, here is how to store and reheat them

To Store: Transfer cold leftover lobster and sauce to an airtight container and refrigerate for up to 3 days. Discard leftover pasta.

To Reheat: Warm leftover lobster and sauce in a 350 degrees F (175 degrees C) oven, cover it with a foil and add a splash of milk, if needed. Cook for about 10 minute. Serve with freak pasta for the best results!

CREAMY LOBSTER SHRIMP STUFFED SHELLS

From Nashing with the Nolands

INGREDIENTS

25 Jumbo Pasta Shells	2 tablespoons Onion, minced
5 ounces Lobster, about 3 Medium Tails	Salt & Fresh Ground Pepper, grated
2 tablespoons Red Pepper, minced	¼ cup Flour
1 tablespoon Butter + ¼ cup Butter, plus more for the Lobster	4 cups 2% Milk
1 ½ teaspoons Old Bay Seasoning, plus more for top	Large Pinch of Nutmeg
1 Package Frozen Shrimp, 71/90 count, thawed	A Few Dashes of Hot Sauce (if desired)
1 ½ cups Parmesan Cheese, grated	1 Large Egg at room temperature, beaten
½ cup Mozzarella, grated	1 cup Ricotta Cheese
Green Onions for garnish (optional)	

DIRECTIONS

Step 1: Fill a large pot with salted water and cook the pasta shells according to package directions. Drain and rinse and set aside.

Step 2: Cut the shells of the lobster tails down the center with a sharp knife or strong scissors. Gently pull the lobster up and over the shell. Clean the tail of the digestive tract. Brush lightly with 1 tablespoon butter and place on a rimmed baking sheet. Broil for 5 - 7 minutes until just cooked through, the meat will become soft and white. Allow to cool and then cut into bite sized pieces. Place in a medium sized bowl.

Step 3: Meanwhile, in a medium skillet add the 1 tablespoon butter and sauté the onion and red pepper for 1 minute. Add the shrimp and continue to sauté for about 3 - 4 minutes until just pink and cooked. Add the Old Bay seasoning and pepper. Set aside.

Step 4: In a small saucepan, melt the ¼ cup butter and whisk in the flour. Cook for 1 minute while whisking. Slowly add the milk while continuing to whisk. Heat the sauce until bubbly and thickened. Then season with freshly ground pepper, salt, nutmeg and hot sauce. (Use hot sauce only if desired). Stir in Parmesan until melted. Set aside.

Step 5: Add the shrimp mixture to the lobster, along with the egg, mozzarella cheese, and ricotta cheese. Mix gently.

Step 6: Preheat oven to 350 degrees F. Grease a 9 x 13 inch pan. Stuff each shell with one rounded tablespoon of the seafood mixture and place in pan. Pour cheese sauce on the shells. Sprinkle on more Old Bay seasoning on the top. Bake for 30 - 35 minutes until slightly browned and bubbly. Serve topped with green onions, if desired.

Yield: 8 Servings

Prep Time: 30 Minutes

Cook Time: 50 Minutes

Total Time: 1 Hour 20 Minutes

ITALIAN-STYLE SHRIMP WITH SPAGHETTI

From Allrecipes.com

INGREDIENTS

8 ounces Dried Spaghetti	1 cup (6 ounces) Tomato Paste
½ cup Shallots (about 3 ounces, finely chopped)	1 teaspoon Dried Basil
1 teaspoon Minced Garlic	2 teaspoons Olive Oil
1 can (14 ½ ounce) Italian-style diced Tomatoes	Salt and Pepper
1 lb. (40 - 50 per pound) Frozen Shrimp, shelled, deveined & thawed	1 teaspoon Dried Oregano
½ cup Dry White Wine	Romano or Parmesan Cheese, shredded
	2 tablespoons Parsley, chopped

DIRECTIONS

Step 1: In a 4 to 5 quart pan over high heat, bring 2 quarts water to a boil. Add pasta and cook, stirring occasionally, until tender to bite, about 10 minutes. Drain and return to pan.

Step 2: Meanwhile, in a 10 to 12 inch frying pan over high heat, stir shallots and garlic in olive oil until shallots are limp, about 5 minute. Stir in tomatoes (with juice), tomato paste, wine, oregano, and basil. Bring to a boil, and then reduce heat and simmer, occasionally, about 5 minutes

Step 3: Rinse and drain shrimp; add to sauce. Be sure to stir often just until opaque but still moist-looking in center of thickest part (cut to test), 5 to 6 minutes.

