

191 Secret Italian Family Recipes



JACK LIGUORI

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HISTORY

During the last few decades of the 19th century and the early years of the 20th century many thousands of Italians left their native Italy on a quest for a better life in the new world.

Many, with little more than the clothes on their backs, and perhaps a few meager possessions, managed to scrape together enough money to buy boat passage to America... and with it a ticket to a new life.

Most were poor in material wealth ... but rich in high hopes and enthusiasm ... and all embraced a once in a lifetime sense of adventure!

Several hundred of those Italian immigrants eventually settled in a little Town of about 20,000 called Olean, nestled in what would later be called the '*Enchanted Mountains*' of western NY State about 60 miles south of Buffalo.

As with most of the many varied ethnic groups immigrating to the US in those days they tended to congregate in one area of the places to which they moved. In Olean it was the '*North End*'.

The '*North End*' was divided into two areas, separated by North Union Street, which was an extension of Olean's main thoroughfare.

The area on the west side of North Union Street was where the Italians congregated, and the other section, to the east, was where the Polish immigrants grouped.

My dad's mother and father came over from an area of Italy near Naples, and were part of the hundreds of couples and families that finally came to the end of their long journey in North Olean. And there they raised a typically large Italian family of seven children (*five sons and two daughters*).

My mom's folks came from the Palermo area of Sicily, and ended their long sojourn in the little railroad Town of Salamanca, NY ... about 20 miles west of Olean.

Like most immigrants, the Italians who ended up in Olean tended to continue to live near one and other, where they could be among familiar circumstances, and together with people of the same religion (*mostly Catholic*) and customs ... and most importantly ... who spoke the same language ... and ate the same foods.

Most of the Italians immigrants of those days were simply hard working people, with the same old world values that are usually found in all immigrant groups that come to America.

My grandfather immigrated to the United States in 1906, at the age of 19, with only \$5 in his pockets. He was simply a '*hard working stiff*' who was just trying to make a new life for his wife and children here in America. One that was better than was possible back in the '*old country*'.

I

Everyone on the west side of the *'North End'*, as it was called by the locals, spoke Italian, and of course they all cooked traditional Italian dishes that had been handed down from mother to daughter for generations back in Italy. The range of cuisine was quite varied, and came from all of the many regions and areas of Italy.

When I grew up, during the 40's and 50's, much of the old traditions and many of the original immigrants were still there ... and very active.

There was a couple of small ***'Mom and Pop Italian Stores'*** that handled many of the specialty foods and ingredients that the Italian cooks wanted. I remember one store, ***Roger's Italian Grocery***, on Wayne Street, (*a main thoroughfare that was essentially the south boundary of the 'North end'*) that would have ***Baccalà*** (*Dried and salted cod ... which I never mustered up enough courage to taste*) and big round Romano cheeses and Genoa Salamis hanging in the windows.

There was also ***'The Christopher Columbus Lodge'***, right next to the Fire hall on Union Street, just at the entrance to the *'North End'*. It was a wondrous place to a 10 or 12 year old boy ... where most of the Italian men congregated and hung out.

Many of the Italian men were also excellent cooks and chefs. ***The Christopher Columbus Lodge*** held monthly banquets where various Italian feasts would be prepared and partaken of in the large hall on the upper floor of the Lodge.

Unfortunately for me, being just a kid, those banquets were only for the men of the Lodge ... but, my father, who, for many years, was the chairman of the banquet committee, would often bring home samples of the delicious Italian dishes that were prepared and served by these excellent Italian male chefs.

And once a year the Lodge would have a big *'Clam Bake'* and invite the public (*including kids*) so on those occasions I was able to sample some of that great food for myself. I can still remember the delicious taste of one of my favorites ... chicken giblets cooked in spaghetti sauce and served on fresh Italian rolls ... it makes my mouth water just remembering it.

What fascinating and mystical memories of that place still wander in my mind after all those many years ... and yet they remain just as vivid in my mind's recollection vaults as if they only happened yesterday!

The young ladies of the Italian families of Olean all learned the old Italian culinary arts and skills from their mothers ... which included many varied recipes conveyed across the ocean from all parts of Italy by their mothers ... who had learned them from their mothers ... and who, in turn, had learned from their mothers before them ... for countless generation.

As a result, there was a large concentration of outstanding Italian cooks, all at one time in this one small Town in southwestern New York State.

In those days Olean had so large a collection of really fine Italian restaurants that it rivaled any similar sized City in America for eateries specializing in excellent Italian cuisine.

II

During the 1950's and 60's the Italian ladies of Olean formed an organization called '**Saint Ann's Lodge**' ... kind of like a more genteel and refined female oriented equivalent of the **Christopher Columbus Lodge**, but without an exclusively dedicated building of their own. They were more closely associated with St John's and St. Joseph's churches that were located in the *North End*.

As the 20th century progressed after World War II, with ever growing mobility, more and more young Italian descendants moved away from Olean resulting in families becoming increasingly separated by distance... thus dispersing this concentration of Italian families ... and the recipes for which they were stewards.

Luckily, in the 1970's the ladies of **Saint Ann's Lodge** ... excellent Italian cooks all ... decided to gather up into one volume as many of their exceptional Italian family recipes as possible ... before they were all widely dispersed ... and possibly lost forever.

So, a concentrated effort was made to assemble, compile and print 191 great Italian family recipes (*sometimes one of a kind*) that were collected from 55 of the best cooks in the membership of **Saint Ann's Lodge**(*one of which was my Mom*)and put them all into one booklet ... and then to offer that booklet locally ... using the proceeds to fund ongoing scholarships for worthy students from the area ... while at the same time preserving a large piece of the Italian culinary heritage that had been entrusted to these wonderful ladies for safe keeping.

Thus came into being the original matchless authoritative source from which all of the recipes in this new compilation were taken.

The name of that original booklet, so painstakingly and lovingly created by the Italian ladies of **Saint Ann's Lodge**to forever document and preserve their most precious family recipes:

“La Cucinatura Itaoliana Di Olean”

“Recipes from Italian Kitchens of Olean”

I'm sure that some of the recipes taken from that original booklet that are now contained within the revised and updated work that you are now about to start reading will be readily recognized ... however, there are also many others which are truly **one of a kind 'secrets'**... carefully handed down as '**culinary heirlooms**' by loving mothers in kitchens from all regions of Italy to their daughters ... and their daughter's daughters for hundreds of years.

I hope you enjoy reading ... and perhaps buoyantly preparing ...these recipes as much as I did arranging and re-organizing them into this unique collection of ...

191 SECRET ITALIAN FAMILY RECIPES.

E Buon Appetito!

Jack Liguori ... August 2014





Region ^[note 3]	Capital	Area (km²)	Area (sq mi)	Population
Abruzzo	L'Aquila	10,763	4,156	1,342,177
<i>Aosta Valley</i>	Aosta	3,263	1,260	128,129
Apulia	Bari	19,358	7,474	4,090,577
Basilicata	Potenza	9,995	3,859	587,680
Calabria	Catanzaro	15,080	5,822	2,011,537
Campania	Naples	13,590	5,247	5,833,131
Emilia- Romagna	Bologna	22,446	8,666	4,429,766
<i>Friuli-Venezia Giulia</i>	Trieste	7,858	3,034	1,235,761
Lazio	Rome	17,236	6,655	5,724,365
Liguria	Genoa	5,422	2,093	1,616,993
Lombardy	Milan	23,844	9,206	9,909,348
Marche	Ancona	9,366	3,616	1,564,886
Molise	Campobasso	4,438	1,713	319,834
Piedmont	Turin	25,402	9,808	4,456,532
<i>Sardinia</i>	Cagliari	24,090	9,301	1,675,286
<i>Sicily</i>	Palermo	25,711	9,927	5,050,486
Tuscany	Florence	22,993	8,878	3,749,074
<i>Trentino-Alto Adige/Südtirol</i>	Trento	13,607	5,254	1,036,639
Umbria	Perugia	8,456	3,265	906,675
Veneto	Venice	18,399	7,104	4,936,197

V

Contributing Cooks & Chefs with Recipe #'s

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#1- ANTIPASTO

Appetizers

Antipasto is the appetizer for an Italian meal. A good antipasto, therefore, should be a combination of tidbits which will successfully whet the appetite for the coming meal. Whatever you choose to serve should be arranged on a large platter so that the antipasto is as much of a delight to the eye as it is to the taste. Use your ingenuity in preparing the most attractive display of some or all of the listed foods to stimulate the appetite. Serve cold foods crispy cold and hot foods piping hot.

E buon appetito!

Arrange on a platter on a bed of lettuce, prosciutto and/or Italian salami, anchovies or tuna or sardines, celery hearts, green and black Italian olives, radishes, artichoke hearts marinated in oil, roasted peppers or peppers in vinegar, broad beans, tomato wedges, hard-cooked eggs, pickled beets. Serve with olive oil and red wine vinegar...
Or varieties of the following:

- Carciofini (*artichoke hearts*), marinated in oil with a dash of onion salt, garlic salt and oregano
- Stuffed eggs, use a small amount of mustard in filling
- Filette di acciughe (*rolled anchovy fillets*)
- Carrot strips
- Celery strips
- Prosciutto, thin slices or strips; or wrap pieces of prosciutto around small wedges of peeled, chilled melon, either cantaloupe or honeydew
- Finocchio (*fennel hearts*)
- Cold sautéed mushrooms in red wine
- Pimentos
- Tomato wedges
- Shrimp
- Mussels
- Fried zucchini chips in vinegar
- Roasted pimento with capers
- Capocollo
- Mozzarella cheese
- Provolone cheese
- Salami, thin slices
- Lupine, (*yellow flat beans*) now come in jars and cans. Their delightful flavor and color add sparkle to any antipasto arrangement.

#2 - BAGNA CUDA “Hot Sauce”

This sauce may be used as a hot dip with raw vegetables, such as celery, carrots, endive, green peppers, cabbage hearts, or poured over any cooked vegetable.

- ¼ cup butter
- 4 cloves of garlic, sliced thin

Simmer the above about 10 min. Then add

- 10 minced Anchovies
- ½ cup olive oil

Cook about 10 min. all together until it boils.

Then pour into a chaffing dish. ***Important to keep the sauce hot at all times.***

Serves 4 or more.

Some gourmets prefer cream instead of oil. If cream is used, heat cream, remove garlic and add scalded cream to butter and anchovy.

Again... ***keep hot.***

*Submitted by **Rose Nicol ...***

”This sauce is traditionally used on Christmas Eve”.

“This is an old family recipe that was originally handed down by my grandmother from the town of Asti Piemonte in Italy.”

Asti is located in the Piedmont region of northwestern Italy, about 55 kilometers east of Turin in the plain of the Tanaro River and about 100 kilometers north of Genoa, on the Ligurian Sea ... the home of Christopher Columbus

#3 - PESTO ALLA GENOVESE *Green Herb Sauce*

- 3 small cloves garlic
- 1 cup fresh basil leaves
- 1/4 cup parsley
- 1/3 cup olive oil
- 1 tbl. melted butter
- salt and pepper to taste
- 2 walnut halves
- 5 mint leaves

Put in blender (*or mash together with mortar and pestle*) first 6 ingredients.

Blend smooth.

Blend in walnuts and mint leaves.

Serve on spaghetti.

Top with Parmesan cheese.

Submitted by Camilla Pettenate

#4 - AGLIO OLIO ***Garlic Oil Sauce***

- 1 1/2 cups olive oil
- 2 cloves of garlic
- Parmesan cheese
- Parsley
- Red ground pepper

Heat 1 1/2 cups olive oil and 2 cloves of garlic, thinly sliced.

Cook until golden (discard garlics desired).

Serve on Fettuccini or any fine pasta.

Add Parmesan cheese, parsley and/or red ground pepper to taste.

Serves 4 to 6.

Submitted by Mrs. Joseph R. Quinta

#5 - BAGNA CAUDA *Anchovy Sauce*

- 1/2 cup olive oil
- 1/2" cup butter
- 8 cloves garlic (*sliced thinly*)
- 1 sliced truffle (*Tartufi*)
- 2 -2 oz. cans flat anchovies (*undrained*)
- 3 tbsp. chopped parsley

Heat oil and butter and add garlic.

Reserve 5 anchovies for garnishing and add remainder to oil along with truffle.

Cook, stirring until garlic is lightly browned and anchovies have disintegrated.

Yields 1 and 1/3 cups.

Serve over vegetables or boiled meats

Submitted by Mrs. Josephine Rossi

#6 - ISALTA NISTA *Mixed Salad*

- 1 clove garlic
- Celery(*shredded*)
- Lettuce
- tomatoes (*cut into small wedges*)
- cucumber(*sliced and peeled or not according to your preference*)
- green pepper(*slivered*)
- Olive oil
- Red wine vinegar
- Salt and pepper

Rub salad bowl with garlic.

Add shredded celery, lettuce, tomatoes in small wedges, sliced cucumber, and slivered green pepper.

Dresswith olive oil, red wine vinegar.

Salt and pepper to taste.

Mix well ... and serve chilled.

#7 - INSALATA ALLA RUSSA

Vegetables with Mayonnaises Dressing

- 1 cup fresh peas
- 1 cup carrots
- 1 cup green beans
- 1 cup potatoes(*cooked al dente [rare] and cut into ½ to ¾ “ cubes*)
- 3 scallions(*sliced*)
- Olive oil
- Lemon juice
- Mayonnaise
- Cayenne
- Tarragon (*finely cut*)
- Salt and pepper
- 1 Egg (*hard cooked and sieved*)
- Capers
- Anchovies

Mix together fresh peas, carrotsgreen beans, potatoes, sliced scallions.

Season with olive oil and lemon juice to moisten.

Refrigerate 2 hours.

Drain off any liquid.

Addsalt and pepper to taste.

Turn onto platter into mound.

Top with mayonnaise seasoned with cayenne andflavored with finely cut tarragon.

Top with sieved hard-cooked egg, capers, and anchovies.

#8 - TRIPPA PER INSALADA *Tripe for Salad*

- 1 package Tripe
- celery (cut into chunks)chunks
- black olives
- olive oil
- vinegar
- salt
- oregano
- Leaf Lettuce

Cooked tripe can be purchased in grocery stores.

Cook again until tender.

Drain and mix withcelery chunks, black olives, olive oil, vinegar.

Add salt and oregano to taste.

Let stand at room temperaturetomarinate for 1 hr.

Serve on lettuce leaf.

*"Ogni cosa serve a qualche cosa."
"Everything is good for something."
(... even Tripe :)*

#9 - INSALATA DI POMODORI ALLA SILCILIANA *Sicilian Tomato Salad*

- Tomatoes
- Red wine vinegar (*or lemon juice*)
- Parsley
- Salt & pepper
- Tarragon
- Oregano
- Basil
- Olive oil

Slice red-ripe, chilled tomatoes onto platter;

Sprinkle well with olive oil, red wine vinegar or lemon juice;

Season with salt and pepper to taste.

Sprinkle top with finely cut fresh tarragon and oregano and/or basil (*or you may use dried herbs*).

Let stand few minutes before serving.

Top with a little cut parsley.

Submitted by Mrs. Thomas (Gertrude) Liguori

Trivia about the Island of Sicily . . .

- *For centuries Sicilian cookery was influenced by the ancient Greeks and Arabs*
- *Meat is only for the wealthy in Sicily.*
- *Despite their poverty the Sicilians have more sweet desserts than any of the other provinces.*
- *A Sicilian named Theorian, introduced ice cream in Sicily many centuries ago.*

#10 - INSALATA RADICCHIELLA *Dandelion Salad*

- Bacon (cut strips into large dices)
- Dandelion (*or rucola*) leaves
- Small white onions(*sliced*)
- Salt & pepper
- Egg(*hard cooked*)

Cook bacon strips until crisp(*retain fat*).

Toss bacon pieces and fat with dandelion (*or rucola*) leaves and white onion slices.

Salt and pepper to taste.

Add sliced hard-cooked egg.

Serve immediately (*while bacon fat is still warm*)with main course.

Submitted by Mrs. Thomas (Gertrude) Liguori

#11 - INSALATA CAPRICCIOSA *Whim-of-the-chef Salad*

- Tuna fish
- Tomato(*cut into small pieces*)
- Celery(*sliced*)
- Italian black olives in oil
- Oregano
- Lemon juice
- Romaine lettuce (*broken into salad pieces*)

Put into salad bowl equal parts tuna, tomato(*cut into small pieces*), sliced celery, Italian black olives in oil;

Sprinkle with oregano.

Add equal parts olive oil and lemon juice.

Mix well.

Add romaine, broken into salad pieces, to equal amount vegetable-fish mixture.

Toss and serve chilled.

#12 - VERDURE CON OLIO D'OLIVA *Vegetables in Olive Oil*

- Fennel(*slivered*)
- Green peppers (*seeded and cut into small pieces*)
- Radishes(*sliced*)
- Cut parsley
- Olive oil
- Lemon juice
- Garlic (*finely minced*)
- Salt & pepper

Put into salad bowl 1 part fennel and 2 parts each of green peppers, tomatoes, sliced radishes

Add a handful cut parsley.

Olive oil to moisten well.

Add a squeeze of lemon juice and a little finely minced garlic

Salt and pepper to taste.

Mix well;

Let stand 5 minutes before serving.

#13 - INSALATA DI POTATE *Italian Potato Salad*

- 6 potatoes, boiled with skins on
- 4 hardboiled eggs(*chopped*)
- 2 fresh tomatoes(*sliced*)
- 1 cucumber(*chopped*)
- 1 center stalk of celery(*chopped*)
- 1 fresh scallion(*chopped*)
- 1 clove garlic(*crushed*)
- 1 cup olive oil
- 1/8 tsp. oregano
- salt and pepper
- Vinegar (*optional*)

Peel and chop potatoes into bite size pieces in a large bowl.

Add chopped eggs, celery, cucumber, scallion and crushed garlic.

Pour olive oil over the vegetables

Add oregano, salt and pepper (*to taste*)and mix.

Add sliced tomatoes last, tossing gently.

A dash of vinegar may be added if desired.

Submitted by Sue Roseti

#14 - INSALATA ORTOLANA *Vegetable Salad*

- 1 can sliced beets (*drained*)
- 1 can green beans (*drained*)
- 1 can black olives(*drained*)
- 1 cup oil
- 1 cup vinegar
- 3 tbsp. Sugar
- 2 tbsp. Salt
- 1 clove garlic
- Salt and pepper
- Lettuce

Mix oil, vinegar, sugar, salt and garlic.

Pour over vegetables in large bowl.

Let stand at least a few hours (*preferably overnight*) in refrigerator.

Remove vegetables and serve on lettuce bed.

Salt and peppertaste.

Submitted by Mickey Dante

#15 - INSALATA DI FAGIOLI *Garden Salad*

- 1 lb. green string beans (*cooked or canned*)
- 1 lb. yellow string beans (*cooked or canned*)
- 1 lb. can ceci beans
- 1 lb. can string beets
- 1 lb. can sliced carrots
- 1 lb. can black pitted olives
- 1 large jar green pimento olives
- 2 small jars pimentos
- 1 qt. jar pickled green and red peppers
- Wine vinegar
- Salt & pepper

Drain and mix all ingredients in a large bowl.

Add wine vinegar and oil to moisten well.

Salt and pepper to taste.

Let marinate in refrigerator for a while (preferably overnight).

Serves 10 to 12.

Submitted by Mrs. Claudia Amato

#16 - STRACCIATELLA ALLA ROMANA ***Roman Broth with Egg Drops***

- 2 ½ lbs. veal knuckle
- 1 lb. short ribs or beef or chuck
- 1 celery stalk with leaves (*diced*)
- 1/2 cup onion (*chopped*)
- 4 eggs
- 2 1/2 tbsp. grated cheese
- 1 tbl. parsley (*chopped*)
- Salt and pepper

In large pot, place meat in 3 qts. of cold water, cover and bring to a boil.

Skim surface and add celery, onion salt and pepper (*to taste*).

Cover and, cook slowly, until meat is tender.

Skim occasional.

Strain 7 cups of broth into a sauce pan.

Beat eggs, cheese and parsley very well.

Bring broth to a boil and pour egg mixture in, stirring constantly until eggs are cooked.

Serve hot.

Serves 6.

Meat may later be used for sandwiches or salads.

#17 - ZUPPA D' CAVOLO *Cabbage Soup*

- 6 tbsp. Olive oil
- 1 med. onion (*chopped*)
- 1/2 head cabbage (*cut coarsely*)
- 4 small potatoes (*diced and parboiled - save water*)
- 1/2 cup canned tomatoes
- 1/2 cup ditalini macaroni (*cooked al dente*)
- 1 tsp. parsley
- 1 tsp. basil
- Salt & pepper

Brown the onions in olive oil.

Add parsley, basil, salt and pepper (*to taste*).

Add cabbage and steam with 1/2 cup of water.

After cabbage is half done, add tomatoes and simmer.

Heat the macaroni with the potatoes for a few minutes.

Then drain the potato water into the cabbage and cook a few minutes.

Add the potatoes and macaroni.

Simmer 5 min. and serve hot.

Submitted by Mrs. Lucy Capito

#18 - ZUPPA DI POLLO *Chicken Soup*

- 1 -4 lb. chicken
- 2 or 3 stalks celery(*diced*)
- 2 or 3 carrots (*diced*)
- 1 cup cooked endive
- 10 or 12 tiny meat balls
- 1/2 cup pastina
- Salt and pepper

Wash and cut chicken into 4 pieces.

Put in large pot with enough water to cover and boil.

Skim thoroughly.

Add salt and pepper to taste

Add celery and carrots and cook for 2 hours.

Add tiny meatballs and cook for 1 hour more.

Remove chicken if done.

Shred chicken and add to soup.

Add cooked endive and pastina.

Cook for 10 to 15 minutes more.

Serves 8.

#19 - STRACCIATELLA *Egg Drop Soup*

- 1 egg
- 1 tbsp. of grated Romano cheese
- One small can chicken broth
- Croutons

Beat one egg with 1 tbsp. of grated Romano cheese.

Dribble in clear boiling chicken broth until set.

Serve with croutons.

“Simple ... but delicious!”

Submitted by Jo Marra

"Dallo mano all bocca si perde la zuppa."

‘Between the hand and the mouth the soup is split.’

#20 - PIZZA

Pizza Dough & toppings

- +1 pkg. active yeast
- 1 cup warm water
- 1 tbsp. sugar
- 1 tbsp. salt
- 2 tbsp. olive oil
- 3 cups flour

Crumble yeast into warm water and stir until dissolved.

Stir in sugar, salt and olive oil.

Add 2 cups flour and mix well.

Add remaining flour and knead until smooth and elastic.

Place in a greased bowl, brush top lightly with oil and cover.

Let rise until double in bulk.

Punchdown and divide in half.

Form balls and roll out to fit 2 -12" pans.

Place on pan with edges thicker than center to prevent spilling.

