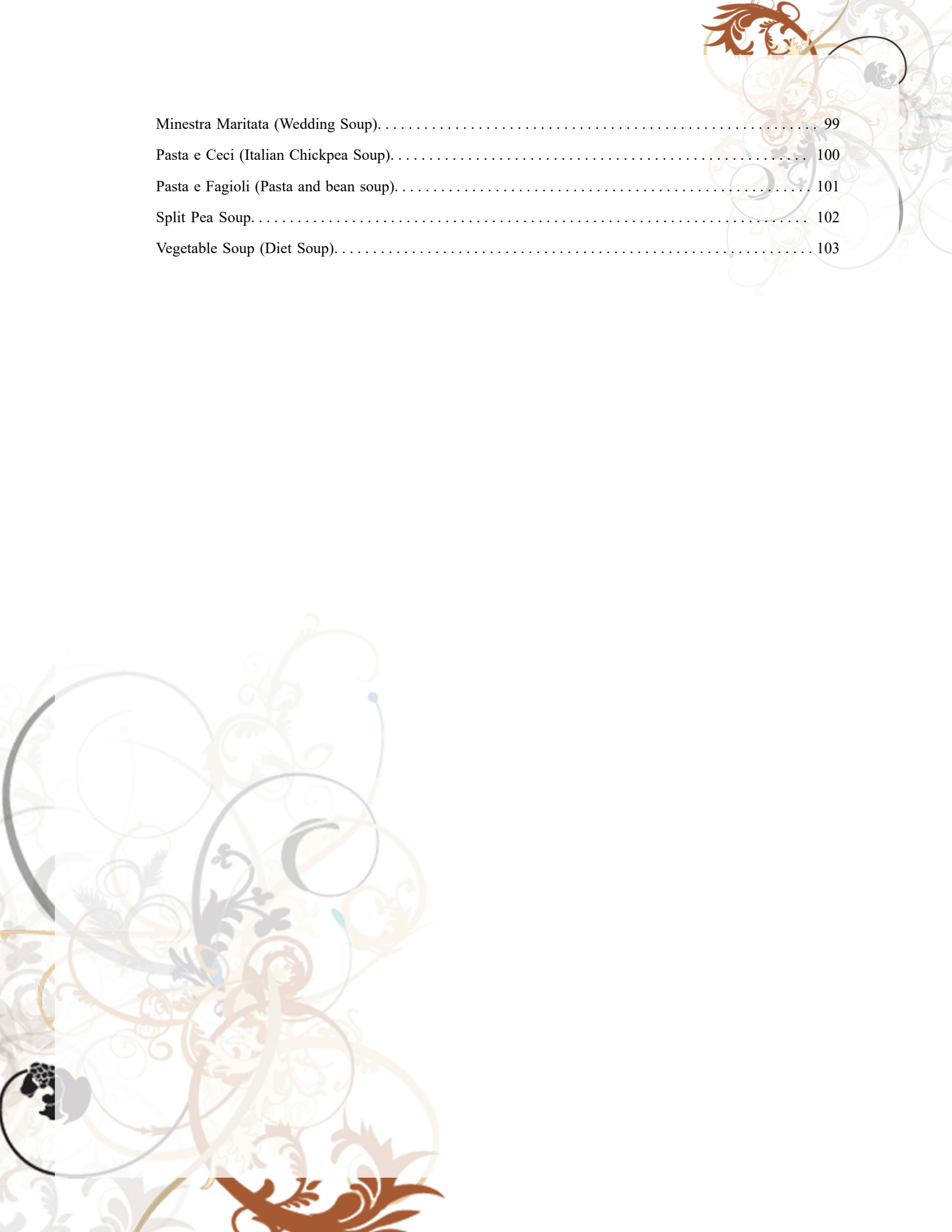


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# Breakfasts

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# Blintzes

Preparation: 45 minutes , Cook Time: 30 seconds each

*Very difficult to say if indeed this is a breakfast item when blintzes can be served any time of the day. They are often seen on a brunch table. They are one of the two items which reminds me of my Mom along with her russian cookies. Best served with a dollop of sour cream and topped with a fruit topping.*



**For the crepe:**

- 2 eggs
- 2 cups flour
- 1 cup milk
- 1 cup water
- 3 tablespoons butter,melted

**1/2 teaspoon salt**

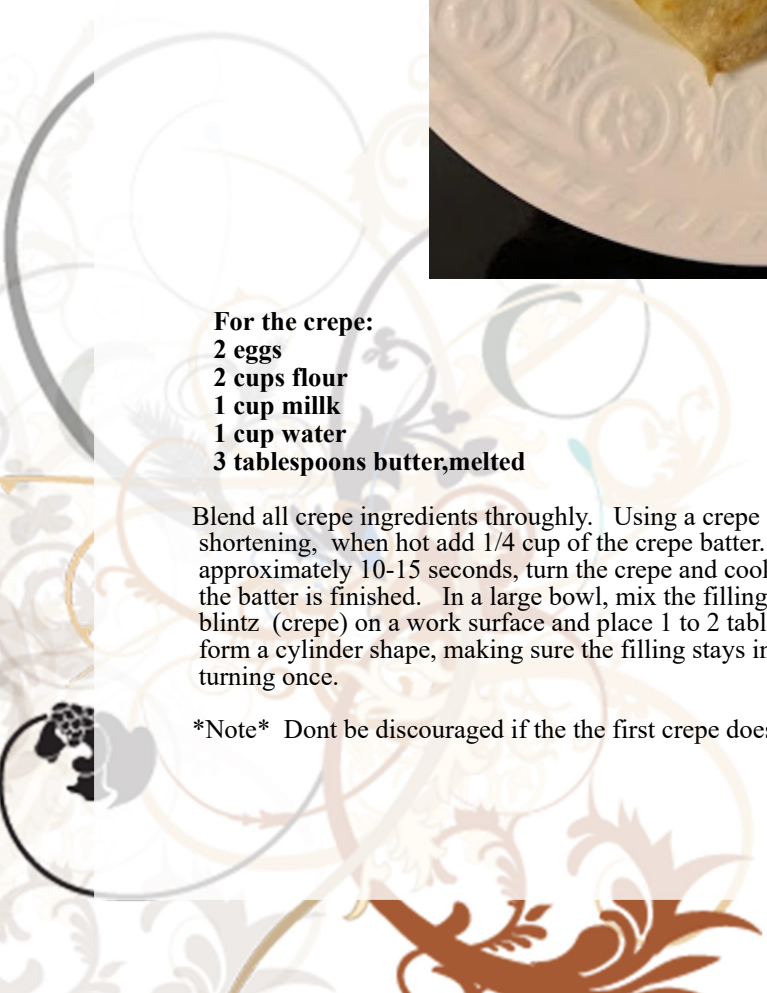
**1/2 teaspoon baking powder**

**For the filling:**

- 1 32 ounce carton cottage cheese
- 2 eggs
- 3 tablespoons butter,melted

Blend all crepe ingredients thoroughly. Using a crepe size non-stick frying pan, heat 1/4 teaspoon vegetable shortening, when hot add 1/4 cup of the crepe batter. Swirl immediately to cover the surface. After approximately 10-15 seconds, turn the crepe and cook for 10 seconds. Turn out onto a plate to cool. Repeat until the batter is finished. In a large bowl, mix the filling ingredients until well-incorporated. To assemble, place one blintz (crepe) on a work surface and place 1 to 2 tablespoon of filling down the center and fold each side over to form a cylinder shape, making sure the filling stays inside. Fry the filled blintzes in butter until golden brown, turning once.

