



## Vegetables, Side Dishes & Salads

## 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.

## HALUSKI (POLISH FRIED CABBAGE & NOODLES)

From Rebecca Folen

### INGREDIENTS

8 ounces Wide Egg Noodles ½ Large Head of Cabbage, shredded 8 teaspoon 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

## COLLARD GREENS

From [MarketGrow.com](http://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.

## STUFFED CABBAGE

From Shana Harding

### INGREDIENTS

1 lb. 85% Lean Ground Beef  
½ Onion, chopped  
1 tablespoon Salt  
1 Egg at room temperature  
2 tablespoons Butter  
2 tablespoons Brown Sugar  
½ cup Raisins

1 cup Rice, cooked  
½ cup Garlic, minced and chopped  
½ cup Parsley, chopped  
1 Head of Cabbage  
1 (15 ounce) Can Tomato Sauce  
1 tablespoon Wine Vinegar

### 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.

## 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.

## 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 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,

### Variations of Pierogi Fillings (cont'd.)

- 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.
- 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.

## 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.

## MAPLE WHISKEY GLAZED CARROTS

From Barbara & Melissa DeSantis

### INGREDIENTS

1 teaspoon Dijon Mustard	½ teaspoon Salt
¼ cup Ground Black Pepper	½ cup Maple Syrup
1 Clove Garlic, minced	1 teaspoon Rosemary Leaves
¼ cup Whiskey	

### 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

## 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

## 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.

## COLLARD GREENS

From Rebecca Folen

### INGREDIENTS

Olive Oil (to sauté)

½ cup Cider Vinegar

1½ cup Water

Vegetable Stock to taste

Sugar to taste

Bacon

1 Large Onion, diced

½ cup Balsamic Vinegar

4 lbs. Collards, roughly chopped

1 teaspoon Cayenne Pepper (optional)

2 Cloves Garlic, chopped

### 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.

## STUFFED PEPPERS

From Mary & Rosario DeSantis

### INGREDIENTS

4 Red Bell Peppers, tops cut off, seeds removed	1 lb. Ground Beef, Turkey or Chicken
1 lb. Rice (White or Brown), cooked	2 Cloves Garlic, minced
1 Small Onion, chopped	1 teaspoon Italian Seasoning
1 cup Canned Diced Tomatoes, drained	Salt & Pepper, to taste
½ teaspoon Paprika	
½ cup Shredded Mozzarellas or Cedar Cheese or 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.

## 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.*



## SHRIMP SALAD

From Rebecca Folen

### INGREDIENTS

1 (2-lb. bag) frozen Uncooked Shrimp, thawed	4 Scallions (White Part), chopped
2/3 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.

## GREEK SALAD WITH POTATOES

From Rebecca Folen

### INGREDIENTS

2 Pita Breads, torn into 1 inch pieces  
1 package (15 ounces) Refrigerated Diced Potatoes' (about 3 cups)

### 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

## SCANDINAVIAN SHRIMP SALAD

From Rebecca Folen

### INGREDIENTS

12 ounces Baby Potatoes, halved (quartered, if large)	A Pinch of Sugar
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	
1 Head Butter Lettuce (8 ounces), leaves separated	
4 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.*

## 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  
¾ teaspoon Chili Powder Kosher Salt & Freshly Ground Pepper  
1 teaspoon Lime Zest, finely grated  
3 tablespoons Fresh Lime Juice  
¼ cup Packed Cilantro Leaves, chopped, plus more for serving  
2 Romaine Hearts, chopped (10 cups)  
1 (15 ounce) Can Black Beans, drained and rinsed  
¼ 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

Total Time: 35 Minutes

Active Time: 25 Minutes

## 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.

## **PISTACHIO AMBROSIA**

**From Barbara DeSantis**

### **INGREDIENTS & DIRECTIONS**

Mix one 3 ounce package of Instant Pistachio Pudding with

One Can Pineapples, crushed

Refrigerate for 2 hours.