Step 4: Stir sauce into cooked pasta. Divide mixture equally among four bowls. Sprinkle with parsley; add salt, pepper, and cheese to taste.

Yield: 6 Servings

Prep Time: 20 Minutes

Cook Time: 20 Minutes

Total Time: 40 Minutes

PENNE RIGATE IN A VODKA SAUCE WITH SHRIMP

Penne Rigate alla Vodka

From Lidia

INGREDIENTS

1 teaspoon Kosher Salt plus more for the pot and as needed	2 tablespoons Unsalted Butter
1 tablespoon Extra Virgin Olive Oil	½ cup Onion, finely diced
2 Garlic Cloves, crushed and peeled	1 lb. Penne Rigate
1 teaspoon Red Pepper Flakes, crushed	1/3 cup Vodka
1 (28 ounce) Can Italian Plum Tomatoes, preferably San Marzano, crushed by hand	
1 lb. Shrimp, raw, deveined & peeled	
½ cup Half-and-Half	
1 cup Grana Padano, freshly grated	
½ cup Loosely Packed Fresh Basil Leaves, shredded	

DIRECTIONS

Step 1: Bring a large pot of salted water to a boil for the pasta, in a large skillet over medium heat; melt the butter in the olive oil. Add the diced onion and crushed garlic. Let the onion and garlic sweat for a few minutes, without coloring; then, in a hot spot, add the crushed red pepper. Let it toast for a minute. Ladle in about ½ cup of pasta water, and simmer to break down the onion, about 2 minutes.

Step 2: Once the onion has softened, and the crushed tomatoes, slosh out the can with a about a cup of water, and add that, too. Then season with salt. Bring to a simmer, and cook until thickened, about 10 to 12 minutes. When the sauce is almost done, add the pasta to the pot of boiling water and stir.

Step 3: Once the sauce has thickened, remove the garlic cloves and add the half-and-half and vodka. Bring to a boil and cook until the sauce comes together and thickens again, about 3 minutes.

Step 4: Add 1 pound medium shrimp, peeled and deveined, and cook for 2–3 minutes, stirring gently, until the shrimp turn pink and are just cooked through. Do not overcook.

Step 5: When the pasta is al dente, scoop it out of the pot with a strainer or spider and add directly to the sauce. Cook and toss until all of the pasta is evenly coated.

Step 6: Remove from heat and toss with the grated cheese and basil. Serve immediately.

Grana Padano is a hard, semi-fat Italian cheese with a granular texture and nutty flavor. It is aged for a minimum of nine months and can be eaten in chunks or grated. Its name comes from the Italian word grana, which means “grain” and refers to the cheese’s curd structure. Originated in the Po valley of northern Italy and is made from the milk of free-range cows.

Penne Rigate is a short, tube-shaped pasta with angled end and ridges, named after the Italian word penna, which means “feather” or “quill”. The pasta’s shape is inspired by the tip of a quill pen.

Notes

- Be sure to use good quality fresh or frozen shrimp that is peeled, or peel and devein it yourself. Any size of shrimp works here as long as you do not overcook it. The author gets pre-cooked shrimp and that only takes 1 - 2 minutes to cook.
- Store any leftovers in an air tight container properly stored, the pasta will last for up to 3 to 4 days in the refrigerator.

CREAMY LEMON GARLIC SEAFOOD PASTA

From The Recipe Critic

INGREDIENTS

12 ounces Linguini Noodles

½ lb. Scallops

½ lb. Large Shrimp, peeled and deveined

1 tablespoon Butter

½ lb. Mussels

Salt and Pepper

For the Creamy Lemon Garlic Sauce:

¼ cup Butter

2 cups Heavy Cream

4 ounces Cream Cheese

Juice of a Lemon

3 Cloves Garlic, chopped

1 cup Chicken Broth

¼ cup Parmesan Cheese, grated

DIRECTIONS

Step 1: Bring a large pot of water to boil and cook pasta according to package directions. Reserve 2 cups of pasta water.

Step 2: In a medium sized saucepan over medium high heat add the butter. Add the scallops and cook for 2 - 3 minutes and add the shrimp for the last 1 - 2 minutes and cook until no longer pink. Remove and set aside on a plate.

Step 3: Add the reserved water to the saucepan and bring to a boil. Add the mussels and reduce to a simmer and cover. Let the mussels steam for 5 minutes. Discard the ones that did not open. Set aside with the shrimp and scallops.

To Make the Creamy Lemon Sauce:

Step 1: Add ¼ cup butter to the saucepan and melt. Add garlics until it is smooth and creamy. Add the Parmesan cheese and juice of one lemon and let simmer until it has thickened.