*\*Note\* Dont be discouraged if the the first crepe doesnt come out, it still happens to me after all this time.*





## Pancakes/Crepes "Mama"s style"

Makes 6 Servings

Preparation: 15 minutes , Cook Time: 45 minutes

*Bet you'll be asking for seconds!*



**2 cups flour**  
**1 cups milk**  
**1 cups water**  
**3 tablespoons butter,melted**

**1/2 teaspoon salt**  
**1/2 teaspoon baking powder**  
**2 eggs**

Blend all ingredients thoroughly. Using a crepe sized non-stick frying pan, heat 1/4 tsp shortening. When hot add 1/4 cup of the crepe batter,swirl immediately to cover the surface. After approximately 10-15 seconds turn the crepe for an additional 10 seconds. Repeat until the batter is finished. Choose your topping, anything from butter and sugar to butter and syrup and also a fruit topping would be delicious.





## “Roshi Do” (Rosso d’uovo) / Breakfast Zabaglione

Makes 6 Servings

Preparation: 20 minutes

*Every kid loves this for breakfast. A recipe from Nonno’s Mother (Mama). The name, I’m assuming is dialect from Abruzzo region in Italy for egg yolks.*



**12 egg yolks**  
**24 heaping teaspoons sugar**

**milk**  
**hot coffee**

Add egg yolks and sugar to a mixing bowl. Using an electric hand mixer on high speed beat the eggs and sugar for about 4-5 minutes until the mixture is thick and pale yellow. The sugar should be completely dissolved. Decrease the speed and add very little milk (1/4cup). Divide among 6 coffee mugs. Add hot coffee filling the mug almost to the top. Careful not to add too much liquid, the consistency should still be thick. Serve in the coffee mugs with buttered toast on the side. Dipping the toast into the mug until you’ve covered part of your fingers seems to be the way.





# Desserts

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## Almost Tortuga Rum Cake

Preparation: 1 hour , Cook Time: 55 minutes

*We've all seen this cake being sold on the islands and in many airports and thanks to Cati, we can now make it in our own homes.*



### Basic Cake Mix:

2 cups cake flour  
1 1/2 cups sugar  
4 teaspoons baking powder  
1 teaspoon salt  
1/2 cup butter, cut into bits  
3 tablespoons vegetable oil

### For the Cake:

1/2 cup walnuts, chopped  
1 3 1/2 ounces package instant vanilla pudding

1/2 cup milk  
4 eggs  
1/2 cup rum  
1/2 cup vegetable oil  
1 teaspoon vanilla

### Rum Soaking Glaze:

1/2 cup butter  
1/4 cup water  
1 cup sugar  
1/2 cup rum

Sprinkle the walnuts on the bottom of a large greased or sprayed bundt pan (12 cups). On low speed, use a mixer to combine the basic cake mix until the consistency of fine gravel. (This mix may be stored refrigerated for up to 3 months.) Add all the ingredients "for the cake" except walnuts to the basic cake mix and beat for 2-3 minutes on medium speed. Bake for 55 minutes at 325 until golden. Place on cooling rack while making the glaze.,  
For the glaze: Combine butter and sugar, bring to a boil. Reduce to a simmer and cook until sugar is dissolved and syrup thickens. Remove from heat and add the rum. While the cake is cooling. Pour some of the hot glaze on top of the cake, allowing it to soak in. Continue adding until it's finished. Allow the cake to completely cool before turning it out onto a serving platter. This cake is delicate, it can't be moved around easily. Can be eaten when cooled, but even better the next day.

## Apple Pie

Preparation: 45 minutes , Cook Time: 50 minutes

*One of Grandma's best! The pastry recipe comes from a very beat-up cookbook dated 1945 named Rumford (baking powder) Complete Cook Book passed down to me from her. I'm very lucky to have it.*



**2/3 cup shortening**  
**1/3 cup boiling water**  
**2 cups flour**  
**1/2 teaspoon salt**  
**1/2 teaspoon baking powder**

**7-8 tart apples, pared and cored**  
**3/4 cup sugar**  
**1 1/2 teaspoons cinnamon**  
**pinch nutmeg**  
**2 tablepoons butter**

**Pastry:** Pour boiling water over shortening in a mixing bowl and beat with fork until creamy. Add the sifted dry ingredients, mixing in with a fork, not touching it at all with your hands. Form into a ball and refrigerate for 1 hour. Roll out 1/2 on floured surface.

**Filling:** cut the apples into chunky pieces. Add to them the sugar and spices. Mix well. Line the pie plate with thinly rolled out pie crust. Add the apples to the bottom crust, dot with butter and top with the remaining rolled out pie crust. Pinch the edges together. Several different methods can be used. Cut 2 or 3 gashes in it to allow for escape of steam. Sprinkle sugar on top. Bake in hot oven, 450 for 10 minutes and lower the oven to 350 and bake for 40 minutes longer.

## Biscotti

Preparation: 30 minutes , Cook Time: 60 minutes

*Biscotti are traditional italian cookies that mean "twice baked". This recipe makes a lot but they keep for quite awhile. Good with your morning coffee, truthfully anytime of the day or night. Don't ever remember going to "Mama's" when there weren't biscotti.*



**6-7 cups flour**  
**2 1/2 cups sugar**  
**4 heaping teaspoons baking powder**  
**1/2 teaspoon salt**  
**4 eggs**

**1/4 cup olive oil**  
**1/4 cup white wine**  
**1/2 cup milk**  
**3 tablespoons anise seed, dried**

In a large mixing bowl add all the ingredients and mix well by hand. Turn out to a floured surface and knead for 3-4 minutes until surface is smooth. Divide into 3 loaves and place on a greased cookie sheet. With a long knife intent markings where the loaves will be cut into biscotti. Don't go all the way through. Bake at 350 for 35-40 minutes. While warm, cut the individual biscotti. Lay the pieces flat side down, return to oven for toasting. This usually takes 10 minutes on each side. Because of the amount you'll have to do the toasting twice.

*\*Note\*: Recently instead of the anise seed, I added dried cranberries and chopped walnuts. The amount is totally up to you, depending on your taste.*

## Black Devil Chocolate Cake

Preparation: 30 minutes , Cook Time: 35-40 minutes

*When I think of this recipe, it always reminds me of Robert. Between living in Vegas and the Bahamas, we stayed at Mama and Papa's home in DC. Robert, at just 2 years old, sitting in a high chair, was served this delicious cake along with everyone else present. He took a bite, stood up in the high chair and declared, "This is the best cake I've had in my whole life". Of course, Adorna, who made it, was beaming from ear to ear.*



**1 cup cocoa powder**  
**1 cup hot coffee**  
**3 cups flour, sifted**  
**1 teaspoon salt**  
**2 teaspoons baking soda**

**1/2 teaspoon baking powder**  
**1 cup shortening**  
**2 1/2 cups sugar**  
**4 eggs**  
**2 teaspoons vanilla extract**

Dissolve the cocoa in the coffee. Sift the dry ingredients together. Beat the shortening, sugar, eggs and vanilla for 4 minutes. Add alternatively the dry ingredients and the cocoa/coffee to the shortening mixture. Bake in 3 greased 9" cake pans at 350 for 35-40 minutes. Best iced with the White Frosting. Recipe also found in the Desserts section.