Brush with olive oil and top with following toppings:

- 1/2 cup grated cheese
- 3/4 lb. thinly sliced Mozzarella cheese
- 2 cups diced tomatoes or sauce
- 1/2 tsp. oregano
- 2 tbsp. Olive oil
- 1 clove garlic, minced (*optional*)

Mix tomatoes, oregano, garlic and salt (to taste) in bowl.

Spread on pizza.

Arrange slices of Mozzarella on top. Sprinkle with grated cheese and oil.

Bake in oven at 450° for 25 to 30 minutes ... or until crust is golden brown.

Additional toppings may vary according to the individual taste.

Variations:

- Sliced pepperoni
- Anchovies
- Slices of Italian sausage
- Mushrooms
- Sliced onion
- Green peppers
- Black Olives

Commercially prepared pizza shells, or pre-packaged pizza dough, as well as commercially prepared tomato sauce may be instead of making them from scratch.

“Pizza is to the Southern Italian what fish 'n' chips are to the English or hot dogs are to the Americans”

#21 - PANE ALL' AGLIO ***Garlic Bread***

- 1/4 cup garlic oil
- 1/2 cup Parmesan cheese grated
- 1 loaf Italian bread

Cut loaf into thick slices about 2/3's of the way through.

Spread generously with garlic oil and sprinkle with cheese.

Top with dashes of paprika.

Cover loaf with aluminum foil and bake in slow oven at 325° for about 20 min.

Serve hot.

#22 - PANE ALLA CIPOLLA *Onion Bread*

- 2 cups onion (coarsely chopped)
- 2 cups flour
- 3 tsps. baking powder
- 3 egg yolks
- 1/4 cup olive oil
- ¼ cup shortening
- ¾ cup cold milk
- 1 cup thin sour cream
- salt and pepper to taste

Sift flour with baking powder and salt.

Sift again and cut in shortening as you would for baking powder biscuits.

Then stir in milk to make a soft dough.

Turn dough on lightly floured board and knead.

Rollout to 1/2" thickness.

Fry onions in oil until soft, while seasoning and stirring constantly.

Turn mixture onto shallow pan.

Place dough over onions.

Beat together sour cream, egg yolks and seasoning.

Spread over dough.

Bake in hot oven at 450° for 12 to 15 minutes.

Cut into squares to serve.

Serves 15.

“Non mordere se non sai se e` pietra o pane.”

“Don’t bite ‘till you know whether it is a stone or bread”

#23 - PANE ITALIANO

Italian Bread

- 1 cake compressed yeast or 1 pkg. active dry yeast
- 2 ½ cups water (*lukewarm for compressed yeast or warm for dry yeast*)
- 1 tbsp. shortening (*not margarine*)
- 7 to 8 cups flour, un-sifted
- 1 tbsp. Salt
- Sesame seeds

Soften yeast in ¼ cup water.

Measure flour into a large bowl, minus 1 cup.

Add salt and mix with flour.

Make a well in the flour, pour in the yeast and remaining water, a little at a time.

Mix until all flour is dampened. (Dough will be sticky)

Begin kneading, leaving dough in mixing bowl and adding the remaining flour, a little at a time.

Knead until dough comes away from sides leaving them clean.

This will take 5 to 8 min.

If at the end of this time dough still doesn't pull free, ¼ to ½ cup more flour may be kneaded in.

Let dough rest for at least 5 min.

Lift dough and grease bowl with the shortening.

Continue kneading 10 to 15 min. more.

Dough should be very elastic.

Grease bowl again and turn dough to grease entire surface.

Cover and let rise in warm place free from drafts until double (about 1 to 1 ½ hrs.)

Punch down and let rise again until double (at least 1 hr.)

Using a sharp knife divide dough into 3 equal parts and let rest a few minutes.

Grease 3 loaf pans.

Shape loaf using a folding under motion as you mix in ½ to 1 teaspoon of the seeds.

Be careful not to press all of the air out of the dough.

The shaped loaf should about half fill the loaf pan.

Roll shaped loaf in the sesame seeds.

Place folded side down in the loaf pan.

Slash top twice with a sharp knife.

Let rise in a warm place until double (about 1 to 1 ½ hours).

Bake at 375° for 40 to 45 minutes.

Turn out of pans and cool on a wire rack.

Submitted by Josephine Zinnomasco

#24 - PANE ITALIANO

Italian Bread

- 10 lbs. flour
- ¼ lb. butter or oleo(*melted*)
- 2 cups milk (*scalded*)
- ¼ cup salt
- 1/3 cup sugar
- 2 pkg. dry yeast dissolved in ½ cup luke warm water
- 8 ½ cups luke warm water

In a large pan, mix flour, salt and sugar.

Make a well and put melted butter with scalded milk.

Add dissolved yeast and water.

Mix all well and knead for 10 minutes for a smooth elastic dough.

Grease sides of pan with butter or oleo..

Place dough in pan, cover and keep in a warm place.

Let rise 1 ½ hour.

Knead dough down again and let rise another 1 ½ hours.

Grease bread pans.

Shape loaves, kneading well to get air holes out.

Put in pans, cover and let rise 1 hour more.

Bake at 350° for 45 minutes.

The bread will shrink from sides or make a hollow sound when patted.

This recipe will make 5 loaves, 2 dozen hamburger rolls and 1 large pizza (11 x 15").

An additional delightful treat for the whole family can be made with some of this dough ... just follow the directions below.

Submitted by **Ida Beluees**

#25 - PANE FRITTO

Fried Bread

Shape dough into the form of a small pizza ... or a hot dog roll (*flattened on the top and bottom*) and fry in hot olive oil until golden on either side. Then brush on some melted butter, sprinkle with sugar and/or cinnamon ... and **serve hot**.

Delicious!

#26 - PASTICCIO DI POLENTA *Cornmeal Bread with Mushrooms*

- 1 qt. water
- 1 ¼ tsp. salt
- 1 cup corn meal
- 2 tbsp. bread crumbs
- 3 tbsp. butter
- 1 ½ cup sliced mushroom caps
- 9 tbsp. cream
- Parmesan, cheese

In top of a double boiler, bring 1 qt. of water to a boil.

Add salt and gradually trickle corn meal in the boiling water, stirring constantly, until it thickens.

Cover and cook for 2 hours.

Pour into a loaf pan and chill overnight.

Turn out polenta loaf and slice lengthwise into 3 pieces.

Butter a baking dish and sprinkle with bread crumbs.

Place the first layer in the baking dish.

Dot with butter and cover with ½ cup of mushrooms and 3 tbsp. of cream.

Sprinkle with cheese.

Repeat the same process with the other 2 pieces.

Bake at 350° for 1 ½ hours.

May also be served with spaghetti sauce poured over it.

Submitted by Christine Sinicropi

"La nobilita` e` una povera vivanda in tavola"

"High birth is a poor dish on the table."

#27 - POLENTA *Corn Meal Mush*

- 2 qts. water
- 3 cups corn meal (*dissolved in 1 pt. cold water*)
- 1 tbsp. salt

Bring water to a boil.

Add salt, then pour in dissolved corn meal.

Keep stirring with a wooden spoon, until thick (*about 15 minutes*)

Serve with your favorite spaghetti sauce.

Especially good with sauce made with sausage;

Or it can be served with butter and cheese and eggs.

Polenta can also be cooled, sliced and then fried and served with syrup.

Submitted by **Rose Nicol**

#28 - PANE DI GRANTURCO *Corn Bread*

- 2 eggs, slightly beaten
- 1 ¼ cups milk
- ¼ cup melted shortening
- 1 ½ cups yellow corn meal
- ¾ cup sifted flour
- 1 tsp. salt
- 2 tbsp. Sugar
- 2 ½ tsps. baking powder

Beat eggs and add milk and shortening.

Sift remaining ingredients together.

Add to egg mixture and beat well.

Pour into greased shallow pan.

Bake in hot oven 400° until it shrinks from the sides of the pan (about 20 to 25 minutes).

Submitted by *Mary Attolini Loper*

#29 - POLENTA *Corn Meal Mush*

- 2 qts. water
- 2 qts yellow corn meal
- 1 tbsp.Salt

Soft Polenta:

Place water and salt in heavy copper kettle or saucepan.

Bring to boil and gradually add corn meal, stirring constantly with a wooden stick or spoon to prevent lumping.

Cook over a medium flame, stirring constantly for about 30 minutes, or until it is the consistency of mashed potatoes.

Thick Polenta:

Cook the cornmeal 25 minutes more, or until it forms a crust on bottom and sides of the kettle.

Variations for serving Polenta:

1. Slice polenta with a wet knife. Place thin layers in a buttered baking dish, cover with desired gravy or sauce and sprinkle with cheese.
Repeat process till ingredients are used up.
Bake in hot oven about 10 minutes.
2. For fried Polenta, cut polenta into small cubes, fry in butter until crisp.
3. Arrange slices of Polenta on serving platter.
Top with fried pork chops.
4. May be served warm with sugar and milk.

Submitted by Mrs. Teresa C. Anesi

“Polenta and rice are to the north of Italy what macaroni and spaghetti are to the south.”

#30 - PANOCHIA *Italian Sweet Bread*

- 3 large eggs
- 1 ¼ cups sugar
- 1 t s p. salt
- 1 cup melted shortening
- 5 tsps. vanilla
- ½ tsp. anise oil
- 1 cup milk
- 5 to 6 cups flour
- 5 tsps. baking powder
- 1 cup raisins
- 1 cup chopped nuts
- 1 cup drained pineapple (*save juice*)
- 1 cup maraschino cherries(*chopped*)

Break eggs in large bowl.

Add salt, sugar, shortening, vanilla, anise oil and milk.

Beat well with hand beater.

Add raisins, nuts, pineapple and cherries (*if you don't like some of the last 4 ingredients, just add what you wish*).

Use pineapple juice, adding to milk to make the 1 cup.

Mix all slowly, adding the flour and baking powder.

Mix well.

On large bread board, put a little oil.

Place bread mixture on oiled board.

Mold with your oiled hands.

Shape dough on well-oiled cookie sheet like a long log.

Makes 2 logs ... or 1 large oval shape.

Glaze of beaten egg yolk may be put on top of bread.

Sprinkle with colored small candy.

Bake at 350° for 35 to 40 minutes.

Submitted by Louise Crosetti

*“O sassi o pani, bisogna aver qualcosa in man pei cani.”
“Stones or bread, one must have something in hand for the dogs.”*

#31 - PANE ALL ANICE *Anise Bread*

- 1 cup sugar
- 3 eggs
- 1 yolk
- ¼ cup butter
- 2 ½ cups flour(*sifted*)
- 1 ½ tsp. anise extract
- ¼ tsp. anise seed (*minced*)
- 2 tsps. baking powder

Cream whole eggs, yolk, sugar and butter all together.

Sift in flour, blending well.

Add anise seed, extract, & baking powder and blend.

Bake In a buttered 8 x 12" baking dish at 350° for 20 minutes, or until bread is dry in center.

Turn bread on rack and cool.

Remove from pan.

Cut in half lengthwise, and then slice crosswise into ¾" slices.

Arrange slices on cookie sheet and place in oven at 450° for ***not more than 2 or 3 minutes*** or until lightly toasted.

Makes about 22 dozen.

Submitted by Bessie Rossi

“Il pani degli altri ha sette croste.”

“Others’ bread has seven crusts.”

#32 - PAN DI SPOSALIZIO *Wedding Bread*

- 12 eggs(*separated*)
- 10 drops anise oil
- 3/4 cup confectioners' sugar
- 3/4 cup sifted flour
- 1 tbsp. anise seed (*whole or crushed*)

All ingredients must be at room temperature.

Beat egg yolks one at a time until thick and lemon colored.

Add anise oil and gradually blend in powdered sugar.

Combine flour and anise seeds and beat gradually into egg yolks.

Beat egg whites until foamy, and then fold into yolks.

Grease 3 -6 x 8" loaf pans.

Pour about 2" of batter into each pan.

Sprinkle tops with confectioners' sugar.

Bake in moderate oven 350° for 25 to 30 minutes until delicately brown.

Cool and slice crosswise into 1" slices.

If desired, the slices may be toasted on a greased cookiesheet in a slow oven for 10 min.

These cookies are excellent with coffee or wine.

It is customary to serve them at wedding breakfasts.

Makes 2 dozen.

Submitted by Bessie Rossi

#33 - PANE DI PASQUA Easter Bread

- 10 lbs. flour
- 2 cups dry milk
- 1 ½ cups sugar
- 1 large 2 oz. yeast cake
- 1 cup lukewarm water
- ¼ cup salt
- 3 rounded tbsp. shortening
- 1 ½ dozen eggs
- 1 lb. raisins (*softened in hot water and drained*)
- 2 q t s, water

Sift dry ingredients together into large bowl.

Heat 2 qts. water and melt shortening in it.

In meantime, dissolve yeast in cup of lukewarm water.

Make well in flour, put yeast mixture and 2 qts. water which should still be warm.

Then add egg yolks (reserving five yolks to spread on dough), and add raisins.

Mix all together and knead. (*You must judge the amount of liquid for yourself.*)

The dough should be on the soft side, but not sticky.

Leave a little water and shortening in pan that was heated, then dip hands in it and knead dough. (*This added moisture makes the dough nice and smooth.*)

Grease bowl, cover, and allow dough to rise in a warm place for about 1 ½ hours.

Punch down and let rise again for about another 1 ½ hours (*about 3 hours total*).

At end of 3 hours, shape dough, pinching off amount for braids& twine together.

Wash and drain eggs, wipe dry, and place in braids deep enough to hold. (*Little pieces of dough may be put across eggs to hold in place.*)

Let rise 1 hour, then brush with gently beaten egg yolks.

Bake at 375° for 15 minutes.

Reduce heat to 300° and bake final 45 minutes.

Remaining breads are baked at 300° the entire time.

Each batch is baked 1 hour.

This dough may be shaped in any manner desired: i.e. baskets, bunnies, turtles, etc.

Submitted by Jo Marra

#34 - UOVA ALLA FLORENTINA *Eggs Florentine*

- 1 lb. cooked spinach
- 1 tbsp. cream
- 3 tbsp. grated cheese
- 4 tsps. anchovy paste
- salt and pepper (*to taste*)

Combine cream, salt and pepper with chopped, spinach.

Place in a shallow pan.

Make 4 depressions in spinach.

Break 1 egg in each depression.

Sprinkle with cheese and anchovy paste.

Bake until eggs are set.

Submitted by Jo Ann Manna

#35 - FRITTATA *Omelets*

- 6 eggs
- 2 tsps. grated cheese
- 4 tsps. butter (*melted*)
- salt and pepper (*to taste*)

Beat eggs.

Add grated cheese, salt and pepper and melted butter.

Pour into a well-greased skillet.

Cook over low heat until bottom begins to brown.

Fold over and ***serve immediately.***

“E meglio aver oggi un uovo che domani una gallina.”

"Better have an egg today than a hen tomorrow."

#36 - UOVA, PEPE, E FUNGHI *Eggs, Peppers, and Mushrooms*

- 6 eggs
- 4 peppers(*sliced*)
- 1/4 cup olive oil
- 1 onion (*sliced or chopped ... your choice*)
- 1 can of mushroom pieces
- 1- 8 oz. can tomato sauce (*optional*)
- salt and pepper to taste

Sauté onion in oil.

Add peppers and brown.

Add tomato sauce, mushrooms, salt and pepper and simmer for 20 min.

Beat eggs.

Stir beaten eggs into sauce quickly.

Cook until eggs are set.

Serve at once.

Central Italy – encompasses 5 of Italy's 20 different Regions: *Lazio, Tuscany, Umbria, Marches, and Abruzzo ...* each of which have several '*provinces*' within them

Here we find the famous Florentine cooking, Pisa with its leaning tower and Assisi, the home of St. Francis, and of course all of the wonders of the ancient city of Rome.

Rome is also famous for its fried foods as well as STRACCIATELLA (egg-drop soup).

In addition this region gave us the puffy doughnut or ZEPPOLE.

#37 - CARCIOFI RIPIENI *Stuffed Artichokes*

- 4 large artichokes (*parboiled 20 min. and drained*)
- ½ cup Roman cheese (*grated*)
- 1 cup breadcrumbs
- 1 tsp. parsley (*chopped*)
- 1½ lb. butter or margarine
- 1 cup water
- salt and pepper to taste

Discard stems and outer leaves of artichokes.

Trim tips of remaining leaves by cutting across the top of the artichoke.

Open leaves of artichoke by pounding it on top.

Make a filling of breadcrumbs, cheese, parsley, salt and pepper.

Cut ¼ lb. butter into breadcrumbs until crumbly as for pie dough.

Stuff between the leaves of artichokes pressing mixture in with butt of the palm of your hand

Place artichokes in a roasting pan.

Put a pat of butter on top of each artichoke.

Pour ½ cup of water directly on artichokes ... and remaining ½ cup into pan.

Cover and bake at 350° for 1 hour (*adding more water if necessary*).

Submitted by Maria Felecia Nash

#38 - CARCIOFI ALLA GIUDA *Fried Artichoke*

- 8 artichoke hearts
- 2 eggs
- olive oil
- 1 tsp. oregano
- 1 cup bread crumbs
- 1 tbsp. chopped parsley
- salt and pepper to taste

Season artichoke hearts.

Beat eggs.

Combine parsley with bread crumbs.

Dip artichoke hearts in egg ... then into crumbs.

Fry artichokes in 1 inch of hot oil until brown.

Drain on absorbent paper.

*“This delicacy is a Specialty of Lazio ... a region in central Italy
near Rome.”*

#39 - FRITELLE *Pumpkin Flower Fritters*

- 20 or more pumpkin or zucchini flowers
- 1 cup flour
- 1 egg (*beaten*)
- 2 tbsp. grated cheese
- Olive oil
- salt and pepper to taste

Clean flowers and wash thoroughly.

Parboil flowers until tender.

Drain flowers, reserving enough water to keep moist.

Add beaten egg, cheese, and salt & pepper, mixing to form a pancake type batter.

Heat olive oil and drop by tablespoonful's 2" apart.

Fry (*as you would pancakes*) until golden brown on both sides.

Serve hot or cold.

#40 - FUNGHI RIPIENI Stuffed Mushrooms

- 1 lb. large mushrooms
- pinch of oregano
- ¼ tsp. basil (*minced*)
- ¼ tsp. parsley (*minced*)
- 1 clove garlic (*minced*)
- ½ cup bread crumbs
- 1 onion (*finely minced*)
- salt and pepper to taste
- ¼ cup olive oil

Clean and wash mushrooms.

Cut stemsoff.

Chop stems and mix them with bread crumbs, herbs, garlic, onion, and salt & pepper.

Butter the bottom of a shallow pan.

Stuff tops of mushrooms

Place stuffed mushrooms on the baking pan.

Pour oil over all and bake at 350° for 25 min.

Submitted by *Mrs. Claudia Amato*

#41 - ZUCCHINI FRITTO *Fried Zucchini*

- 2 med. zucchini (*washed and sliced thin*)
- 1 cup bread crumbs
- parsley (*chopped*)
- basil leaf (*crumbled*)
- ¼ cup grated cheese
- salt and pepper to taste
- olive oil

Salt sliced zucchini and let stand in colander for 1 hour to drain excess water.

Press gently.

Mix bread crumbs, parsley, basil leaf, cheese and salt and pepper.

Fry zucchini slices in oil.

Arrange fried zucchini slices in a baking dish in layers.

Sprinkle crumb mixture between layers as you go along.

Continue until all is used up.

Let set for ½ hour.

May be served hot or cold.

Serves 4.

Submitted by Marietta Malara

#42 - ZUCCHINI AL FORNO

Baked Zucchini

- 2 med. zucchini (*washed and sliced thin*)
- ¼ cup olive oil
- 1 clove garlic (*chopped or sliced thin, your choice*)
- 1 qt. canned tomatoes
- ¼ cup grated cheese
- 1tbsp. Basil(*minced*)
- 1tbsp. parsley(*minced*)
- 2 cups bread crumbs

Place sliced zucchini in a colander and let stand to drain while preparing sauce.

Sauté garlic in oil.

Discard garlic.

Add tomatoes, parsley, basil, and salt & pepper.

Let stew down to half.

Put zucchini in baking dish in layers.

Mix cheese and bread crumbs and sauce together.

Add mixed cheese and bread crumbs and sauce sparingly on each layer until all of the slices are finished.

End with remaining sauce and cheese over the top.

Bake at 350° for 1 ½ hour , or until done.

Submitted by Marietta Malara

#43 - ZUCCHINI AL FORNO

Baked Zucchini

- 3 med. zucchini (*washed and sliced thin*)
- ½ cup olive oil or butter
- ½ cup chopped celery
- ½ cup chopped onion
- ½ cup grated Romano cheese
- salt and pepper to taste
- 1 -8 oz. can tomatoes
- ½ cup water
- 1 tsp. minced parsley
- 1 tsp. basil
- ¼ tsp. allspice

Place sliced zucchini in a colander and let stand to drain.

DO NOT SALT.

Brown the onion and celery in ½ cup of oil.

Add tomato and ½ cup of water.

Add parsley, basil, allspice, and salt & pepper to taste.

Simmer for ¾ hour.

Start layering the zucchini in a buttered casserole.

Pour a little sauce over the first layer of zucchini... and then sprinkle with grated cheese.

Continue zucchini layers - repeating poured sauce and sprinkled cheese.

When all slices are finished, pour the remaining sauce and cheese over the top.

Bake at 350° for 1 hour, or until fork goes through zucchini easily.

Submitted by Delia E. Belvees

#44 - ZUCCHINI CON OVO *Zucchini and Eggs*

- 1 med. zucchini (*washed and diced*)
- 2 eggs
- 3 tbsp. olive oil
- 1 tsp. basil (*minced*)
- 1 tsp. parsley (*minced*)
- 1 rounded tbsp. grated cheese
- salt and pepper to taste

Fry zucchini, parsley and basil in oil until done.

Beat eggs lightly,

Add cheese.

Pour eggs into fried zucchini, stirring gently until eggs are set.

Serves 2.

Submitted by Marietta Malara

#45 - SALSA DI PATATE IN BIANCO AL FORNO *Scalloped Potatoes*

White cheese sauce:

- 2 tbsp. butter
- 2 tbsp. flour
- ¼ tsp. salt
- ¼ tsp. black pepper
- 1 cup milk
- 1 cup grated cheese
- ½ tsp. salt

Melt butter.

Add flour, ¼ tsp. salt, pepper and 1 cup milk.

Bring mixture to a boil for a minute and then let cool.

Add cheese and additional ½ tsp. salt to cooled white sauce.

- 6 med. potatoes (*boiled, peeled and sliced thin*)
- 3 hard cooked eggs (*sliced thin*)
- ¼ cup bread crumbs
- ½ tbsp. butter
- ¼ cup milk

Into a buttered casserole arrange thinly sliced potatoes in layers.

Add sliced eggs over each layer of potatoes.

Cover each layer with white cheese sauce.

Dot with butter.

