

Breakfast Dishes

SPINACH QUICHE

From Barbara DeSantis

INGREDIENTS

1 (9 inch) Baked Pastry Shell	2 tablespoons Shallots (or Scallions or Onions), minced
2 tablespoons Margarine	¼ teaspoon Salt
1/8 teaspoon Pepper	⅛ teaspoon Nutmeg
½ cup Ricotta	3 Eggs at room temperature
½ cup Cream Cheese	¼ cup White Cheddar, shredded
1 (10 ounce) Package Frozen Spinach, chopped and cooked and drained well.	

DIRECTIONS

Step 1: Sauté onion and add spinach. Stir over medium heat to evaporate water.

Step 2: Remove from heat, add spices and ricotta.

Step 3: Beat eggs and cream cheese together.

Step 4: Add spinach.

Step 5: Add cheddar.

Step 6: Pour into pie shell. Cook shell 5-10 minutes at 375 degrees F (190 degrees C).

Step 7: Let set for 30 minutes.

CHEDDAR-BACON MINI MUFFINS

From Barbara DeSantis

INGREDIENTS

2 cups All-Purpose Flour	2 teaspoons Baking Powder
1 teaspoon Baking Soda	1 teaspoon Kosher Salt
¼ cup Butter, melted	¾ cup Whole Buttermilk
2 tablespoons Honey	¼ teaspoon Vanilla Extract
1 cup Sharp Cheddar Cheese, shredded	
½ cup Cooked Bacon, crumbled	

DIRECTIONS

Step 1: Preheat oven to 400 degrees F (200 degrees C). Spray a 24 cup mini muffin pan with nonstick cooking spray.

Step 2: In a large bowl, whisk together flour, baking powder, baking soda and salt.

Step 3: In a medium bowl, whisk together butter, buttermilk, honey and vanilla. Gradually stir buttermilk mixture into flour mixture until combined.

Step 4: Fold in cheese and bacon.

Step 5: Spoon batter evenly into muffin cups.

Step 6: Bake for 10 minutes.

Yield: About 2 Dozen

EGGS BENEDICT with HOMEMADE HOLLANDAISE SAUCE

From Taste Better from Scratch

INGREDIENTS

2 English Muffins

4 Slices Canadian Bacon

For the Hollandaise Sauce:

4 tablespoons Butter

2 teaspoons Lemon Juice

1 tablespoon Heavy Whipping Cream (optional)

4 Large Eggs at room temperature

Vinegar, just a splash

4 Eggs Yolks at room temperature

Salt and Pepper to taste

DIRECTIONS

For the Hollandaise Sauce:

Step 1: Melt the butter in a small saucepan. In a separate small bowl, beat the egg yolks. Mix in lemon juice, whipping cream (optional) and salt and pepper.

Step 2: Add a small spoonful of the hot melted butter to the egg mixture and stir well. Repeat this process adding a spoonful at a time of hot butter to the egg mixture (Adding the butter slowly, a spoonful at a time, will temper the eggs and ensure they do not curdle).

Step 3: Once the butter has been incorporated, pour the mixture back into the saucepan. Cook on low heat, stirring constantly, for just 20 - 30 seconds. Remove from heat and set aside. It will thicken as it cools. Stir well and add another splash of cream (optional) if needed to thin.

To Poach the Eggs:

Step 1: Fill a medium size pot with about 3 inches of water. Bring the water to a boil and then reduce heat until it reaches a simmer. You should see small bubbles coming from the surface but not boiling.

Step 2: Add a little splash of vinegar to the water (this is optional, but it helps the egg white to stay together once it is in the water).

Step 3: Crack one egg into a small cup (the author uses a measuring cup). Lower the egg into the simmer water, gently easing it out of the cup.

Step 4: Cook the egg in simmering water for 3 - 5 minutes, depending on how soft you want your egg yolk. Remove the poached egg with a slotted spoon.

Step 5: **It is not abnormal for a white foam to form on top of the water when poaching an egg. You can simply skim the foam off the water with a spoon.

Step 6: While the egg is cooking, place the slices of Canadian bacon in a large pan and cook on medium high heat for about 1 minute on each side.

To Assemble:

Step 1: Toast the English muffin. Top each toasted side with a slice or two of Canadian bacon, and then a poached egg. Top with hollandaise sauce.

Prep Time: 10 Minutes

Cook Time: 25 Minutes

SPINACH QUICHE

From Allrecipes.com

DIRECTIONS

9 inch Baked Pastry Shell	3 Eggs at room temperature
2 tablespoons Shallots or Onions, minced	2 tablespoons Butter
¼ teaspoon Salt	½ cup Heavy Cream
⅛ teaspoon Pepper	1/8 teaspoon Nutmeg
¼ cup White Cheddar, shredded	
½ cup Ricotta	
1 (10 ounce) Package Frozen Chopped Spinach, cooked and drained well	

DIRECTIONS

Step 1: Sauté onion and add spinach.

Step 2: Stir over medium heat to evaporate water. Remove from heat.

Step 3: Add spices and Ricotta.

Step 4: Beat eggs and cream together.

Step 5: Add to spinach.

Step 6: Add cheddar.

Step 7: Pour into pie shell. Cook shell (5 - 10 minutes).

Step 8: Bake at 375 degrees F (180 degrees C) for 30 minutes.

GRITS

From Food Network

INGREDIENTS

Kosher salt & Pepper, freshly ground

1 cup Old-Fashioned Grits (not Instant nor Quick Cooking)

2 tablespoons Unsalted Butter, cut into pieces

DIRECTIONS

Step 1: Combine 4 cups of water and 1 teaspoon salt in a medium saucepan and bring to a simmer over medium heat. Gradually add the grits, whisking constantly,

Step 2: Reduce the heat to medium low and cook, stirring occasionally with a wooden spoon, until tender, about 20 minutes. If the grits seem too thick, thin with water, 1 to 2 tablespoons at a time.

Step 3: Stir in the butter and season with pepper. Remove from the heat and cover to keep warm.

Prep Time: 35 Minutes

Active Time: 10 Minutes

Yield: 4 Servings

CREAMED CHIPPED BEEF ON TOAST

From Rosario DeSantis

INGREDIENTS

8 ounces of Jar Dried Beef, chopped
3 tablespoons Butter
Bread of your choice, toasted
Salt to taste

3 tablespoons Evaporated Milk
3 tablespoons All-Purpose Flour
¼ teaspoon Garlic Powder

DIRECTIONS

Step 1: Gather all ingredients.

Step 2: Melt butter in a medium saucepan over low heat; Add flour and whisk until smooth.

Step 3: Add milk a little at a time, whisking well after each addition. Bring to a boil over medium high heat and cook, stirring until thickened.

Step 4: Stir in beef and garlic powder, cook until warmed through.

Step 5: Serve over toast.

Prep Time: 10 Minutes Total Time: 20 Minutes Cook Time: 10 Minutes Yield: 4 Servings

My father said he learned to make this during WWII.

The military called it S.O.S (Shit On a Shingle).

Notes

- Other recipes for Chipped Beef state it can also be served with mashed potatoes, rice, noodles, hash browns, scrambled eggs or biscuits
- Can be stored in an airtight container for up to 4 days chilled in the fridge.

PANCAKES

From Café Delites

INGREDIENTS

2 cups All-Purpose Flour or Plain Flour	¼ cup Granulated Sugar
4 teaspoons Baking Powder	¼ teaspoon Baking Soda
½ teaspoon Salt	1 ¾ cups Milk
¼ cup Butter	1 Large Egg at room temperature
2 teaspoons Pure Vanilla Extract	

DIRECTIONS

Step 1: Combine together the flour, sugar (or sweetener), baking powder, baking soda and salt in a large sized bowl. Make a well in the center and add the milk, slightly cooled melted butter, vanilla and egg.

Step 2: Use a wire whisk to whisk the wet ingredients together first before slowly folding them into the dry ingredients. Mix together until smooth (There may be a couple of lumps but that is ok).

- The batter will be thick and creamy in consistency. If you find the batter too thick – in which the batter does not pour off the ladle or out of the measuring cup smoothly – fold a couple of tablespoons of extra milk into the batter at a time until reaching desired consistency.

Step 3: Set the batter aside and allow to rest while heating up your pan or griddle.

Step 4: Heat a nonstick pan or griddle over low medium heat and wipe over with a little butter to lightly grease pan. Pour ¼ cup of batter onto the pan and spread out gently into around shape with the back of your ladle or measuring cup.

Step 5: When the underside is golden and bubbles begin to appear on the surface, flip with a spatula and cook until golden. Repeat with remaining batter.

Step 6: Serve with honey, maple syrup, fruit, ice cream or frozen yogurt.