Step 2: Stir in pasta and seafood and stir until heated through. Serve with fresh chopped parsley and Parmesan cheese if desired.

Yield: 6 Servings

Prep Time: 15 Minutes Cook Time: 25 Minutes Total Time: 40 Minutes

SCALLOPS WITH ORANGES AND VANILLA BEURRE BLANC

From Barbara DeSantis & Allrecipes.com

INGREDIENTS

½ cup Dry White Wine	9 tablespoons Butter, cold
1 tablespoon Orange Juice	¼ teaspoon Salt
1 teaspoon Whipping Cream	¼ teaspoon Freshly Ground Pepper
1 tablespoon Olive Oil	2 Oranges, peels and sectioned
½ teaspoon Vanilla Paste or seeds from ¼ of a Vanilla Bean	Chopped inner leaves of Celery, Chives or Green Onion
12 fresh or frozen Sea Scallops, thawed (1 pound)	

DIRECTIONS

Step 1: Bring wine, orange juice and shallot to a boil in a small saucepan. Reduce heat to medium and simmer, uncovered, until about 2 tablespoons of liquid remain, about 10 minutes.

Step 2: Add cream; then simmer until mixture is almost evaporated, 1 to 2 minutes more.

Step 3: Whisk in 8 tablespoon cold butter; 1 tablespoon at a time until incorporated. Remove from heat. Strain and discard shallot.

Step 4: Then whisk in vanilla. If desired, season with additional salt.

Step 5: Rinse scallops and pat dry with paper towels.

Step 6: Sprinkle with salt and pepper.

Step 6: Heat oil and remaining 1 tablespoon butter in large skillet over medium-high heat. Add scallops, cook, turning once until browned and opaque, 3 to 5 minutes, total.

Step 7: Transfer to a serving platter, Top scallops with orange sauce, orange sections and celery leaves.

Beurre Blanc is French for “white butter”. Beurre Blanc is a luscious sauce typically made with white wine, shallots and butter.

SEARED SCALLOPS WITH CREAMY CORN, TOMATOES & CHIVES

From Theresa Schimmoeller (DeSantis)

INGREDIENTS

3 cups Corn, fresh or frozen (from 4 Large Ears)	2 teaspoons Salted Butter
½ cup Boursin Cheese (Garlic, Herb or Chive)	1 teaspoon Olive Oil
12 Cherry Tomatoes, halved	½ teaspoon Kosher Salt
16 Large Sea Scallops (about 16 ounces)	Black Pepper (to taste)
Chives (for garnish)	

DIRECTIONS

Step 1: Wash the scallops and pat dry with a paper towel. Then season with ¼ teaspoon kosher salt and black pepper to taste.

Step 2: Heat a large skillet on a high heat. When pan is hot, melt the butter and place the scallops in the pan.

Step 3: Sear without touching them for a few minutes until the bottom forms a nice caramel colored crust.

Step 4: Turnover and cook about another minute or two, until the center is slightly translucent (you can check this by viewing them from the side) and the bottom is seared. Be careful not to overcook.

Step 5: Remove from the pan and set aside on a warm plate.

Step 6: Add 1 teaspoon oil and the corn, season with ¼ teaspoon salt and cook, until just about tender, 2 to 3 minutes.

Step 8: Add the Boursin cheese and 3 to 4 tablespoons water and cook, 1 to 2 minutes more, stirring.

Step 9: Remove from heat, stir in the tomatoes and divide on 4 plates. Top with scallops and fresh chives, for garnish.

Yield: 4 Servings

Prep Time: 5 Minutes

Cook Time: 20 Minutes

Total Time 25 Minutes

Variations:

- Do not like scallops? Use shrimp instead.
- Do not like fresh corn? Sub frozen corn.
- No chives: Try basil or rosemary.
- No cherry tomatoes? Swap them with grape tomatoes.

THE HEATHMAN SMOKED SALMON HASH

From Rebecca Folen & Barbara De Santis

INGREDIENTS

2 lbs. Russet Potatoes (about 7 Medium), cubed	1 Small Red Onion, minced
1 lb. Smoked Salmon (not lox)	¼ cup Capers
1 tablespoon Prepared Horseradish	2 tablespoons Butter
¼ cup Sour Cream, plus more for garnish, if desire	2 tablespoons Vegetable Oil
Salt and Freshly Ground Black Pepper	

Step 1: Place the potatoes in large pan and cover with water. Bring to a boil and cook until tender. Cool completely, peel and cube.