## Blueberry Peach Tart

Preparation: 45 minutes , Cook Time: 40 minutes

*Contributed by Tatiana, sounds delish, can't wait to try it! She noted that apple with cinnamon can be substituted for the blueberries and peach.*



### For the Crust:

1/2 teaspoon salt  
 1 1/2 cup flour  
 2 tablespoons sugar  
 1 1/2 sticks unsalted butter (12 tablespoons) very cold  
 1/4 cup iced water

### For the Almond Cream:

3/4 cup blanched almonds  
 2 tablespoons butter

2 tablespoons sugar

1 egg yolk (reserve egg white for brushing the crust)

2 tablespoons Amaretto

### For Filling:

2 cups blueberries

1 peach, sliced

1/4 cup sugar

1 tablespoon flour

1/8 teaspoon salt

**Crust:** Line a baking sheet with parchment paper. In a food processor, fitted with a steel blade, combine flour, salt and sugar. Add butter and process for 5 minutes until moistened and crumbly. Transfer to floured surface and roll into a circle 8-10". Transfer dough to lined baking sheet and refrigerate.

**Filling:** Toss blueberries in flour, sugar and salt. Remove dough from fridge, roll out large enough to hold the fruit, leaving enough dough around the edges to fold over and form a crust. Spread a thin layer of the almond cream in the center, piling blueberries on top of the cream and lining them with the peach. Fold the outlining dough over to form the crust leaving the center of the tart open. Brush the crust with egg white. Bake at 325 for 40 minutes.

**Optional:** Heat apricot jam with 1 1/2 teaspoons water and brush the glaze over the fruit once the tart has cooled.

**Caggione also called Calgionette**

Makes 12 Servings

Preparation: 1 1/2 hours , Cook Time: 2-3 minutes

Yield: Approximately 36 pieces

*Can't find a translation for these even on an Abruzzese site. It's best described as a sweet fried ravioli. Another Christmas treat, always to be found at Mama's house during that time.*



**1 3/4 cups flour**  
**3 1/2 tablespoons vegetable oil**  
**1/2 cup sweet white wine**  
**2 cups almonds, blanched and toasted**

**3 ounces dark chocolate**  
**5/8 cup grape preserves**  
**1/2 cup mixed candied citron and orange  
 lemon and orange peel**

For the dough, mix the first 3 ingredients. Let stand for 30 minutes covered with a damp towel while you prepare the filling. Grind the almonds and heat with the remaining ingredients until the chocolate melts. Cool the filling. Roll the dough as for ravioli, instructions found in the Side Dishes section. The filling is placed in the center of each designated ravioli, then covered with another sheet of the dough. Careful not to use too much filling so not to make pinching the dough together difficult. Cut into ravioli sized pieces. Outline each caggione by pinching the edges using fork tines. Deep fry in hot cooking oil, doing only 2-3 pieces at a time. Fry until golden brown. Remove with a slotted spoon. Place on paper towels to absorb the cooking fat. Cool completely before storing.

## Carrot Cake

Preparation: 1 hour , Cook Time: 40-45 minutes

*This is Diva's contribution. She prefers it without the fruit and nuts. I've noted at the end of the recipe the quantities of those just in case you prefer to add them.*



### For the Cake:

2 cups flour  
2 teaspoons baking powder  
1 teaspoon baking soda  
2 teaspoons cinnamon  
1/2 teaspoon nutmeg  
3/4 teaspoon salt  
3/4 cup light brown sugar  
3/4 cup sugar

3/4 cup vegetable oil

3 eggs

1 teaspoon vanilla

2 1/4 cups carrots, grated

### For the Icing:

1 8 ounce package cream cheese, softened

2 tablespoons butter, softened

1/2 teaspoon vanilla

1 cup powdered sugar

### For the Cake:

Whisk together all the dry ingredients, the first 8 ingredients. Beat together the wet ingredients to which 1/3 of the dry ingredients is added at a time. Bake in a 9 x 13 baking pan or 2 8" cake pans at 350 for 40-45 minutes. The cake pans will take slightly less time.

### For the Icing:

Using a hand mixer, mix the cream cheese until smooth. Add the butter and vanilla, beating just until mixed. Add the powdered sugar, 1/4 cup at a time. If the icing is too stiff, add 1 tablespoon milk. Double the recipe if using the cake pans.

### \*Note\* Fruit and Nuts Quantities:

1 cup crushed pineapple, drained, 1/2 cup chopped pecans, 1/2 cup raisins and 1/2 cup shredded coconut. These can be added to the wet ingredients of the cake.



## Chocolate Spice Cake

Preparation: at least 1hour , Cook Time: 45 minutes

*Was always a must for Nonno's Birthday. I must admit, it was never my favorite to make. I remember the first time I made it; because I put too much cream filling between the layers, they were sliding everywhere. Make sure to read the note at the end of the recipe, you'll thank me for that.*



**3 cups flour**  
**3 teaspoons baking powder**  
**1/2 teaspoon salt**  
**3/4 cup shortening**  
**2 eggs**  
**2 egg whites**  
**1 1/4 cups milk**  
**2 squares baking chocolate**  
**3 cups milk**  
**1/4 teaspoon baking soda**  
**3 tablespoons water, boiling**

**1 1/2 teaspoons cinnamon**  
**1/4 teaspoon mace**  
**1/4 teaspoon cloves**  
**1/4 teaspoon nutmeg**  
**4 baking chocolate squares, melted**  
**3 tablespoons butter**  
**1/8 teaspoon salt**  
**7 tablespoons milk**  
**1 teaspoon vanilla**  
**3 cups powdered sugar**

Sift the first 3 ingredients together. Cream the shortening and sugar until smooth. Gradually beat in the eggs, one at a time. Alternately, add the flour and the milk. Separate the batter into 2 batches, 2/3's and 1/3. Melt the chocolate adding the sugar, salt and water and mix into the 1/3 batch. Add the spices to the 2/3 batch. Pour the chocolate mixture into a greased and floured 8" cake pan and the spice mixture into 2 8"pans. Bake at 350 for 25 minutes. Leave to cool.

For the cream filling refer to the zuppa inglese recipe in the section Desserts. For the icing, combine the chocolate, butter and salt together to which the milk and sugar are added slowly while beating on a low speed until thick but spreadable. Add the vanilla. To assemble, place one spice layer on bottom upside down, spread the filling on top being very careful not to add too much. Don't let the filling go to the edge of the layer. Then next place the chocolate layer, add the filling to that layer and lastly the second spice layer right side up. Frost the top and sides.

*\*Note\** Helpful hint, poke the top with 3 or 4 long toothpicks. This will prevent it from sliding while frosting.