Yield: 12 Pancakes

Prep Time: 5 Minutes Cook Time: 20 Minutes

Total time: 25 Minutes

Notes

For fluffier pancakes, you can add baking soda, however, if you are sensitive to the taste, leave it out. Usually, for every cup of flour, add 1/8 of a teaspoon of baking soda. This will turn your plain/all-purpose flour into self-rising flour.

To make the best fluffy pancakes it all starts with the batter. Too thick and they will be gluggy and undercooked on the inside. Too runny, and the pancakes will spread out and will not fluff up. The author suggests the best way to test the batter is with a spoon or ladle, lifting it gently above the rim of the bowl. It has to be thick, but able to run slowly and nicely off the spoon. A couple of lumps are okay, but the author likes to smooth out the batter as much as possible gently with a wire whisk.

Tips

- For equal-sized pancakes, use a measuring cup to pour your batter. The author usually uses ladles that measure ¼ cup or 1/3 cup of batter for each pancake.

Variations ~ You Can Add:

- ½ cup Bananas, mashed or
- ½ cup fresh or frozen Blueberries, thawed or
- ½ cup fresh or frozen Strawberries, thawed or
- ½ cups fresh or frozen Cherries, thawed and mashed or
- Jams such as Apricot, Cherry, Fig, Strawberry or Blueberry for topping or
- Honey or Maple Syrup or Fresh Fruit or Whipped Cream or *Combinations of any/or from above.

BOXTY – IRISH POTATO PANCAKES

From Charistina's Cucina

INGREDIENTS

2 cups All-Purpose Flour
1 teaspoon Baking Powder
1 teaspoon Kosher Salt or Sea Salt

1 ½ cups Potato, (best are Russets), mashed
1 cup Buttermilk (or more if needed)
2 tablespoons Butter
more or less as needed for the griddle

DIRECTIONS

Step 1: In a small bowl, place the flour, baking powder and salt; set aside.

Step 2: In a large mixing bowl, combine the mashed potatoes with the grated raw potato, then add the flour and mix well.

Step 3: Slowly add the butter milk and stir gently (do not overmix).

Step 4: The mixture should be like a very firm, thick batter, almost like dough, so add more buttermilk if needed (Author just used 1 cup/8 ounces).

Step 5: Heat a griddle or nonstick frying pan over medium-high heat, and add a pat of butter, just before scooping some of the Boxty batter onto the pan.

Step 6: Flatten and shape into a nice, round pancake shape and fry until golden brown on the bottom.

Step 7: Turn and continue to cook until golden brown on the top, turning the heat down if they are browning too quickly (remember there are raw potatoes which need to cook).

Step 8: Continue to add a little butter and dry the Boxty until all the batter is finished.

Step 9: Serve hot.

Yield: 12 Servings

- It is important not to over mix the batter for best results.

Cook Time: 20 Minutes

Total Time: 40 Minutes

What to Serve with Boxty:

- Most often served on the side of the Irish version of a full English breakfast with bacon, sausage, fried eggs, beans tomatoes, mushroom and white or black pudding. Or you served with a poached egg, smoked salmon and some sour cream is also highly recommended.
- Can also be served with your favorite cooked meats and vegetables with cheese or lamb stew. Top with butter and jam or honey for something more along the lines of French crepes or simply sprinkle with cinnamon sugar.
- Delicious Additions that you can adapt to your own taste. To give more flavor to your potato pancake add some sliced scallions and/or grated cheddar cheese to the batter. Caramelized onions, minced fresh herb crispy bacon or pepper jack cheese would be a great untraditional addition.

MUFFIN FRITTATAS

From Lisa, Rebecca Folen's Friend

INGREDIENTS

6 Eggs at room temperature	½ cup Milk
¼ teaspoon Salt	1/8 teaspoon Pepper
1 cup Cheddar Cheese, shredded	¾ cup Zucchini, chopped
¼ cup Red Bell Pepper, chopped	2 tablespoons Red Onion, chopped

DIRECTIONS

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

Step 2: Spoon evenly into 12 greased muffin cups, about ¼ cup each.

Step 3: Bake in 350 degree F (180 degrees C) oven, 20 - 30 minutes.

Step 4: Cool on rack for 5 minutes.

Step 5: Remove from cups.

Step 6: Serve warm

Lisa's Note: These are great to bake the night before and refrigerate. Quickly re-warm in the microwave in the morning for breakfast on the go.

QUICK QUICHE

From Allrecipes.com

INGREDIENTS

8 Slices Bacon

1 ½ cups Milk

½ cup All-Purpose Flour

2 tablespoons Butter, melted

4 ounces Swiss Cheese, shredded

4 Large Eggs at room temperature,
beaten

¼ cup Onion, finely chopped

1 teaspoon Salt

Step 1: Gather all the ingredients.

Step 2: Place bacon in a large skillet and cook over medium high heat, turning occasionally, until evenly browned, about 10 minutes.

Step 3: Drain bacon slices on paper towels. Crumble and set aside.

Step 4: Cover bottom of prepared pie pan with shredded cheese and crumbled bacon.

Step 5: Whisk together milk, eggs, flour, onion, butter and salt in a large bowl until smooth. Pour mixture over cheese and bacon in the pie pan.

Step 6: Bake quiche in the center of the preheated oven until golden brown and firm in the center, about 35 minutes. Serve hot or cold.

Yield: 6 Servings ~ 1 (9-inch) Quiche

Prep Time: 14 Minutes Cook Time 45 Minutes Total Time: 1 Hour

Tips

- This quick quiche is for when you do not have time to make a pastry crust. It is an excellent idea for a quick lunch.
- You can customize this quiche with other ingredients such as ham, chicken crab, shrimp, spinach or broccoli.

Quiche is a savory French tart or pie with flaky crust and custard filling. The filling is typically includes eggs, milk or cream, but it can be customized with various meats seafood, and vegetables. The name comes from the German word kuchen, which means “cake” or “tart”. While quiche is considered a classic French dish it actually originated in Germany in the 1400’s.

EGGS BENEDICT

From Allrecipes.com

INGREDIENTS

For the Hollandaise Sauce:

2 Sticks Unsalted Butter	4 teaspoons Fresh Lemon Juice
3 Large Eggs at room temperature	Kosher Salt

For the Eggs Benedict:

2 tablespoons Distilled White Vinegar	8 Large Eggs at room temperature
2 tablespoons Unsalted Butter, plus more for spreading	4 English Muffins, split
8 slices Canadian Bacon	

DIRECTIONS

Step 1: Make the hollandaise sauce. Melt the butter in a small saucepan over medium heat until no longer foamy (but not brown), 6 – 8 minutes. Transfer the clear butter to a liquid measuring cup, leaving the milk solids on the bottom of the pan; discard the solids.

Step 2: Heat one inch of water in a medium saucepan over medium heat until steaming but not simmering. Combine the egg yolks, 1 tablespoon water and 2 teaspoons lemon juice in a medium stainless-steel bowl. Set the bowl on the saucepan (do not let the bowl touch the water). Then cook, whisking constantly, until the egg mixture is pale yellow and thickened, 3 to 5 minutes. Check periodically to make sure the water is not boiling or the egg yolks might over cook.

Step 3: Remove the bowl from the saucepan. Slowly pour in the melted butter, a drop at a time at first, whisking constantly until thick. Whisk in the remaining 2 teaspoons lemon juice and 1/4 teaspoon salt. If the sauce is too thick, whisk in some warm water, 1 tablespoon at a time, to loosen. Return the bowl to the saucepan of water with the heat turned off to keep warm, whisk occasionally.

Step 4: Make the Eggs Benedict: Fill a large wide pot with 3 inches of water. Heat over medium-high heat until steaming with small bubbles; reduce the heat as needed to maintain a bare simmer. Stir in the vinegar. Crack 4 eggs into individual small bowls or ramekins. Carefully tip the eggs into the water, spacing them as far apart as possible. Cook until the whites are set but the yolks are still runny, 3 to 3 1/2 minutes. Remove the eggs with a slotted and transfer to a plate lined with a kitchen towel. Gently blot the eggs dry and trim off any wispy pieces. Repeat with the remaining 4 eggs.

Step 5: Melt the butter in a large skillet over medium-high heat. Add the Canadian bacon and cook until lightly browned and warmed through, 1 to 2 minutes per side. Meanwhile, toast the English muffin and spread with butter.

Step 6: Top each English muffin half with a slice of Canadian bacon and a poached egg. Thin the hollandaise with more warm water, if necessary, and season with salt. Spoon the sauce over the poached eggs.

Yield: 4 Servings

There are conflicting theories about the origin of Eggs benedict but most trace the dish to New York City in the late 1800s. Hollandaise sauce is much older. It appears in a French cookbook from 1651 and was later known as Sause Isigny, named for a town in Normandy. The name was changed to hollandaise after World War I, when butter was scarce in France and had to be imported from Holland.