Step 2: Shred the smoked salmon and place in a medium size bowl. Add the onion, horseradish, mustard, capers and ¼ cup sour cream. Toss to combine and add salt and pepper to taste; set aside.

Step 3: In a large heavy sauté pan melt the butter and add the oil. Add the cubed potatoes and sauté until golden brown and crisp. Add the salmon and toss to combine and heat through. Add additional salt and pepper, if desired.

Step 4: Divide among 4 plates and garnish with a little sour cream, if using. Serve immediately.

Yield: 6 Servings

HONEY-VINEGAR GLAZED SALMON

From Barbara De Santis

INGREDIENTS

3 tablespoons Meursault Vinegar
2 teaspoons Extra-Virgin Olive Oil

3 tablespoons Honey
2 Salmon Fillets, each 6 - 8 ounces

DIRECTIONS

Step 1: In a small saucepan, combine the vinegar and honey. Set the pan over medium high heat, bring to a boil and reduce the heat to low. Simmer until the mixture is reduced to about 3 tablespoons, 2 - 3 minutes, and then remove from the heat.

Step 2: In a 1 inch sauté pan over medium high heat, warm the olive oil until nearly smoking.

Step 3: Season the salmon fillets with salt and pepper and carefully arrange them in the pan, about 1 inch apart.

Step 4: Cook the salmon, without moving it, until the undersides are golden and crisp, 3 - 5 minutes.

Step 5: Turn the salmon over and continue cooking until the fillets are golden underneath and opaque throughout, 2 - 3 minutes more, or until done to your liking.

Step 6: Transfer the salmon to warmed individual plates and brush generously with the glaze. Serve immediately.

Yield: 2 Servings

MAKE-AHEAD CRAB CASSEROLE

From Barbara DeSantis

INGREDIENTS

2 tablespoons Butter	½ cup Mushrooms, sliced
2 tablespoons Flour	1 cup Light Cream
Salt and Pepper	1 cup Celery, chopped
8 Slices Soft White Bread, crusts removed	1 Onion, chopped
2 cups Crabmeat (fresh, canned or frozen)	½ cup Green Peppers, chopped
½ cup Mayonnaise	4 Eggs at room temperature
½ cup Almonds, blanched and slivered	Paprika
3 cups Milk	
Parmesan Cheese, grated (about 3 tablespoons)	

DIRECTIONS

Step 1: Melt 2 tablespoons butter in small saucepan, add mushrooms and simmer 3 minutes, covered.

Step 2: Add flour and mix well until roux is foamy.

Step 3: Slowly pour in cream while mixing with wire whisk.

Step 4: Season with salt and pepper, cool, and then refrigerate.

Step 5: Cook celery slowly for 10 minutes in a little water. Drain well.

Step 6: Use remaining tablespoon butter to generously grease a 2-quart soufflé or similar dish. Spread half diced bread in dish.

Step 7: In a large bowl, lightly mix picked-over crabmeat, onion, mayonnaise, green pepper, half the almonds and the celery/ spread the mixture evenly over bread.

Step 8: Beat eggs and milk together and pour over contents of dish. Cover and refrigerate overnight.

Step 9: Preheat oven to 325 degrees F (160 degrees C).

Step 10: Remove crab dish and white sauce from refrigerator 15 minutes before baking.

Step 11: Bake casserole for 15 minute, and then spread white sauce over casserole and sprinkle with cheese.

Step 12: Bake 1 hour more, or until golden brown and puffy.

Yield 8 - 10 Servings

SKILLET RICE WITH SHRIMP AND CHICKEN

From Barbara DeSantis

INGREDIENTS

1 cup Long-Grain White Rice, uncooked	3 Fresh Thyme Sprigs
2 cups Reduced-Sodium Chicken Broth	2½ teaspoons Kosher Salt, divided
1 lb. Chicken, boneless and skinless	2 tablespoon Olive Oil
5 Chicken Thighs, cut into 1 inch pieces	1 teaspoon Freshly Ground Pepper
1 Small Yellow Onion about (¾ cup)	2 Cloves Garlic, chopped
1 cup Frozen Sliced Okra, thawed, about 1 cup	¼ teaspoon Ground Red Pepper
½ lb. Medium-Size Raw Shrimp, chopped, peeled and deveined	3 Plum Tomatoes
2 Green Onions (green parts only), sliced	

DIRECTIONS

Step 1: Cook rice according to package directions, substituting chick broth for water and adding fresh thyme sprigs to broth. Spread cooked rice in a thin layer on a baking sheet; discard thyme sprigs, cool completely (about 30 minutes).