## Classic white Icing

Preparation: 10 minutes , Cook Time: 15-20 minutes

Makes 12 Servings

Yield: enough for 2 layer cake

*A perfect topping for the Black Devil Chocolate Cake*



**1/4 teaspoon cream of tartar**  
**1 1/2 cups sugar**  
**1/3 cup water**

**2 egg whites**  
**pinch salt**  
**1 teaspoon vanilla extract**

In a double boiler over boiling water put all the ingredients except the vanilla and beat with a hand mixer until the white peaks stand on their own. Beat in the vanilla.

## Crostata

Preparation: 30 minutes , Cook Time: 30-45 minutes

*This recipe is from Daniela's Mother-in-Law, Adriana. It's not necessary to search further for another version, this is the best!*



**2 1/2 cups flour**  
**5/8 cup butter, softened**  
**1 egg + 2 egg yolks**  
**3/4 cup sugar**

**pinch of salt**  
**1/2 lemon zest**  
**jam of your choice**

Combine all the ingredients and knead until mixed well. Refrigerate for at least 2 hours. Roll out 1/2 of the batch on a floured surface large enough to cover the bottom and sides of the bottom of a crostata pan. A pie plate can be used as well. Place in the pan. Spread with the jam of your choice over the bottom crust, covering well. Using the remainder of the dough, do a criss cross pattern for covering the jam. Bake at 350 for 30-45 minutes.

## Frappé

Preparation: 45 minutes , Cook Time: 4-5 minutes

*Frappe or Cioffe are traditional Carnevale Italian bow tie cookies, for lack of a better name. The fried, slightly sweetened dough turns out as light as angel wings and tastes just as heavenly, especially with a dusting of powdered sugar!*



**1 pound flour (4 cups)**  
**1 1/4 cup butter, melted**  
**2 egg yolks**  
**1 egg**

**1/2 cup white wine**  
**powdered sugar, for coating**  
**canola oil, for frying**

Mix the flour, butter, eggs and wine together. Knead the dough for 2-3 minutes until it's similar to fresh pasta dough. Let rest 1/2 hour or more. Roll the dough very thin on floured surface. Cut the rolled dough into 1/2" strips, long or short. Immerse dough strips in heated oil, one at a time and fry until golden brown. Lay out on paper towels and sprinkle with powdered sugar.



# Pizza della Ricotta (Ricotta Cheese Cake)

Preparation: 45 minutes , Cook Time: 1 1/2-2 Hours

*This always was an Easter time treat.*



- 2 pounds flour (8-9 cups)**
- 2 cups sugar**
- 5 cups sugar**
- 1/2 cup olive oil**
- 1/2 cup white wine**
- 1 3/4 cups milk**
- 4 heaping teaspoons baking powder**

- 1/2 teaspoon salt**
- 1 1/2 pounds ricotta cheese**
- 4 eggs, beaten**
- 1 2/3 cups sugar**
- 1 1/2 teaspoon cinnamon**
- 1/2 pound Hershey's Kisses or equivalent**

Mix the first 8 ingredients well and knead until smooth. Cover with a towel and let rest for 1/2 hour. For the filling mix ricotta, sugar and cinnamon into the eggs. Grease springform pan. Press pieces of the dough to cover the bottom of a springform pan and 3/4 of the way up the sides. Pour the filling into the pan and add the chocolate, pushing the pieces into the filling. Fold over the dough from the sides to partially cover the top. Finish by covering the top with the remaining dough, making sure to cover completely. Bake at 350 for about 1 1/2 - 2 hours. Cool until room temperature. Remove the sides of the springform pan. Refrigerate before serving.



## Pizzelle (Loosely translated/ Small, Flat and Round Cookie)

Makes 20 Servings

Preparation: 30 minutes , Cook Time: 1 1/2 Hours

Yield: 4-5 dozen

*Hailing from Abruzzo, pizzelle are crisp, flat waffle-like cookies made in a special iron. It's the oldest known cookie recipe on earth, dating back to 8th century BC. In olden times, presses were made of cast iron and would be heated over a fire or directly on the stovetop. Today electric irons are available and much easier to use.*



**7 cups flour**  
**2 teaspoons baking powder**  
**8 eggs**  
**2 cups sugar**

**1 1/2 cups vegetable oil**  
**4 oranges, zest from 2 and juice from 4**  
**2 lemons, zested**  
**anise seed to taste**

Beat the eggs and sugar together, adding the oil, zest, juice and anise seed. Mix well. Gradually add the dry ingredients to the mixture and mix well. Heat the pizzelle iron and brush with oil. Drop slightly rounded tablespoons of the batter onto each circle of the iron and close the top. You may need to experiment with the amount of batter and cooking time depending on the iron. Cook for 20-45 seconds. Using a non stick spatula, remove each pizzelle to a cooling rack, repeat with remaining batter. Cool completely before storing in an airtight container.

\*Note\* This recipe yields 4-5 dozen, for 6-8 dozen add 50% more to your ingredients.

## Russian Cookies

Preparation: 30 minutes , Cook Time: 25 minutes

*We never figured out why they're called Russian cookies. Grandma's friend, who gave her the recipe called them that. This recipe followed her world wide, whenever she made them, there was always someone asking for the recipe.*



**1/4 cup canola oil**  
**1/4 cup margarine or butter**  
**1 cups sugar**  
**2 tablespoons sour cream**  
**1 teaspoon vanilla extract**  
**2 egg yolks**

**1/3 cup walnuts, chopped**  
**1/2 cup raisins**  
**2 cups flour, sifted**  
**pinch salt**  
**1/2 teaspoon baking powder**

Mix the first 3 ingredients with a wooden spoon. Add to it the next 3 ingredients always mixing well. Next add the nuts and raisins. Mixing well, add the dry ingredients continuing mixing with the wooden spoon. Divide the dough into 3 equal parts. Place each part on a greased cookie sheet. Flatten strips to 1/4 inch thickness. Bake at 350 for approximately 25 minutes. These should not bake until brown. Cut each strip while warm into individual cookies about 1/2 inch each. Sprinkle with powdered sugar. These freeze beautifully. When doing so, each layer should be separated by wax paper and not touching each other. This prevents them from breaking up.

## Tiramisù (Translated , "Pick Me Up")

Preparation: 20 minutes

*If my memory serves me right, originally, this recipe came from Aunt Julia. Best one that I've eaten.*



**3 cups espresso coffee**  
**1 cup dark rum**  
**3 egg yolks**  
**2 cups mascarpone**

**1/2 cup cream**  
**1/2 cup sugar**  
**1 package lady fingers**  
**cocoa for dusting**

Mix coffee with rum. Beat together egg yolks, mascarpone, cream and sugar. Line a 9 x 13" Pyrex dish with lady fingers which have been dipped quickly in the coffee mixture. Spread creamy mixture on lady fingers and alternate layers leaving the creamy mixture on top. Dust the top with cocoa. Refrigerate for at least 6 hours.