SEAFOOD QUICHE

From Barbara DeSantis

INGREDIENTS

½ cup Swiss Cheese, grated	1 (4 ounce) Can Mushrooms
A Dash of Nutmeg	1 teaspoon Chives
2 Eggs at room temperature	½ cup Half- and- Half
A Dash of Salt	6 ounces Crab Meat

DIRECTIONS

Step 1: Bake shell. Beat eggs, half and half, and spices together.

Step 2: Place mushrooms in bottom of pie shell, Crab meat on top.

Step 3: Sprinkle Swiss cheese on top of that.

Step 4: Add egg and bake at 375 degrees F (190 degrees C) for 35 – 40 minutes.

POTATO PANCAKES

From Barbara DeSantis

INGREDIENTS

5 Medium Sized Potatoes, peeled and grated fine	
1 Small Onion, grated	1 Whole Egg at room temperature
A Bit of Salt and Pepper	½ cup Flour (more if necessary)
½ teaspoon Baking Powder	

DIRECTIONS

Step 1: Mix all ingredients together.

Step 2: Fry in hot oil pan until golden brown.

SCRAMBLED EGGS

From Belly Full Magazine

Step 1: Use a mixing bowl and whisk. Ditch the cereal bowl and fork this time. Whisking gets rid of any shreds of Yolk and White.

Step 2: Whisk in some Whole Milk, Half-and-Half or even Mayonnaise. This adds creaminess, body and depth of flavor. Then add some butter to the pan. You do not need a ton, but you really need enough to coat the bottom of the pan and help those eggs move around without sticking, and also hold together in beautiful folds.

Step 3: The pan: You need a sturdy nonstick one. This is the key because the eggs will slide easily without sticking to the pan.

Step 4: Use a Rubber Spatula: Use a spatula and not a wooden spoon. A rubber spatula has give and flexibility, so you can hug the curve of your pan, which allows you to get a nice fold each time. Slowly push the eggs from one side to the other, making sure all the uncooked eggs touch the skillet.

Step 5: The Heat: Start by reducing the heat to medium low. If your pan is too hot, the eggs cook too fast, they can brown and dry out. But if the heat is too low, nothing is going to happen! Gently and slow is the way to beautiful curds. (You want to do this whether you are cooking two eggs or ten).

Notes

- Do not do anything for a few seconds: This is a matter of preference but if you want beautiful large soft curds, you want the edges of the eggs to set slightly before you start folding. If you stir the eggs sooner, the curds will be smaller.
- Do not overcook your eggs: Eggs continue cooking even out of the pan, on the plate. So remove them from the heat when they look a little wetter than you would like.
- The eggs are done when the curds are pillow-y and set, they are no longer liquid-y, but they still shimmer with some moisture.

POLENTA GRITS

From Food Network
From Lidia

Made from White Corn

Origins: Southern USA

Made from Yellow Corn

Origins: Northern Italy

INGREDIENTS

3 cups Sugar
2 cups Milk
Salt
1 cup Grits
2 tablespoons Butter

8 cups Water or as needed
2 Fresh or Dried Bay Leaves
1 teaspoons Salt, or as needed
1 tablespoon Extra Virgin Olive Oil
1 1/2 Yellow Corn Meal

DIRECTIONS FOR POLENTA

Step 1: In a small saucepan bring 4 cups of water to a simmer; keep this “backup” water hot, covered, over medium low heat. Bring the remaining water, the bay leaves and 1 tablespoon salt to a boil in a 3 to 4 quart cast-iron saucepan, over medium - high heat. When boiling, add the olive oil.

Step 2: Scoop up a small handful of the cornmeal and, while stirring constantly with a wooden spoon or flat-ended stirrer, let it sift slowly through your fingers into the seasoned boiling water. The cornmeal should fall “a pioggia” (like rain) into the water. Sift the remaining cornmeal into the water a small handful at a time, stirring constantly, paying special attention to the corner of the pot. It should take about 5 minutes to add all the cornmeal.

Step 3: When all the cornmeal is added, the mixture should be smooth and thick and begin to “perk”, with large bubbles rising to the surface. Reduce the level of heat to medium - low and continue stirring, until the mixture becomes too thick to stir easily, about 4 minutes. Add enough of the “backup” water – about 1 cup – to restore the mixture to a smooth stirring consistency. Stir until the mixture is again too thick to stir easily. Continue adding water and stirring like this until the cornmeal is tender, about 20 minutes after the cornmeal was added.

Step 4: When the cornmeal is tender, stir the polenta without adding water until the polenta is shiny and begins to gather around the spoon as you stir it, 5 to 10 minutes. (The polenta should be thick enough to stand a spoon in.). The polenta is ready to serve at this point or you can choose to cook it an extra few minutes to intensity the flavor. To continue cooking, reduce the level of heat to low and stir the polenta constantly for 5 to 10 minutes. You may need to add a small amount of water during this extra cooking if the polenta begins to stick or becomes too thick.

Step 5: To serve the polenta: Pour the polenta away from you, so you do not get splattered, into a ceramic bowl. Let the polenta stand 10 minutes before serving. Then to serve the polenta, scoop onto plates with a large spoon, and dipping the spoon in water before each scoop. (An ice cream scoop can be used in the same fashion; it makes nice round mound of polenta.)

Tips

- **For Immediate Serving:** You can also serve the polenta hot directly from a board in the traditional way. Pour the hot polenta into the center of a wooden cutting board, keeping the polenta in a long, high mound. Let the polenta stand a few minutes your index fingers or a thin knife. Gently transfer the slices to plates.
- **To Chill the Polenta for Baking, Grilling or Pan-Frying:** You can begin to see the versatility of polenta when it has been chilled until firm and cut into shapes, grilling or pan-frying. To serve polenta this way, pour the hot polenta – either freshly made for this purpose or remaining from a batch made to be eaten hot – into a baking pan or mold in a thickness of about ½ inch. (One whole recipe of Basic Polenta makes enough to fill two 13 x 9 inch baking dishes about ½ inch). Cover with plastic wrap applied directly to the surface and refrigerate until thoroughly chilled and very firm, 4 to 5 hours. Invert the polenta onto a cutting board and cut it into any desired shape for grilling, frying or baking.
- **To Bake:** Place the polenta pieces on a lightly oiled baking sheet and place in a preheated 375 degree F (190 degrees C) oven until highly browned and crispy, about 20 minutes. Turn the polenta once about half through the cooking.
- **To Grill:** Lightly brush both side of the polenta pieces with olive oil. Place on a hot grill and cook, turning once, until well-marked and heated through, about 2 minutes per side.
- **To Pan Fry:** Heat a small amount of olive oil in a nonstick skillet over medium -high heat. Add the polenta slices and cook, turning once, until golden brown and crispy on both sides, 8 to 10 minutes.

BASIC CREPES

From Test Kitchen

INGREDIENTS

2 Large Eggs at room temperature	4 teaspoons Granulated Sugar
1 ¼ cups Whole Milk at room temperature	½ teaspoon Kosher Salt
1 cup (120 g) All-Purpose Flour	1 cup (120g) All-Purpose Flour
3 tablespoons Unsalted Butter, melted and cooled plus ½ teaspoon, Unsalted Butter, cold	
Fresh Berries and Confectioners' Sugar, for serving (optional)	

DIRECTIONS

Step 1: In a blender, blend eggs, milk, flour, granulated sugar, salt and 3 tablespoons melted butter until smooth, about 1 minute. Cover and refrigerate at least 1 hour or up to 2 days.

Step 2: Preheat a 9 inch nonstick skillet over medium heat. Melt ½ teaspoon cold butter in preheated pan. Reduce heat to medium low. Briefly whisk the batter, then pour ¼ cup into the center of pan, lifting pan off heat and slightly tilting in a circular motion to help batter spread into an even circle. Cool until top is set and bottom is golden brown, about 45 seconds. Flip and cook on second side until cooked through, about 45 seconds more.

Step 3: Using a spatula, fold crepe into quarters. Transfer to plate. Repeat with remaining batter for a total of 8 crepes.

Step 4: Serve with berries and confectioners' sugar, if desired.

Step 5: Make ahead: Crepes can be made 3 days ahead. Let cool, then stack between sheets of parchment, store in an airtight container, and refrigerate, or freeze up to 1 month.