Add ¼ cup milk on top layer.

Top with bread crumbs.

Bake at 425° for 15 to 20 minutes.

Submitted by Ellen Rogers

#46 - ZUCCHINI

Zucchini

- Zucchini
- 1 tsp. Olive oil
- Basil leaf
- Salt and Pepper
- ¼ cup of water

Zucchini is delicious served all by itself as a side vegetable.

To do so you first dice the zucchini.

Put diced Zucchini in a pan with a tight cover.

Add 1 tsp. of olive oil.

Add basil leaf

Add salt and pepper to taste.

Add a very small amount of water.

Cover and steam until done using as little water used as possible.

Submitted by Marietta Malara

#47 - PEPE RIPIENI *Stuffed Peppers*

- 4 large peppers
- 2 cups bread crumbs
- 1 tbsp. parsley (*chopped*)
- ¼ cup water
- ¼ cup olive oil
- ½ lb. ground beef
- 1 cup canned tomatoes (*mashed*)
- 2 eggs,
- ¼ cup grated Romano cheese
- salt and pepper to taste

Wash and core peppers.

Mix thoroughly ground meat bread crumbs, parsley, cheese, eggs and water.

Stuff each pepper with the above mixture.

Put stuffed peppers in a baking dish.

Mix oil with mashed tomatoes.

Pour oil and mashed tomatoes over all four peppers evenly.

Bake for 1 hour at 375°.

Serves 4.

Variation

Peppers may be stuffed with rice and raisins and 2 cups of tomato sauce. Poured over before baking.

Submitted by *Teresina Manna*

#48- SCAROLA RIPIENI AL FORNO *Baked Stuffed Escarole*

- 1 ½ cups rice(*cooked with 1 tsp. salt and drained*)
- 1 ½ lbs. ground beef or hamburger
- 5 eggs(*beat separately*)
- ½ cup Romano cheese
- 2 large heads of escarole (*washed and drained*)
- 3 tbsp. Olive Oil
- Salt & pepper
- ½ cup water

Brown the meat in a skillet and drain off fat.

Add cooked rice and 3 tbsp. olive oil to meat.

Salt and pepper to taste.

When cool add beaten eggs with cheese and mix.

Take the wide leaves of escaroles, and spread 2 tbsp. of mixture on them.

Roll leaves around mixture as a blanket.

Put rolled leaves in layers in a casserole.

Add ½ cup water and bake at 350° for 45 minutes.

Delicious!

Submitted by Mrs. Teresa Anzivine

#49 - MINESTRA DI CANNELLI ***Greens with Cannelli Beans***

- 1 lb. greens (*spinach, beet tops, escarole or swisschard*)
- 2 cloves garlic (*sliced thin*)
- 1/2 cup olive oil
- 1 can Cannelli beans
- 1 cup water

Clean and cook greens.

Sauté' the sliced garlic in oil.

Add greens and drained beans.

Add water to desired consistency.

Delicious served plain or over polenta.

Submitted by Mrs. Edward A. Vena

#50 - RAGU DI ZUCCHINI *Zucchini Stew*

- 2 med. zucchini (*diced*)
- 2 onions
- 4 fresh tomatoes
- 1 lb. cooked fresh string beans
- 2 small potatoes (*sliced or diced*)
- 3 green or red peppers (*sliced*)
- 1 cup carrots (*cooked*)
- ½ cup olive oil
- 2 tbsp. celery leaves
- 1 tbl. basil leaf (*minced*)
- 1 tsp. parsley (*minced*)
- salt and pepper to taste

Sauté onion in oil.

Add peeled diced tomatoes.

Simmer 20 min.

Add herbs to tomatoes.

Add dice zucchini, potatoes, and peppers and to mixture.

Cook slowly until tender.

Add beans and carrots and cook another 20 minutes.

Serves 6.

Submitted by Jo Marra

#51 - ZUPPA DI LENTICCHIE *Lentil Soup*

- 1 lb. lentils
- 1 large onion (*minced*)
- 1 cup celery tops (*minced*)
- 1 med. potato (*diced*)
- 1 cup canned tomatoes
- 1 tbl. minced parsley
- 1 clove garlic (*sliced thin*)
- 3 tbsp. Olive Oil
- Salt & pepper

Soak lentils overnight (*or, if in a hurry, soak for at least 2 hrs.*)

Sauté onion in oil until lightly brown.

Add garlic, tomatoes, celery tops, parsley and potato.

Add drained lentils.

Salt and pepper to taste.

Cook until done (*adding small amounts of water if necessary to taste*).

May be served as a soup or mixed with cooked pasta or rice.

Serves 8.

#52 - FAGIOLINI *String Beans*

- 1 lb. string beans
- 1 clove garlic
- 2 potatoes
- basil leaves(*chopped*)
- 2 tbsp.Olive Oil(*sliced thin*)
- 2 cups water

String and cut beans to desired lengths.

Parboil beans.

Brown garlic in oil.

Add cubed potatoes, 2 cups of water and beans.

Add Chopped basil.

Simmer until potatoes are tender.

Serves 4.

Submitted by Jo Marra

#53 - CECI E PASTA *Chick Peas and Macaroni*

- 1 can ceci (1 pound)
- 3 tbsp. olive oil
- 1 clove garlic (*coarsely cut*)
- 2 cups spaghetti or flat noodles green noodles or any desired macaroni (*broken into pieces*)

Brown the garlic slightly in oil and let cool.

Add ceci.

Simmer for 20 minutes.

Partially Cook the macaroni.

Add to ceci with enough water to boil gently for 30 min.

(If desired, remove garlic before serving).

Makes 4 to 5 servings.

Submitted by Jo Marra

#54 - PASTA E FAGIOLI *Macaroni and Beans*

- 1 can of red kidney beans or white beans
- 1 med. onion (*minced*)
- 3tbsp. olive oil
- 1/2 cup canned tomatoes
- 1# pasta: spaghetti, ditalini or elbow macaroni

Sauté the minced onion in olive oil.

Add tomatoes and simmer for 10 or 15 min.

Add beans and enough water to cover.

Simmer until done.

Cook pasta in boiling salted water.

Drain and add to beans.

Simmer 20 min.

Let stand for 10 minutes before serving.

Serves 4.

Favas are large dry beans that are sometimes called horsebeans.

#55 - INSALATA DI MELANZANA *Egg Plant Salad*

- 1 large eggplant(*peeled and cubed*)
- 1 qt. pickled peppers
- 1 med. onion(*sliced*)
- 1 can black olives or dried black Sicilian olives
- 2 cups celery (*chunked*)
- 2 cloves of garlic (*finely cut*)
- 1 cup olive oil
- ¼ tsp. oregano
- salt and pepper to taste(*also may use ground red pepper if desired*)

Parboil eggplant.

Then drain and cool.

Mix in bowl with pickled peppers, onion, olives, celery, garlic, oregano, salt and pepper.

Let marinate ... flavor improves the longer it is marinated.

Submitted by *Regina Marra*

#57 - MELANZANA PANINO CON SALSA

Egg Plant Sandwiches with Sauce

- 1 eggplant - 1 ¼ to 1 ½ lbs. (*Peeled and sliced lengthwise 1/8" thick - keep slices thin, even and together.*)

Filling:

- 2 cups dry bread crumbs (*1 cup wet, squeezed bread crumbs may be substituted for 1 dry cup of bread crumbs*)
- 1/3 cup Romano grated cheese
- 4 sprigs fresh parsley (*chopped*)
- 1 pinch of dry parsley leaves
- 2 twists of fresh, ground whole black pepper
- salt to taste
- 2 or 3 eggs (*depending on size to have moist mixture*)
- 1 qt. spaghetti sauce (*meat or meatless*)

Mix all ingredients together.

Layout your sliced eggplant and spread with filling.

Top with another slice.

Press firmly until mixture shows a little on the outside.

(It's important to press sandwiches firmly together before frying as this prevents them from opening during frying.)

Be sure slices match;

Stack evenly as you slice.

Use large frying pan to heat oil

(The sandwiches must have room to 'swim'. If sandwiches are too large, cut them crosswise before frying.)

Fry until golden on both sides.

Remove from pan and drain on paper towels.

Put spaghetti sauce in bottom of a low casserole dish.

Alternate sauce, eggplant sandwiches, grated cheese and salt until all sandwiches are used up.

Bake at 350° for 45 minutes.

Serve warm.

Submitted by Christine Sinicropi

#58 - MELANZANA PARMIGIANA *Baked Egg Plant*

- 2 med. eggplants (*peeled and sliced 1/4" thick lengthwise,*)
- 2 cups fine bread crumbs
- 3 hardboiled eggs
- ½ cup grated Parmesan cheese
- 6 slices genoa salami
- 6 slices mozzarella cheese
- 1 tsp. minced parsley
- salt and pepper to taste
- 1 ½ qts. tomatoes
- ½ cup olive oil
- 1 clove garlic(*cut finely*)

Sauté garlic in ¼ cop oil.

Add tomatoes and stew down to half.

Parboil sliced eggplant.

Drain well, and cool.

Fry lightly in remaining ¼ cup oil until all are done.

Set aside.

Combine bread crumbs, parsley, and cheese.

In a baking dish put alternating layers of eggplant, tomato/garlic sauce, bread crumb mixture, hard boiled eggs, salami, and mozzarella, ending with bread crumbs and tomato sauce.

Bake at 350° for 1 hour.

Cut into squares.

Serves 8 or more.

Submitted by Teresina Marra

#59 - MELANZANA *Egg Plant Patties*

- 1 egg plant (*peeled, parboiled, well drained and cooled*)
- 1 ½ cups bread crumbs
- 2 eggs
- 1 tsp. parsley (*minced*)
- ¼ cup grated cheese
- ¼ tsp. garlic salt
- salt and pepper to taste

Combine breadcrumbs, parsley, cheese, garlic salt and salt and pepper.

Crush the well-drained parboiled eggplant.

Add beaten eggs and crushed eggplant.

Mix well, roll into patties.

Fry in olive oil until golden.

Submitted by Jo Marra

"Buon appetito non vuol salsa."

"A good appetite does not want sauce."

#60 - MELANZANA

Broiled Eggplant

- 2 egg plants (*peeled and sliced lengthwise ½" thick*)
- 1 cup Olive oil

Dip eggplant slices in oil

Broil until brown on both sides.

Serve as a vegetable.

If you want to bake as parmiplana:

Put in baking dish in layers, alternating with 'a basic tomato sauce and sprinkling each layer with grated Romano cheese.

Bake 350 for 40 minutes

This may also be used with spaghetti:

Simply spread on top of cooked spaghetti.

Submitted by Mrs. Joseph R. Quinta

#61 - POMIDORO ALLA FORNO *Baked Tomatoes*

- 5 ripe tomatoes
- 1/2 cup bread crumbs
- 1 tsp. parsley (*minced*)
- 1 tsp. basil (*minced*)
- ¼ cup grated Romano cheese
- ¼ cup olive oil
- ¼ tsp. garlic powder
- ¼ tsp. oregano
- salt and pepper to taste

Wash and cut tomatoes in half, but do not cut through.

Put in shallow baking dish.

Mix bread crumbs, parsley, basil, garlic powder, oregano, grated cheese, salt and pepper.

Sprinkle on top of tomatoes.

Pour oil over all and bake at 350° for 1 hour or more, until done.

Serves 4 or 5.

Submitted by Mrs. Carmella Sgro

#62 - AGNELLO CON FAGIOLINI *Lamb with Green Beans*

- 1 lb. green beans
- 1 ½ lbs. lamb (*chunked*)
- 4 Tbsp. butter
- 1 onion(*diced*)
- 1 stalk celery (*diced*)
- 1 small green pepper(cored and *diced*)
- salt to taste
- 1 - 12 oz. can tomato puree
- 1 cup water
- ½ tsp. ground black pepper

Brown the lamb chunks in butter.

Then add green beans, onion, celery, green pepper.

Cover and steam until tender, about 45 minutes.

Add tomato puree, water, salt, pepper, and cook about 15 min. longer or until done.
Serves 4

Submitted by Mrs. Peter Sawaya

#63 - COTOLETTE DI VITELLO RIPIENO *Stuffed Veal Cutlets*

- 12 small veal cutlets (*flatten out with a mallet*)
- 6 thin slices of prosciutto or boiled ham
- 6 thin slices mozzarella cheese
- ½ cup butter
- 1 cup flour
- 2 eggs (*beaten slightly*)
- salt and pepper to taste

Place one slice of ham or prosciutto on one flattened veal cutlet,

Then place one slice of cheese and another veal cutlet on top.

Fasten with toothpicks.

Dip this 'sandwich' first in flour, then in beaten eggs and then in bread crumbs.

Fry in hot oil, until golden brown, turning only once.

It takes about 10 min.

Submitted by **Rose Nicol**

#64 - BISTECCA CON ZUCCHINI *Round Steak with Zucchini*

- 1 ½ lbs. round steak(*cubed*)
- 1/3 cup oil or butter
- 1 medium onion(*chopped*)
- 1/2 cup cooked celery tops
- 2 green peppers(*diced*)
- 1 medium zucchini(*diced*)
- 2 fresh tomatoes(*peeled*), or 1 cup puree
- 2 tbsp. basil leaf and parsley(*minced*)
- 1 small can (*or 1 package fresh sliced*)mushrooms
- salt and pepper to taste

Fry cubed steak in oil with onion.

Add peppers.

Add diced zucchini.

When partially done, add tomatoes, cooked celery tops, basil leaf, parsley, salt and pepper.

Continue cooking until done.

Add mushrooms last 10 min.

Serves 4.

Submitted by Jo Marr

#65 - ROSOLINI DI VITELLO *Veal Rollettes*

- 1 ½ lb. veal steak
- 1 pkg. sliced Mozzarella cheese
- ½ cup sherry wine
- 1 can (or 1 package of fresh sliced)mushrooms
- 1 cup flower
- 1 cup dry bread crumbs
- 2 tbsp. Italian Romano cheese
- 2 Tsp. parsley (*minced*)
- 1 clove garlic (chopped fine)
- 2 Tbsp. pine nuts
- salt and pepper to taste

Combine in a bowl the bread crumbs, Italian Romano cheese, minced parsley, chopped garlic, pine nuts and salt and pepper to taste.

Cut veal, Italian style for cutlets (*3" pieces and flatten*).

Put a tsp. or more of crumb mixture on veal pieces.

Place a strip of mozzarella cheese in center.

Roll meat and fasten with tooth picks or tie with string.

Roll in flour and fry in olive oil until brown.

Place in a baking dish

Add wine, mushrooms and a little water.

Bake 350° for i hr. or until done.

Add more water if needed.

Submitted by Anna Matia

#66 - ROGNONE DI VITELLO CON PISSELLI *Veal Kidneys and Peas*

- 2 veal kidneys
- 1/3 cup olive oil
- 3 tbsp. chopped parsley and basil
- 1 onion(*chopped*)
- ½ cup canned tomatoes
- 1 can peas

Remove fat from kidney, dice, parboil and drain.

Sauté' kidney in oil with chopped onion

Add canned tomatoes, basil and parsley.

Salt to taste.

Cook about 45 minutes, slowly, at last 10 minutes add drained peas.

Serves 2 to 4.

#67- CARNE CON RICOTTA *Veal or Pork with Ricotta*

- 1 lb. ground or diced pork or veal
- ½ lb. ricotta cheese
- ¾ cup bread crumbs
- 4 eggs, beaten
- ¼ cup milk
- ½ cup grated Romano cheese
- ½ cup parsley
- 1 tbl. Basil(*minced*)
- salt and pepper to taste

Combine meat, bread1 crumbs, 2 eggs, milk, ¼ cup grated cheese, ¼ cup parsley, basil, salt and pepper.

Mix well, and, if dry, add a little milk.

Combine ricotta, ¼ cup grated cheese, 2 eggs, ¼ cup parsley and mix well.

In a well-buttered casserole, put a layer of meat mixture, followed by a layer of ricotta mixture.

Continue until all is used.

Bake at 350° for 1 hour.

Serve hot or cold.

Serves 6.

Submitted by Delia E. Beluees

#68 - STUFATO DI PISELLI *Giblets and Pea Stew*

- 1 ½ Lbs. giblets.
- ¼ cup diced celery
- 1 can peas
- 1 cup canned tomatoes
- 2 onions(*sliced*)
- 3 tbsp. olive oil
- parsley or basil leaf
- salt and pepper to taste

Slightly sauté the onions in olive oil.

Add tomatoes and diced celery.

Simmer about 10 minutes.

Add giblets and cook until tender.

Add water as necessary.

Add peas during last 20 minutes of cooking.

Serves 4.

Teresina Marra

Submitted by Teresina Marra

#69 - STUFATA TRIPPA *Stewed Tripe*

- 2 lbs. Tripe (*cooked, cleaned and cut into bite sizes*)
- 1 cup canned tomatoes
- 2 onions (*minced*)
- 2 tbsp. olive oil
- 2 or 3 potatoes (*quartered*)
- ¼ cup red wine
- parsley or basil leaf
- salt and pepper to taste

Sauté onions in oil.

Add tomatoes and parsley or basil and tripe.

Simmer for 1 ½ hours.

Add potatoes with enough water to cover.

Cook slowly until the potatoes are done.

Serves 4.

Submitted by Teresina Manna

#70 - ZITI CON POLPETTA AL FORNO ***Baked Ziti with Meatballs***

- 1 lb. Ziti(*cooked al dente*)
- ½ cup grated cheese
- 1 lb. ground beef
- 1 cup bread crumbs
- 2 eggs
- salt and pepper to taste
- 1 tsp. parsley
- ¼ tsp. garlic salt
- water to moisten

Mix ground meat and all ingredients.

Roll to form tiny meat balls.

Make a regular spaghetti sauce.

In a baking dish put a layer of ziti, sauce and meat balls.

Sprinkle with grated cheese.

Continue alternating layers until out of ingredients.

End with ziti and cheese.

Bake at 350° for 20-25 minutes

Serves 8.

Submitted by Frances Rosetti

#71- PASTA CON PATATE ***Macaroni with Potato***

- 1 lb. seashell pasta (*or any small pasta*)
- 1 lb. potatoes(*diced*)
- 1 onion(*sliced*)
- 2 lbs. Tomatoes(*peeled and crushed*)
- 4 tbsp. olive oil
- ½ tsp. minced parsley
- 1 cup Parmesan cheese
- salt and pepper to taste

Cook pasta in boiling salted water until al dente

Drain and set aside.

Brown sliced onions in oil.

Add potatoes and simmer for 30 minutes.

Add tomatoes, salt, pepper and parsley, cover and simmer for 30 minutes.

Mix cooked drained pasta into potato/onion sauce and simmer for 10 minutes.

Sprinkle cheese on top when serving.

Serves 6.

#72 - TACCHINO ARROSTO REPIENO CON CASTAGNE *Roast Turkey with Chestnut Dressing*

Turkey and Ingredients:

- 1 -15 lb. turkey
- salt and pepper to taste
- 1 lb. butter (*melted*)
- 2 cups red wine (*heated*)

Chestnut dressing Ingredients:

- 4 ½ cups chestnuts(*shelled, blanched, boiled and mashed*)
- 4 cups soft bread crumbs
- 1 onion(*chopped fine*)
- ½ cup butter (*melted*)
- 1 tsp. oregano
- 1 tsp. parsley•
- ¼ cup chopped celery

Chestnut Dressing Preparation:

Brown onion and celery lightly.

Add all other ingredients.

Salt and pepper to taste.

Add a little water or milk to moisten if dry.

Mix well and stuff into turkey as directed below turkey.

Turkey Preparation:

Stuff turkey with chestnut dressing including neck(*recipe above*)

Sew up and tie wings and drum sticks snugly.

Place bird in roasting pan.

Spread with melted butter all over.

Bake in slow oven at 300° to 325°, allowing 30 minutes per pound.

When turkey is half done, season with salt and pepper.

Add heated wine and baste with pan drippings.

Continue baking until bird is tender and golden.

Serves 8 or more.

#73 - POLLO MARSALA *Chicken Marsala*

- 1 disjointed chicken (*broiler*)
- Salt and pepper to taste
- Pinch of sage&rosemary
- ¼ tsp. garlic powder
- ¼ cup butter
- ¼ cup oil
- 1 small can (*or 1 package of. fresh*)mushrooms
- 1 tbl. salt pork or bacon fat (*minced*)
- ¾ cup Marsala wine (*diced*)

Clean, wash and drain chicken pieces.

Brown chicken in oil and butter in a fast oven at 500°

Add salt and pepper, sage, rosemary and garlic powder.

Drop temperature to 400° for 40 minutes.

When chicken is partially cooked, add wine and baste occasionally until done.

Mushrooms may be added to sauce during last 10 min.

(Sauce can be poured over cooked noodles if so desired.)

Submitted by Lucy Bardnette

Lucy is a well-known Olean area former proprietress of one of the most premier restaurants in the area ... and one of the organizers of St. Ann's Lodge

#74 - PETTO DI POLLO *Chicken Breasts*

- 4 chicken breasts
- 1 stick of butter
- 4 onions (*minced*)
- ½ cup sherry
- 1 bay leaf
- salt and pepper to taste 1 lb. flat noodle&
- 1 lb. flat noodles
- 1 can (*or 1 package fresh*)mushrooms

Brown the chicken breasts in butter.

Add minced onions, bay leaf, Sherry and salt and pepper.

Let simmer for ½ hour.

When chicken is almost done, add mushrooms and simmer until done.

Cook 1 lb. flat noodles in boiling salted water.

Drain, and put on a platter.

Pour sauce over noodles.

Arrange chicken breasts around top and garnish with Romano cheese.

Serves 4.

Submitted by Emily Frasco

The Island of Sardinia--Minestrone of vegetables is a stable dish in this region. The food is Simple, substantial and nourishing, but without the refinement of other areas.

#75 - POLLO ALLA CACCIATORE

Chicken Cacciatore

- 1 fryer
- 2 peppers
- ½ cup Chopped onion
- ½ cup cooked celery
- 1 small can (*or one pack fresh*)mushrooms
- ½ cup sherry
- 1 cup canned tomatoes
- ¼ cup olive oil
- 1tbsp. parsley(*minced*)
- 1tbsp. basil(*minced*)
- 1 garlic clove (*minced*)(*optional*)

Clean and cut chicken into serving pieces.

brown the chicken pieces in hot oil.

Add vegetables and brown lightly.

Salt and pepper to taste:

Add remaining ingredients and simmer until done.

If liquid evaporates, add a little water.

Serves 4.

Submitted by Joan Oliva

#76- POLLO ALLA TETRAZZINI

Chicken Tetrazzini

- 1 cup cooked chicken (*diced*)
- 1 tsp. pepper
- 1 cup macaroni shells(*cooked al dente*)
- ½ tsp. celery salt
- ½ cup mushroom caps
- 1 tbsp. flour
- ½ tsp. salt
- 3 tbsp. olive oil
- 1 cup milk
- 1/3 cup Parmesan cheese

Sauté mushrooms in hot oil until light brown.