Step 2: Meanwhile, toss together chicken pieces, 2 teaspoons kosher salt, and ½ cup black pepper. Then cook chicken in hot oil in a large skillet over medium heat, stirring occasionally, 4 - 5 minutes, or until lightly browned. Add yellow onion, green pepper, and garlic, and cook, stirring often, for about 5 minutes or until onion is tender, increase heat to high.

Step 3: Stir in okra, rice, shrimp, red pepper, and remaining salt and black pepper, and cook constantly, 4 - 5 minutes or until shrimp are pink and rice is thoroughly heated.

Step 4: Stir in tomatoes, and cook 5 minutes or until tomatoes are thoroughly heated.

Step 5: Remove from heat, sprinkle with sliced green onions.

Step 6: Serve immediately.

Variations

Simple substitutes give these hardy dishes flavorful twists:

- Swap sausages for chicken or crabmeat for shrimp
- Make a vegetarian option by subbing vegetables stock and omitting proteins.

SHRIMP & GRITS

From Bobby Flay - Food Network

INGREDIENTS

4 cups Water	Salt and Pepper
1 cup Stone-Ground Grits	3 tablespoons Butter
2 cups Sharp Cheddar Cheese, shredded	4 teaspoons Lemon Juice
1 lb. Shrimp, peeled and deveined	2 tablespoons Parsley, chopped
1 cup Scallions, thinly sliced	1 Large Clove Garlic, minced
6 Slices Bacon, chopped (optional)	

DIRECTIONS

Step 1: Bring water to a boil, add salt and pepper.

Step 2: Add grits and cook until water is absorbed, about 20 to 25 minutes.

Step 3: Remove from heat and stir in butter and cheese.

Step 4: Rinse shrimp and pat dry.

Step 5: Optional (if using bacon) Fry the bacon in a large skillet until brown drain well.

Step 6: Add shrimp. Cook until shrimp turn pink.

Step 7: Add lemon juice, chopped bacon (if using), parsley scallions and garlic.

Step 8: Sauté for 3 minutes.

Step 9: Spoon grits into a serving bowl. Add shrimp mixture and mix well. Serve immediately.

Yield: 4 Servings

Prep Time 15 Minutes Cook Time 25 Minutes Total Time: 40 Minutes

Tips

What goes with Shrimp and Grits?

- Shrimp and grits goes with a variety of vegetable side dishes such as collard greens, sautéed spinach, a simple green salad, green beans or corn.
- Serve shrimp and grits with bread for mopping up the sauce.
- For best result, use stone-ground grits for shrimp and grits. Stone ground (or stone-milled) grits have a coarse texture that holds their structure throughout cooking and have a deeper corn flavor. Although they take longer to cook than quick-cooking or instant grits, their flavor and creamy consistency make the extra time worth the effort.

- In the Charleston, South Carolina area, cooked hominy grits were primarily referred to as "hommy" until the 1980's
- When cooking the grits pay attention at the beginning: the secret to good grits is to pay attention at the beginning. After you add the grits to boiling water, whisk them to get the lumps out and ensure a smooth creamy consistency.

Grits vs Polenta

Polenta is a dish commonly found in Northern Italian cuisine and it is made from a different type of corn than grits. Polenta is made from medium to coarsely ground flint corn, which tends to be less starchy than the dent corn used to for grits Therefore polenta tends not to yield as creamy a texture as grits when boiled.

FISH AND CHIPS

From Cooking Curiosity

INGREDIENTS

For the Fish

1 pound Cod or Haddock Fillets, cut into portions
 ½ cup Cornstarch
 1 teaspoon Salt
 ½ teaspoon Black Pepper

1 cup All-Purpose Flour
 1 teaspoon Baking Powder
 1 cup Cold Beer (or Sparkling Water)
 Vegetable Oil for Frying

DIRECTIONS

Step 1: Preheat the oven to 425 degrees F (220 degrees C). Toss the potato fried in the olive oil, salt and pepper, and then spread them in a single layer on a baking sheet. Bake for 25 – 30 minutes, flipping halfway through, until golden and crispy.

Step 2: In a bowl , deep skillet or frying pan, heat 2 -3 inches of vegetable oil to 350 degrees F (180 degrees C).

Step 3: In a bowl, whisk together the flour, cornstarch, baking powder, salt, and pepper. Gradually pour in the cold beer (or sparkling water) and whisk until smooth. The batter should be thick enough to coat the fish but not too heavy.