Yield: 8 Crepes

Prep Time: 10 Minutes

Total Time: 1 Hour 3 Minutes

Recipe Tips

- Crepes cook quickly, but the batter does need to rest for at least 1 hour before cooking. **DO NOT SKIP THIS Step.** Resting the batter gives the flour a chance to hydrate, so the crepe will hold together and allow the gluten in the flour to relax which helps create a tender crepe.
- Butter the pan between each crepe: The best part of crepes is the thin, delicate buttery crisp edges. To achieve this, butter the pan between EACH crepe.
- Chill the Batter: One secret to the BEST crepes is to chill the crepe batter for at least 50 - 60 minutes and up to 1 day. This time in the refrigerator enhances the batter's flavor and more importantly, gives the flour a chance to fully hydrate.
- Crepes are a perfect way to make a hearty breakfast. They can be made up to 3 days ahead. Let cool, they can be stacked between sheets of parchment paper and stored in an airtight container in the refrigerator or freezer for up to 1 month.
- Crepes are delicious with toppings, too, such as a drizzle of melted chocolate, melted peanut butter, or a dusting of confectioners' sugar. Or try a savory sauce like pepperoni with marinara, pesto or hollandaise.

Crepes hail from Brittany, France. They are pancakes that are flatter than a pancake.

FRITTATA RECIPES WITH VARIATIONS

From Sally's Baking Addiction

SPECIAL TOOLS

- Mixing Bowls (preferably with a pour spout) - Whisk
- Cast Iron Skillet (or any oven safe skillet that is 2 inches deep and 10 to 12 inches in diameter)

INGREDIENTS

For Basic Recipe:

8 large Eggs at room temperature
½ teaspoon Salt,
plus more for cooking Vegetables
2 cloves Garlic, minced

½ cup (120 ml) Milk*
1 tablespoon Olive Oil
1 cup (about 100 – 120 g) Sharp Cheddar Cheese,
shredded OR Crumbled Feta Cheese, divided

For Version #1: Garden Vegetable:

½ Small Red Onion, thinly sliced
1 heaping cup (about 150 g) Sweet Potato,
no need to peel
Fresh Parsley, chopped (optional)

1 Heaping cup (130 g) Zucchini, sliced
1 cup (about 80 g) Red Bell Pepper, cored
with seeds removed, chopped

For Version #2: Mediterranean Inspired:

1 cup (30 g) about Fresh Spinach, chopped
1 Heaping cup (about 160 g) Canned Artichoke
Hearts, quartered and drained

1 cup (150 g) Cherry Tomatoes, halved
2 ounces (56 g or about 4 slices) Prosciutto,
roughly chopped (optional)

DIRECTIONS

Step 1: Preheat the oven to 375 degrees F (190 degrees C).

Step 2: In a medium bowl, preferably one with a pour spout, whisk together the eggs, milk, salt and pepper.

Step 3: Whisk in about ¾ cup of the cheese (cheddar for Version #1/ Feta for Version #2), reserving the rest for topping. Set aside.

Step 4: Heat olive oil in a 2 inch deep, 10 to 12 inch diameter oven safe skillet over medium heat.

Step 5: Add the garlic and cook, stirring for about 30 – 60 seconds (do not let it brown). Continue with either version below.

For the Garden Vegetable Frittata:

Step 1: Add the red onion and sweet potato to the pan with the garlic. Cook for 5 minutes, stirring occasionally, until they begin to soften.

Step 2: Add the zucchini and red peppers, and seasonings. Cook for another 5 minutes, stirring occasionally, until they begin to soften.

Step 3: Add the zucchini and red pepper, and season with salt and pepper. Cook for another 5 minutes, stirring occasionally.

Step 4: Pour the egg-and-cheese mixture over the vegetables and cook for 5 minutes, without stirring, until bubbling/starting to set around the edges. Sprinkle the remaining ¼ cup cheese on top.

Step 5: Carefully transfer the skillet to the center rack of the oven, and bake for 23 – 24 minutes, or until the frittata is puffy and the center no longer wobbles/looks wet.

Step 6: Transfer the skillet to a wire rack, and let it cool for at least 10 minutes before slicing and serving. The frittata will continue to set as it cools. Top with chopped fresh parsley, if desired.

For the Mediterranean Inspired Frittata:

Step 1: Fold the spinach, tomatoes, artichoke hearts, and prosciutto (if using) into the egg-and-cheese-mixture.

Step 2: Pour the egg-and-cheese mixture into the pan with the cooked garlic and cook for 5 minutes, without stirring, until bubbling/starting to set around the edges. Sprinkle the remaining ¼ cup of cheese on top.

Step 3: Carefully transfer the skillet to the center rack of the oven, and bake for 22-25 minutes, until the frittata is puffy and the center no longer wobbles/looks wet.

Step 4: Transfer the skillet to a wire rack, and let it cool for at least 10 minutes before slicing and serving. Frittata will continue to set as it cools.

Notes

- **Storage Instructions:** Cover leftover frittata and store in the refrigerator for up to 5 days. Microwave individual slices to reheat or place slices on a lined baking sheet and bake, covered, in a 350 degree F (180 degrees C) oven for 5 – 10 minutes, or until warmed throughout.
- **Freezing & Reheating Instructions:** It is best to freeze the fully baked and cooled frittata (unless you want to freeze the partially cooked egg mixture in your skillet, which – for best results – the author does not recommend. Cool baked frittata completely, cut into slices, transfer slices to a freezer-friendly container, and cover tightly. Freeze for up to 3 months. When ready to eat, thaw in the refrigerator, and microwave individual slice to reheat or place slices on a lined baking sheet and bake, covered, in a 350 degrees F (180 degrees C) oven for 5 – 10 minutes, or until warmed throughout.
- **Egg White Only:** The author does not recommend using only egg whites because you will lose a lot of richness and flavor that the yolks provide. The author suggests using 2 whole eggs and 6 egg whites.
- ***Milk:** Whole milk provides the best taste and texture, but you can substitute lower-fat or nondairy milk in a pinch. Using heavy cream or half-and-half will make for a creamier texture.
- **Other Add-Ins:** Stick with 2 to 3 cups total add-ins, and use the base recipe at the starting point for your own variation. You can pre-cook any vegetables on the stove with the olive oil, garlic, and seasonings like you do in the Garden Vegetable version. Regular white/gold/red potato, broccoli, mushrooms, and/or asparagus are also great additions. Cook until softened before pouring in the egg mixture.

Can I add Other Meats?

Yes, absolutely. You can add cooked diced ham, sliced chicken, sausage, ground sausage, and/or shredded or chopped chicken. Fold pre-cooked meats into the egg-and-cheese mixture or feel free to brown a bit with the garlic/vegetables on the stove.

PLACKI ZIEMNIACZANE (POLISH POTATO PANCAKES)

From Polish Housewife

Also Called Potato Latkes

INGREDIENTS	1X	2X	4X
Potatoes	3 (1 1/2 lbs.)	6 (3 lbs.)	9 (4 1/2 lbs.)
Small Onion	1	2	3
Small Eggs at room temperature	1	2	3
Tablespoon Flour*	2	4	6
Teaspoon Salt	1	2	3
Teaspoon Pepper	1/4	1/2	3/4
Canola Oil for Frying			

DIRECTIONS

Step 1: Peel potatoes and grate on the fine side of the grater.

Step 2: Grate onion.

Step 3: Drain potatoes and onion.

Step 4: In a large bowl, beat egg, stir in flour, salt and pepper until smooth.

Step 5: Add drained potatoes and onion, stirring until well combined.

Step 6: Heat ¼ inch oil in frying pan over medium high heat.

Step 7: Add potato batter, ¼ cup at a time.

Step 8: Using the back of a spoon, spread the batter until the pancake is about 2/3 inch thick.

Step 9: Cook 2 to 3 minutes on each side. Before flipping the pancakes, rotate them halfway in the pan because the pancakes in the center of the frying pan always brown faster than the outside of the pancakes. Rotating each pancake in turn if more than one in the frying pan.

Step 10: Drain on paper towels.

Yield

- 9 Pancakes with 1X Ingredients
- 18 Pancakes with 2X Ingredients
- 27 Pancakes with 3X Ingredients

Prep time: 10 Minutes Cook Time: 15 Minutes Total Time: 25 Minutes

Notes

- This recipe is for potato pancakes thickened with potato starch
- Polish friends eat with sugar or cinnamon. You can also serve with apple sauce or sour cream.
- You can also use food processor to grate potatoes and onions.

Breads, Rolls &
Doughs

BREAD FLOUR

From Savory Simple

INGREDIENTS

1 cup All-Purpose Flour (4 ½ ounces or 129 g)

1½ teaspoons Vital Wheat Gluten (1/8 ounce or 4 g)

DIRECTIONS

Step 1: Measure out the all-purpose flour into a medium bowl.

Step 2: Subtract 1½ teaspoons flour and replace with 1½ teaspoons vital wheat gluten (1/8 ounce or 5 grams).

Step 3: Whisk or sift to combine.

Servings: 1 Cup

Prep Time: 5 Minutes

Total Time: 5 Minutes

TORTA FRITTA (FRIED DOUGH)

From Luigi DeSantis

2.2 lbs. (35 ounces) (4 ½ cups)) Flour

¾ ounce (20 gm) Yeast

2 tablespoon Salt

A Pinch of Pepper

5 ¼ ounces (150 gm) Butter

2 tablespoons Sugar

2 Eggs at room temperature

½ cup Oil or ½ cup White Wine

Step 1: Let rise

Step 2: External pan cook

Step 3: Flour like Taglietelli

Step 4: Cook until golden brown.