## Zuppa Inglese (English Trifle)

Preparation: 2 hours , Cook Time: 1 hour+

*The literal translation is confusing, we always referred to it as Rum Cake. After serving, place in the fridge. It keeps forever; it seems, depending on whose around. I personally have never made this, there were always many around who did; Daniela, Danielle. Aunt Julia, Aunt Adorna and Uncle Goff. According to Robert, this is his favorite!*



**12 eggs**  
**2 2/3 cups sugar**  
**1 1/3 cups flour**  
**1 heaping teaspoon baking powder**  
**1 teaspoon vanilla extract**  
**5 cups milk**  
**1 cinnamon stick**

**1 lemon, peeled**  
**2 heaping tablespoons cornstarch**  
**8 egg yolks, beaten**  
**3 egg whites**  
**6 tablespoons powdered sugar**  
**1/2 package chocolate kisses**  
**dark rum**

Grease bottom only of 12" round, 3" deep cake pan. Separate eggs, beat egg yolks with 1 1/3 cups sugar until light in color. Add flour to egg/sugar mixture, folding in gently. Beat egg whites until stiff, add with vanilla mixing slowly. Bake 1 hour at 320 degrees. Invert cake and leave until cool. For the cream filling: mix 4 1/2 cups milk, cinnamon stick, 1 1/3 cups sugar and lemon rind. After milk scalds. Add cornstarch which has dissolved in 1/2 cup cold milk. Gently stir with a wooden spoon until thick. Slowly add the egg yolks into the mixture. Cook for 5 minutes until it reaches the consistency of pudding. Remove cinnamon stick and lemon rind. For the meringue: beat egg whites until stiff, adding the powdered sugar. Heat oven to 450. To assemble: slice cake into 1/2" slabs. Start with the cream, chocolates kisses, layer cake dipped in rum and continue making layers into a pyramid shape. Make sure to use an oven proof plate. Place dollops of meringue in peaks on top. Bake until meringue is golden.

\*Note\* The amount of rum always depends on you.

# Main Dishes

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## Barbecue Pork Spare Ribs

Preparation: 30 minutes , Cook Time: 1 1/2 hours

*Many years ago, can't really remember how many, Michael put together this BarBQ sauce/marinade. I've used this recipe ever since for ribs and chicken.*



**2-3 pounds pork ribs slab, cut into 3 rib pieces**  
**1 cup ketchup**  
**2 tablespoons Worcester sauce**  
**10 drops Tabasco sauce, depending on your taste**

**1 lemon, juiced**  
**2 teaspoons mustard, preferably Dijon**  
**1/2 cup honey**

Over low-medium heat, steam the rib pieces for 30 minutes. In the place of a steamer pot, place wads of aluminum foil in the bottom of a heavy large saucepan on top of a small amount of water and place the ribs over the foil. The object is not to let the ribs touch the water. Careful doing this that the water doesn't cook out. Meanwhile, mix the remaining ingredients and pour into a 9 x 13" Pyrex dish. Once ribs have steamed, place them into the sauce and turn to coat well. Cover and let stand for 1-2 hours, turning occasionally. Bake at 350 for 1 hour uncovered, basting and turning at least twice. Alternatively, grill the ribs over low heat, brushing and turning when necessary.

## Brisket

Preparation: 30 minutes , Cook Time: 3 hours

*There are countless ways to make a brisket. This recipe was given to me by a very dear friend, Linda, who was known to many of us.*



**3-4 pounds beef brisket**  
**3 celery stalks, cut in strips**  
**3 carrots, cut in strips**  
**1 large onion, diced**  
**1 can tomato bisque soup**

**1 package dried onion soup**  
**1/2 cup red wine**  
**salt and pepper to taste**  
**1 pound white and sweet potatoes, cut in pieces**

Trim brisket of any excess fat, leaving some attached. Season well with salt and pepper. Add small amount of canola oil in a large frying pan and sear the brisket for 6-7 minutes on each side. Transfer to roasting pan. Surround the meat with all the vegetables except the potatoes. Sprinkle the onion soup on the meat distributing evenly. Smear the tomato soup over top. Add wine and water. Bake at 350 for approximately 3 hours. Test with a fork for doneness. Baste and turn occasionally. Make sure the liquid doesn't cook out. Water can be added if necessary. Add the partially cooked potatoes during the last hour. Allow the brisket to sit for at least 20 minutes before slicing. Slice across the grain.

## Calamari e Piselli (Squid and Peas Stew)

Preparation: 45 minutes , Cook Time: 1 1/2 hours

*This dish and a salad is all you need for a memorable meal.*



**1 1/2 pounds squid, cleaned and cut into strips**  
**3 tablespoons olive oil**  
**2 cloves garlic, peeled and left whole**  
**1 large canned tomatoes, whole and peeled, blended**  
**or**

**1 1/2 pounds fresh tomatoes, prepared as in the zucchini Parmesan recipe**  
**2 cups peas, fresh or frozen**  
**salt and pepper to taste**

Heat olive oil in a wide rimmed sauté pan over medium heat. Add garlic and briefly sauté for 1 minute. Detach the tentacles from the body of the squid and with the strips of squid, add them and continue cooking until lightly brown. Add the tomatoes, bring to a boil, reduce to a simmer for 30 minutes. Season. Add the peas and cook for an additional 1 hour partially covered.

## Calamari Ripieni (Stuffed Squid)

Preparation: 45 minutes , Cook Time: 1 hour

*“Mama” came to visit us in Vegas shortly after Robert was born. Among the many dishes I learned from her was this one. BUT, what I won't forget is her teaching me how to clean squid. My thoughts were that I'll never do this! It did take a few times to get used to it, but, of course, no problem now. The end result is so worth it!*



**16 pieces squid, equal in size**  
**3 cloves garlic, minced**  
**2 cups fresh bread crumbs**  
**1/2 cup Parmesan cheese**  
**1/4 cup parsley, finely chopped**

**1/4 cup capers, chopped**  
**salt and pepper to taste**  
**1/4 cup olive oil**  
**3/4 large canned tomatoes, whole and peeled, blended**

Clean the squid, separating the tentacles from the body of the squid. Reserve them. Thoroughly clean the entire pocket of the squid, eliminating any residues so that it can then be ready for filling. Careful to keep them whole. Combine all the ingredients except the squid and tomatoes for the filling. Stuff the squid bodies with the filling using a teaspoon to 3/4 of their capacity. Place them in one layer along with the tentacles in a 9 x 13" Pyrex dish. Cover the squid with the seasoned to taste tomatoes. Bake covered at 350 for 45 minutes and uncovered for 15 minutes. Best to consume while still warm.

## Cannelloni

Preparation: 1 1/2 Hours , Cook Time: 1 hour

*Looked for English translation—Seems like it's cannelloni!*



**1 1/2 cups ricotta cheese**  
**1 cooked chicken breast, minced**  
**1 egg**  
**4 tablespoons spinach, cooked and chopped**  
**1/3 cup parmesan cheese, grated**  
**1 teaspoon nutmeg**  
**salt and pepper to taste**

**3 cups tomato sauce of your preference**  
**basic pasta dough made with 3 eggs**  
**4 tablespoons butter**  
**2 tablespoons flour**  
**3 cups milk**  
**dash nutmeg**  
**1/3 cup parmesan cheese, grated**

Cut 5" square pieces from the fresh pasta. Cook in salted boiling water for 1 minute. Remove from pot with a slotted spoon and lay out on a towel. Mix the first 7 ingredients for the filling. Lay out the squares and place 2-3 tbslp of the filling vertically on one side of the square. Roll into a cylinder shape. For the béchamel sauce, melt the butter, add the flour and stir to a paste. Add the milk stirring slowly, Bring to a simmer. The consistency should be thin. Alternate layers in a greased 9 x 13 Pyrex dish, first the sauce, cannelloni next placing them side by side, again sauce and followed by bechamel sauce with a small amount of Parmesan cheese. Your maximum layers should not exceed 2, the most ideal is one layer. This amount of filling should be sufficient for 2 pounds of pasta, serving 6-8 people generously.