At the same time drain one Can of Fruit Cocktail.

Refrigerate

Then mix both with ½ an 8 ounce container of Cool Whip.

Save half of Cool Whip for Topping.

Sprinkle with Nuts etc.

## **GREEN TOMATOES PICKLES**

**From Barbara DeSantis**

### **INGREDIENTS & DIRECTIONS**

Bring to a boil enough Water for 1 gallon.

Add approximately ¾ cup Salt.

1 tablespoon Pickling Spice.

About 1 cup Vinegar.

Meantime, fill Gallon with Tomatoes.

Add about 6 - 8 Cloves of Garlic and about 1/2 tablespoon Dill.

Add Boiling Water and let sit for about 5 Days.

## 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 Garlic Powder	1 teaspoon Paprika
½ Onion, chopped	1 teaspoon Oil

### 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.

## CHICKEN SALAD WITH EGGS

From Adventures with Mel

### INGREDIENTS

2 cups Chicken, cooked and shredded  
2 Stalks Celery, minced  
½ cup Walnuts or Pecans, chopped  
½ cup Mayonnaise

4 Large Hardboiled Eggs, mashed  
1 Large Apple, diced and chopped  
2 Green Onion, chopped  
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.

## 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 Lemon Juice	½ cup Crisp Apples, diced
Extra Virgin Olive Oil for drizzle	

### 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



## 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
1 cup Mozzarella (extra for topping)	½ teaspoon Dried or Fresh Thyme
1 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.

Servings: 4 Servings

Prep Time: 5 Minutes

Cook Time: 15 Minutes

## From Simple Italian Cooking

¼ cup Romano cheese, grated, if using

## 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

## 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.*

GNOCCHI  
I  
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 ¾ inch in diameter.

Step 6: Cut snakes into about ½ 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	Additional Time: 5
Minutes	Minutes
Cook Time: 40	Total Time: 1 Hour 15
Minutes	Minutes
Note	

s

- 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.

- Pesto, also known as pesto alla genovese, is a vibrant green, creamy and spicy Italian sauce that originated in Genoa, Italy. The name comes from the Italian verb pestare, which means “to pound: or “crush’ referencing the traditional method of preparing it in a mortar and pestle. Classic ingredients are basil, garlic, pine nuts, olive oil, and hard Italian cheese like Parmesan or Pecorino.
- Marinara is a vibrant red, thin tomato sauce typically made with tomatoes, garlic, onions and herbs, like basil and oregano.
- Variations can include olives, capers, spices, and a touch of wine. Pasta alla Marinara means” in sailor style”.

## TACO SALAD

From Barbara DeSantis

3 lbs. Ground Beef	1 (16 ounce) Can Refried Beans
16 ounces Picante Sauce – medium	1 Small Jar Taco Sauce
1 Medium Onion, chopped	A Dash of Garlic Powder
¾ lb. Monterey Jack, shredded	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.

## QUINOA BROCCOLI SLAW WITH HONEY-MUSTARD DRESSING

From Theresa Schimmoeller (DeSantis)

### INGREDIENTS

#### *For the Slaw:*

¾ cup Quinoa, uncooked	1 ½ cups Water
½ cup Almonds, slivered or sliced	1/3 cup Fresh Basil, chopped
1 ½ lbs. Broccoli (about 2 Large or 3 Medium Heads) or 16 ounces Shredded Broccoli Slaw	

#### *For the Honey-Mustard Dressing:*

½ cup Olive Oil	2 tablespoons Lemon Juice
2 tablespoons Smooth Dijon Mustard	1 tablespoon Honey
1 tablespoon Apple Cider Vinegar or Lemon Juice, more if needed	2 Medium Cloves Garlic, pressed or minced
Freshly Ground Pepper, to taste	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

Step1: 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
- ½ cup Sugar
- 2 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.