Add flour until smooth.

Add seasoning and milk.

Cook until thickened, stirring constantly.

Remove from heat.

Blend half the sauce with chicken and remaining half with cooked shells.

In a baking dish, put the macaroni shells around the edge and the chicken mixture in center.

Sprinkle with the cheese.

Brown under broiler.

Garnish with parsley.

Serves 4.

#77 - PALLO ALLA CACCIATORA *Chicken Hunter's Style*

- 3 ½ to 4 lbs. chicken (*cut up*)
- ½ cup flour
- ½ cup olive (*or cooking oil*)
- 1 clove garlic(*minced*)
- 1 cup onion (*finely chopped*)
- 1 green pepper(*finely diced*)
- 1 -16 to 17 oz. can tomatoes
- 1 -8 oz. can tomato paste
- ¼ lb. mushrooms(*sliced*)
- 2 tbsp. salt
- ¼ tsp. pepper
- ½ tsp. oregano
- 1 cup wine

Wash chicken pieces and dry with paper towels.

Dredge in flour.

Turn temperature control to 360° to preheat skillet.

Heat the oil in a skillet.

Brown the chicken pieces on all sides.

Add remaining ingredients and turn control down to simmer.

Cook, covered for 1 hr. or until tender.

Serve with hot spaghetti and grated Parmesan cheese.

Serves 6.

Submitted by Mickey Dante

#78 - CONIGLIO ALLA CACCIATORA *Rabbit Hunter Style*

- 1 rabbit
- ¼ cup olive oil (*thinly sliced*)
- 1 clove garlic
- 1 lb. tomatoes(*peeled*)
- salt and pepper to taste
- 2 cups red wine
- 1 onion(*chopped fine*)
- pinch of rosemary

Cut rabbit into serving size pieces.

Cover with cold, salted water and 1 tbsp.vinegar and let stand overnight.

Rinse and drain.

Brown the onion and garlic in oil.

Add tomatoes, salt &pepper, and rabbit pieces.

Cook slowly for 30 minutes

Add rosemary and Wine

Continuecooking until tender.

Serves 4.

#79 - PALLO CACCIATORE E TAGLIARINI *Chicken Cacciatore and Noodles*

- 2 (3 lb.) chickens(*cut up*)
- 8 oz. noodles(*cooked al dente*)
- ½ cup olive oil
- ½ cup butter
- 2 cups onion (*chopped*)
- 1 green pepper(*diced*)
- 4 cloves garlic(*mashed*)
- ½ tsp. basil
- 1 cup canned tomatoes
- salt and pepper to taste
- ¼ cup dry red wine

Sauté the chicken pieces in oil and butter for about 10 minutes.

Add onion, pepper, garlic, basil, salt and pepper and simmer for 5 minutes.

Add tomatoes and bring to a boil.

Cook until tender.

Add the wine during the last 10 min.

Put cooked noodles into a warm serving dish.

Pour chicken and sauce over noodles and serve hot.

Submitted by *Mrs. Teresa C. Anesi*

#80 - CAPPELLETTI *Chicken in a 'Hood'*

- Breast of capon or chicken (*cooked*)
- 1 cup sour cream
- ½ cup grated cheese
- 4 eggs
- 1 egg yolk
- 2 ½ cups flour
- 3 qts. soup stock
- Pinch of your choice of mixed spices
- salt and pepper

Chop chicken fine and put into a mixing bowl.

Add in cheese, sour cream, one egg and one yolk, seasonings, and mix well.

Mix flour with 3 eggs and salt to form a stiff dough, using water only if necessary.

Roll dough paper thin.

Cut dough into 2" rounds.

Place a little of the chicken mixture on each round.

Dampen edges slightly, fold over and press edges together.

Dampen folded ends, turn back and press.

The chicken is now wrapped in '*hoods*'.

Add hoods to boiling soup stock and continue cooking for about 15 min.

Serves 6 to 8.

Submitted by Mrs. Teresa C. Anesi

#81- ROSOLINI DI VITELLO *Veal Rollettes*

- 1 slice veal (about 1 lb.)
- 1 pkg. Mozzarella cheese
- ½ cup butter (*melted*)
- ¼ cup of water

Combine the following into a garlic-cheese mixture:

- 2 cloves of garlic (*chopped fine*)
- 1 tbsp. grated Parmesan cheese
- 2 tsp. parsley (*chopped*)
- ½ tsp. salt
- ¼ tsp. pepper

Wipe veal with a damp cloth and cut into cutlets (3" x 4" pieces).

On each piece of meat place 1 slice of Mozzarella cheese.

Top with 1 tsp. of garlic-cheese mixture.

Roll veal '*jelly-roll style*' and fasten with wooden picks or skewer, or, tie securely.

Heat 3 tbsp. of olive oil in a skillet.

Place the rolled meat into oil and brown slowly on all sides.

Place rolls into a greased casserole dish.

Pour a mixture of ½ cup melted butter and ¼ cup of water over rolls.

Cover casserole and bake at 300° for about 1 hour, or until meat is tender when pierced with a fork.

Remove picks or string and serve.

Serves 4.

Submitted by *Angela Barbaro*

#82 - VITELLO ALLA PARMIGIANA *Veal Parmesan*

- 1 lb. veal cutlets (3" x 4" pieces)
- 6 tbsp. olive oil
- 2 eggs
- salt and pepper to taste
- ½ lb. Mozzarella cheese
- 1 cup bread crumbs
- 3 tbsp. grated cheese
- 1 qt. favorite tomato sauce

Pound cutlets thin.

Beat eggs slightly.

Add salt and pepper.

Dip cutlets in beaten eggs and then roll in bread crumbs and grated cheese mixture.

Over a high flame brown the cutlets in olive oil on both sides.

Into a buttered baking dish alternate veal, mozzarella and tomato sauce.

More grated cheese may be added if desired.

Bake in oven at 350° until cheese has melted.

Serve while hot.

"Gran fumo, poco arrosto."

"Great smoke, little roast."

#83 - VITELLO ALLA PARMIGIANA *Veal Parmesan*

- 2 lbs. veal cutlets(3" x 4" pieces), not more than 1/4" thick
- 3 ¼ cups bread crumbs
- 1 tsp. parsley
- ½ cup grated Parmesan cheese
- 2 eggs(*well beaten*)
- 1 tbsp. water
- 1 tsp. salt
- ¼ tsp. pepper
- 1/3 cup olive oil
- 2 -8 oz. cans tomato sauce with mushrooms
- 6 -3 oz. slices Mozzarella cheese

Cut meat into 6 pieces.

Pound the pieces flat with a mallet.

Combine bread crumbs and Parmesan cheese and parsley and then set aside.

Mix eggs, water, salt and pepper.

Dip cutlets into egg mixture, then into crumb mixture, patting for crumbs to adhere.

In a skillet, brown the cutlets in hot oil on both sides.

Pour tomato sauce with mushrooms over them.

Top each cutlet with Mozzarella cheese.

Cover and simmer for about 10 minutes or until cheese is melted and lightly browned.

Serves 6.

Submitted by Jo Marra

#84 - SALTIMBOCCA ALLA ROMANO *Veal Roman Style*

- 2 lbs. very thin veal cutlets (12 - 3" x 4" pieces)
- ¼ tsp. pepper
- 1 tsp. powdered sage
- 12 paper thin slices prosciutto or cooked ham
- ¼ cup butter or margarine
- ½ cup white wine
- Hot fluffy rice

Pound the cutlets well with a mallet.

Sprinkle both sides of each cutlet with pepper and sage.

Lay 1 slice of prosciutto or boiled ham on each of the cutlet pieces.

Roll each cutlet piece and secure with tooth picks.

Sauté the cutlet rolls in butter until well browned.

Add white wine, cover and simmer for about 30 minutes, adding ¼ cup of water if necessary.

Serve over hot fluffy rice.

Submitted by Jo Ann Marra

"Dove sono molti cuochi, laminestra sara`troppo salsata"

"Where there are too many cooks soup the will be too salty."

#85 - COSTOLETTE DI VITELLO *Veal Cutlets*

- 2 lbs. very thin(*about 1/4 "*) veal steak
- 2 eggs
- 3 cups bread crumbs
- 1/4 cup grated Romano cheese
- 1/4 cup minced parsley
- 1/4 tsp. garlic salt
- salt and pepper to taste

Cut veal into thin (3" x 4") cutlet pieces.

Pound cutlet pieces flat with a mallet.

Put bread crumbs into a bowl and mix in cheese, parsley, garlic salt and pepper.

Dip cutlets into beaten eggs and then into the bowl with bread crumb-cheese mixture,

Pat on both sides to have crumbs adhere well to cutlets.

Cover and let stand in refrigerator for at least 1 hour or more.

Fry in olive oil as it gives a better flavor.

These cutlets are delicious hot or cold and are well suited for picnic lunches.

Submitted by *Maria Felecia Nash*

#86 - ROSOLINI DI BISTECCA *Steak Rolls*

Steak and ingredients:

- 2 lbs. top round steak (*Have the butcher cut the steak into 2" strips*)
- 1 cup bread crumbs
- 3 tbsp. grated Parmesan cheese
- 1 tsp. oregano
- 2 tsps. garlic salt
- salt and pepper to taste
- 1 cup of raisins (*optional*)

Marinate Sauce:

- 1 cup olive oil
- ½ cup wine vinegar
- 4 cloves garlic (*chopped fine*)
- 1 tbsp. rosemary
- 1 tbsp. oregano

Pound 2" steak strips with mallet until flat.

Mix all ingredients and place on each strip.

Roll strips slightly and secure with tooth picks.

Marinate the rolls for at least 1 hour or more in one half of the marinate sauce.

Broil, basting occasionally with the remaining sauce

Submitted by Theresa Tedesco Sinicropi

#87 - POLPETTE ALLA TYROLEAN *Tyrolean Meat Balls*

- 1 cup flour (*about*)
- 1 lb. ground meat
- 3 or 4 eggs
- 6 or 8 slices dry bread (*cubed*)
- 2 tbsp. minced parsley
- salt and pepper to taste
- 2 cup chicken broth(*heated*)

Mix meat, eggs, parsley, and salt and pepper together.

Moisten bread with a little of the chicken broth.

Mix bread-broth mixture with meat mixture.

Add flour to combined meat and bread-broth mixture until it seems firm.

Roll into balls and add to hot broth.

Cook about ½ hour.

Submitted by *Mrs. Teresa C. Anesi*

"Dio ci manda la carne, ma il diavolo i cuochi."

"God sends meat and the devil sends cooks."

#88 - PIZZA RUSTICA *Ham Pie*

Dough:

- 6 cups flour
- 6 eggs
- 3 tbsp. shortening
- 1 tsp. salt
- ½ tsp. pepper
- ½ yeast tablet
- 1 cup milk

Filling:

- 3 cups diced ham
- 2 cups cubed Provolone cheese
- 1 cup cubed Scarsmoze cheese
- 4 eggs
- 6 hardboiled eggs

Dissolve yeast in warmed milk.

Add dissolved yeast to other dough ingredients.

Let rise for one hour.

Roll dough out and place in deep floured pie tins.

Mix ham, cheese and raw eggs together and place on dough.

Place hard boiled eggs at desired spacing.

Cover with rolled dough as you would for a regular 2 crust pie.

Make several holes to allow air to escape.

Bake in 325° oven for about 1 1/2 hours.

Submitted by Mrs. Edward A. Vena

#89 - PIZZA RUSTICA DI PASQUA *Easter Ham Pie*

Filling:

- 4 lb. canned cooked ham (*remove all fat*)
- 1 doz. hard boiled eggs
- 2 small Scarsmoze cheese
- 3 to 4 raw eggs (*well beaten*)

Cut up the cheese, hard boiled eggs and ham.

Mix with 3~to 4 raw eggs until all ingredients are moist.

Add a little black pepper.

Crust:

- 4 cups of flour
- 5 eggs
- 5 tbsp. shortening
- 2 tsps. baking powder
- pinch of salt
- 1 cup of water

Make a well in the flour and break the 5 eggs in center, with the shortening.

Sprinkle the baking powder and salt around on the flour.

Gradually mix the eggs into the flour, adding a little water if necessary.

Roll out the crust as you would for pie dough.

Line a Pyrex pie dish with the dough.

Add filling and put a top crust on.

Slash top crust and butter the it during the baking.

Bake at 350° for 1 to 1 ½ hours

This recipe makes 2 -10" pies.

Submitted by Ellen Rogers

#90 - ARAGOSTA ALLA MARSALA *Lobster Marsala*

- 1 large lobster (*boiled*)
- 2 tbsp. parsley (*chopped*)
- ½ cup Marsala wine
- ½ cup bread crumbs
- 3 tbsp. olive oil (*garlic flavored*)
- 3 tbsp. grated cheese
- salt and pepper to taste eat

Cut the lobster in half, without breaking the shell, and remove the lobster meat from shell halves.

Cut lobster meat into bite size pieces.

Brown the pieces in garlic oil.

Add salt, pepper and parsley.

Cover and simmer for about 20 minutes.

Add wine and simmer for 5 more minutes.

Fill the lobster shell halves with the lobster mixture.

Sprinkle with breadcrumbs, add cheese and brown lightly in broiler.

Serve at once while still piping hot.

Serves 2.

Submitted by Theresa Tedesco Sinicropi

"Non vi e` abbastanza se niente avanza."

"There is never enough where nothing is left."

#91 - ARAGOSTA AL FORNO *Baked Lobster Tails*

- 4 lobster tails
- ½ cup bread crumbs
- 2 tbsp. Romano cheese
- 1 tbl. parsley and basil (*minced*)
- 3 tbsp. olive oil
- salt and pepper to taste

Tomato sauce:

- ½ cup tomatoes
- 1 tbsp. olive oil
- 1 clove garlic (*minced*)
- salt and pepper ~o taste

Simmer tomato sauce ingredients for about 10 minutes.

Using a sharp knife or kitchen scissors cut lobster tails in half lengthwise and remove the lobster meat

Set the empty shells aside.

Cut lobster meat into bite size pieces.

Mix remaining ingredients in a bowl, adding more oil if mixture is not moistened enough.

Put mixture into the lobster tail shell halves.

Pour tomato sauce over tails.

Place shells in a baking dish and pour a little water in bottom of the dish so as to not to burn the shells.

Start by baking the shells at 400° for about 10 minutes.

Then lower degrees to 350° and bake for about an additional 1 hour.

Submitted by *Anna Mattia*

#92 - STUFATO DI ANGUILLA *Eel Stew*

- 2 lbs. eel
- 1 clove garlic (*minced*)
- 1 large onion (*chopped fine*)
- 2 tbsp. olive oil
- 1 bay leaf
- 1 ½ cups tomato puree
- 1 tsp. oregano
- ½ cup red wine

Clean and skin the eel.

Cut the skinned eel into 2" pieces.

Brown the onion and garlic.

Add the tomato puree and simmer for about 20 minutes.

Add seasoning, parsley, basil and eel pieces.

Cook until tender.

"A grassa cucin poverta e` vicina."

"A fat kitchen is next door to poverty."

#93 - ANGUILLA AL FORNO *Baked Eel*

- 2 lbs. eel
- 2 tsps. olive oil
- 2 cloves garlic (*minced*)
- 2 or 3 bay leaves
- Salt and pepper to taste
- ½ cup bread crumbs

Clean and skin the eel.

Cut the skinned eel into 2" pieces.

Season eel pieces and coat with bread crumbs.

Heat olive oil and add garlic and bay leaf.

Pout hot oil into baking dish.

Place breaded eel pieces into hot oil adding more oil if necessary.

Bake in moderate oven at 350° until slightly brown and tender.

Add 1 or 2 tablespoons of water if necessary.

Serves 6.

"Chi vuol con piacer mangiare, non veda cucinare. "

"He who would relish his food must not see it cooked"

#94 - SARDELLI FINOCCHIO PASTA Sardellen Fennel Spaghetti

- 1 lb. Sardellen
- 1 large onion (*chopped*)
- ¼ cup olive oil
- 3 fennels(*cook the tender tops and save water*)
- 1 lb. spaghetti (*Cook al dente in boiling salted water*)
- 2 cups bread crumbs
- olive oil
- 1 can anchovies

Clean and wash the fish.

Sauté the onion in oil.

Add the fish.

Mash the fish and onion together as they cook.

Salt and pepper to taste.

Add cooked fennel, simmeringslowly to blend in flavors.

Add the water saved from cooking the fenneland simmer to make a sauce.

Brown bread crumbs in oil.

Add anchovies to bread crumbs, stirring until blended.

Place spaghetti on a platter and pour fish/onion/fennel sauce over it.

Sprinkle the browned crumbs over the top of the spaghetti in place of cheese.

This pasta dish is very good when allowed to stand.

Submitted by *Mrs. Joseph R. Quinta*

#95 - SALSA DI VONGALE Clam Sauce

- 2 - 7 ½ oz. jars of clams
- 1/3 cup olive oil
- ¼ cup butter
- 3 large cloves garlic (*finely chopped*)
- 2 tbsp. parsley (*chopped*)
- salt and pepper to taste
- 1 lb. spaghetti (*Cook al dente in boiling salted water*)
- 1 cup grated Parmesan cheese

Drain clams, reserving 3/4 of liquid.

Heat the oil, butter and garlic until golden brown.

Remove from heat and stir in clam juice.

Add parsley and salt and pepper and simmer for about 10 minutes.

Add clams and simmer for 5 more minutes

Place cooked spaghetti on plates.

Pour clam sauce over the spaghetti and serve with plenty of grated Parmesan cheese.

Serves 3 or 4.

#96 - BACCALA Codfish Stew

- 1 lb. salted codfish
- 1 onion (*chopped*)
- 3 tbsp. olive oil
- 1 -8 oz. can tomato sauce
- 4 med. potatoes(*quartered*)
- 1 tsp. basil(*minced*)
- ½ cup water

Freshen codfish by soaking overnight in cold water.

Drain and put in kettle with cold water and bring to a boil.

Drain and if' still salty parboil again.

Lightly brown the onion in oil.

Add tomato sauce and basil and simmer for about 30 minutes.

Add water if' sauce thickens.

Add quartered potatoes and codfish and cook until done.

Submitted by *Mrs. Victor Perugino*

#97 - MERLUZZO ALLA BOLOGNESE *Codfish Bolognese*

- 1 lb. codfish(*cut into pieces*)
- 2 tbsp. olive oil
- salt and pepper to taste
- 2 tbsp. lemon juice
- 1 tsp. parsley
- 1 clove garlic(*minced*)
- 1 tomato(*well chopped*)
- 2 tbsp. butter

Heat the oil slowly in casserole.

Salt and pepper the codfish pieces.

Place the codfish pieces in casserole.

Sprinkle with minced garlic.

Spread the chopped tomato evenly over the chopped codfish.

Dot with butter.

Cover and simmer(*turning once before it is too tender or it will break*).

Serve in casserole with lemon juice and parsley.

Serves 2.

"Non gridar i pesci fritti prima d'esser presi."

"Don't cry fried fish before they are caught."

#98 - CALAMAI CON SALSA DI POMODORO *Squid with Tomato Sauce*

- 1 lb. squid
- 4 tbsp. olive oil
- 2 cups tomato puree
- 2 medium onions (*chopped*)
- 1 basil leaf
- 3 medium potatoes (*quartered*)
- salt and pepper to taste

Clean squid by removing head and tentacles then empty sac and wash thoroughly. Remove outer veiling by dousing in hot water. The veiling will pull off easily. Rinse again in cold water, making sure squid are clean.

Cut cleaned squid into bite size pieces.

Sauté the onions in olive oil.

Add tomatoes, basil, salt and pepper and simmer for 20 minutes or more.

Add squid and simmer another 20 minutes or so.

Add potatoes and enough water to cover everything.

Continue simmering until potatoes and squid are cooked.

Serves 4.

Submitted by Jo Marra

"This is a popular traditional Italian Christmas Eve supper."

#99 - CALAMAI CON PASTA *Squid with Spaghetti*

- 2 lbs. squid
- ¼ cup olive oil
- 1 cup chopped onion
- 1 lb. spaghetti
- 1 qt. tomato puree
- 1 small can tomato paste
- 1 clove garlic
- 1 basil leaf

Sauté onion and garlic in olive oil.

Add tomatoes and paste and basil leaf.

Simmer for about 45 minutes.

Add cleaned squid that have been cut into bite size pieces.

Cook until tender.

Cook spaghetti al dente in boiling salted water.

Drain and arrange on a platter.

Pour squid and sauce over the spaghetti and sprinkle with grated Parmesan cheese.

Serves 6.

"This is a popular traditional Italian Christmas Eve delicacy."

#100 - FETTUCINI CON SCAMPI *Shrimp Spaghetti*

- 3 tbsp. butter
- 1 medium onion(*chopped fine*)
- ¼ cup chopped green pepper
- 2 ½ cups canned tomatoes
- 1 tsp. salt
- 1 tsp. Worcestershire sauce
- 1 pkg. spaghetti
- 2 cups shrimp (*canned or fresh*)
- 1 cup Cheddar grated cheese r

Melt butter in a large skillet.

Add chopped onion and sauté until brown.

Add green peppers, tomatoes, seasonings and uncooked spaghetti.

Cover, and when steaming starts, turn heat to low and cook for about 45 min.

Add shrimp and cheese and simmer slowly for about 20 minutes more.

Serves 6.

Submitted by *Andith Ingenito*

#101 - SALMONE CON MACCHERONI AL FORNO ***Baked Macaroni Salmon Loaf***

- 1 pkg. macaroni (*cooked al dente*)
- 1 can pink salmon(*boned and flaked*)
- 1 tbsp. grated onion
- 1 tbsp. chopped parsley
- 1 tsp. salt
- 1/8 tsp. pepper
- 1 cup cracker crumbs
- 3 eggs(*slightly beaten*)
- 1 cup milk

Add the above ingredients in the order given to the cooked macaroni, and blend thoroughly.

Place in a 9x5x3" loaf pan and bake in a preheated oven at 350° for 45 min.

Serve with tomato sauce.

Submitted by *Andith Ingenito*

#102 - GAMBERITTI MARINARA Shrimp Marinara

- 2 lbs. fresh shrimp(*cleaned and deveined*)
- 1 onion(*chopped*)
- 2 cloves garlic
- 2 tbsp. olive oil
- 1 tbsp. parsley, chopped
- 1 qt. tomatoes or puree
- 1 tbsp. oregano
- 1 tbsp. sugar
- ½ cup sherry
- 1 basil leaf
- salt and pepper to taste

Sauté the garlic and onion in' oil and then discard garlic.

Add tomatoes, parsley, salt and pepper, sugar, oregano and basil.

Simmer 15 minutes.

Add 1 cup of water as necessary.

Add deveined shrimp and cook 10 or 15 minutes until shrimp turn pink.

Add sherry 10 minutes before serving.