Bake at 350 for 45 minutes covered and 15 minutes uncovered.

\*Note\* Dried cannelloni pasta can be used in place of fresh pasta. Follow directions on the box.

\*Note\* Tomato sauce can be marinara or a sauce made with meat.



# Chicken Curry

Preparation: 1 hour , Cook Time: 45 minutes

*While living in Rome during the 70's, a wonderful person, Tao, lived in with us. Her nationality was half Chinese and half Thai. Occasionally she would cook this delectable dish. After all these years, it's still with us.*

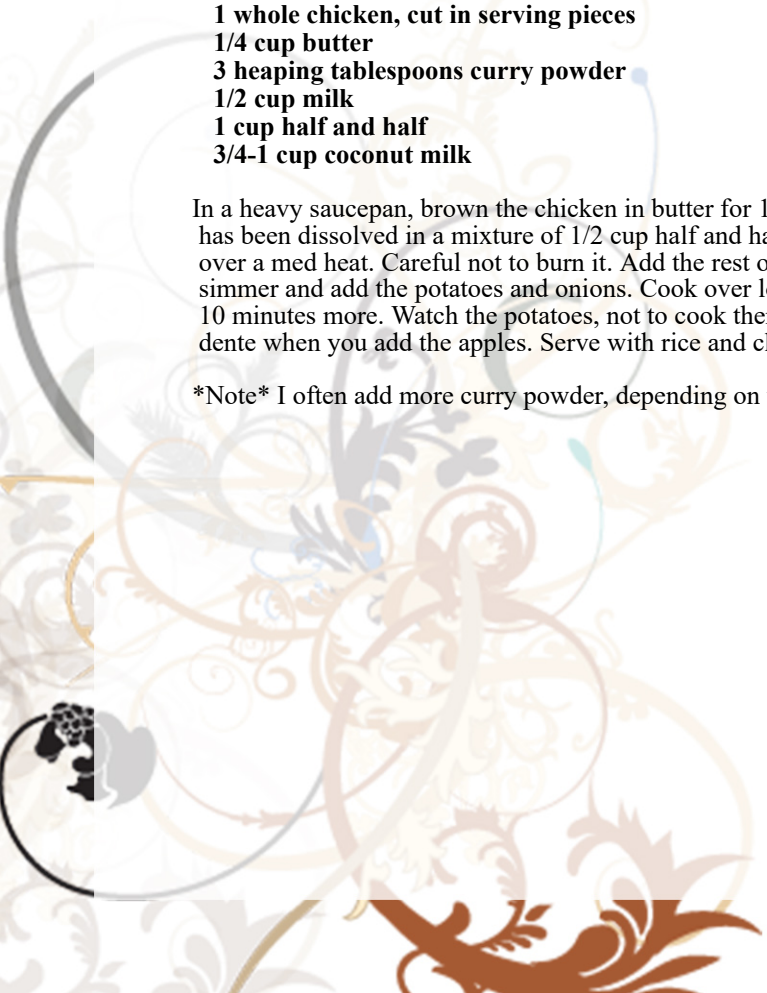


- 1 whole chicken, cut in serving pieces**
- 1/4 cup butter**
- 3 heaping tablespoons curry powder**
- 1/2 cup milk**
- 1 cup half and half**
- 3/4-1 cup coconut milk**

- 2-3 apples, hard apple such as Granny Smith**
- 2-3 potatoes, peeled and quartered or halved depending on size**
- 8 small pearl onions or**
- 1 large onion, cut in quarters**

In a heavy saucepan, brown the chicken in butter for 10 minutes stirring occasionally. Add the curry powder which has been dissolved in a mixture of 1/2 cup half and half and 1/2 cup milk, to the chicken. Bring to a slow simmer over a med heat. Careful not to burn it. Add the rest of the half and half and the coconut milk. Bring again to a slow simmer and add the potatoes and onions. Cook over low-medium heat for 30 minutes. Add the apples and cook for 10 minutes more. Watch the potatoes, not to cook them until they fall apart. The onions and potatoes should be al dente when you add the apples. Serve with rice and chutney.

*\*Note\** I often add more curry powder, depending on the strength of the curry powder.







# Fried Chicken

Preparation: 45 minutes , Cook Time: 1 1/4 hours

*This differs somewhat from the typical southern fried chicken recipes. It is derived from a combination of my Mother's and "Mama's" recipe.,*



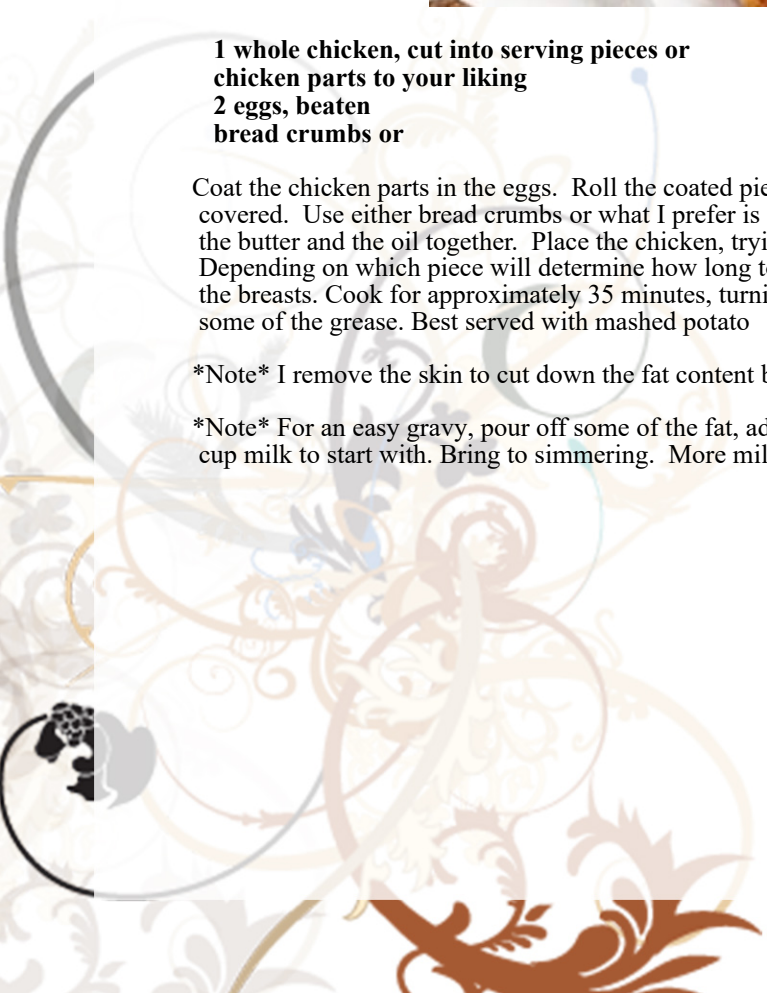
**1 whole chicken, cut into serving pieces or chicken parts to your liking**  
**2 eggs, beaten**  
**bread crumbs or**