## 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

## 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 or too much balsamic vinegar.
- Use fresh in season ripe tomatoes.
- Use fresh high quality room temperature mozzarella.

## 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.

## STUFFED PEPPERS

From Shana Harding

### INGREDIENTS

½ lb. Meat Loaf Mix (type used for making Meat Loaf (Pork, Beef and Veal)	
4 Red Pepper, cored and seeds removed	2 Eggs at room temperature
¼ cup Minute Rice	½ cup Parmesan Cheese, shredded
½ cup Italian Bread Crumbs	2 tablespoons Worcestershire Sauce
½ cup Black Olives, pitted and chopped	Large Bottle of Barilla Marinara Sauce
½ cup Tomatoes, diced	Salt, Garlic, Onion Powder and Oregano

### DIRECTIONS

Step 1: Wash peppers, cut tops off, remove white membrane in peppers and put aside.

Step 2: Combine the rest of the ingredients except the sauce.

Step 3: Fill pepper with mixture from item 2 and put filled peppers straight-up in the pot.

Step 4: Put pepper tops on peppers.

Step 5: Sprinkle with oregano on top.

Step 6: Put peppers in 350 degrees F (180 degrees C) oven for 1 hour. Cover the pot with the pot's lid.

- For gluten-free, omit bread crumbs and increase minute rice to ½ cup.

## SOUTHERN-STYLE COLLARD GREENS

From Cherree – 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 achiote 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.

## STUFFED CABBAGE

From Mary and Rosario DeSantis

### INGREDIENTS

- 1 Whole Cabbage
- 2 lb. Meat Loaf Mix
- 1 Yellow Onion, diced
- 1 - 2 Jars Tomato Sauce ½ cup Rice (soaked overnight)

### 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.

## 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).

#### 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.
- 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.

Pizza, Calzones &  
Stromboli



## 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

### 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                            | Pepperolio Red Pepper Drizzle (if using) |
| 2 tablespoons Olive Oil plus some to drizzle | Sea Salt                                 |
| 3 Cloves Garlic, finely chopped              | Fresh Basil                              |
| 4 cup Ricotta Cheese                         | Red pepper to taste (if using)           |
| 1 cup Provolone Cheese, shredded             |  |

### 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**

## 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.

## 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 sauté ed 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  
¾ cup Jarred Marinara Sauce  
8 Slices Provolone Cheese  
¼ lb. Large Pepperoni, thinly sliced, small ones will work too  
¼ lb. Genoa or Harm Salami, thinly sliced  
¼ 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 tablespoon (13 g) Granulated Sugar
- 4 tablespoons (40 ml) Olive Oil
- 5 teaspoon Salt
- 6 ½ cups (about 450 g) All-Purpose Flour (Spoon & 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 balls(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

From Allrecipes.com

### INGREDIENTS

3 ½ to 4 cups All Purpose Flour (plus extra for dusting)  
1 Package (2 ½ ounces) Active Dry Yeast                      2 teaspoons Olive Oil  
1 ½ cups Warm Water (110 degrees F/45 degrees C)        1 teaspoon Sugar  
1 teaspoon Salt

### DIRECTIONS

Step 1: Activate the yeast: In a small bowl, combine the warm water, sugar, and yeast. Stir and let sit for 5 - 10 minutes, until the mixture becomes frothy.

Step 2: Mix the dough: In a large mixing bowl, combine 3 ½ cups of flour and salt. Make a well in the center and pour in the yeast mixture and olive oil. Stir until a sticky dough forms.

Step 3: Knead the dough: Transfer the dough to a lightly floured surface and knead for about 8 - 10 minutes, adding more flour as needed until dough is smooth and elastic.

Step 4: Let the dough rise: Place the dough in a lightly oiled bowl, cover it with a kitchen towel, and let it rise in a warm place for 1 ½ hours, or until it has doubled in size.

Step 5: Shape the Dough: Punch down the dough and divide it into 2 equal portions for 2 medium pizzas. Roll out each portion on a floured surface to your desired thickness.