FOCACCIA

From Alexandra's Kitchen

INGREDIENTS

4 cups (512 g) All-purpose Flour or Bread Flour	2 to 3 teaspoons (10 to 15g) Kosher Salt
2 teaspoons (8 g) Instant Yeast	4 tablespoons Olive Oil, divided
2 cups (455 g) Lukewarm Water, made by combining ½ cup boiling Water and 1 ½ cups cold water	1 to 2 teaspoons Whole Rosemary Leaves
	Butter for Greasing
	Flaky Sea Salt

DIRECTIONS

Make the dough:

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

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

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

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

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

- No need to cover for this room temperature rise.

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

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

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

Yield: 2 Loaves

Total Time: 18 Hours 30 Minutes

How does this Focaccia Recipe Differ from Other Recipes?

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

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

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

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

Secrets for the Best Focaccia:

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

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

Reasons:

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

Focaccia (Cont'd.)

Common Toppings and Variations:

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

Serving Suggestions

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

Notes

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

Origins of Focaccia:

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

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

PIEROGIE DOUGH

From Barbara DeSantis

INGREDIENTS & DIRECTIONS

1 cup Flour	1 Egg at room temperature
1 tablespoon Salt	About 4 cups Cold Water
1 tablespoon Butter	

Mix to a medium soft dough.

NUT ROLLS

From Barbara DeSantis

INGREDIENTS

1 lb. Butter, softened	1 cup Crisco
8 cups Flour	2 ounces Yeast
$\frac{3}{4}$ cup Warm Water	1 teaspoon Salt
8 Egg Yolks at room temperature, beaten	2 (16 ounce) Containers Sour Cream

For the Filling:

8 Eggs Whites at room temperature	1 tablespoon Flour
4 cups Sugar	2 lbs. Walnuts, chopped
Egg Wash	

DIRECTIONS

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

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

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

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

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

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

Step 7: Use egg wash.

Step 8: Bake one hour.

NEW ORLEANS BEIGNETS

From Allrecipes.com

INGREDIENTS

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

DIRECTIONS

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

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

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

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

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

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

Yield: 10 Servings

Prep Time: 30 Minutes

Cook Time: 30 Minutes

Additional Time: 2 Hours

Total Time: 3 Hours

HUNGARIAN POPPY SEED ROLL

INGREDIENTS

For the Dough:

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

For the Poppy Seed Filling:

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

For the Glaze:

1 Large Egg at room temperature for Egg Wash

DIRECTIONS

For the Dough:

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

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

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

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

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

To Make Poppy Seed Filling:

Step 1: Grind the poppy seeds finely.

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

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

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

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

Step 6: Let cool completely.

Assemble the Rolls:

Step 1: Divide the dough into two equal pieces.

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

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

Step 4: Fold the border inwards and seal.

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

Step 6: Pinch or tuck the ends to prevent leaks.

Step 7: Place seam-side down on a parchment-lined baking sheet.

Step 8: Repeat with the remaining dough and filling.

Step 9: Let the rolls rise for 20 minutes to an hour.

To Bake:

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

Step 2: Brush the tops of the rolls with the beaten egg.

Sep 3: Bake for 30 – 40 minutes, or until golden brown.

Step 4: Remove and cover with a towel to soften the crust.

Step 5: Let cool completely before slicing.

Tips

- You can substitute ground walnuts for the poppy seeds to make a walnut filling
- Brushing the rolls with an egg wash, letting it dry, then applying an egg white wash can create a marbled effect.

How to Store:

- Store whole, uncut poppy seed rolls wrapped in aluminum foil. Make sure it is cooled down first. Store sliced poppy seed bread on a plate covered righty with plastic wrap
- You can leave the poppy seed rolls at room temperature if you are going to use the up within 3 days.
- For longer storage, wrap the bread in plastic wrap and tie tightly and store in the freezer, it will keep for 3 months.
- It is not recommended to freeze raw dough, It just is not the same when thawed.

Variations

- Chestnut puree or chopped chestnuts are used in some versions.
- Chocolate fillings are increasingly common, representing a more modern adaptation.
- Sweet cheese fillings, often with a hint of sour cream and raisins, are a less traditional option.
- Dried fruits like raisins, prunes, cherries, or apricots are sometimes incorporated into the fillings, offering a sweeter and sometimes tangier flavor profile.
- Almond or hazelnuts can be used in place of or in combination with walnuts for a slightly different flavor profile.
- It is important to remember that while other fillings are gaining popularity, walnut and poppy seed remain the foundation of traditional Hungarian rolls, carrying cultural traditions.

Variations for Fillings:

- 1/3 cup Raisins soaked in water or rum.
- 1-2 tablespoons Plum Jam.
- 1 teaspoon Spiced Rum
- 1/4 teaspoon Ground Cinnamon

HUNGARIAN NUT ROLL

INGREDIENTS

For the Dough:

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

For the Filling:

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

DIRECTIONS

For the Dough:

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

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

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

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

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

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

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

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

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

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

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

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

Step 13: Preheat oven to 350 degrees F.

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

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

For the Filling:

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

Step 2: Mix until walnuts form a pasta.

Yield: 4 Rolls

Prep Time: 15 Minutes Cook Time: 30 Minutes Rising Time: 1 Hour 30 Minutes

Notes

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

Tips

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

Variations for Hungarian Nut Rolls

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

NUT ROLLS OR POPPY SEED ROLLS

From Barbara and Melissa DeSantis

INGREDIENTS

For the Dough

8 cups Flour, sifted	$\frac{3}{4}$ cup Sugar
2 Eggs or 4 Yolks at room temperature and save the Egg Whites for the Nut Filling	$\frac{1}{2}$ cup Water, warm
1 Yeast Cake	2 cups Milk Scalded
2 teaspoons Salt	$\frac{1}{2}$ lb. Oleo or Butter

For Poppy Seed Filling:

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

DIRECTIONS

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

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

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

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

Notes

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

For the Walnut Filling:

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

Melissa's Variation of Walnut filling:

3 lbs. Walnuts, chopped	4 teaspoons Cinnamon
2 teaspoons Nutmeg	1 teaspoon Ground Cloves
1 cup Sugar	Enough Apple Sauce to moisten (about 24 ounces)

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

IRISH SODA BREAD

From Rebecca Folen

INGREDIENTS

1 ½ cups Buttermilk	2/3 cup Sugar
3 cups Flour	1 Egg at room temperature
1 tablespoon Salt	1 teaspoon Baking Soda
1 1 tablespoon Baking Powder	1 ½ cups Raisins
2 tablespoons Butter, melted	

DIRECTIONS

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

Step 2: In another bowl mix dry ingredients.

Step 3: Then combine with wet ingredients.

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

PASSOVER ROLLS

From Shana Harding

INGREDIENTS

2 cups Matzoh Meal	1 cup Water
1 teaspoon Salt	1 cup Peanut or Wesson Oil
1 tablespoon Sugar	4 Eggs at room temperature

DIRECTIONS

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

Step 2: Add to Matzoh mixture and mix well.

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

Step 4: Allow to stand for 60 minutes.

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

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

Step 7: Cover bowl and refrigerate.

IRISH SODA BREAD FROM COUNTY CORK

From Allrecipes.com

INGREDIENTS

3 cups Self-Rising Flour	1 Large Egg at room temperature
¾ cup White Sugar	1 cup Milk
¼ cup Butter	2 tablespoon Milk
2 cups Raisins	

DIRECTIONS

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

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

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

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

Step 5: Let cool before serving.

Yield: 1 (9 inch) Round Loaf

Prep Time: 15 Minutes

Cook Time: 1 Hour

Additional Time: 30 Minutes

Total Time: 1 Hour 45 Minutes

BEER BREAD

From An Italian in My Kitchen

INGREDIENTS

3 cups Flour, sifted**
1 teaspoon Salt
1 Can Beer (12 ounces / 33 ml) of choice at room temperature but not flat
½ cup Butter, melted / divided
3 teaspoons Baking Powder
¼ cup Sugar

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

DIRECTIONS

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

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

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

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

Yield: 8 Servings

Prep Time: 10 Minutes

Cook Time: 55 Minutes

Total Time: 1 Hour 5 Minutes

How to Store Beer Bread

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

Tips for Beer Bread

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

PIEROGIES

From Helen Kmiec (Barbara DeSantis' Mother)

INGREDIENTS & DIRECTIONS

1 cup Flour

1 teaspoon Salt

1 tablespoon Butter

1 Egg at room temperature

About 4 tablespoons Cold Water

Mix to a medium soft dough.