**panko bread crumbs**  
**salt and pepper to taste**  
**1:4 cup butter**  
**1/4 cup canola oil**

Coat the chicken parts in the eggs. Roll the coated pieces in the bread crumbs making sure each piece is well covered. Use either bread crumbs or what I prefer is an equal combination of both. In a heavy frying pan, melt the butter and the oil together. Place the chicken, trying to keep the pieces not touching, to fry over medium heat. Depending on which piece will determine how long to fry. For instance, the legs and thighs take much longer than the breasts. Cook for approximately 35 minutes, turning once. When finished, drain on paper towels so to absorb some of the grease. Best served with mashed potato

*\*Note\* I remove the skin to cut down the fat content before coating the pieces.*

*\*Note\* For an easy gravy, pour off some of the fat, add 2 Tablespoons flour to the pan, scraping the bottom. Add 1 cup milk to start with. Bring to simmering. More milk can be added if necessary. Season to taste.*



## Lasagna

Preparation: 1 hour , Cook Time: 1 hour

*I know you've heard me say, if I could have a dollar for every lasagna I've made, I would be in very good shape!*



**1 pound lasagna noodles, dried or fresh**  
**25 small meatballs**  
**6 ounces ricotta cheese**  
**8 ounces mozzarella, shredded**  
**1/4 pound parmesan cheese, grated**

**For the bechamel sauce:**  
**2/3 stick butter**  
**3 tablespoons flour**  
**3 cups milk**

Cook lasagna noodles according to directions or for fresh pasta, simmer in boiling water for 4 minutes maximum. Drain, lay noodles on a towel. Alternate layers in putting the lasagna together, first place cooked lasagna noodles to cover the bottom and sides of a greased 9 x 13 Pyrex dish, second the sauce, meatballs, ricotta cheese, mozzarella and Parmesan cheese. Lastly spoon bechamel sauce over this layer. Keep in mind you'll be doing at least 3 layers. Repeat twice more until you have 3 layers. Cover with remaining pasta. Smear a thin layer of tomato sauce to completely cover the top. Bake at 350 for 45 minutes covered and 15 minutes uncovered.

\*Note: Refer to the recipe for tomato sauce and meatballs in main courses. When making the sauce, form the meatballs and cook in the sauce.

\*Note: Refer to the cannelloni recipe in main courses for directions for bechamel sauce.

\*Note: Lasagna can be made for vegetarians by using marinara sauce.

## Margaret's Coconut Fish

Preparation: 15 minutes , Cook Time: 45 minutes

*Ali contributed this recipe but we must mention Margaret from Malindi. When Alex first tasted it, he said that it was his favorite thing he had ever eaten.*



**2 fish fillets, your choice of fish, Ali normally uses tilapia**  
**2-3 fresh tomatoes, chopped**  
**1 teaspoon turmeric**  
**salt to taste**  
**1 can coconut milk**  
**1/4-1/2 cup water**

Pan fry the fish fillets in olive, vegetable or coconut oil. Your choice! Add the tomatoes and salt to taste. When the tomatoes are somewhat broken down and the fish is browned, add the coconut milk plus the water. Bring to a boil and simmer until thickened to your taste. This is not a thick sauce. Serve with rice.

## Melanzane alla Parmigiano (Eggplant Parmesan)

Preparation: 1 hour , Cook Time: 1 hour

*We can thank "Mama" for this fabulous recipe.*



**2-3 eggplants**  
**8 ounces mozzarella cheese, shredded**  
**1/2 cup parmesan cheese, grated**  
**1 1/2 sauce, recipe can be found for the sauce**  
**under main dishes/ Meatballs with sauce**

**1 cups milk cup milk**  
**1 tablespoons flour**  
**4 eggs /3 hard boiled, quartered**  
**salt and pepper to taste**  
**canola oil**

Diagonally slice eggplants 1/2 inch thick. Place in colander, cover generously with salt. Leave to sweat for an hour. Rinse salt off and pat dry. Prepare batter by beating together the milk, flour and 1 egg. Dip the slices individually in the batter, cover lightly. Fry over medium heat in canola oil, 2 minutes on each side. Drain on paper towels. In a greased 9 X 13 Pyrex dish alternate sauce, eggplant, mozzarella and Parmesan cheese and hard boiled eggs ending with sauce. Bake at 375 for 45 minutes covered and 15 uncovered.

## Mexican Picadillo

Preparation: 10 minutes , Cook Time: 35 minutes

*Thanks to Stefi for this recipe. It's an easy and comforting dish, great with tacos, gorditas or tostadas.*



**4 plum tomatoes, quartered**  
**1/2 onion**  
**1 1/2 cups water**  
**2 cloves garlic**  
**1 jalapeño pepper, stem removed and seeds if you don't want it too spicy**  
**1/2 teaspoon oregano**  
**1/2 teaspoon salt**

**1/4 teaspoon cumin**  
**1 teaspoon vegetable oil**  
**1/2 onion, diced**  
**1 pound ground beef**  
**salt to taste**  
**1 medium potato, diced**  
**1 large carrot, diced**  
**1/4 cup frozen or fresh peas**

For the sauce: Blend the first 8 ingredients. Taste, add more salt and jalapeño if necessary. Blend to adjust until it's perfect for you.

For the meat: Over medium heat in a large skillet brown the diced onion and ground beef in vegetable oil. With a wooden spoon break up the meat into smaller chunks and cook for 6-8 minutes. Add the vegetables, mixing well and cook for 5 minutes. Add the puréed sauce to the skillet and cover with the lid. Reduce heat and simmer for 10 minutes. With the lid removed, continue cooking for 10 minutes until vegetables are tender. If necessary, add 1/4 cup water and continue cooking until blended. Remove from heat and add more salt if necessary. Serve with Mexican rice in tacos, gorditas, sopas or tostados. Also on its own in a bowl works.

## Osso Buco (Braised Veal Shanks)

Preparation: 30 minutes , Cook Time: 1 1/2 Hours

*It's strange how certain recipes reminds me of friends of our past. While living in Amsterdam, Gerard Roomer, a friend, loved coming to visit Bobby and myself especially when osso buco was being served. Being that one of his businesses was a meat supply company, I always had a plentiful supply of osso buco at hand.*



**4 cross cut veal shanks**  
**flour**  
**1 clove garlic, peeled and whole**  
**1 cup red wine**  
**1 small canned tomatoes, whole and peeled,**

**blended**  
**salt and pepper to taste**  
**handful parsley, chopped**  
**whole lemon peel**

Heat a heavy based sauce pan with olive oil and the garlic. Flour the veal shanks on both sides and season with pepper. Brown for 4 minutes on both sides. Remove from pan. Deglaze the pan with 1/4 cup red wine. Add the tomatoes and the remaining wine. Season. Then return the veal to the pan. Bring to a boil and lower the heat to a low simmer and cook for 1 1/2 hours partially covered. Stir occasionally. With 1/2 hour left to cook, add the parsley and lemon peel and continue simmering. Serve with risotto milanese or soft polenta.