Step 6: Bake: Preheat your oven to 475 degree F (245 degrees C). Top your pizza with sauce, cheese, and your favorite toppings, and bake for 10 - 12 minutes, or until the crust is golden and the cheese is bubbly.

- Making pizza dough from scratch is easier than you might think and allows you to customize your crust to your liking – whether you prefer it thin and crispy or soft and chewy.

## PIZZA DOUGH

From Lidia

*L'impasto per la Pizza*

### INGREDIENTS

- 1 teaspoon Active Dry Yeast
- 2 teaspoon Sugar
- 3 tablespoon Extra Virgin Olive Oil, plus more for the bowl
- 4 ¼ to 4 ½ cups All-Purpose Flour, plus more as needed
- 5 teaspoon Kosher Salt

Step 1: IN a sprouted 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

## 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.

## 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

Pizza Sauce (recipe follows)

1 teaspoon Salt

2 packages Yeast

3 cups (approximately 1 lb.) Mozzarella Cheese, grated

Corn Meal

½ teaspoon Sugar

½ cup Parmesan Cheese, grated

1¼ cup Water

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 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.



*Pastas*

## 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 2: 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 pepperoncini 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 3: 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 4: Serve immediately, offering the remaining sauce and meatballs at the table with the grated cheese.

*Pestata is a soup base you make by blending carrots, onion, celery, garlicks in a food processor. In Italian “Pestata” can mean “a crushing” or “a trampling” and can also refer to a soup base made with the above ingredients.*

*Pepperoncini are mild, pickled peppers that originated in Central and South America but are commonly grown in Italy and Fraggitelli (also known as Tuscan peppers) in Italy. They are often wrinkled, 2-3 inches long and have a crisp texture. When young, they are green or yellowish-green, but ripen to red. They can be eaten raw but pickling reduces their sweetness and increases their tang.*

## FRESH EGG PASTA

From Lidia

### INGREDIENTS

3 cups Unbleached All-Purpose flour, or as needed  
4 Large Eggs, at room temperature  
½ teaspoon Salt

1 teaspoon Extra Virgin Olive Oil  
Warm Water as needed

### 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.

## SPAGHETTI CARBONARA

From Theresa Schimmoeller (De Santis)

### INGREDIENTS

8 ounces Spaghetti	2 Large Eggs at room temperature
½ cup Parmesan, freshly grated	4 Slices Bacon, diced
4 Cloves Garlic, minced	
Kosher Salt and Freshly Ground Black Pepper, to taste	
2 tablespoons Fresh Parsley Leaves, chopped	

### 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



## 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

### Cook's 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.

## BAKED PENNE

From [MarketGrow.com](http://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.

## PASTA E FAGIOLI

From Allrecipes.com

### INGREDIENTS

1 tablespoon Olive Oil	1 (14 ounce) Can Chicken Broth
1 Carrot, diced	1 tablespoon Dried Parsley
1 Stalk Celery, diced	½ tablespoon Dried Basil Leaves
1 Onion, sliced thin and diced	Freshly Ground Black Pepper to taste
¼ teaspoon Garlic, chopped	1½ cups Ditalini Pasta
4 (8 ounce) Cans Tomato Sauce	
1 (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.*

## RICOTTA & PEAR FILLED PASTA SACKS (SACCHETTI)

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.

## 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

## 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.

## PASTA ALLE VONGOLE

From Allrecipes.com

#### INGREDIENTS

3 Large Plum Tomatoes, chopped

1 lb. Dried Linguine

¼ cup Extra Virgin Olive Oil

¼ teaspoon Red Chili flakes

4 Dozen Littleneck Clams, preferably small (4 - 5 lbs.), scrubbed and rinsed

½ cup Flat-Leaf Parsley, coarsely chopped

1 Large Shallot, chopped

4 Large Cloves Garlic, chopped

About ½ cup Dry White Wine

Salt (optional)

#### 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 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.*

## 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

Active: 30 Minutes

Total: 1 Hour

## SPAGHETTI CARBONARA

From Allrecipes.com

### INGREDIENTS

2 Eggs at room temperature	2 cloves Garlic, chopped
3 ounces Parmesan Cheese, finely grated	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.