POTATO KNISHES

From Shana Harding

INGREDIENTS

5 lb. Bag of Yellow Potatoes

½ Clove Garlic, shopped

1 Stick Butter, melted

A cup of Matzoh-Meal

1 Large Onion, chopped

2 Eggs at room temperature

DIRECTIONS

Step 1: Wash and peel potatoes; boil until soft; mash them.

Step 2: Saute onions and garlic in butter and add to mashed potatoes.

Step 3: Add the remaining ingredients.

Step 4: Spray olive olive oil on an 8 x 10 inch aluminum pan.

Step 5: Place hands in warm-water; then place a large ball of potatoes in the palm of your hand; smooth into ball and place in the pan. Brush with melted butter.

Step 6: Bake at 350 degrees F (180 degrees C) oven for 1 hour.

ASIAGO BREAD

From Tastes of Lizzy

INGREDIENTS

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

Egg Wash

1 Large Egg at room temperature	1 tablespoon Warm Water
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DIRECTIONS

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

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

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

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

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

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

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

Yield: 20 Servings

Prep Time: 20 Minutes

Cook Time: 35 minutes

Rise Time: 1 Hour

Total Time: 1 Hour 55 Minutes

Notes

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

Variations of Asiago Bread

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

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

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

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

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

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

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

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

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

TARALLI

From Allspice.com

INGREDIENTS

2 cups Italian “00” flour (290 g)

**can also use All-Purpose Flour

1 teaspoon Sea Salt Flakes plus extra for baking

2 cup Dry White Wine (140 ml), cold

1/3 cup Olive Oil (60 ml)

1 teaspoon Fennel Seeds (optional)

DIRECTIONS

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

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

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

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

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

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

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

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

Step 9: Let cool then serve.

Yield: 80 – 90 Servings of Taralli

Prep Time: 30 Minutes

Cook Time: 40 Minutes

Resting Time: 30 Minutes

Total Time: 1 Hour 40 Minutes

Notes

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

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

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

CIABATTTA BREAD

From Sally's Baking Addiction

INGREDIENTS

For the Biga/Preferment:

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

For the Ciabatta Rolls:

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

Equipment:

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

DIRECTIONS

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

Step 2: Day 2: Make the dough: Uncover the bowl with the biga. In a separate large bowl, or the bowl of your stand mixer fitted with a dough hook attachment (do not use a handheld mixer for this), whisk together the yeast and warm water. Cover and let sit for 5 to 10 minutes until the yeast has dissolved. Add the biga, flour, and salt. Gently mix together with a silicone spatula or wooden spoon or using the dough hook on medium speed. The dough will seem dry and shaggy at first, but keep working it until all the flour is moistened and the dough is uniform in texture (no dry pockets). If needed, lightly grease your hands with olive oil and gently knead the ingredients together in the bowl. The dough will be wet and sticky, that is normal, expected and encouraged.

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

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

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

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

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

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

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

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

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

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

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

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

Yield: 8 Rolls or 2 Flat Loaves

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

Total Time: 14 Hours 10 Minutes

Notes

- **Make Ahead & Freezing Instructions:** there are many ways to make the dough ahead of time. First, in step 1, the biga can sit up to 24 hours. Second, in Step 5, after you have completed all of the stretch-and-folds, the dough can sit in the refrigerator for up to 3 months. Thaw at room temperature before serving.
- **Flour:** For absolute best flavor and chewy, the author strongly recommends using bread flour. You can use a 1:1 substitution of all-purpose flour in a pinch with no other changes to the recipe, however the dough may not be as strong, and may not hold shape very well. Do not use whole-wheat flour in this dough.
- **Yeast:** You can use instant or active dry yeast, but the author recommends an instant (aka “rapid rise” or “quick rise” yeast). If using active dry yeast, there are no changes needed to the recipe.
- **Adding Herbs/Flavors:** Fresh or dried herbs are best for flavoring this dough. The author’s favorite is fresh or dried rosemary with a little garlic. When adding the salt in Step 2, add 2 ½ teaspoons fresh chopped rosemary or 1 teaspoon dried, plus 2 minced garlic cloves. Feel free to replace the rosemary with another herb, and/or leave out the garlic.
- **Can I Bake on a Pizza Stone?** Yes. If you want to bake your bread/rolls on a pizza stone, place the pizza stone in the preheating oven for 1 hour. In step 10, place the shaped dough on your preheated pizza stone. Bake as directed.
- **Can I use Dough for Focaccia?** Yes. Generously grease a 9 x 13 inch baking pan with olive oil. After completing step 5, pour the dough into the greased pan. Flip to coat all sides in the oil. Stretch and flatten the dough to fit the pan, being careful to avoid tearing the dough. If it is shrinking back as you try to stretch it out, cover with a clean towel and let it rest for 5 – 10 minutes before continuing. This lets the gluten settle and it is much easier to shape after that.

BRUSCHETTA

From Food and Cooking

INGREDIENTS

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

DIRECTIONS

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

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

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

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

Yield: 12 Servings

Prep Time: 20 minutes

Cook Time: 10 minutes Total Time: 30 minutes

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

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

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

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

ST. BLAISE CAKE

(THE THROAT) THROAT'S BLESSED CHURCH

From Domenica DiGiambattisti (Luigi DeSantis' Grandmother)

INGREDIENTS

2 cups Flour	3 Eggs at room temperature
2 tablespoons Oil	1 teaspoon Vanilla
3 tablespoons Sugar	½ cup Water or Milk

DIRECTIONS

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

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

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

Step 4: Place on ungreased cookie sheet.

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

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

ZEPPOLI

From Allrecipes.com

INGREDIENTS

1 (0.25 ounce) Package Active Dry Yeast

1 ½ cups All-Purpose Flour

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

1 quart Vegetable Oil for drying 2 tablespoon Confectioners' Sugar

DIRECTIONS

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

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

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

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

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

Prep Time: 15 Minutes

Cook Time: 15 Minutes

Additional Time: 1 Hour 40 Minutes

Servings: 15

Total Time 2 Hours 10 Minutes

Yield: 15 Zeppoli

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

Breads, Doughs &
Rolls

RICOTTA CASTAGNOLE RECIPE

From An Italian in My Kitchen

INGREDIENTS

1 Cup All-Purpose Flour (125 g)	A Pinch of Salt
3 tablespoons Granulated Sugar (37.5 g)	1 Large Egg at room temperature
1 tablespoon Cornstarch (8.5 g)	½ cup Ricotta Cheese (125 g)
Zest of ½ Lemon (or Orange if you prefer)	
Extra	
¼ - ½ cup Granulated Sugar for Rolling (50 - 100 g)	2 - 3 tablespoons Powdered / Icing Sugar for Sprinkling

DIRECTIONS

Step 1: If the ricotta is very watery then place in a sieve over a bowl and leave to drain for about 15 minutes.

Step 2: In a large bowl whisk together the flour, sugar, corn starch, baking powder, salt and zest. Make a well in the middle and add the egg and ricotta.

Step 3: Mix together with a fork or spatula the ingredients almost come together. Move the mixture to a lightly floured flat surface and gently knead a few times to form soft compact dough. The dough will be a little sticky but do not add extra flour, lightly dust hands with flour while kneading. Cover the dough with a tea towel and let rest for 20 minutes.

Step 4: Remove small pieces of dough and form into balls the size of a chestnut.

Step 5: In a medium high sided pot add about 3 inches of oil, heat the oil to 340 degrees F (170 degrees C), and keep the temperature as close to this as possible.

Step 6: Fry 3 - 4 Castagnole at a time, turning to fry golden brown on both side. Two minutes on each side should be enough time. Remove with a slotted spoon to a paper towel lined plate; leave for a few seconds then roll in granulated sugar. Place on a clean plate and serve immediately.

Yield: 30 Castagnole

Prep Time: 10 Minutes

Cook Time: 4 Minutes

To Bake:

Step 1: Pre-heat oven to 350 degrees F (180 degrees C) and line a cookie sheet with parchment paper.

Step 2: Place the Castagnole on the cookie sheet and bake for about 12 - 15 minutes or until golden brown. Let cool and dust with icing sugar.

The author does not recommend storing them at all; since they are fried they should be eaten as soon as possible. Even the baked ones may become drier and harder if left over. If you bake them then store in an air tight container and they will keep for up to 3 days at room temperature.

While traditionally a simple fried dough, they can be filled with custard, chocolate, or ricotta cheese. Some variations use orange or lemon and a touch of cinnamon for flavor.