Step 4: Batter and Fry the Fish - at the fish fillets dry with paper towels, and then dip each fillet into the batter, ensuring it is fully coated. Carefully lower the fish into the hot oil and dry for 4 -5 minutes on each side, or until the batter is golden brown and the fish is cooked though. Remove and drain on paper towels.

Step 5: Serve the crispy fish with baked chips, along with tartar sauce, male vinegar, and lemon wedges on the side.

INDEX

Recipe	Page
ALFREDO SAUCE	63
AMATRICIANA SAUCE	75
AMISH COUNTRY MEATLOAF	248
ANCHOVY DIP FOR VEGETABLES	6
ASIAGO BREAD	28
AU GRATIN POTATOES	171
AUTHENTIC POLISH PICKLE SOUP	84
AUTHENTIC POLISH PIEROGI WITH POTATOES & CHEESE	116
BAKED BRIE WITH HOLIDAY SAUCE	7
BAKED CHICKEN WITH LEMON AND GARLIC	272
BAKED MEATBALLS	224
BAKED PENNE	138
BAKED STUFFED SHELLS ~ CONCHIGLIE RIPIENE AL FORNO	126
BASIC ALL PURPOSE BRINE FOR MEATS, CHICKEN, AND TURKEY	57
BASIC TOMATO SAUCE FROM FRESH TOMATOES	69
BASIL WALNUT PESTO ~ PESTO DE NOCI E BASILICO	66
BECHAMEL SAUCE	61
BEEF STEW	103
BEEF STROGANOFF	241
BEEF WELLINGTON	249
BEER BREAD	22
BIGA	23
BIGOS ~ POLISH HUNTERS STEW	101
BLACK BEAN DIP	2
BLACK BEANS & RICE	173
BOLOGNESE LASAGNA	227
BOLOGNESE MEAT SAUCE	74
BOURBON CHICKEN	288
BRACIOLE	218
BREAD FLOUR	23
BRIE WITH APPLES, HONEY AND WALNUTS	6
BRINED BABY BACK RIBS	261
BRUSCHETTA	10
BUTTERMILK-CHIVE POTATO GRATIN	172
CABBAGE WITH HAM & POTATOES	259
CALCIONELLI ~ CHRISTMAS CHALOOCH	52
CALZONES	151
CAPRESE SALAD	184
CATALAN ~ SPANISH BEEF STEW ~ WITH MUSHROOMS	99
CHARCUTERIE BOARD	1
CHEESE BALLS	8
CHEESY CHICKEN ARTICHOKE BAKE	281
CHICKEN ALFREDO STUFFED SHELLS	280
CHICKEN AND CHEESE	282
CHICKEN AND POTATOES DIJON	283
CHICKEN CACCIATORE	268
CHICKEN CORDON BLEU	275

Recipe	Page
CHICKEN FLORENTINE	271
CHICKEN FRICASSEE WITH DUMPLINGS	274
CHICKEN MARSALA	269
CHICKEN POT PIE	284
CHICKEN SALAD WITH EGGS	194
CHICKEN SOUP	81
CHICKEN SOUP	82
CHICKEN SOUP WITH MEATBALLS	81
CHILI	98
CHOPPED SUEY	264
CIABATTA BREAD	30
CLASSIC ITALIAN MEATBALLS ~ POLPETTE DI CARNE	221
CLASSIC LASAGNA WITH MEAT SAUCE	229
CLASSIC PESTO ~ PESTO ALLA GENOVESE	64
CLASSIC SEAFOOD PASTA	295
COLD ITALIAN SALAD	190
COLLARD GREENS	179
COLLARD GREENS	180
COQ AU VIN BLANC	276
COUNTRY CRUST BREAD	33
CRAB DIP	3
CREAM OF MUSHROOM SOUP	86
CREAMY LEMON GARLIC SEAFOOD PASTA	304
CREAMY LOBSTER SHRIMP STUFFED SHELLS	301
CREAMY MAC, CHICKEN & CHEESE	285
CREAMY WHITE BEAN FETTUCCINE ALFREDO	209
CREPE CANNELLONI WITH CHEESE & WHITE SAUCE	213
CRISPY LEMON CHICKEN	279
CROCKPOT BOURBON CHICKEN	289
CROCKPOT PORK BARBECUE	262
EASTER CHEESE	9
EASTER HAM PIE ~ TORTA PASQUALINA OR PIZZA RUSTICA	256
EASY CREAM OF MUSHROOM SOUP	85
EASY HOMEMADE CALZONE	150
EASY HOMEMADE PASTA	110
EASY STROMBOLI	153
EGGPLANT LASAGNA	203
EGGPLANT PARMESAN	205
EGGPLANT PARMIGIANA ~ MELANZANE ALLA PARMIGIANA	207
EGGPLANT PASTA	137
ESTOFAT DE BOU	99
FETTUCCINE ALFREDO	135
FISH AND CHIPS	312
FLAVORED OIL	6
FOCACCIA	25
FORKS OFF-THE-COB CREAM CORN	175
FOUR CHEESE RISOTTO	201