Submitted by *Anna Mattia*

#103 - GAMBERITTI IN CREMA *Shrimp in Cream*

- 1 lb. fresh shrimp
- 1 cup cream
- ½ cup melted butter
- 2 tbsp. white wine
- 2 tbsp. parsley (*minced*)
- ½ tsp , salt
- ¼ tsp. cayenne pepper
- ¼ tsp , thyme
- Green noodles

Wash and devein shrimp and dry on a paper towel.

Simmer the shrimp in cream for a few minutes.

Add all other ingredients to shrimp/cream mixture and cook about 10 to 15 minutes until shrimp turn pink and are tender.

Serve on buttered cooked (*al dente*) green noodles.

Submitted by *Anna Mattia*

#104 - SOGLIO DI PESCE RIPIENE CON GAMBERETTI ***Rolled Filet of Sole Stuffed with Shrimp Marinara***

- 6 - 4 oz. pieces of uncooked Filet of Sole
- 1 lb. deveined boiled shrimp
- ½ tsp. parsley
- ½ tsp. Oregano
- 1 tbsp. chopped capers
- 1 tbsp. chopped pimentos
- ½ tsp. basil leaves
- 1 clove garlic (*minced*)
- 2 tbsp. olive oil
- 4 oz. Marinara sauce
- salt and pepper to taste

Flatten the pieces of Filet of Sole.

Mix the above ingredients in the Marinara sauce.

Pour the mixed sauce onto the Filets.

Roll each Filet carefully and place then into a well-oiled casserole dish.

Bake for about 20 minutes in a 350° oven.

This dish was featured in the 1964-1965 New York

World's Fair

“Peace through Understanding.”

#105 - SALSA DI VONGOLE IN BIANCO *White Clam Sauce*

- ¼ cup vegetable or olive oil
- ¼ cup butter or margarine
- 1 or 2 garlic cloves (*minced*)
- ½ cup water
- ½ cup chopped parsley
- 1 tsp. salt
- ¼ tsp. pepper
- ½ tsp. oregano
- 1 ½ tbsp. flour
- 2 -8 oz. cans whole clams

Heat the oil and butter in a skillet.

Add garlic and cook until lightly browned.

Cool slightly.

Add water slowly.

Stir in parsley, salt, pepper and oregano.

Blend flour with enough clam juice to make a smooth paste.

Stir in the paste.

Add clams and the remainder of the clam juice.

Cook and stir over medium heat until slightly thickened.

Makes about 3 cups.

Submitted by *Anna Mattia*

#106 - PASTA

Pasta is a general term for pastes made from wheat flour, which are rolled or strained very thin and dried into various familiar forms of spaghetti, noodles, and macaroni, etc.

Pastais usually considered easy to prepare; but there two '**tricks**' you should know.

One **trick** is to add enough water so you can best attain the desired level of tenderness. Never use less than 5 qts. of water with 2 tbsp. of salt per pound of pasta.

And let the water boil briskly for about 2 minutes before adding the pasta.

If short lengths of spaghetti or macaroni are desired, break the strands before you add them to the water.

Be careful **NOT** to overcook pasta so that it becomes mushy. It should be slightly chewy (*al dente*).

Macaroni usually takes longer to cook than spaghetti, depending on its size and thickness. A general guide to cooking time is as follows:

Spaghetti: 9 to 15 minutes.

Spaghettini: 8 to 12 minutes.

Macaroni: 10 to 18 minutes.

Noodles: 8 to 18 minutes.

Cooking time varies with brands ... and especially with your desired level of al dente.

The best thing to do of course is to cook it according to your own taste.

The second **trick** to be able to have unsurpassed tasting Pasta is to **ALWAYS** test the Pasta for doneness in order to get it to the *perfect* desired al dente firmness.

A foolproof tried and true method that never fails to get it just the way you want it is to take out a piece with a fork just before the estimated time for it to be done and bite into it.

When the desired level of al dente is achieved remove the pot from the heat, and drain.

If you are as particular about the level of el dente as I am, you can keep it from continuing to cook after it is removed from the heat by first running cold water over it to stop the cooking, and then running hot water over it to bring it back up serving temperature.

Submitted by *Jack Liguori*

Si pioveresser maccheroni, che bel tempo pei ghiottoni!"

"If it rained macaroni, what a fine time for gluttons!"

#107 - LASAGNE AL FORNO *Baked Lasagna*

- 1 med. onion(*chopped*)
- 1 clove garlic(*chopped*)
- 1 lb. ground beef
- 1 large can Italian tomatoes
- 2 cans tomato paste
- 1 bay leaf
- 1 tsp. oregano
- pinch thyme
- ½ lb. Italian sausage
- ½ pkg. Lasagna noodles
- 1 egg
- ½ lb. Ricotta cheese
- 1 whole Mozzarella cheese
- ¾ cup Parmesan cheese

Brown the onion and garlic in a small amount of olive oil.

Add ground beef and salt and brown.

Add tomatoes and paste and 3 paste cans of water.

Add bay leaf, oregano and thyme.

Let cook 1 ½ hours.

Break sausage into pieces and brown then discard grease.

Add sausage to sauce.

Boil Lasagna noodles al dente and let stand in cold water until ready to use.

Mix raw egg with Ricotta.

Grease large pan and put a layer of sauce in bottom.

Alternate layers of sauce, noodles, Ricotta and sliced Mozzarella until all ingredients are used.

Sprinkle Parmesan over top.

Bake at 350⁰for ½ hour.

Submitted by Mickey Dante

#108 - LASAGNE AL FORNO Baked Lasagna

- 1 lb. lasagna
- 1 lb. Ricotta cheese
- 2 eggs (*beaten*)
- 3/4 cup grated Parmesan cheese
- salt and pepper to taste
- 8 to 10 meat balls(*crushed*)
- 1 ½ qts. cooked spaghetti sauce

Cook noodles al dente in a large kettle of boiling, salted water for about 10 minutes, adding one noodle at a time to avoid breaking or sticking.

Drain carefully and plunge into cold water to stop the cooking, and then set aside.

In a bowl combine, ricotta, beaten eggs, ¼ cup of grated cheese, salt and pepper and crushed meat balls, and mix well

In bottom of baking dish pour one cup of sauce.

Then start with a layer of lasagna, cheese and meat ball mixture, then sauce and grated cheese alternately until all ingredients are used, ending with lasagna, sauce and cheese.

Cover with aluminum foil and bake for 25 minutes at 350°.

Cut in squares and serve with more sauce and cheese.

Serves 8 to 10

“Dolce vivando vuole salsa acerba.”

“Sweet meat requires sour sauce.”

#109 - LASAGNE AL FORNO *Baked Lasagna*

- 1 lb. of lasagna noodles
- 1 ½ qts. cooked spaghetti sauce
- 1 ½ lbs. ricotta cheese
- ¾ lb. Italian sausage
- 1 ½ cups cubed Mozzarella cheese
- 1 ½ cups grated Parmesan cheese
- 1 egg (*beaten*)
- 6 oz. cooked spinach (*chopped fine*)
- 1 tsp , sugar
- ¼ tsp. nutmeg

Cook noodles al dente for about 10 minutes in a large kettle of boiling salted water.

Drain and plunge into cold water to stop cooking, and then set aside.

Broil sausage for 15 minutes and cut into small pieces.

In a bowl mix ricotta, spinach, egg and spices until smooth.

Pour ½ cup of sauce in the bottom of baking pan and cover with a layer of cooked lasagna, a layer of ricotta, mozzarella and pieces of sausage.

Repeat this process in layers until all ingredients are used.

Top layer should be sauce and grated cheese.

Bake at 350° for 35 minute.

Cut in squares and serve with sauce and grated cheese.

Serves 8 to 10.

"Alla pignatta che bolle non s' accostano le masche."

"Flies don't light, on a boiling pot."

#110 - PASTIERA
Baked Macaroni ...
Usually Made on Holy Saturday

- 2 lbs. bucatini
- 1 tsp. pepper
- 8 eggs
- ½ lb. grated cheese
- ½ lb. melted lard or butter

Cook bucatini al dente in boiling salted water.

Drain and cool under cold water to stop cooking.

Beat eggs thoroughly.

Mix beaten eggs with all ingredients in a bowl.

Pour into a buttered baking dish and pat down firmly.

Bake at 375° for about 25 minutes until browned nicely.

Let cool and cut into squares and serve.

Submitted by Tina Prisco ... Sarno, Italy

#111 - LASGNA VERDE *Green Noodles*

- 3 cups of flour
- ½ tsp. salt
- 3 eggs
- 1 jar of green baby spinach

Make a well in the center of the flour.

Add 3 eggs, one at a time, mixings slightly after each egg is added.

Add the jar of spinach and mix well, to make a stiff dough.

Turn dough onto a lightly floured board and knead.

Divide dough in half, cover and let stand for 1 hour.

Rollout the dough paper thin and cut noodles to desired width.

You may also make homemade Lasagna noodles with this dough.

Submitted by Rose Nicol

Many wonderful foods originated in Southern Italy.

Pasta is the staple food of Regions in the South.

And Pizza originated in Naples.

#112 - TAGLIATELLI ALLA CASALINGA *Home Made Noodles*

- 1 ½ cups of flour
- ¼ tsp , salt
- 3 tbsp. water
- 3 large eggs
- 1 tsp. basil(*minced*)
- ½ cup water

Pile the flour on a bread board and make a well in the middle.

Break eggs into well and add salt and water.

Mix with finger tips until all the ingredients are blended in.

Knead with hands until you have a stiffdough, using a little more water if necessary.

Roll dough on lightly floured board until it is paper thin.

Flour and roll doughlike a jelly roll.

With a sharp knife cut the rolled dough into desired widths.

Then loosen each strip and shake it out.

Sprinkle the shaken out strips with flour andlet dry before using.

You may also cut doughinto small squares and pinch in the middle to make little bows.

Cook al dente in a generous amount of boiling salted water for about 10 minutes.

Serve with any desired sauce and Parmesan cheese.

Serves 6.

Submitted by Julia Attolini Green ... Bellingham, Wash

#113 - PASTA GRATTINI *Grated Macaroni*

- 1 cup of flour
- 1 egg
- ½ egg shell of water

Mix flour and well beaten egg, and add water.

Knead mixture well until dough forms a round ball.

Grate dough ball on the large side of grater.

Spread the shavings on a floured area.

Shake flour off first.

When you are ready to use this homeade 'grated macaroni' drop them into boiling soup.

This makes a hardy soup.

-Rose Aiello

The country of Italy is shaped like a 'tall boot'.

*The lower part of that boot makes up Southern Italy and consists
of the following regions:*

*Campania and the upper part of Apulia make up the ankle of the
boot.*

With the lower part of Apulia forming the heal..

Leaving Basilicata to form the instep and Calabria the toe.

*And the whole boot almost appears to be kicking an odd shaped
"football" called Sicily.*

#114 - CANNELLONI Stuffed Pasta

Shell Ingredients:

- 2 cups of sifted flour
- 2 large eggs
- 1 1/2 tbsp. water
- 3/4 tsp. salt

Filling Ingredients:

- 2 breasts of chicken (*sautéed in butter*)
- 1 cup of left over veal or pork
- 4 slices cooked ham
- 3/4 cup grated cheese
- 4 tbsp. butter
- 2 tbsp. flour
- 1/2 cup heavy cream
- 1 1/2 cups milk
- 1/3 tsp. salt
- 1/8 tsp. pepper

Shell Preparation:

Place flour on pastry board and make hole in center.

Break eggs into the hole along with water and salt.

Beat eggs with a fork while slowly mixing in flour.

Mix in the rest of the flour by hand.

Knead the mixture until dough is smooth.

Cut the dough in half and roll it out on well-floured board until it is paper thin.

Cut the sheets of dough into 3" squares.

Cook six squares at a time in 4 qts. of boiling salted water for not more than 5 minutes.

With perforated spoon remove the squares from pot of water one at a time and place in ice water to firm up and stop cooking and then place them on damp towels.

Continue until all the squares are cooked.

Makes about 2 1/2 dozen shells.

Filling Preparation:

Grind all meat in food grinder.

Melt butter in sauce pan.

Blend in flour and gradually add milk and heavy cream until it reaches boiling pt.

Reduce heat and cook for 3 minutes. Add seasoning and blend.

Taste to make sure the sauce has the consistency of heavy cream.

Place over hot water and cover tightly to prevent film from forming.

Add 1/2 cup cheese to meat mixture and 5 or 6 tbsp. of sauce to blend well.

Add seasoning if needed.

Spread 1 1/2 tbsp. of meat mixture on each square allowing a 1 1/2" margin.

Starting from edge of each square, roll tightly and put in well-buttered baking dish.

Sprinkle with remaining cheese and pour sauce over until all of the squares and sauce are used up (possibly two layers).

Bake uncovered at 375° for 20 minutes and serve hot.

Serves 6 to 8.

When using store bought shells use same filling recipe & procedure to stuff and cook.

Submitted by Camilla Pettenati

#115 - RAVIOLI CON RICOTTA

Ravioli with Ricotta Cheese

Ravioli Ingredients:

- 3 cups flour
- 4 medium eggs (*beaten*)
- 2 egg shells of warm water

Filling Ingredients:

- 1 lb. Ricotta cheese
- 3 tbs. grated Parmesan cheese
- 1 t s p , minced parsley
- 1 egg (*beaten*)

Ravioli Preparation:

Heap flour on bread board and form a well in the center.

Drop in beaten eggs and warm water.

Mix and knead until smooth.

Roll out dough on well-floured board into paper thin sheets.

Filling Preparation:

Mix all ingredients together in a bowl.

Drop 1 tsp. of filling on 1/2 of rolled out dough sheet 2" apart.

Cover with other half of rolled out dough sheet and cut with Ravioli cutter.

Press edges firmly to make sure they hold.

Cook in large kettle of boiling salted water.

Drain carefully so as not to break.

Serve with spaghetti sauce.

Makes 4 dozen ravioli.

Submitted by Rose Aiello

#116 - MANICOTTI

Manicotti Ingredients:

- 2 cups of flour (*sifted twice*)
- 2 cups water
- 6 eggs

Filling Ingredients:

- 3 lbs. ricotta
- 1 mozzarella cheese (*cut in strips*)
- ¼ cup grated cheese
- 2 eggs
- 2 tbsp. parsley (*minced*)

Manicotti Preparation:

Mix water and eggs, beating slowly.

Add flour a spoonful at a time until batter is smooth.

Then spoon onto a tempered skillet or pancake griddle, enough to make a 5" pancake, spreading batter thin with a spoon as it cooks.

Bake on one side only. Place on cookie sheet with wax paper between each layer.

Makes 48 shells.

Filling Preparation:

Place ricotta, eggs, cheese and parsley in a bowl and mix well.

Place a large tablespoon full of mixture in the center of each pancake.

Lay a strip of mozzarella cheese over the mixture.

Press one side of pancake on top of mixture to moisten then flap over on dry side to hold.

Place rolled manicotti in a single layer in a large flat pan with sauce spread on bottom.

Spoon more sauce on the top of the manicotti and bake in a 350° oven for 25 minutes.

Allow to set 10 minutes before serving.

Submitted by *Anna Mattia*

Ricotta is an Italian style cottage cheese.

Mozzarella is a stretchy white cheese that is processed from curd, kneaded and molded into convenient sized egg-shaped balls.

#117 - GNOCCHI SPATUTTI *Dumplings*

- 2 cups bread crumbs
- 1 tbsp. salt
- 1 tsp. pepper
- 2 tbsp. chopped parsley
- ½ cup grated Romano cheese
- 2 cloves garlic (*chopped in with parsley*)
- 2 eggs (*slightly beaten*)
- 4 to 6 cups water (*about*)
- 6 cups of flour

Put the first 6 ingredients in a large bowl and mix well.

Add one cup of flour at a time into the 6 ingredients gradually mixing as you go until all six cups of flour are well mixed.

Make a hole in center of the ingredients and flour mixture and add in the slightly beaten eggs along with a little water at a time, stirring well as you go. Keep adding enough water until the dough is rather firm and a little sticky.

Let dough stand for about 2 hours.

Drop about teaspoon of dough at a time into boiling salted water and cook until al dente (*about 7 to 8 min*).

Drain (*and rinse with cold water to stop cooking ... and then hot water to bring back up to serving temperature*).

Then fix the same as you would for spaghetti with sauce.

Sprinkle with grated cheese.

Delicious,

Serves 6.

Submitted by *Delia E. Beluees*

#118 - RICOTTA GNOCCHI *Dumplings with Ricotta Cheese*

- 1 ½ bs. Ricotta cheese
- 3 eggs
- 5 cups of flour

In a bowl beat eggs lightly

Add ricotta and mix well.

Add flour a little at a time, adding more flour as necessary until a firm dough is formed,

Break off small pieces of dough and roll into pencil lengths.

Cut pencil length rolled dough into ¾" long pieces.

Then with two fore fingers press each of the pieces to indent them.

Cook indented pieces in a large kettle of boiling salted water until done al dente.

Drain (*and rinse with cold water to stop cooking ... and then hot water to bring back up to serving temperature*).

Serve with favorite tomato sauce (or butter and milk if desired).

Serves 6 or more.

Submitted by *Regina Marra*

#119 - TAGLIATELLI ALLA CASALINGA *Home Made Noodles*

- 4 eggs
- 1 ½ cups of flour
- 1 tbsp. olive oil
- ½ egg shell of warm water

Put the flour in a bowl, make a well and break in eggs.

Add oil and water and mix, working the flour in thoroughly.

Knead well and let stand 20 minutes.

Break off ½ of the amount.

Roll this half of the dough out paper thin on a lightly floured board or table top.

Roll up the floured paper thin sheet of dough like a jelly roll.

Using a sharp knife, cut the rolls into ¼" to ½" strips.

Gently shake these strips out to full length.

Place the rolled out strips about ½" apart on a dry floured cloth and let them dry for about 2 Hours.

Repeat this procedure with remaining half of the dough.

Cook in boiling salted water about 10 minutes or until done al dente.

Drain (*and rinse with cold water to stop cooking ... and then hot water to bring back up to serving temperature*).

Serve with sauce or as desired.

To Freeze: Put strips on a cookie sheet and freeze.

Then, when frozen, carefully place the strips in plastic bags.

When ready to use, simply pour them, **still frozen**, into boiling salted water and cook as above described.

Submitted by Rose Aiello

#120 - GNOCCHI Potato Dumplings

- 3 cups cold mashed potatoes(*you may use left overs*)
- 1 egg
- ½ tsp. salt
- 3 cups of flour

Combine all ingredients in a large bowl.

Mix the ingredients thoroughly with the flour to make manageable dough. (*This dough mixture may need more or less flour depending upon the potatoes.*)

Knead well.

Roll small parts of the dough into pencil lengths.

Cut these pencil lengths of dough into pieces ¾" in length.

With floured fingers, press a hollow into each piece.

Drop pieces into rapidly boiling salted water.

Boil about 10 minutes, or until al dente.

Drain(*and rinse with cold water to stop cooking ... and then hot water to bring back up to serving temperature*).

Serve with tomato or meat sauce.

Serves 6.

To Freeze: Put gnocchi on a cookie sheet and freeze.

Then, when frozen, carefully place the gnocchi in plastic bags.

When ready to use, simply pour them, **still frozen**, into boiling salted water and cook as above described.

Submitted by *Maria Felecia Nash*

#121 - CAPPELLETTI IN BRODO

Little Coked Hats in Broth

Stuffing:

- ½ breast of cooked chicken, sautéed and put through a food chopper
- 2/3 cup Ricotta cheese
- 2 tbsp. grated Parmesan cheese
- 2 egg yolks
- 1 egg white
- 1/8 tsp. nutmeg
- ¼ tsp. grated lemon peel
- salt and pepper to taste

Mix all ingredients for stuffing into a smooth paste.

Place in refrigerator until ready to use.

Dough:

- 2 cups of flour
- 2 eggs
- ¼ cup water
- ½ tsp. salt

Place flour on board and make a depression in the center.

Place eggs, water and salt in the depression.

With a fork gradually beat eggs & water with the flour until about ½ of the flour is used up.

Add remaining flour by hand and knead into a smooth firm paste.

Knead well for about 10 minutes.

On floured board roll the dough into thin sheets.

Cut the thin sheets of dough with a round cookie cutter (*about 2 ½" in diameter*).

Place about ¼ tsp. of stuffing on each circle of dough.

Fold dough over the stuffing as for a turnover.

Moisten and press edges together to keep filling in, and shape into little hats or crescents.

Drop hats (*or crescents*) into hot chicken broth.

Cook for 15 to 20 minutes

Submitted by Mrs. Teresa C. Anesi

#122 - PASTA CASATA *Baked Macaroni*

- 1 lb. Ziti macaroni(*break into 3" or 4" pieces*)
- ½ lb. Provolone cheese(*cubed*)
- ½ lb. Italian Genoa Salami(*cubed*)
- 6 eggs (*hard boiled*)
- 6 meatball patties(*fried and cubed*)
- 1 qt. spaghetti sauce

Mix the cubed cheese, salami, eggs and meatball patties together.

Cook Ziti, till half done and drain.

Using a large casserole dish, add spaghetti sauce to the bottom of the dish.

Place a layer of Ziti in the casserole on top of the sauce and sprinkle with grated cheese.

Place a layer of meatball mixture on top of that, add sauce, and sprinkle with grated cheese.

Alternate the layers with Ziti, cheese, meatball mixture and sauce until used up.

Cover and bake in moderate oven at 350° for 30 minutes.

Submitted by *Miss Angela Barbaro*

#123 - TUFALI RIPIENI AL FORNO *Baked Stuffed Tufoli (Macaroni)*

- 1 lb. Tufoli (*cooked al dente drained and rinsed in cold water*)
- ½ lb. chopped veal
- ½ lb. chopped pork
- ½ cup bread crumbs
- ¼ cup grated cheese
- 1 egg
- ½ cup milk
- salt and pepper to taste

Thoroughly mix all ingredients together in a bowl.

Carefully stuff a little of this mixture into each Tufolicenter.

(Do not stuff too full as the mixture spreads when baking and can split the Tufoli.)

Press ends of each Tufoli together to seal.

Place stuffed Tufoli into a baking dish, in layers.

Cover each layer with cooked tomato sauce and sprinkle with grated cheese.

Set the baking dish in hot water and then bake in for 2 hours at 350°

Submitted by *Virginia Manna*

#124 - TEMPANA *Baked Macaroni*

Sauce:

- 2 cans of tomato paste
- 1 qt. tomatoes(*sieved*)
- 1 qt. of water
- ¼ cup olive oil
- 1 medium onion(*chopped fine*)
- salt and pepper to taste

Brown onion in oil, add tomatoes, paste, salt & pepper & water and cook slowly for 2 hrs.

Meat Balls:

- 1 lb. of ground beef
- 1 cup of bread crumbs
- 2 eggs (*beaten*)
- ¼ cup grated cheese
- 1 tbsp. parsley(*minced*)
- ¼ tsp. garlic salt
- salt & pepper to taste

Mix all ingredients together using water to moisten. Roll into walnut sized meat balls.