ITALIAN CASTAGNOLE

From Authentic Italian Recipes

INGREDIENTS

For Castagnole Dough:

1 ½ cups Flour (200 g)	1 teaspoon Baking Powder
A Pinch of Salt	¼ cup Sugar (55 g)
2 Eggs at room temperature	1 Zest of Orange
½ teaspoon Vanilla	3 tablespoons Butter (softened) (42 g)
1 teaspoon Gran Marnier or Orange Zest	
Extras:	
Vegetable Oil for Frying	Granulated Sugar for Rolling

DIRECTIONS

Step 1: In a large bowl whisk together the flour, baking powder and salt. Make a well in the middle and add the sugar, eggs, zest, and vanilla, softened butter, salt and liqueur (or orange juice).

Step 2: Mix together with a fork until almost combined then move to a lightly flour flat surface and knead into smooth soft dough. Wrap in plastic and let rest for 30 minutes at room temperature.

Step 3: Cut a piece of dough at a time, and roll the dough to form a 1 inch (2 cm) thick rope. Cut the rope in pieces the size of walnuts and roll between your hands for form balls.

Step 4: Meanwhile, start heating the oil (in a large fryer or deep pot halfway full), make sure the temperature remains between 335 - 345 degrees F (170 – 175 C). (if too high they cook on the outside but not in the middle and if too low they remain soggy.) Once oil is at the correct temperature, then fry a few Castagnole at a time, until they are golden brown and nicely puffed. Approximately 2 - 3 minutes, but turn often so they brown on all sides. Drain on paper towels, when cool enough to touch, but still quite warm, roll in granulated sugar or turbinado sugar. Serve immediately. Enjoy!

Yield: 31 Castagnole

Prep time: 15 Minutes	Cook Time: 2 Minutes
Resting Time: 30 Minutes	Total Time: 47 Minutes

Notes

- To bake, place the rolled balls on a parchment paper lined cookie sheet and bake for 12 -15 minutes in a pre-heated 350 degrees F (180 degrees C) oven. Once they have cooled dust liberally with powdered sugar.
- Fried Castagnole should be eaten immediately, the day they are made; the longer they sit out the drier they will become.
- Although baked Castagnole can be placed in an airtight container, they should keep for up to 3 days at room temperature.

GARLIC BREAD

From Sally's Baking Addiction

INGREDIENTS

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

DIRECTIONS

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

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

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

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

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

Yield: 1 Loaf

Cook Time: 18 Minutes

Total Time: 30 Minutes

Cook's Notes

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

CHRUSCIKI

From Barbara DeSantis

INGREDIENTS

5 Egg Yolks at room temperature

3 tablespoon Sugar

2 ½ cups All Purpose Flour

½ teaspoon Salt

5 tablespoon Sour Cream

1 tablespoon Brandy

DIRECTIONS

Step 1: Add salt to eggs and beat until thick.

Step 2: Add sugar and brandy and continue to beat.

Step 3: Gradually add sour cream and flour alternately.

Step 4: Mixing well after each addition.

Step 5: Knead dough on flour board until the dough shows small air bubbles.

Step 6: Cut in two and roll out thin like pie crust.

Step 7: Cut into strips 4 inches long and slit in each center.

Step 8: Pull one end through the slit.

Step 9: Deep fry in hot fat until lightly browned.

Step 10: Drain on absorbent paper and sprinkle with powdered sugar.

Yield: About 4 Dozen

COUNTRY CRUST BREAD

From Barbara DeSantis

INGREDIENTS

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

DIRECTIONS

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

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

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

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

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

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

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

BIGA

From Leitesculinaria.com

INGREDIENTS

¼ teaspoon Active Dry Yeast
2 1/3 cups Unbleached All-Purpose Flour
¼ cup Warm Water (100 to 110 degrees F / 38 to 43 degrees C)
¾ cup plus 4 teaspoons Bottled Spring Water, at room temperature (You can use Tap Water in a pinch)
Olive Oil or Vegetable Oil, for the bowl

DIRECTIONS

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

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

Notes

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

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

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

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

Notes

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

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

Notes

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

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

CASTAGNOLE

INGREDIENTS

2 cup (250 g) All-Purpose Flour	4 tablespoons (50 g) Granulated Sugar
3 tablespoons (45 g) Butter	2 teaspoons (8 g) Baking Powder
½ Vanilla Bean	1 Egg at room temperature
1 Lemon	4 teaspoons (20 g) Milk
1 tablespoon Rum or Anise	A Pinch of Salt
Oil for Frying	Additional Granulated Sugar for rolling

DIRECTIONS

Step 1: Sift the flour and baking powder into a bowl, and then mix in the sugar, the seeds of the vanilla bean, and the grated zest of half a lemon.

Step 2: Cut the soft butter into small pieces and add along with the egg, the rum, and a pinch of salt and mix.

Step 3: Stir in the milk and move the dough onto a lightly floured surface. Knead it until you get soft dough, then wrap it in cling film and let it rest for 30 minutes at room temperature.

Step 4: Divide the dough into six parts and make a thick cord from each piece.

Step 5: Heat the oil and fry a few balls at a time, paying close attention to the temperature of the oil. It must be hot but not excessively so, because otherwise the Castagnole will burn on the outside and remain raw inside. Drain the Castagnole and let them dry on absorbent paper, then roll them in the granulated sugar.

Yield: 60 Servings of Castagnole

Prep Time 15 Minutes

Cook Time: 1 Minute

Castagnole di Carnevale, from the Italian province of Emilia-Romagna, are golden morsels found around Italy in the days leading up to Carnival. Castagnole are small, round Italian fritters, a traditional sweet enjoyed during Carnevale (the lively pre-Lenten celebration in Italy). They resemble chestnuts, which is where their name comes from (“castagna” means chestnut). When properly made they have a crisp exterior and soft pillowy interior. They have been part of Italian culinary tradition for centuries, particularly in regions like Emilia-Romagna, Lazio, and Veneto. Recipes date back to at least the 17th century.

ZEPPOLI

From Allrecipes.com

INGREDIENTS

- 1 (0.25 ounce) Package Active Dry Yeast
- 1 ½ cups All-Purpose Flour
- 1 cup Warm Water (110 degrees F/45 degrees C)
- 1 quart Vegetable Oil for drying
- 2 tablespoons Confectioners' Sugar

DIRECTIONS

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

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

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

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

Step 5: Fry the golf ball-sized pieces of dough in patches until golden brown. Drain on paper towels. Sprinkle with confectioners' sugar, and eat while still hot.

Yield: 15 Zeppoli

Prep Time: 15 Minutes

Cook Time: 15 Minutes

Additional Time: 1 Hour 40 Minutes

Total Time 2 Hours 10 Minutes

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

ST. BLAISE CAKE

(THE THROAT) THROATS BLESSED AT CHURCH

From Domenica DiGiambattisti (Luigi DeSantis' Grandmother)

INGREDIENTS

2 cups Flour
3 Eggs at room temperature
2 tablespoons Oil
1 teaspoon Vanilla
3 tablespoons Sugar
1/2 cup Water or Milk

DIRECTIONS

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

Step 2: Turn the dough out onto a lightly floured board. Knead 10 - 12 strokes.

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

Step 4: Place on ungreased cookie sheet.

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

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

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

Sauces & Marinades

BASIC ALL PURPOSE BRINE FOR MEATS, CHICKEN, AND TURKEY

From Barbara DeSantis

INGREDIENTS

1 tablespoon Black Peppercorns	2 Sprigs Thyme
3 Bay Leaves	4 - 6 Cloves Garlic, sliced
4 cups Water	½ cup Light Brown Sugar, packed
½ cup Kosher Salt	

DIRECTIONS

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

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

Step 3: Allow to cool.

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

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

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

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

Ready In: 3 Hours 15 Minutes Ingredients: 7

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

MASTER BRINE RECIPE FOR MEATS

From Barbara DeSantis

INGREDIENTS

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

DIRECTIONS

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

Step 2: Allow to cool completely before using.

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

Ready in: 48 Hours

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

HOMEMADE ALFREDO

From Rebecca Folen's Friend Meredith Lyons

INGREDIENTS

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

DIRECTIONS

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

Step 2: Stir.

Step 3: Stir in cheese and parsley, chopped

Step 4: Serve immediately.

RANCH DRESSING RECIPE

From Serious Eats

INGREDIENTS

½ cup Butter Milk	1 teaspoon Lemon Juice
½ cup Sour Cream	2 teaspoon Dijon Mustard
½ cup Mayonnaise	½ teaspoon Onion Powder
1 tablespoon Fresh Parsley, finely chopped	½ teaspoon Salt
1 teaspoon Fresh Dill, finely chopped	1/8 teaspoon Black Pepper

DIRECTIONS

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

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

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

Yield: 12 Servings

Make: 1 ½ Cups

Active: 10 Minutes

Total: 70 Minutes

WHITE WINE SAUCE

From Melissa DeSantis

INGREDIENTS

2 tablespoons Butter	1 tablespoon Onion or Shallot, chopped
1 ½ tablespoons Flour	½ cup Chicken Stock
½ cup Wine	A Pinch of Salt

DIRECTIONS

Step 1: In small pan melt butter.