Recipe	Page
FRESH EGG PASTA	109
FRIED EGGPLANT	162
GARLIC BREAD	36
GINGER PORK SALAD	193
GNOCCHI	111
GRANDMA GENNACO'S BEEF BRACIOLE	219
GREEK SALAD WITH POTATOES	185
GREEN BEANS WITH HAZELNUTS AND GORGONZOLA	176
GREEN PEPPER STEAK	245
GRILLED ITALIAN-STYLE TURKEY CHEESEBURGERS	289
HALUSKI ~ POLISH FRIED CABBAGE & NOODLES	166
HAM & TRIPLE CHEESE PIZZA	147
HARD ROCK CAFE POTATO SOUP	87
HEALTHY CHICKEN ENCHILADAS	287
HEARTY CHICKEN AND SAUSAGE GUMBO	263
HOMEMADE ALFREDO	61
HOMEMADE ITALIAN BREAD	34
HOMEMADE PIZZA DOUGH	141
HOMEMADE STROMBOLI	154
HOMEMADE VEGETABLE BROTH	95
HONEY-VINEGAR GLAZED SALMON	308
HOT CRAB DIP	5
HUNGARIAN NUT ROLL	19
HUNGARIAN POPPY SEED ROLL	17
IRISH SODA BREAD	38
IRISH SODA BREAD FROM COUNTY CORK	39
ITALIAN EASTER MEAT PIE ~ PIZZAGAINA ~ PIZZA RUSTICA	216
ITALIAN FRIED EGGPLANT	164
ITALIAN LASAGNA	230
ITALIAN MEATBALLS	222
ITALIAN MEATLOAF	247
ITALIAN PUFF BREAD	37
ITALIAN RICOTTA PARMESAN BREAD	24
ITALIAN SEAFOOD LINGUINE	294
ITALIAN STYLE MEATBALLS	221
ITALIAN STYLE SHRIMP WITH SPAGHETTI	302
ITALIAN VEGETABLE SOUP	94
ITALIAN WEDDING SOUP	78
ITALIAN WEDDING SOUP	79
JAILHOUSE ROLLS	14
JEAN PIERRE'S LOBSTER BISQUE	104
JEAN PIERRE'S LOBSTER SAUCE	68
LASAGNA	232
LASAGNA	233
LAZY GOLUMPKI (BEEF & CABBAGE)	242
LEFT-OVER TURKEY POT PIE	290
LEMON DIJON CHICKEN	273

Recipe	Page
LENTIL & RICE SOUP	88
LENTIL SOUP	89
LOBSTER BISQUE	105
LOBSTER PASTA	299
LUCY'S CHILI	97
MAKE-AHEAD CRAB CASSEROLE	309
MANICOTTI	125
MAPLE WHISKEY GLAZED CARROTS	177
MARINADE	59
MARINARA	73
MARRY ME CHICKEN	286
MARYLAND CRAB CAKES	2
MARYLAND CRAB SOUP	106
MARYLAND HOT CRAB DIP	4
MASTER BRINE FOR MEATS	58
MATZOH BALLS	40
MEAT LOAF	246
MEATBALLS WITH SAUCE	225
MICHAEL DE SANTIS' VERSION OF MOM & DAD'S CHRISTMAS CHALOOCH	54
MINISTRONE	83
MIXED VEGETABLE SALAD	189
NAAN	42
NAPOLETANA DOUGH	143
NEW ORLEANS BEIGNETS	16
NUT ROLLS	18
NUT ROLLS OR POPPY SEED ROLLS	21
ORANGE-HONEY-MUSTARD BAKED CHICKEN BREASTS	278
OSSO BUCO	250
PANETTONE BREAD ~ ITALIAN CHRISTMAS SWEET BREAD	50
PAPPARDELLE WITH BEEF RAGU	234
PASSOVER ROLLS	49
PASTA ALL'AMATRICIANA	134
PASTA ALLA CHITARRA ~ MACCHERONI ALLA CHITARRA	133
PASTA ALLE VONGOLE	132
PASTA E FAGIOLI	93
PASTA PRIMAVERA	136
PENNE RIGATE ALLA VODKA	303
PENNE RIGATE IN A VODKA SAUCE WITH SHRIMP	303
PIEROGIE DOUGH	111
PIEROGIE DOUGH	119
PITA BREAD	45
PIZZA	144
PIZZA BIANCA / WHITE PIZZA	147
PIZZA DOUGH	157
PIZZA DOUGH ~ L'IMPASTO PER LA PIZZA	158
PIZZA MARGHERITA	146