- 1 stick of pepperoni (*sliced thin*)
- 1 cup bread crumbs(*grated fine*)
- ¾ cups grated Romano cheese
- 6 hardboiled eggs(*sliced*)
- 9 eggs (*beaten*)
- pinch of salt
- 1 ½ lbs. Maccaroncelli

Cook macaroni al dente in plenty of boiling salted water.

Drain (*and rinse with cold water to stop cooking*).

Grease an oblong pan.

In the pan put the following ingredient in alternate in layers:

Bread crumbs, cheese, thin layer of macaroni, sliced hardboiled eggs, pepperoni slices, meat balls, sauce and beaten eggs. Continue layers until all ingredients are used up.

Cover with aluminum foil and bake at 300° for 1 to 1 ½ hours. Remove foil last ½ hour. to brown lightly.

Cut into squares and serve.

#125 - CECI PASTA VERDE ***Chick Peas and Green Noodles***

- 1 can chick peas
- 1 clove garlic (*sliced finely*)
- 3 tbsp. olive oil
- 4 oz. flat green noodles

Sauté the sliced garlic in olive oil until golden brown.

Allow to cool and add chick peas.

Simmer for 20 minutes.

Break the noodles and cook the broken pieces of noodles al dente in boiling, salted water.

Drain(*and rinse with cold water to stop cooking*).

Add the cooked noodles to the chick pea/garlic mixture.

Salt and pepper to taste.

Simmer for 10 more minutes(*adding more water if necessary*).

Serves 4.

#126 - BROCCOLI CON PASTA ***Broccoli with Macaroni***

- 2/3 cup olive oil
- 1 large clove of garlic (*minced*)
- 1 cup of water
- 1 bunch of broccoli or 1 package of frozen broccoli

Heat oil in a large skillet; add garlic and brown until golden.

Add water, and then add the top half of the fresh broccoli or the whole package of frozen broccoli.

As it is cooking (*uncovered if fresh*) cut the broccoli into bite size pieces.

Simmer for about 20 or 30 minutes, adding water as necessary.

Serve on favorite pasta with grated Romano cheese.

Submitted by *Mrs. Joseph R. Quinta*

#127 - CAVOLFIORRE CON PASTA ***Cauliflower with Macaroni***

- 1 cup of olive oil
- 1 clove of garlic (*minced*)
- 1 cauliflower

Cook the cauliflower very al dente in salted water.

In large skillet sauté minced garlic in olive oil until golden.

Add cooked cauliflower.

Salt and pepper to taste.

Cook combined ingredients for about 20 minutes.

Break cauliflower into small pieces with fork while cooking.

Serve on favorite pasta topped with grated Parmesan cheese.

Submitted by Mrs. Joseph R. Quinta

#128 - RISOTTA ALLA VERONESE *Rice Verona Style*

- 6 or 8 cups of beef or chicken broth
- 2 cups of washed small grained rice
- ½ cup of butter or olive oil
- 1 cup of chopped onion
- ½ cup of chopped celery
- ¼ cup of chopped parsley
- 1 tsp. of nutmeg
- ½ cup of grated Romano cheese
- 4 tbsp. of tomato paste
- 1 ½ cups of chopped chicken giblets
- *(You may substitute pork, veal or 1 lb. of ground beef, or 1/4 cup of chopped pepperoni.)*
- salt and pepper to taste

In a large skillet brown the onions and celery in butter or olive oil.

Add tomato paste, parsley and the chopped meat of your choice.

Mix well and let simmer for about 20 minutes.

Add rice, salt, pepper and nutmeg.

Keep stirring, and as the rice thickens add a cup or two of the broth.

Keep adding broth over the next about 25 to 30 minutes.

Continue cooking until the rice is done.

At about 5 minutes before serving, add the Romano cheese to the rice mixture.

Rice must be thick.

More salt, pepper and nutmeg may be added according to taste.

Serve hot.

Serves 4 to 6.

Submitted by *Delia E. Belvees*

#129 - RISO Rice

- 2 cups rice
- 3/4 cup Rosa Marina
- 1/3 cup butter
- salt to taste
- water

Soak the rice in warm water for about 1 hour.

Rinse and drain the rice.

In a kettle melt the butter and add Rosa Marina.

Stir until golden brown.

Add the drained rice stirring gently until rice is glazed.

Add cold water to cover about 1/4" over the rice.

Salt to taste.

In a covered kettle, over a low fire, cook for about 20 minutes until water is all absorbed.

Gently turn rice over once when completely done.

Submitted by *Mrs. Peter Sawaya*

Minestra is a thick vegetable soup while Minestrone is a thick vegetable soup with pasta or rice.

#130 - PISELLI CON RISO *Peas with Rice*

- 1 can of peas
- 1 medium onion (*chopped*)
- ½ cup of canned tomatoes
- 1 cup of uncooked rice
- 3 tbsp. of olive oil
- parsley if desired
- salt and pepper to taste

In a large skillet, sauté the chopped onions in olive oil.

Add tomatoes and simmer for about 20 minutes.

Add canned peas and parsley.

In a separate pot, cook rice in water until done al dente.

Drain the rice.

Add the drained rice to the peas mixture with just enough water to cover.

Simmer the rice & peas mixture for another 15 minutes

Serves 4.

Instead of using rice you can use any pasta, ditalini, spaghetti (*broken into small pieces*)
or elbow macaroni.

#131 - ARANCINI ALLA SICILIANA *Rice Balls Sicilian Style*

Rice Mixture:

- 1 ½ lbs. rice
- 1 egg plus 1 yolk
- 1 tsp. minced parsley
- 1/3 cup grated Romano cheese

Cook rice until firm, not soft.

Drain, rinse in cold water, drain again until dry.

Mix rice with 1 egg, parsley, cheese and salt and pepper to taste and set aside.

Meat Mixture:

- 1 lb. ground beef
- 1 large onion (*chopped*)
- 1 tbsp. parsley & basil (*minced*)
- 2 cups bread crumbs
- ¼ tsp. oregano
- 1/4 cup olive oil
- 1 small can tomato paste
- dash of cinnamon
- 1/3 cup grated cheese

Sauté the onion in oil until it is golden.

Add ground beef and cook together until meat is almost done.

Add tomato paste, basil, parsley, oregano, and cinnamon and cook for 20 minutes stirring constantly.

Add grated cheese and set aside to cool. (Mixture must be cold to form good "orange" balls.)

Moisten hands with cold water and put about 3 tsps. of rice in palm of your hand. Add 1 tsp. meat mixture in the center of the rice. Form the rice around meat in the shape of an orange.

Dip in 2 beaten eggs that have been salted and peppered.

Roll the rice/meat balls in bread crumbs, to which some minced parsley has been added.

Pat gently for bread crumbs to adhere.

Fry in deep fat until golden.

Serve warm or cold.

Makes about 20 large, or 30 small rice/meat balls.

Submitted by *Anna Palumbo*

#132 - SALSA SPAGHETTI *Spaghetti Sauce*

Sauce:

- ½ cup olive oil or butter
- 2 onions chopped fine(*about 1 cup*)
- 2 lg. cans tomato puree
- 2 cans tomato paste
- 1 clove garlic(*minced or chopped fine*)
- 1 tbsp. parsley and basil (*minced*)
- pork or beef or neck bones or ribs
- Salt & pepper to taste

Sauté the onion in oil or butter, add tomato puree, tomato paste, basil, parsley, salt and pepper and cook for 1 hr. Allspice and cinnamon may be added (~ tsp. of each). Add your choice of meats to sauce and cook until tender. Serve on your favorite pasta. Serves 6 to 8.

Meatballs:

- 1 lb. ground beef
- 1 cup bread crumbs
- 2 eggs
- 1 tsp. salt & pepper
- ¼ tsp. garlic salt or 1 clove garlic(*minced fine*)
- ½ cup cheese(*grated*)
- ¼ to ½ cup milk
- 2 tbsp. parsley(*minced*)

Mix all ingredients and add milk to moisten.

Roll mixture into balls.

Fry or bake in oven on cookiesheet for 20 minutes or until brown.

Add to sauce, cook for 1 hour or more.

Makes around 18 large meatballs or 24 small ones.

Serve on any favorite pasta.

Continued as #132a on next page

#132a – BROSCCIOLI Rolled spiced meat

- 1 slice of round steak (1/4" thick)
- ½ cup bread crumbs
- ¼ cup grated Romano cheese
- salt & pepper
- 1 tsp. parsley (*minced*)
- 1/4 tsp. garlic salt
- 2 tbsp. butter
- 1 egg

Spread butter on steak.

Combine bread crumbs, cheese, parsley, garlic salt, salt and pepper in bowl and mix well.

Add egg and mix well, adding water to moisten as needed.

Spread mixture on steak.

Roll mixture covered steak as a jelly roll.

Tie with kitchen string or skewers.

Brown the rolled steak on all sides.

Add to spaghetti sauce and allow it to cook for 1 ½ hour.

Remove the rolled steak from the sauce at least 1 hour before serving.

(The longer it sets the better it will slice.)

(Sliced hard boiled eggs and salami may also be used in the stuffing if desired.)

#133 - POMIDORO CON VERDURA *Summer Vegetable Sauce*

- 1/3 cup olive oil
- ¼ cup butter
- 1 large onion (*minced*)
- 1 carrot (*diced*)
- 1 carrot (*finely chopped*)
- 1 qt. tomatoes
- 1 cup unpeeled eggplant (*diced*)
- 2 tbsp. Pine nuts
- 1 cup butter

Heat the olive oil and butter in large skillet.

Add onion and diced carrot and brown.

Add mashed tomatoes and salt & pepper to taste.

Simmer for 30 minutes, stirring occasionally.

Brown the eggplant, the other finely chopped carrot and the pine nuts in 1 cup of butter.

Add browned veggie mixture to the sauce.

Cook a few minutes more.

Serve on linguine, topping with capers and black pepper.

Serves 4 to 6.

Submitted by Mrs. Joseph R. Quinta

#134 - SALSA PIZZIOLA *Quick Sauce for Spaghetti*

- 3 tbsp. olive oil
- 1 clove garlic (*chopped*)
- 1 qt. tomatoes
- ½ tsp. salt
- ¼ tsp. pepper
- 1 tsp. parsley (*minced*)
- 1 tsp. basil

Sauté garlic in oil until golden ... and then discard garlic.

Add tomatoes, parsley, basil, salt and pepper to garlic flavored oil.

Cook slowly for about 25 minutes.

Taste for seasoning.

This recipe makes enough quick sauce for one pound of spaghetti or rice.

(If desired, sprinkle the sauce covered pasta generously with Romano cheese and ground red pepper.)

Submitted by *Bessie Rossi*

#135 - PAN DI RICOTTA Cheese Cake

Crust:

- 2 cups crushed graham crackers
- ¼ cup butter
- 2 tbs. sugar

Blend crumbs with softened butter and sugar.

Press into buttered sides and bottom of spring form pan.

Save a few crumbs for topping, if you like.

Cheese Cake:

- 1 ½ lbs. Ricotta cheese
- 1 tbl. vanilla
- pinch salt
- 2 envelopes plain gelatin
- ½ cup cold water
- 3 egg yolks
- 2 tbsp. milk
- 1 cup sugar
- 1 pt. heavy cream (*whipped*)
- 3 egg whites (*stiffly beaten*)

Beat ricotta with an electric mixer until smooth.

Add vanilla and salt and blend well.

Soak gelatin in cold water for 10 minutes.

Combine egg yolks, milk, and sugar and cook over hot water until thickened, stirring constantly.

Add softened gelatin.

Cool slightly and stir in cheese mixture, fold in whipped cream and then beaten egg whites.

Turn into spring form pan lined with graham cracker crust.

Chill 6 to 8 hrs.

Submitted by *Josephine Pagliaroli*

“Mangiando viene l'appetito.”

"Appetite comes in eating."

#136 - PAN DI RICOTTA Cheese Cake

- 10" or 12" sponge cake or an orange chiffon cake
- 1 ½ lbs. Ricotta cheese
- ½ cup sugar
- 2 tsp. almond extract
- 1/3 cup mixed candied fruit
- 2 sqs. unsweetened or semi-sweet chocolate (*cut in small bits*)
- 1/3 cup chopped nuts

Beat ricotta, sugar and almond extract until smooth.

Mix thoroughly with the remaining ingredients.

Place mixture in refrigerator and chill.

Cut cake in three layers.

Spread half of the mixture on the bottom layer.

Top with 2nd layer and spread remainder of mixture on 2nd layer.

Place 3rd layer on top.

Frost the top and sides of cake with sweetened whipped cream.

Decorate the top of the cake with maraschino cherries and make a border around bottom edge of the cake of half slices of orange, with a cherry in the center of each slice.

Submitted by *Angela Barbaro*

"Buon vino fa buon sangue."

"Good wine makes good blood."

#137 - CASSATA CIOCOLATTA *Chocolate Cake*

- 2 cups sugar
- 8 tbsp. shortening
- ½ tsp , salt
- 2 eggs
- 3 cups flour
- 1 cup buttermilk
- 2 tsp. baking soda
- 1 cup boiling water
- 1 ½ tsp. vanilla
- ½ cup cocoa

Cream the sugar and shortening.

Add eggs 1 at a time, and cream.

Sift dry ingredients and add alternately with milk.

Add vanilla and mix well.

Bake at 350⁰ for 45 minutes or less.

Very good!

Submitted by *Louise Carinci*

#138 - PAN DI SPAGNA *Italian Sponge Cake*

- 1 ½ cups flour
- 1 ½ cups sugar
- 6 eggs
- ½ tsp , salt
- ½ tsp. cream tartar
- 1/3 cup water
- 1 tsp. baking powder

Beat egg yolks well.

Add sugar, salt, water and mix.

Sift flour and baking powder and fold into egg yolk mixture.

Beat egg whites with cream of tartar and 2 tbsp. of sugar until stiff.

Fold into egg yolks.

Put in tube pan and bake at 325⁰ for 50 minutes, or until cake springs back when pressed with finger.

Submitted by *Philomena Marra*

#139 - PAN DI SPAGNA *Italian Sponge Cake*

- 5 egg yolks
- ½ cup sugar
- 2 tbsp. lemon juice
- 1 tsp. grated lemon peel.
- 1 tsp. vanilla
- 5 egg whites
- ½ tsp , salt
- ½ cup sugar
- 1 cup sifted cake flour

Combine 1st 5 ingredients and beat with an electric mixer on medium highspeedfor 3 to 4 minutes.

Set aside.

Beat egg whites and salt until frothy.

Gradually add sugar, beating well after each addition.

Continue beating until rounded peaks are formed.

Gently fold egg yolk mixture into beaten egg whites.

Fold in flour about ¼ cup at a time.

Turn into a 9" tube pan.

Bake at 325⁰ for 50 to '55 minutes, or until cake springs back when lightly touched.

Invert pan until cake is cooled.

Submitted by *Angela Barbaro*

#140 - CASSATA DI LATTE *Hot Milk Sponge Cake*

- 1 cup flour(*sifted*)
- 3 eggs (*beaten thick*)
- 2 tsp. lemon juice
- 1 tsp. baking powder
- 1 cup sugar
- 6 tbsp. hot milk

Beat eggs until thick and lemon colored.

Gradually add sugar, lemon juice, sifted flour, baking powder and milk to beaten eggs.

Fold quickly until smooth.

Put into ungreased tube pan.

Bake at 350° for 35 minutes.

Invert pan to cool.

Remove cake and sift powdered sugar over it.

This cake may also be baked in an 8 x 8" pan for 25 min. at 350°.

Submitted by *Philomena Marra*

*"Buon pasto loda Iddio."
"Good food praises God."*

#141 - ZUPP A INGLESE *Rum Cake*

Pineapple filling:

- 1½ cups milk (*scalded*)
- ½ cup sugar
- 2 tbsp. cornstarch
- 3 eggs (*slightly beaten*)
- 1 ½ cups crushed pineapple (#2 can – *drained*)
- ½ tsp , salt
- ½ cup cold milk
- 1 tsp. vanilla

Scald 1½ cups milk in top of double-boiler.

Combine sugar, cornstarch & salt and then add cold milk while stirring well.

Gradually stir in scalded milk.

Bring cornstarch mixture to a boil over direct heat while stirring constantly and cook about 3 minutes.

Pour into double-boiler, cover and cook about 12 minutes; stir 3 or 4 times.

Vigorously stir about 3 tbsp. of hot mixture into beaten eggs and add this mixture to double-boiler.

Cook over simmering water 3 to 5 minutes stirring slowly to keep mixture cooking evenly.

Remove from heat, cover and cool.

When cool stir in pineapple and vanilla.

Chocolate filling:

Prepare the same as pineapple filling except add 1½ sqs. of chocolate to milk and scald.

Beat smooth with rotary beater and increase the sugar to 2/3 cups and omit pineapple.

Rum mixture:

- ½ cup rum and 2 tbsp. of cold water

Cut cake into 3 layers.

Sprinkle each layer of cake with 1/3 rum mixture.

Spread pineapple filling on bottom layer and chocolate filling on the middle layer.

Put layers together, cover with wax paper and chill in refrigerator several hours.

Frost with whipped cream and garnish with candied cherries.

Makes about 16 to 20 servings.

You may substitute commercially prepared cooked pudding mixes for fillings.

Submitted by *Angela Barbaro*

#142 - CASSATA ALLA MARGHERITA *Cake Margherita*

- 1 sponge cake
- ½ cup sugar
- ½ lb. glazed fruit (*chopped*)
- 2 lbs. Ricotta cheese
- 2 sqs. bitter chocolate (*chopped fine*)
- 2 tsp. almond flavoring

Sieve Ricotta three times.

Mix in sugar, chocolate and flavoring.

Blend and set aside in refrigerator until needed.

Cut sponge cake into three layers.

Spread half the Ricotta filling on bottom layer and the remainder on middle layer.

Top with third layer and set in refrigerator.

Frosting:

- 1 egg white
- 1 tsp. lemon juice
- 1½ cups powdered sugar

Beat the ingredients together, adding more sugar if needed to make a creamy consistency.

Spread frosting over cake, and decorate with glazed fruit.

Serves 10 to 12.

Submitted by *Mrs. Victor Perugino*

#143 - TORTA ALLA CONTINENTALE *Continental Cake*

- 4. eggs
- ¼ tsp. salt
- ¾ cup pancake flour
- 1 tsp. almond or any other flavoring you prefer

Beat eggs and salt until light yellow.

Add flavoring and slowly beat in pancake flour.

Grease a cookie sheet.

Place wax paper on the cookie sheet and grease the paper also.

Spread mixture on wax paper

Bake at 400° for 10 to 12 minutes.

Sprinkle a kitchen towel generously with powdered sugar.

Turn pan over onto sugared towel.

Remove wax paper.

Quickly roll cake in a jelly roll style.

Let stand for 15 minutes.

Unroll and fill with your favorite fillings ... like jelly, marmalade, cream or whipped cream.

Reroll and sprinkle with powdered sugar.

Submitted by *Rose Nicol*

#144 - CANNOLI Pastry Shells

Shells:

- 6 round sticks cut from broom handle or shades (*cleaned and sanded*)
- 4 cups flour
- 2 eggs (*save 1 white*)
- 4 tbsp. warm water
- 2 tbsp. sugar
- 2 tbsp. sherry wine
- 1 tsp. vanilla
- 4 tbsp. shortening
- 2 tbsp. baking powder
- pinch of salt
- enough milk to handle dough

Sift all dry ingredients.

Cream the sugar&shortening ... adding eggs and creaming well.

Add sherry, water and vanilla.

Mix all together with enough milk to handle the dough.

Roll the dough on a floured board.

Cut into 5" rounds of dough.

Fold the rounds of dough around the stick: dipping one end of the rounds of dough in egg white and lapping it over the other end of the dough to stick.

Fry in deep fat until brown.

Gently take the fried shells off the stick so as not to break them.

Cool on brown paper.

Filling:

- 2 lbs. Ricotta cheese
- 1½ cups sugar
- ½ cup candied fruit
- 1 tsp. cinnamon
- 1 tsp. vanilla
- 1 tsp. almond flavoring
- ½ pkg. chocolate bits

Thoroughly mix all of the fill ingredients.

Carefully fill all of the fried shells with the filling mixture.

Dip the ends of the filled shells in crushed nut meats, or in chocolate, or in coconut.

Dust with powdered sugar and refrigerate until ready to serve.

Submitted by *Gertrude Liguori*

#145 - CANNOLI Pastry Shells

Shells:

- 6 eggs
- 9 tbsp. oil
- 6 tsp. sugar
- 1½ tsp. baking powder
- 4 cups flour, more or less (*dough must be very stiff, and well kneaded*)
- pinch of salt
- 6 un- painted and well-scrubbed 6" long pieces of broom handle.

Mix all of the shell ingredients and roll to paper thinness on a lightly floured board.

Cut the dough into 5" circles.

Wrap each circle of dough around the round 6" long pieces of broom handle.

Fold dough around stick loosely so that ¼" of the broom handle protrudes at either end.

Seal dough by brushing the overlapping portion with egg yolk.

Fry 2 wrapped cannoli shells at a time in deep hot (390^o) fat for one minute or until brown on both sides.

Gently lift out fried shells with a slotted spoon or tongs and drain on unglazed paper to cool.

Carefully remove the pieces of broom handle so as to not break the cannoli shells.

Filling:

- 1 pt. milk
- 2 egg yolks
- 4 tbs. corn starch
- 4 tbs. sugar
- 1 tsp. vanilla

Mix all of the filling ingredients and cook until thick.

Cool cooked filling and stuff into shells.

Roll stuffed shells in powdered sugar.

Keep stuffed shells refrigerated until ready to serve.

Keep filling in the refrigerator until ready to serve and fill fried shells just before serving. Filled cannoli should be served immediately.

The unfilled fried cannoli shells will keep for about 6 weeks in a cool dry place.

The uncooked dough will keep in a refrigerator for 2 or 3 days.

Submitted by *Mary Pisano Marra*

“This dessert is very popular in the coffee houses in New York City.”

#146 - PASTICCIO *Pie Crust*

- 5 cups flour
- 2½ cups shortening
- 1 tsp , salt
- 1 cup (*in cup put 2 tsps. vinegar and 1 egg and fill with cold water.*)

Melt shortening and set aside to cool.

When the melted shortening starts to solidify blend the flour and salt into it.

Add the cup of liquid containing the water, egg and vinegar.

Mix well and rollout to fit your pie pans.

Makes 3 -9" pies depending on the size of your pans.

Submitted by Mrs. Shirley Capito

#147 - RICOTTA PASTICCIO *Ricotta Cheese Pie*

- 3/4 lb. Ricotta cheese
- 2 cups milk
- ½ cup sugar
- 2 eggs
- grated rind of orange
- 1 unbaked pie shell

Beat eggs.

Add sugar, milk, Ricotta and orange rind to beaten eggs.