## PASTA CARBONARA

From Allrecipes.com

### INGREDIENTS

1 gallon Salted Water	1/2 cup Cream
2 tablespoons Extra-Virgin Olive Oil	1 lb. Fresh Linguini
4 ounces Pancetta or Slab Bacon, diced	1 teaspoon Diced Garlic
2 Eggs at room temperature, separated	2 tablespoons White Wine
1 cup Pecorino Romano, grated	
1 teaspoon Freshly Ground Black Pepper, plus more to taste	

### DIRECTIONS

Step 1: Put the water in a large pasta pot and bring to a boil over medium heat.

Step 2: Add the oil and pancetta to a large saute pan over low heat.

Step 3. Cook the pancetta until crisp. Add the garlic and stir for 5 seconds.

Step 4. Add the wine, cream and black pepper. Cook until the sauce coats the back of a spoon. Drop the fresh linguini into water and stir into separate strands. When pasta is just undercooked, remove it from the water and add it to the pan with the sauce. Gently stir for 1 minute.

Step 5. Remove the pan from the heat, add half the cheese and the egg white and stir, being careful not to break the noodles.

Step 6. Add the egg yolk and lightly toss.

Step 7. Transfer the pasta to a serving bowl or platter and garnish with the remaining cheese.

Yield: 4 to 6 Servings

Prep Time: 15 Minutes

Cool Time: 30 Minutes

Total Time: 45 Minutes

*Pecorino is a class of Italian sheep's cheese with a history going back to Roman days. The Italian word "pecora" means sheep.*

*Gouda is a semi-hard Dutch cow's milk cheese with a smooth, buttery texture and a mild, creamy taste. It is known for its round shape and yellow color, and develops a crunchy texture from crystal deposits that form during aging. The name comes from the town in the Netherlands where it was originally traded. The flavor is aromatic and caramel-like, and the older it is, the more it tastes like butterscotch or caramel.*

## SPAGHETTI E OLIO

From Allrecipes.com

### INGREDIENTS

Kosher Salt	1 lb. Dried Spaghetti, such as DeCecco
1/3 cup Good Olive Oil	8 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. Off 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

## 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.

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, seat 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 stands as they soften.)

## SPINACH & CHEESE STUFFED PASTA SHELLS

From [Allrecipes.com](http://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	4 Cloves Garlic, minced
Salt and Pepper to taste	3 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

## 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.*



## 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 al 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.

## CHICKEN ALFREDO STUFFED SHELLS

### From Food and Cooking

#### INGREDIENTS

20 Whole Jumbo Pasta Shells, cooked and drained  
2 Whole Chicken Breasts, boneless and skinless Salt & Pepper, to taste  
Olive Oil, for grilling and frying                      ¾ cup Ricotta Cheese  
¾ cup Cottage Cheese                                      2 Whole Eggs at room temperature  
¼ cup Fresh Parsley, minced                            2 tablespoons Fresh Basil, minced  
4 tablespoons Butter                                      2 cups Whole Milk  
1 cup Heavy Cream, plus more as needed            3 Cloves Garlic, minced  
¾ 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

## 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 Stick, finely chopped
1 lb. Ground Beef (or a mix of beef & pork)	½ cup Dry White Wine
1 (28 ounces) Can Crushed Tomatoes	2 tablespoons Tomato Paste
1 teaspoon Dried Oregano	1 Bay Leaf
1 Celery Stalk, finely chopped	½ cup Whole Milk
Salt and Freshly Ground Black Pepper to taste	

#### *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.

## 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  
1/4 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.