Recipe	Page
PIZZA	145
PIZZA SAUCE	149
POT ROAST	243
POTATO GNOCCHI	114
POTATO KNISHES	40
POTATO PIZZA - TWO WAYS	159
QUICK & EASY ALFREDO SAUCE	62
QUICK & EASY RICOTTA PANCETTA PASTA	257
QUINOA BROCCOLI SLAW WITH HONEY MUSTARD DRESSING	188
RAISIN TUNA SALAD	196
RANCH DRESSING	60
RAVIOLETTI IN MUSHROOM-WALNUT CREAM SAUCE	131
RED BEANS & RICE	262
RED WINE VINAIGRETTE	60
RICOTTA & PEAR FILLED PASTA SACKS ~ SACCHETTI	124
RICOTTA GNOCCHI	113
ROAST LEG OF LAMB	252
ROASTED BRUSSELS SPROUTS & CARROTS	178
ROASTED CHICKEN WITH CAULIFLOWER	277
ROASTED PORK WITH JAM PAN SAUCE	260
SAINT BLAISE CAKE ~ ST. BLAZE ROLL	51
SALISBURY STEAK DELUXE	244
SALTIMBOCCA ALLA ROMANA	252
SAUERKRAUT & KIELBASA	258
SCALLOPS WITH ORANGES AND VANILLA BEURRE BLANC	305
SCANDINAVIAN SHRIMP SALAD	195
SEARED SCALLOPS WITH CREAMY CORN, TOMATOES & CHIVES	306
SHEPARD'S PIE	238
SHEPARD'S PIE	240
SHRIMP & GRITS	311
SHRIMP FETTUCCINE ALFREDO	298
SHRIMP SALAD	196
SHRIMP & ASPARAGUS PASTA	297
SIMON & GARFUNKLE CRACKER SPREAD	4
SKILLET RICE WITH SHRIMP AND CHICKEN	310
SKINNY WALNUT BASIL PESTO	65
SOUTHERN-STYLE COLLARD GREENS	181
SPAGHETTI & MEATBALLS ~ SPAGHETTI CON POLPETTE DI CARNE	226
SPAGHETTI AGLIO E OLIO	128
SPAGHETTI AL TORNOLA	293
SPAGHETTI CARBONARA	129
SPAGHETTI CARBONARA	130
SPAGHETTI WITH BOLOGNESE SAUCE	127
SPAGHETTI WITH CALAMARI, SCALLOPS & SHRIMP	293
SPICY CREAM CHEESE	4
SPINACH & CHEESE STUFFED PASTA SHELLS	123
SPINACH AND STRAWBERRY SALAD	187

Recipe	Page
SPLIT PEA & HAM SOUP	92
SPLIT PEA SOUP	90
SPRING NICOISE POTATO SALAD	186
STUFFED CABBAGE	167
STUFFED CABBAGE	168
STUFFED CABBAGE	169
STUFFED CABBAGE	170
STUFFED PASTA SHELLS	121
STUFFED PEPPERS	236
STUFFED PEPPERS	237
STUFFED RED PEPPERS	235
STUFFED SHELLS WITH MEAT	120
STUFFING	174
SUNDAY GRAVY	255
SWEET & SOUR MEATBALLS	7
SWEET POTATO TACO SALAD	198
TACO SALAD	197
TACO SALAD DIP	8
TAGLIATELLE WITH WILD BOAR SAUCE	265
TARALLI	11
THE HEATHMAN SMOKED SALMON HASH	307
TOMATO SAUCE	70
TOMATO SAUCE ~ SALSA DI POMODORO	72
TOMATO, TOMAHTO SAUCE	71
TORTA FRITTA	14
TURKEY BRINE	58
VEGETABLE (BROCCOLI) SALAD	189
VEGETABLE SOUP	96
VEGETABLE WEDDING SOUP	80
VEGETARIAN LASAGNA	211
VEGETARIAN POT PIE	210
WESTPHALIA PEA SOUP	91
WHITE PIZZA	148
WHITE WINE SAUCE	67
WHITE WINE SAUCE FOR FISH	67
WINE MARINADE	59
YAMS	174
ZEPPOLI	15