Put mixture into an unbaked pie shell.

Bake at 350^o for about 45 minutes, or until you can insert a knife and it comes out clean
(as in testing a pumpkin pie),

Submitted by *Mrs. Shirley Capito*

#148 - TORTA DI RICOTTA *Cheese Pie*

- 9" unbaked pastry pie shell

Filling:

- 3 cups (1½ lbs.) Ricotta cheese
- ¼ cup flour
- 2 tbsp. grated orange peel
- 2 tbsp. grated Lemon peel
- 1 tbsp. vanilla
- ½ tsp. salt
- 4 eggs
- 1 cup sugar

Beat eggs.

Gradually add sugar to beaten egg and continue beating until thick.

Add flavorings.

Stir beaten egg mixture into Ricotta mixture and blend until smooth.

Pour into pastry shell and bake at 350° about 50 to 60 minutes, or until mixture is firm and pastry is golden brown.

Submitted by *Angela Barbaro*

#149 - TORTA DI RICOTTA Cheese Pie

- unbaked pastry shell
- 2 lbs. ricotta cheese
- 3 to 4 eggs (*well beaten*)
- 1 cup sugar
- 1 tsp , salt
- 2 tssp. vanilla
- grated rind of 1 or 2 oranges
- 1 or 1½ cups of top milk or light cream

Rub ricotta cheese through a fine sieve.

Beat eggs.

Add sugar salt, vanilla and orange rind to beaten eggs.

Add mixture to sieved ricotta cheese.

Add milk or cream and stir well.

Pour into pastry shell and sprinkle nutmeg on top.

Bake at 325⁰ for 45 minutes

Submitted by *Ellen Rogers*

#150 - CRISPIDI FACILE *Easy Fried Pastry*

- 3 eggs
- 2 cups flour
- pinch of salt
- 1 cup honey
- cinnamon

Beat the eggs until they are lemon colored.

Gradually add flour (*more if necessary*) until the dough becomes elastic.

Roll the dough on a lightly floured board to paper thinness.

Cut dough into 1 ½" wide and 5" longstrips.

Fry the strips in deep hot oil 375⁰ until lightly browned.

Drain the fried strips (*crispidi*) on brown paper.

Boil 1 cup honey with a dash of cinnamon until it spins a thread.

Pour over fried crispidiwhen cooled or sprinkle with powdered sugar.

Submitted by *Marietta Malara*

#151 - ZEPPOLE *Donut Type Pastry*

- ½ yeast (*large size*)
- 2½ cups flour
- ½ tsp. salt

Melt yeast in 2 cups of lukewarm water.

Add flour and mix well with a wooden spoon.

Cover and let dough rise for ½ hour.

Add salt, mix dough again and let it rise again until double in bulk.

The dough batter will be soft and sticky.

Drop the dough batter by a tablespoon at a time into deep hot fat heated to 350°.

Brown puffs on all sides and drain on absorbent paper.

Cool and dust with confectioners' sugar.

These delicious puffs are especially good around Christmas time.

Variation:

Add anchovies to the batter and dry as set forth above but omitting the confectioners' sugar.

Submitted by *Teresa Anzivine*

#152 - PASTICCIO DI MELE *Apple Pie*

- 1 1/4 cups flour
- 4 tbsp. sugar
- 1 stick butter (*softened*)
- 2 egg yolks
- pinch of salt
- grated rind of 1 lemon
- 3 or 4 apples
- 1 - 9 oz. jar of apricot preserves
- nutmeg
- cinnamon

Beat eggs slightly.

Add salt and sugar and lemon rind and work in butter and flour.

Knead the dough with a little flour to form a pastry ball.

Wrap the pastry ball in wax paper and chill for about 30 minutes.

Roll out 2/3's of the pastry ball on a lightly floured board for a 9" round crust.

Fill the crust about 2/3's full with thinly sliced apples, spiraling in a circle.

Sprinkle apple slices with a little nutmeg and cinnamon and dot with butter.

Spread the jarful of apricot preserves over the apples.

Roll out the remaining pastry ball and cut into 10 strips each 1/2" wide.

Place the 1/2" wide strips in a lattice formation to make the top crust.

Flute the edges all around.

Bake in a hot oven, 400°, for 15 minutes.

Reduce the oven heat to 350° and cook for 30 minutes more..

This makes a delicious pie crust.

Submitted by Mrs. Victor Perugino

"La prima scodella piace ad ognuno "
The first dish pleases everyone.

#153 - PASTICCIO NATALE *Christmas Pies*

Filling:

- 8 oz. almonds (*shelled*)
- 1 lb. assorted candied fruits (*chopped*)
- 8 oz. candied cherries(*chopped*)
- 1 lb. walnuts (*shelled*)
- 4 lbs. Raisins(*muscats*)
- 2 lbs. filberts (*shelled*)

Cut up almonds, walnuts and filberts (*coarsely*).

Mix cut up nuts together with fruits, cherries and resins and set aside.

Dough:

- 6 eggs
- ½ cup sugar
- 1 tbsp. baking powder
- ½ cup oil
- ¼ tsp. salt
- 4 cups flour
- ½ tsp. vanilla extract
- ½ tsp. almond extract
- Additional oil, sugar and cinnamon to sprinkle

Put flour in a bowl and make a well.

Sprinkle the sugar, baking powder and salt around the flour well.

Break the eggs into the center of the flour well.

Add oil and flavorings and beat with your hand, working the flour in gradually.

Knead the mixture well until the dough is smooth.

Break off enough dough for 4 crusts and rollout, paper thin, to fit 8" pie tins.

Sprinkle each crust with oil, sugar and cinnamon.

Rollout the rest of dough into a large paper thin sheet.

Sprinkle the sheet with oil, sugar and cinnamon.

Spread the filling on ½ of the sheet and then flap the rest of the paper thin dough sheet back over the filling covered half.

Cut the entire flapped over sheet of filled dough into 2" wide strips.

Roll each strip as for jelly roll, being careful to keep as much of the filling inside the rolls as possible.

Set one roll on its side in the center of each prepared pie crust.

(You may have to use 1½ rolled strip to fill each crust.)

Pick up any fallen fruits and nuts and press them back into the rolls.

Sprinkle the top of each pie with cinnamon and sugar.

The pie may then be decorated with nut halves and glazed fruit before baking.

Bake in oven set at 350° for 35 to 40 minutes or until golden brown.

These pies will keep for months in an air tight tin.

Submitted by *Jo Marra*

#154 - CASSATALLE NATALE Christmas Tarts

- 2 lbs. figs (*dark or light*)
- 2 lbs. Raisins (*muscats*)
- 1 lb. dates(*pitted*)
- 1 lb. filberts(*shelled*)
- 1 lb. almonds(*shelled*)
- 1 lb. walnuts(*shelled*)
- 2 cups honey
- 1 lb. mixed fruit
- 1 orange rind and juice
- 1lb. plain Hershey bar
- 1 pt. vino cotto, or 3 cups brown sugar and 1½ cups water(*boiled*)
- 2 jiggers of brandy, or any other liquor (*optional*)

Combine all the ingredients and put them through a food grinder using coarse blade. Add a teaspoon of cold water now and then while grinding to keep the grinder running smooth.

Cook all ingredients until chocolate is melted and mixture resembles a sticky paste. Add liquor if desired at this time.

Stir and simmer until ready to use.

Dough:

- 6 eggs
- ½ cup sugar
- 1 tbsp. baking powder
- ½ cup oil
- ¼ tsp. salt
- 4 cups flour
- ½ tsp. vanilla extract
- ½ tsp. almond extract

Put the flour in a bowl and make a well in the center.

Sprinkle sugar, baking powder and salt around flour well.

Break the eggs into the center of the flour well.

Add oil and flavorings and beat with your hand, working the flour in gradually.

Knead well until dough is smooth.

Divide the dough and roll out paper thin.

Cut with a knife into 4" circles.

Put 2 tablespoons of the warm mixture into half of each circle and flap the other half back over filled half.

Press the edges tightly together with a fork to prevent filling from coming out during baking.

Bake in oven set at 325° for 30 min. or until golden brown.

These tarts will keep for months in an air tight tin.

Submitted by *Jo Manna*

Over the years our family often called these "pietra" because they resemble "stones"

#155- SFINGE DI SAN GIUSEPPE *St. Joseph Puffs*

- ½ cup butter
- 1 cup water
- ½ tsp. salt
- 1 cup flour
- 4 eggs
- 1 tsp. grated lemon
- 1 tsp. grated orange rind
- 1 lb. Ricotta cheese
- 3 tbsp. candied fruits(*chopped fine*)
- 1 tbsp. white raisins
- 2 tbsp. maraschino cherry juice
- 2 tbsp. confectioners' sugar
- 2 tbsp. bitter chocolate(*shaved*)

Melt butter with water and salt.

Remove from the heat and vigorously stir in all flour.

Add eggs, one at a time, beating them well after each addition.

Beat in grated orange and lemon rind.

Drop onetablespoonful of this mixture at a time onto a well-greased baking sheet.

Place the drops of mixture about 2" apart.

Bake for 10 minutes in ahot oven, set at 400⁰, and then for15 minutes set at 350⁰.

Cool and cut cream puff shells in half and fill with following mixture:

Mix cheese, candied fruit, raisins(*which have beensoaked in maraschino juice*) and shaved chocolate.

Fill the bottoms of the cream puff shells with this mixture.

Replace the upper half of the shells and dust with confectioners' sugar... ***Delicious!***

Submitted by Jo Marra

St. Joseph is the patron saint of the family. It is said that the family that prays and eats together stays together. On March 19th, in Sicily it is an occasion for feasting. The wealthier villagers set tables, either in their homes, or in the public piazza of the town. All of the poorer neighbors are invited to the feast. The food is blessed by the priest and prayers of Thanksgiving are offered to St. Joseph and then everyone partakes of the cornucopia of food set before them. The tables are loaded down with dishes of fish, meat, pasta with sardine and fennel, vegetables, legumes, cookies and special cream puffs called ZEPPOLE or SFINGE DE SAN GIUSEPPE. This is also a popular practice with some church groups in the United States ... including, for many years, at St Joseph's church in Olean, NY.

#156 - BOCCONE DOLCE *Sweet Mouthful*

- 4 egg whites
- ¼ tsp. cream of tartar
- 1 cup sugar
- pinch of salt

Beat the egg whites with salt and cream of tartar.

Gradually fold in the sugar, beating until the mixture is stiff and glossy.

Line a baking dish with wax paper.

Trace 3 circles 8" in diameter and spread meringue about ¼' thick evenly in the circles.

Bake for 20 or 25 minutes in a slow oven set at 250⁰, or until the meringue is golden.

Remove from oven, peel the wax paper from the bottom and put on a cake rack to dry.

Filling:

- 6 oz. semi-sweet chocolate
- 3 tbsp. water
- 3 cups heavy cream
- 1/3 cup sugar
- 1 pt. fresh strawberries

Melt the chocolate with the 3 tbsp. of water over hot water.

Whip the cream until it is stiff, gradually adding sugar as you whip.

Slice the strawberries. *(Some of the strawberries may be saved whole and used later to decorate.)*

Place a meringue shell on a serving plate.

Spread a thin coat of melted chocolate on the meringue shell, then spread a 3/4" thick layer of whipped cream ... and finally top with a layer of sliced strawberries.

Repeat covering all of the meringue shells with layers of chocolate, cream and strawberries until all of the ingredients are used up.

Spread cream on sides also.

Refrigerate for about 2 hours before serving.

#157 - PIZZELLE *Italian 'Waffles*

- 1¼ cups sugar
- ¾ cup olive oil
- 6 eggs
- ½ cup warm water
- 5 cups flour
- 3 tbsp. anise seed

A cast iron Italian style waffle iron may be used on an electric or agas stove.

Make a well in the flour.

Add the oil, eggs, water, sugar, and anise seed into the center of the well.

Beat the center ingredients with your hand; then mix in the flour and knead until smooth.

Break off pieces of the dough and roll into 2" long pieces.

Press those 2" long pieces onto the Italian waffle iron and bake, turning on each side until done.

Waffle Iron must be at the right temperature so as to get the right baking degree.

This makes a crisp waffle.

General cooking directions usually come with the waffle iron.

Submitted by *Rose Aiello*

#158 - PIZZELLE' ***Electric Waffle Iron Recipe***

- 1 egg
- 1 tbsp. sugar
- 1 tbsp. olive oil
- ½ tsp. anise seed
- enough flour to make a firm batter

Start with ½ cup of flour and make a well in the center.

Place the sugar, olive oil, and anise seeds in the center of the well.

Mix the ingredients in the center of the well with your hand.

Then work in the flour, and then increase the amount of flour as needed to make a nice smooth firm dough.

The general cooking directions will come with the electric waffle iron.

Submitted by Mrs. Teresa C. Anesi

#159 - BISCOTTINI SESAMO E NOCE ***Sesame Seed Cookies and Coconut Cookies***

- 6 eggs
- 2 cups coconut
- 3 cups sugar
- 2 cups milk
- 1 lb. lard or other shortening (*melted*)
- 5 tsp. baking powder
- 2 tsp. Salt (*level*)
- 3 tbsp. vanilla
- 4 to 7 cups flour

Break the eggs into a bowl.

Add sugar, milk, melted shortening, salt, vanilla and baking powder into the eggs.

Beat well for about 2 minutes.

Put half of the mixture into a separate bowl.

In one bowl containing half of the mixture work in enough flour until the dough is firm enough to handle by hand.

Rollout dough to be about 1½" thick.

Cut dough into 3" long by 1½" wide pieces.

Roll each piece into the sesame seeds.

Place the pieces on a greased cookie sheet.

Bake at 375° until lightly brown.

Add 2 cups of chopped or fine coconut into the bowl with the remaining half of the mixture and work in enough of the remaining flour until the dough is firm enough to handle by hand.

Rollout dough to be about 1½" thick and cut dough into 3" squares for coconut bars.

Bake at 375° until lightly brown.

Submitted by Delia E. Beluees

#160 - BISCOTTINI SESAMO *Sesame Cookies*

- 1 cup sugar
- 3 eggs
- ½ cup melted shortening
- 3 cups flour
- 2 tsp. baking powder
- ½ tsp. salt
- 1 tsp. lemon extract
- sesame seeds

Beat the eggs in a bowl.

Add the sugar, shortening, and flavoring to the beaten eggs and stir.

Add the dry ingredients and mix well using more flour as needed until the dough is firm enough to handle by hand.

Roll the dough into lengths like a rope about 1½" around.

With a sharp knife cut the rope like dough into 2" long pieces.

Dip the cut pieces in egg white and then into sesame seeds.

Flour a cookie sheet.

Place the cut and dipped sesame dough pieces on the floured cookie sheet.

Bake at 350° for about 15 min.

Submitted by Ellen Rogers

#161 - PETTI DI SAN MARTIN *Italian Hard Cookie*

- 5 lbs. flour
- 5 lbs. honey
- 5 lbs. mixed nuts(*whole*)
- 5 lbs. Raisins(*seedless*)

Put the flour into a large pan.

Add honey.

Rinse out honey jar with 1 cup of warm water.

Add to flour and mix well.

Add nuts and raisins.

Knead until texture of dough is ready to roll.

Roll small amount of dough at a time.

Cut dough into 8" strips and flatten to 1½" thickness.

Bake the stripes on an ungreased cookie sheet at 350⁰ until brown.

Makes about 50 hard cookies.

Submitted by Mrs. Pacal Rogers

It is an old Italian custom and tradition that these hard cookies are made on December 8th of each year in preparation for the Christmas holidays.

#162 - BISCOTTI *Italian Cookies*

- 12 eggs
- 2 cups olive oil
- ¼ cup vanilla or anise flavoring
- 2 cups milk
- 10 tsp , baking powder
- 2 cups sugar
- 1 tbsp. , salt
- 12 to 14 cups flour

Break the eggs into a large bowl.

Add oil, vanilla or anise, sugar, milk and salt.

Beat well by hand for about 3 minutes.

Add baking powder and mix well,

Then gradually add flour, mixing well after each addition.

If dough is sticky, add a little more flour until dough is at the right consistency.

Roll and braid pinches of the dough into various shapes.

Be creative ... any shape may be made with the pinches of dough.

Place the shaped pinches of dough on a greased cookie sheet.

Bake in oven set at 375⁰ for 10 to 12 minutes, or until lightly brown.

These delicious traditional Italian cookies may also be frosted with your favorite frosting.

Makes about 5 lbs. of cookies.

Submitted by Delia E. Beluees

#163 - PALLA DI NEVE *Snow Balls*

- 8 cups flour
- 6 tsps. baking powder
- 2 tsps. soda
- 1 tsp. salt
- 3 eggs
- 2 yolks
- 1 cup shortening
- 2 cups sugar
- 1 cup milk
- 1 tsp. almond extract
- 3 drops yellow food coloring

Combine the egg yolks, milk, salt and flavoring and mix together.

In a separate bowl, sift together the sugar, flour, baking powder, and soda.

Cut in the shortening until the particles begin to cling together.

Mix the egg mixture into the dry ingredients until a soft dough is formed.

Add more flour if needed to bring dough to a texture that can be easily handled.

Roll pieces of the dough into small balls about the size of a walnut and put them on a greased cookie sheet.

Bake in oven set at at 350⁰ for 15 minutes.

Let stand until cool before frosting.

Frosting:

- 1½ cup granulated sugar
- ½ cup water
- 2 egg whites
- ¼ tsp. cream of tartar
- 1 box confectioners' sugar
- almond and vanilla flavoring

Boil the sugar and water for 2 minutes, and then let cool.

Beat the egg whites with cream of tartar until it forms soft peaks, gradually add boiled sugar, and continue beating for 3 minutes.

Add confectioners' sugar and flavoring.

Roll cookies in frosting a dozen at a time.

Lay cookies flat to dry after rolling in the frosting.

Makes about 100 cookies.

Submitted by *Philomena Cali*

These make delicious wedding cookies.

#164 - FARFALLETTE *Fried Bow Knots*

- 2 cups flour
- 2 eggs
- 4 yolks
- ½ tsp. salt
- ½ cup powdered sugar
- 1 oz. brandy or lemon extract
- ¼ cup butter or margarine
- 1 cup white sugar

Add the salt to the eggs and beat them until they are lemon colored and thick.

Add the sugar, butter, and flavoring and beat again.

Add flour to the beaten egg/sugar/salt mixture and knead until blisters form.

On a lightly floured board rollout the resulting dough to be very thin.

Cut the dough into strips 1½" wide and 4" long.

Make slits in center of these strips and pull one end of the strip through the slit to form a bow.

Have all of the bows prepared before starting to fry them.

Fry all of the prepared bows in deep fat until lightly browned (about 1 minute).

Drain all of the fried bows on some absorbent non-glossy paper.

Cool the fried and drained bows and then sprinkle with the powdered sugar.

Submitted by *Mary Attolini Loper ... in, Parma, Italy*

#165 - FARFALLETTE *Fried Bow Knots*

- 6 eggs
- ¼ cup sugar
- ¼ cup melted butter
- 1 tsp. vanilla
- 1 tsp. baking powder
- 4 cups flour

Mix all of the ingredients in a large bowl.

Knead the mixture thoroughly until the dough is smooth.

(This should be a very firm dough... so add more flour if dough is too soft.)

On a lightly floured board, roll out a small amount of dough at a time to paper thinness.

Cut the rolled out thin dough into strips ½" wide and 6" long.

Tie each strip into a loose bow knot or twist.

Allow bows and twists to dry a few minutes.

Fry all of the bows and twists in hot 375° oil until lightly browned.

Drain the fried bows and twists on unglazed paper.

After the bows and twists have cooled sprinkle them amply with powdered sugar.

Submitted by *Marietta Malara*

"E meglio vin torbo che acqua chiara."

"Thick wine is better than clear water."

#166 - BISCOTTI *Italian Cookies*

- 6 eggs
- 1 cup sugar
- 1 cup olive oil
- 1 cup milk
- 1 tsp. vanilla
- 1 tsp. almond extract
- 2 tbsp. baking powder
- 6 cups flour

Beat the eggs in a large bowl.

Gradually add sugar and remaining ingredients to the beaten eggs.

(Reserve 1 cup of flour to work the dough with.)

(Do not knead dough too much as this will make the dough tough.)

Cover the dough and pinch off just enough dough at a time to work with.

This is a very adaptable cookie batter, feel free to be creative.

Cookies may be shaped as rings, strips or braided into baskets.

One variation for Easter time is to braid the dough and form a basket.

Then place an uncooked, washed egg in the center of the basket and lay thin strips of dough over the egg to hold in place.

Place another piece of dough on the basket in the shape of a handle.

Bunnies may also be shaped ... also with an egg in the center of them.

Bake the various shapes on a lightly greased cookie sheet at 350^o for 30 min. or until golden.

These delicious and creative Italian cookies may also be frosted with your favorite frosting.

Submitted by *Mary Pisano Marra*

#167 - BISCOTTI DOLCI *Italian Cookies*

- 2 cups plus 2 tbsp. sifted all-purpose flour
- 4 tsp. baking powder
- ½ tsp. salt
- 3 eggs
- 5 tbsp. granulated sugar
- ¼ cup salad oil
- 1 tsp. almond extract

In a bowl, sift the first 3 ingredients together to form a flour mixture.

In a separate large bowl beat the eggs lightly with beater.

Add the granulated sugar, oil and extract to the bowl with the beaten eggs and stir until well mixed.

Stir the flour mixture into the bowl with the beaten eggs and mix well to form a dough.

With your hands floured, shape the dough into 1" balls

(If the dough seems hard to handle, add a little more of the sifted flour until the dough is the right consistency to easily form the balls).

Place the 1" balls about 1½" apart on a greased cookie sheet.

Bake in a preheated oven at 400° for about 10 minutes, or until golden.

Makes about 2 dozen Italian Cookies.

Submitted by *Sue Rosetti*

#168 - BISCOTTI ITALIANO *Sliced Italian Biscuits*

- 3 cups flour
- 3½ tsp. baking powder
- ½ cup shortening, melted
- 3 large eggs
- ¾ cup sugar
- 1 tsp. anise flavored extract
- grated rind of one lemon
- ⅓ cup milk
- ½ tsp. salt

Place the flour in a large bowl and make a well in the center of the flour.

Add the sugar and the eggs into the center of the flour well and stir.

Add the baking powder, melted shortening, anise, lemon, milk, and salt and mix well by hand.

If dough is sticky, add more flour until dough is the right consistency and texture for forming loaves.

Separate the dough into 4 parts and then form each part into a separate loaf about 12" long.

Bake the loaves in an oven set at 375⁰ for about 20 minutes, or until a nice golden color.

Cool and slice the baked loafs into 1" thick slices.