Step 2: Add onion and fry until golden.

Step 3: Add flour.

Step 4: Stir until smooth.

Step 5: Gradually stir in chicken broth and wine.

WINE MARINADE

From Barbara DeSantis

INGREDIENTS

1 cup Red Wine	1 cup Extra Virgin Olive Oil
3 Gloves Garlic, crush and chopped	1 teaspoon Salt
½ teaspoon Rosemary	1 teaspoon Thyme
4 tablespoon Parsley	1 teaspoon Pepper

DIRECTIONS

Step1: Mix the wine and oil together in a jar with a tight fitted lid.

Step 2: Crush and chop the garlic with salt until almost paste.

Step 3: Add wine and oil along with all the remaining ingredients.

Step 4: Cover tightly and shake until all ingredients are well blended.

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

RED WINE VINAIGRETE

From Aunt Connie Duvak (Luigi DeSantis' Aunt)

INGREDIENTS

2 tablespoons Dijon Mustard	6 tablespoons Wine Vinegar
1 teaspoon Sugar	Salt and Pepper to taste
½ cup Extra Virgin Olive Oil	

DIRECTIONS

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

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

CLASSIC PESTO

Pesto alla Genovese

From Lidia

INGREDIENTS

4 cups Loosely Packed Fresh Basil Leaves (about 60 Small or 30 Large Fresh Basil Leaves),
gently washed and dried
A Pinch of Coarse Sea Salt
3 tablespoons Pine Nuts, lightly toasted
2 tablespoons Pecorino Romano Cheese, freshly and finely grated
2 tablespoons Grana Padano, freshly and finely grated
3 to 4 tablespoons Extra Virgin Olive Oil
2 Cloves Garlic, peeled

DIRECTIONS

To Make the Pesto in a Mortar:

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

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

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

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

To Make the Pesto in a Food Processor:

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

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

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

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

Tips for Pesto

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

BECHAMEL SAUCE

From Carol O'Halloran

INGREDIENTS

5 teaspoons Unsalted flour
4 cups Warmed Whole Milk
Kosher Salt

¼ cup All Purpose Flour
A Pinch of Nutmeg

DIRECTIONS

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

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

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

Step 4: Add nutmeg and season with sale.

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

SKINNY WALNUT BASIL PESTO

From Theresa Schimmoeller (DeSantis)

INGREDIENTS

2 cups (lightly packed) Fresh Basil Leaves
½ cup Raw Walnuts
¼ teaspoon Salt or to taste

1 teaspoon Lemon Juice
1 to 2 Cloves Garlic, crushed
¼ cup Olive Oil

DIRECTIONS

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

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

Step 3: Add lemon juice and pulse to mix.

Step 4: Serve immediately.

Yield: 6 Servings

Prep Time: 10 Minutes

Total Time: 10 Minutes:

BASIL WALNUT PESTO

Pesto di Noci e Basilico

From Lidia

INGREDIENTS

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

DIRECTIONS

- You will need a food processor.

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

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

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

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

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

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

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

TOMATO SAUCE

Salsa di Pomodoro

From Lidia

INGREDIENTS

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

DIRECTIONS

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

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

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

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

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

Step 6: Season lightly with salt and pepperoncini.

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

Step 8: Remove the bay leaves.

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

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

MARINARA SAUCE

From Lidia

INGREDIENTS

¼ cup Extra Virgin Olive Oil

8 Garlic Cloves, peeled and crushed

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

Salt

Pepperoncino, crushed red pepper to taste

10 Fresh Basil Leaves, roughly torn

DIRECTIONS

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

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

Step 3: Carefully add the tomatoes and their liquid.

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

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

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

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

Notes

- When using fresh plum tomatoes, the extra virgin olive oil can be increased to ½ cup for optimal results.
- Makes about 3 ½ cups. Enough to sauce 6 servings of pasta.
- Make this sauce only when the juiciest, most flavorful ripe plum tomatoes are available. Otherwise, canned plum tomatoes make a delicious marinara sauce.

BOLOGNESE MEAT SAUCE

From Foodandwine.com

INGREDIENTS

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

DIRECTIONS

Step 1: Gather all the ingredients.

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

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

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

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

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

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

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

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

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

Yield: 6 Servings

Notes

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

NOTES (Cont'd.)

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

Active Time: 30 Minutes

Total Time: 1 hour 30 Minutes

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

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

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

BASIC TOMATO SAUCE from FRESH TOMATOES

From FoodandWine.com

INGREDIENTS

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

DIRECTIONS

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

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

Yield: 6 Pints

Active Time: 30 Minutes

Total Time: 2 Hours 30 Minutes

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

ALFREDO SAUCE

From Allrecipes.com

INGREDIENTS

- | | |
|--|--|
| ½ cup Butter | 1 Clove Garlic, crushed, finely grated,
or pressed (optional) |
| 1 cup Heavy Cream | A Pinch of Freshly Grated Nutmeg |
| Salt and Pepper to taste | ¼ cup Fresh Parsley, chopped |
| 1 ½ cups Parmesan Cheese, freshly grated
(or you could use ½ Parmesan and ½ Romano) | |
- (Do not use pre-grated cheese as it is coated with a substance that inhibits smooth melting and will ruin the texture of your Alfredo sauce.)

EQUIPMENT

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

DIRECTIONS

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

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

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

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

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

How to Thicken Alfredo Sauce 5 Easy Ways

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

QUICK & EASY ALFREDO SAUCE

From Cook Mode

INGREDIENTS

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

DIRECTIONS

Step 1: Gather all ingredients.

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

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

Step 4: Toss in hot pasta to serve.

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

Prep Time: 5 Minutes

Cook Time: 5 Minutes

Total Time: 10 Minutes

TOMATO SAUCE

From Rebecca Folen's Great Grandmother

INGREDIENTS

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

DIRECTIONS

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

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

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

Step 4: Brown the Ground Beef in olive oil.

Step 5: Add to sauce.

AMATRICIANA SAUCE

From The Clever Carrot

INGREDIENTS

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

DIRECTIONS

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

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

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

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

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

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

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

Prep Time: 5 Minutes

Cook Time: 20 Minutes

Total Time: 25 Minutes

Yield: 4 Servings

Notes

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

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

TOMATO, TOMAHTO

From Foodheim

Emilio's Pomodoro

INGREDIENTS

¾ lb. Dried Spaghetti
3 tablespoons Extra-Virgin Olive Oil, plus more for drizzling
3 ½ cups Baby Sun GOLDS or other Cherry Tomatoes; half left whole left and half sliced in half
1 ½ teaspoons Kosher Salt Fresh Basil Leaves for topping
Fresh Parmigiano-Reggiano Cheese, grated for topping
Flaky Sea Salt

DIRECTIONS

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

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

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

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

JEAN PIERRE'S LOBSTER SAUCE

INGREDIENTS

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

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

DIRECTIONS

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

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

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

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

Step 5: Add flour, stir constantly to thicken.

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

MARINADE

From Edward Kmiec

INGREDIENTS

1/3 cup Vinegar
3 tablespoons Brown Sugar
Garlic

1/3 cup Oil
3 tablespoons Soy Sauce
Pepper

DIRECTIONS

Step 1: Mix and pour over meat.

Step 2: Refrigerate at least 8 hours.

Step 3: Turn once or twice.

TURKEY BRINE

From Barbara DeSantis

INGREDIENTS

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

DIRECTIONS

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

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

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

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

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

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

Prep Time: 5 Minutes

Cook Time: 15 Minutes

Ready in 8 Hours 20 Minutes

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

WHITE WINE SAUCE FOR FISH

From Barbara DeSantis

INGREDIENTS

3 tablespoons Butter	2 Cloves Garlic, minced
2 tablespoons Shallots, minced	1 teaspoon Tarragon
¼ teaspoon Salt	¼ teaspoon Pepper
¼ cup White Wine	Juice of One Lemon
1 tablespoon Parsley, chopped	

DIRECTIONS

Step 1: Melt Butter

Step 2: Add garlic and shallots.

Step 3: Cook 3 minutes.

Step 4: Season with tarragon, salt, pepper.

Step 5: Add wine and lemon juice.

Step 6: Whisk 1 minute.

Step 7: Add parsley.

Step 8: Serve over fish.

WHITE WINE SAUCE

From Barbara DeSantis

INGREDIENTS

2 tablespoons Butter	1½ tablespoons Flour
½ cup Chicken Stock	½ cup Wine
1 tablespoons Onion or Shallots, chopped	Salt

DIRECTIONS

Step 1: In a small pan melt butter.

Step 2: Add onion to fry until golden.

Step 3: Add flour and stir until smooth.

Step 4: Gradually stir in chicken stock and wine.