Lay the cut slices on a cookie sheet and toast for 2 or 3 minutes

Submitted by *Louise Carinci*

#169 - BISCOTTI AL MIELE *Honey Molasses Cookie*

- 4 eggs
- ¼ tsp. nutmeg
- ¼ tsp. cinnamon
- ½ cup olive oil
- ½ cup molasses
- 1 tbsp. baking powder
- ¼ tsp. soda
- 1½ cups honey
- ¼ tsp. salt
- 5½ cups flour

Sift all dry ingredients into a bowl.

Beat the eggs in a separate large bowl.

Add the honey, molasses and oil to the bowl with the beaten eggs and mix well.

Add all of the sifted dry ingredients into the bowl with the eggs/honey/molasses/oil mixture.

Knead this mixture into a smooth and elastic dough.

Add more flour if necessary to get the dough to the right texture.

Roll the dough out to about a ¼" thickness.

Cut the thin rolled out dough into diamond shapes about 3 or 4 inches long.

Beat 1 egg white.

Brush each diamond shaped cookie with beaten egg white.

Place the cookies on a greased cookie sheet and bake at 375⁰ until done.

If stored in an airtight container, these cookies will keep for weeks.

Submitted by Mrs. Claudia Amato

#170- BISCOTTI ALL' ARANCIO *Orange Cookies*

- 6 eggs - minus 1 white
- 1 cup melted shortening
- 1 cup sugar
- 4 tbsp. baking powder
- 2 tsp. pure orange flavoring
- 5 ½ cups flour

In a small bowl, beat the eggs with egg beater.

Put the flour into a large separate bowl.

Make a well in the center of the flour.

Add the beaten eggs, baking powder, sugar, orange flavoring, and shortening into the center of the flour well.

Mix all the ingredients and knead until a smooth dough is formed.

Roll the dough out to about a ¼" to ½" thickness.

Cut the rolled out dough into any shape desired: balls, twists, etc.

Beat one egg white.

Brush the shapes with beaten egg white.

Place the cookies on a greased cookie sheet and bake at 350⁰ for 15 to 20 minute.

Submitted by Marietta Malara

#171 - STRUFOLI Honey Balls

- 6 eggs
- ½ cup sugar
- 1 tbsp. shortening
- ½ tsp. baking powder
- 1 tsp. vanilla
- 1 lb. jar of honey
- 3 cups flour

Optional decorations:

- Candied fruit
- Sprinkles
- Pine nuts

Mix the first five ingredients together in a bowl.

Add the flour and mix well ... if dough is sticky, add more flour, and knead well.

Cut the dough into small pieces.

Roll to the small pieces of dough into a length and shape similar to a bread stick.

Cut the rolled bread stick like lengths of dough into cubes.

Fry the dough cubes in deep fat until lightly brown.

After frying drain the cubes on absorbent paper.

Pour the honey in a frying pan and heat to moderate temperature.

Add all of the fried cubes to the heated honey and stir with a wooden spoon until the honey gets sticky and the cubes are well coated.

Quickly remove the honey coated cube and mound them on a platter.

You may top the honey coated cubes with candied fruit, sprinkles and pine nuts.

When cool slice and serve.

If covered with wax paper and left at room temperature the honey balls will keep fresh for days.

Because of the use of pine nuts the *Strufolis* sometimes referred to in Italian as "*Pignolata*".

Submitted by *Mrs. Dominic Passerino*

These delightful confectionary treats are traditionally made and served in many Italian homes at Christmas time.

#172 - BISCOTTI ITALIANO VINO *Italian Wine Cookies*

- 6 eggs(*reserve 2 whites*)
- 1½ cups sugar(*reserve ½ cup sugar*)
- 2 tbsp. anise seed
- ½ cup Mazola oil
- ½ tsp. salt
- ¾ cup light colored wine
- 2 tsp. baking powder
- 6 cups flour

In a large bowl put eggs, less two whites, 1 cup sugar, salt, wine, anise seed, oil, baking powder.

Beat this mixture for about 2 minutes with large spoon.

Continue to beat as you gradually add the flour.

Knead the resulting dough on a floured board until smooth.

Pinch the kneaded dough to make small size cookies, shaped like doughnuts.

Dip the doughnut shaped cookie dough: first into slightly beaten egg whites; and then into the remaining ½ cup of sugar.

Bake the shaped and dipped cookie dough pieces on greased cookie sheets at 375⁰ for about 20 to 25 minutes or until until golden brown.

Submitted by Mrs. Josephine Franzi

#173 - TARALLI ROMANI *Egg Puff Biscuits*

- 6 eggs
- ½ tsp. salt
- 1 cup sugar
- ½ cup oil (*10% olive oil*)
- 5 cups flour

In a large bowl put the eggs, salt, sugar and oil.

With a large spoon beat these ingredients for about 2 minutes.

Add the flour one cup at a time and mix it well after each cup.

Use the last ½ cup to flour a large kneading board.

Knead the dough until it is smooth, using up and mixing in all of the flour.

Pinch off small amounts of the dough to make pieces of dough about doughnut sized.

Cut 4 times around these doughnut sized dough pieces to make them into small squares.

Put 4 or 5 square piece at a time into boiling water and let them boil until all of the cookies come to top of the boiling water.

Gently remove the boiled cookies and place them on towels until they cool.

When all of the cookies have cooled place them on greased cookie sheet and bake at 350° for about 25 minutes until they are golden brown.

Submitted by Mrs. Josephine Franzi

"E bello predicare il digiuno a corpo pieno."

"It is easy to preach fasting with a full belly."

#174 - BISCOTTI CANNERICELLI *Italian Wine and Honey Cookie*

- 2 cups wine
- 1 cup olive oil
- juice and rind of one orange
- 7 cups flour
- 2 or 3 tsps. cinnamon
- pinch of salt
- 1 qt. honey (1 lb. jar)
- 2 lbs. grape jelly

Boil the wine, olive oil, orange juice & rind together for 7 to 8 minutes.

Mix the flour with the cinnamon and salt.

Add 4 cups of flour/cinnamon mixture to the hot wine & oil to make a stiff paste.

Gradually add 2 more cups of flour and stir.

Use remaining cup of flour on a bread board and knead the dough until smooth.

Take a piece of dough and roll it into ½ " round strips and then cut it into 2 or 3 pieces.

Roll these pieces across a ribbed washboard to make 'ribbed' formed cookie pieces.

Fry the cookie pieces in deep hot fat until golden brown.

Boil the honey and the grape jelly together for about 1 minute.

Roll the fried cookies in the honey and jelly sauce until they are well coated.

Put the coated cookies in a bowl and cover.

Let stand until ready to use.

These very unusual cookies store well and are not only delicious, but delightful to the eye because of the deep purple color.

They are especially good around Christmas time.

Submitted by *Mary E. Pisano*

#175 - BISCOTTI CIOCOLATA *Chocolate Cookies*

- 1 cup shortening
- 1 3/4 cup sugar
- 1 egg
- 1 cup chopped nuts
- 1 cup raisins and/or dates(*chopped*)
- 1 cup milk
- ½ cup cocoa (*add another ¼ cup if more of a chocolate taste is desired*)
- 4 ½ cups flour
- 1 ½ tsp. baking powder
- 1 tsp. vanilla

Cream the shortening and sugar.

Add egg and vanilla.

Alternate mixing in the milk with the dry ingredients.

Mix nut meats and raisins with ½ cup of flour and add to the batter.

Shape the batter into balls, lightly dusted with flour.

Bake at 350° for 10 minutes.

Allow the cookies to cool and then glaze them with a thin mixture of confectionery sugar, vanilla and milk.

Submitted by Mrs. Joseph R. Quinta

"La botte non puo dare se non del vino ch'ellaha."

"The cask can give no other wine than what it contains."¹

#176 - BISCOTTI CIOCOLATA *Chocolate Spicy Cookies*

- 7 cups flour
- 1 ½ cups sugar
- 1 lb. lard or other shortening
- ¼ cup cocoa
- 2 tsp. cinnamon
- 2 tss. allspice
- 1 egg
- 1 pint milk
- 1 tbsp. baking powder
- 1 tsp. baking soda
- 6 tbsp. vanilla

Mix the flour, sugar, cocoa and spices together.

Add shortening and mix as a pie crust.

Gradually add the egg, vanilla and milk to the mixture.

Drop a tsp. at a time onto a greased cookie sheet.

Bake at 350° 8 to 12 minutes.

Frost the baked cookies with plain white frosting.

Very good!

Submitted by *Delia E. Belvees*

#177 - BISCOTTO TORTONI *Biscuit Tortoni*

- 3/4 cup dry macaroons
- 3/4 cup light cream
- 1/4 cup sugar
- pinch of salt
- 1/2 pt. heavy cream
- 1/2 tsp. vanilla
- 1/4 tsp. almond extract

Break macaroons into pieces.

Roll and crush the pieces until they are fine crumbs.

Add 1/2 cup of crumbs to light cream, sugar and salt.

Stir and mix well and let soak for 1 hour.

Beat the heavy cream until it becomes thick.

Then gradually beat in the macaroon mixture.

Add flavorings to the mixture.

Fill 6 small paper cups with the mixture and sprinkle the rest of macaroon crumbs over the top.

Add a maraschino cherry in center and freeze for 3 hours.

For chocolate Tortoni add 6 oz. of chocolate bits when you mix in the flavorings.

Submitted by *Sue Roseti*

#178 - RICOTTA RIPIENO *Ricotta Filling*

- 1 lb. Ricotta cheese
- ½ cup sugar
- Grate 2 sqs. of unsweetened chocolate
- a few drops of almond extract

Mix well all ingredients and use as a spread.

Excellent with any jelly roll cake and especially with the TORTA ALLA CONTINENTALE
(Continental Cake) found elsewhere in this book.

Submitted by *Rose Nicol*

“I frutti proibiti sono i piu dolci”

“Forbidden fruit is the sweetest”

#179 - GOCCIA ALL' ANICE *Anise Drops*

- 3 eggs
- 1 1/3 cups confectioners' sugar
- 2 cups flour
- 1 tsp. anise seed

Blend the sugar and eggs well.

Add the flour and anise seed.

Drop one teaspoon at a time onto a greased cookie sheet.

Sprinkle with colored sugars and cover with wax paper.

Let covered cookies stand at room temperature overnight.

Bake at 300^o for 15 minutes.

Store the cookies in a tightly covered box with an apple inside it for 2 or 3 weeks before serving.

*These delicious cookies will have a texture like macaroons when they
are ready to eat ...*

*They are a 'Specialty of Sicily' that is often served as a treat at
Christmas time.*

#180 - STRUFFALI DI NATALE ***Christmas Fruit Balls***

- 1 cup chopped figs
- 1 cup dried apricots
- ½ cup candied orange peel
- ½ cup cherries
- 1 cup toasted almonds
- ¼ cup honey
- 1 tsp. lemon or orange juice
- 1 cup sifted powdered sugar

Put figs and apricots through food chopper using a medium blade.

Add orange peel, cherries and nuts.

Then add honey and fruit juice, blending well with enough juice to hold the mixture together.

Take a heaping spoonful at a time of the mixture and shape it into a ball between the wet palms of your hands.

Roll the balls into confectioners' sugar and allow to set.

When set, wrap in wax paper and store in air tight container.

This recipe makes about 2 dozen balls.

#181 - TORRONE ***Italian Nougat Candy***

- 2 lbs. honey
- 3 lbs. nuts
- 1 lb. sugar
- 1 orange peel (*sliced thin*)

Cook honey and sugar together until brown.

Add nuts and orange peel to the honey/sugar mixture and continue cooking until thick.

While it is still warm, spread the thickened mixture onto a dampened board and cut it into pieces.

Wrap the cut pieces in squares of waxed paper.

Smaller quantities may also be made if desired.

Submitted by Mary E. Pisano

"Assi basta, e troppo guasta."

"Enough is enough, and too much spoils."

#182 - SESAMO CANDITO Sesame Candy

- 1 lb. sesame seed
- 1 cup walnuts(*chopped coarsely*)
- 1 cup mixed nuts(*chopped coarsely*)
- 1 qt. honey (*1 lb. jar*)
- 1 large glass of grape jelly
- juice and rind of one orange

Mix the honey and jelly together in a large kettle and bring to a boil.

(Be sure to use a wooden spoon to do the mixing.)

Add the sesame seedsto the honey/jelly mixture and simmer for 5 minutes.

Add nuts, orange rind and the rest of ingredients.

Cook for about 10 minutes over a medium flame(*or electric heat*).

You can tell when it is done properly by when it sticks to the wooden spoon.

Dampen a bread board with cold water.

Pour the cooked mixture onto the dampened board.

Flatten the mixture with cold wet hands.

Cut the flattened mixture into diamond shapes.

Place the diamond shapes on trays to cool.

Submitted by *Mary E. Pisano*

#183 - PESCHE CON VINO E CREMA *Peaches with Wine and Cream*

- 3 large peaches
- 3 egg yolks
- 3 tbsp. sugar
- 6 tbsp. Sherry or Marsala wine

Wash and peel the peaches and cut them in halves.

Combine the egg yolks and sugar in the top of a double boiler.

Beat the eggs and sugar together until they are creamy and lemon colored.

Add the wine while continuing to gradually beat the mixture.

Cook over hot, but never boiling water until thick (*about 5 minutes*).

Put each of the peach halves in a separate serving dish.

Pour the hot wine sauce over the peach halves and serve immediately.

(Or, if desired, or chill both and serve cold.)

Serves 6.

The northern part of Italy ... The Valley of the Po River ...

Consists of the provinces of Piedmont, Liguria, Lombardy, Emilia and Venetia
(which includes Trentino-Alto Adige, Friuli, Giulia and Venezia).

In the north vegetables are prepared as a minestra, a thick soup ... which is not
to be confused with minestrone, also a thick soup.

The **POLENTA** (*corn meal*) and **RISOTTO** (*thick rice*) are also very popular
dishes.

The city of Parma is the birth place of **PARMIGIANA** dishes.

From Bologna come such favorites as **CAPPELLETTI** (*little stuffed hats*),
TAGLIATELLE AND LASAGNE (*wide egg noodles used in Lasagna*).

#184 - MELA AL FORNO *Baked Apples*

- 12 spy apples(*cored*)
- ½ cup seedless white raisins
- ½ cup crushed pineapple (*well drained*)
- 2 tbsp. chopped walnuts
- ½ cup brown sugar
- ½ cup white sugar
- a few Fennel seeds
- 1½ cups wine (*any favorite cooking kind*)

Mix all of dry ingredients(*except the white sugar*) together and let stand.

Fill centers of the apples with the ingredients mixture.

Put the filled apples in a baking dish.

Add remaining ingredients to a side dish.

Pour the wine over apples.

Bake at 350° or 375° for about 1 hour or until tender.

When baking time is half done, sprinkle a 1/2 cup of white sugar over apples for a glaze.

Submitted by *Delia E. Belvees*

#185 - PESCHE ALLA PIEDMONT *Peaches ... Piedmont Style*

- 6 large peach halves (*scoop the centers out a little larger and the save pulp*)
- 1 cup crushed macaroons
- 2 tbsp. melted butter
- 2 tbsp. sugar or honey
- 1 egg yolk(*beaten*)

In a large bowl, put all of the ingredients together with the saved peach pulp and mix well.

Fill the peach cavities with the mixture.

Put the filled peach halves in a shallow pan and broil slowly until golden brown.

Serve hot or cold with whipped cream.

Submitted by *Rose Nicol*

"La feste sono belle a casa d' altri."

"Tis good feasting in other men's houses."

#186 - ZABAGLIONE *Wine Custard*

- 6 egg yolks
- 3/4 cup sugar
- dash nutmeg
- pinch salt
- 6 tbsp. of Marsala wine or Sherry wine

Beat the egg yolks and sugar together until they are light and fluffy.

Stir in the nutmeg and salt.

Pour mixture into a double boiler and place over hot water.

Add the wine slowly while constantly beating the mixture.

As soon as the mixture becomes thick remove it from the heat.

Continue beating the mixture until it cools.

Chill the mixture.

Serve in sherbet glasses with small cookies on the side.

Submitted by *Rose Nicol*

#187 - ZABAGLIONE *Wine Custard*

- 6 eggs
- 4 tbsp. powdered sugar
- 6 tbsp. Sherry wine
- dash of salt

In a double boiler, combine eggs, sugar and salt.

Place,over hot water and beat constantly for 8minutes.

Then gradually beat the wine into the mixture.

When the mixture is stiff enough to hold a spoon upright, pour it to tall glasses.

Serve cold or hot.

Submitted by *Theresa Tedesco Sinicropi*

*"A buon vino non bisogna frasca."
"Good wine needs no bush"*

#188 - PASTROCIA *Fresh Pepper and Tomato Chili*

- 1 cup olive oil (*other oil may be used*)
- 4 cups chopped onions
- 3 cups chopped celery
- 1 cup chopped parsley
- ½ cup chopped basil
- 1 tsp. black pepper
- 3 to 4 tbsp. salt
- 18 lbs. ripe tomatoes (*about 30 large tomatoes*)
- 25 to 30 sweet red or green peppers

The following are optional:

- 1 tsp. allspice
- 1 tsp. cinnamon
- 3 hot peppers

Put the oil in an 8 quart sauce pan and add chopped onions and celery.

Simmer slowly, and when tender, add parsley and basil while continuing to simmer.

Peel and cut the tomatoes and add them to the mixture.

Add salt & pepper and spices and continue to cook slowly for about 2 ½ hours while stirring often.

Fry the peppers (*approximately 2 pans full*) in ¼ cup of olive oil until tender and set aside.

Add the fried peppers to the tomato mixture at about 15 minutes before it is done.

Then continue to simmer the entire mixture slowly.

If hot chili is desired, fry 3 or 4 hot peppers in oil and add to the mixture.

If desired, fried eggplant and/or fried zucchini may be added at about 15 minutes before canning.

Chili may be used like kind of a 'ketchup' for meat or fried with eggs or spread on toasted bread.

Delicious!

Cold pack about 30 minutes.

Makes about 12 pints.

Submitted by *Delia E. Belvees*

#189 - PEPPERONI SOTTO ACETO *Pickled Peppers with Celery*

- 10 large green peppers
- 10 large red peppers
- 1 tsp. salt to each quart jar
- ½ cup oregano
- 3 stalks of celery
- 1 clove garlic to each quart jar
- 3 qts. water
- 3 qts. vinegar

Wash and core the peppers.

Cut the peppers into bite size pieces and put them in a large pan.

Clean celery and cut off the tops.

Cut the cleaned and trimmed celery into bite size pieces and add to them to the peppers.

Add ¼ cup of oregano.

Mix well and fill jars with the mixture.

Shake the jars to settle the mixture within them.

Add salt to each quart.

Mix the water and vinegar together and bring to a full boil.

Add 1/4 cup of oregano.

Pour the water/vinegar mixture into the celery/pepper filled jars.

Shake the jars gently again so as to completely fill.

Seal and let stand a week before serving.

This delicious condiment will keep all winter.

Makes 11 quarts.

Submitted by Jo Marra

#190 - CAPONATINA *Eggplant Relish*

- 4 eggplants(*peeled and diced*)
- 2 lbs. green olives(*stoned*)
- 1 lb. capers(*soaked in cold water over night*)
- 3 stalks celery(*par boiled and cut into chunks*)
- 3 large onions(*sliced and fried*)
- 12 peppers(*green or red*)
- 1 cup vinegar
- $\frac{3}{4}$ cup sugar
- 1 t .
- $\frac{1}{4}$ tsp.cinnamon
- $\frac{1}{4}$ nutmeg
- 1 $\frac{1}{2}$ qts. spaghetti sauce
- olive oil

Sauté all vegetables (*or put in flat pan, pour oil over and bake in oven until clear ... being careful on to overcook*)

Mix vinegar, sugar, cinnamon & nutmeg and add to vegetablesblending well.

Pour spaghetti sauce over all, continue baking until mixture bubbles.

Pack in hot sterile jars and seal.

This recipe makes about 8 to 10 pints.

Submitted by *Gertrude Liguori*

#191 - PIZZA CON SCAROLA *Escarole Pizza*

Regular bread dough may be used or:

- 3 cups flour
- 2/3 cup shortening
- ½ tsp. salt
- 1 egg, beaten
- ¼ cup water (*more or less*)

Put flour and salt in bowl and mix well.

Cut in shortening until the size of small peas.

Add egg and mix well ... adding a little cold water until a firm dough is formed.

Knead about 2 or 3 minutes until this dough is easy to handle.

Filling:

- 2 large heads of escarole
- ¼ cup olive oil
- ½ tsp. salt
- ¼ tsp. pepper
- ½ cup grated Romano cheese
- ¾ cup canned tomatoes or fresh tomatoes

Wash escarole, chop in small pieces, place in a bowl and let stand a few minutes.

After a few minutes of standing, squeeze out as much water as possible.

Add salt, pepper, oil, cheese and tomatoes and mix well.

Rollout enough dough to make a bottom crust for a pie tin.

Spread the escarole mixture over the bottom crust.

Roll out more dough to make a top crust and place it over the escarole mixture.

Seal the top and bottom crusts together around the edge of the pie tin.

Slash a few cuts in the top crust.

Bake at 350° for 45 minutes.. to 1 hour ...or until crust is a golden brown.

Serve hot or cold cut in wedges like a regular pie.

Delicious!

This is great for a meatless Friday night supper with the family.

This recipe is right from the *ol' country* handed down through '*mama*' Maria Belvees.

Submitted by *Delia E. Belvees*

Now that you have finished reading the cookbook, relax with a cup of coffee spiked with a little wine for added zest.

#192 - Formaggio Cheese

- **Gorgonzola:** A blue-green veined cheese from the Po valley. Also produced domestically. Excellent for salads and antipasti.
- **Mozzarella:** A soft, white mild cheese originating from southern Italy now made in great quantity in New York State. Delicious on pizza.
- **Parma:** A medium sharp cheese used for grating.
- **Parmesan:** A medium sharp cheese. Imported and domestic. An excellent grating cheese.
- **Provolone:** A mild table cheese originally from southern Italy. Now also produced domestically.
- **Ricotta:** A soft, creamy, white mild cheese much like a cottage cheese. Used in cooking and as a table cheese. Produced domestically.
- **Romano:** A tangy grating cheese. Excellent on pasta and in soups.
- **Scamozza:** A soft, mild cheese originating from Abruzzi, now also produced domestically. Used as a table cheese and in cooking.

#193 -Suggested Wines and Liqueurs For Dinner or Luncheon Menus

<i>Courses</i>	<i>Liqueurs</i>	<i>Temperature of Wine</i>
Antipasto	Dry Sherry Dry Vermouth Sparkling Asti Champagne	Chilled
Soup	American White Wine Orvieto White Muscatel	Chilled
Fish & Seafood	American White Wine Dry Red Port	Chilled
Spaghetti & Ravioli	Chianti Rufina Claret	Room Temperature
Meats & Game	All types of Red & White Wines	Room Temperature
Salad	Dry White or Red Wine	Chilled
Desserts	Marsala Port Tokay	Room Temperature
After Dinner Coffee	Strega Anisette Galliano	Room Temperature