\*Note\* Recipe for risotto milanese can be found in side dishes.

## Pesce Livornese (Fish Livornese)

Preparation: 40 minutes , Cook Time: 50-60 minutes

*Livornese describes a native or inhabitant of Livorno, located on the Ligurian Sea on the western coast of Tuscany. I was curious as to the origin of this recipe and when looking it up, there are similarities. "Mama" evidently decided that it called for adding a bread filling to it. I'm so glad she did and think you will also.*



**2-3 fish fillets, firm-flesh such as cod, red snapper or grouper**  
**2 tablespoons olive oil**  
**1 large canned tomatoes, whole and peeled**  
**2 cups fresh bread crumbs**

**2 cloves garlic, minced**  
**2 tablespoons capers, chopped**  
**red pepper flakes**  
**2 anchovy fillets, mashed**  
**salt and pepper to taste**

Place the fish fillets in a oiled 9 x 13" Pyrex dish in a single layer. Prepare the bread filling by combining the bread crumbs, garlic and capers. The next two ingredients are optional depending on your taste. Moisten with 2 tablespoons olive oil. Season. Spread the filling over top the fish. Remove the seeds from the tomatoes and layer the tomatoes pieces to cover the filling. Pour 1/2 of the juice from the canned tomatoes over top of the pieces and sprinkle a small amount of olive oil on top. Bake covered for 40 minutes at 350 and 15 minutes uncovered.

## Pollo alla Cacciatora (Chicken Hunter's Style)

Preparation: 30 minutes , Cook Time: 45 minutes

*While out hunting, the ingredients were readily found, substituting rabbit for chicken. Obviously olive oil and wine were part of the hunters gear. Thus the name, pollo alla cacciatora. Some recipes call for tomatoes, but this is the original recipe.*



**1 whole chicken, cut into 10 pieces**  
**4 garlic cloves, peeled and left whole**  
**6 sprigs fresh rosemary or 2 tablespoons dried**

**1/4 cup olive oil**  
**1/2 cup white wine**  
**salt and pepper to taste**

Brown garlic in olive oil until golden to which the chicken and rosemary are added. Continue browning the chicken on medium heat for an 30 minutes, stirring occasionally. Add white wine, raise heat to high until the wine has evaporated and the juices start to thicken.



## Pollo alla Romano (Roman Style Chicken)

Preparation: 30 minutes , Cook Time: 45 minutes

*Originally this recipe calls for bell peppers, usually the green ones. Zucchini works just as well or a combination of both peppers and zucchini.*



**1 whole chicken cut into serving pieces**  
**2 cloves garlic, left whole**  
**1/3 cup olive oil**  
**1 large canned whole peeled tomatoes, blended lightly**

**1/4 cup parsley, chopped**  
**salt and pepper to taste**  
**1 large bell pepper, cut in 1/2 strips**  
**2 zucchini, cut in eights**

In a heavy saucepan, brown the chicken and garlic in the olive oil until golden brown. It's best to do this in batches, 10 minutes usually for each batch. Add the tomatoes and parsley to the browned chicken and season. Simmer for 30 minutes partially covered for 30 minutes, turning the chicken once. Add the bell peppers and/or the zucchini. Cook for an additional 10-15 minutes. Serve with rice.

## Polpette e sugo (Meatballs and sauce)

Preparation: 1 Hour , Cook Time: 2hours

*Definitely an Italian favorite! The sauce can be used for several things such as Eggplant Parmesan and Lasagna. Look for those in this book. Serve this dish with your choice of pasta. Rigatoni and spaghetti are usually the favorites. Top the pasta with the sauce and Parmesan cheese.*



**2 pounds minced chicken, beef or turkey**  
**1 cup bread crumbs**  
**2 garlic cloves, minced**  
**1/2 cup parmesan cheese, grated**  
**4 eggs**  
**handful parsley, chopped**

**1/2 cup water**  
**3 tablespoons olive oil**  
**3 large cans tomatoes, peeled and whole, blended**  
**1 onion, left whole**  
**2 garlic cloved, left whole**  
**2 sprigs parsley**

Mix the first 6 ingredients leaving water until last. Shape into meatballs. Cover lightly with bread crumbs. Brown them in small amount of olive oil over medium heat. Meanwhile start the sauce. In a large heavy based saucepan, sauté the onion and garlic in olive oil until golden. Season with salt and pepper. Add tomatoes along with 1/2 can water. Season to taste. Bring to simmering roll and add the meatballs and the parsley sprigs. Cook over low heat for 2 hours, stirring occasionally.

## Polpettone e sugo (Meatloaf and sauce)

Preparation: 1 hour , Cook Time: 2 Hours

*This can be challenging to put together and more importantly, to stay together. There were times when "Mama" wrapped string around it. I never tried that. It seemed that would be even more difficult.*



**1 1/2 ground beef, chicken or turkey**  
**3/4 cup bread crumbs**  
**3 eggs**  
**2 cloves garlic, minced**

**1/2 cup Parmesan cheese, grated**  
**1/2 cup water**  
**salt and pepper to taste**  
**3 hard boiled eggs, peeled**

Combine all the ingredients except the hard boiled eggs and mix well. On a flat surface, lay out the meat to form an 8" square on waxed paper. Cut off a small part of the ends of the eggs. This way the eggs will fit flat against each other. Lay the eggs in the middle of the square, leaving 1" space at the bottom and the top. Gently wrap the meat around the eggs, sealing it well around the eggs. Roll in bread crumbs, coating well. By doing this on waxed paper, it makes it easier to transfer to the frying pan. Heat olive oil in which you've lightly browned 1 clove of garlic.

Transfer the meatloaf to the frying pan on the waxed paper by sliding it into the pan. Don't worry about bread crumbs falling into the pan just as long as there aren't too many. Brown on all sides over medium heat. When browned transfer it to your sauce. The ingredients and recipe for the sauce can be found under Main Dishes for Meatballs and Sauce. Slice when serving, there will an egg in each piece except for the ends. That usually works out well for those who don't particularly care for eggs.

## Pork Roast with Celery

Preparation: 45 minutes , Cook Time: Depends on the weight of the meat

*Don't know for sure but this recipe is also due to the fact that "Mama" had an abundance of celery to use as a result of "Papa's restaurant."*



**1 whole "Picnic" ham (Pork shoulder) or  
1 pork leg  
8-10 celery stalks, diced**

**2 large onions, chopped  
1 large canned whole and peeled tomatoes, blended  
salt and pepper to taste**

Remove the rind from the picnic ham or pork leg. Reserve for future cooking, such as the recipe for celery risotto.

It freezes with no problem. Season the meat and brown it in a large heavy frying pan in small amount of cooking oil. Put into a roasting pan, covering it with the celery and onions. Add the tomatoes. Bake at 350 for 20-25 minutes per pound. Baste every 1/2 hour. Keep covered while baking except for the last 1/2 hour. Best served with mashed potatoes.

## Pulled PORK

Preparation: 2 hour , Cook Time: 3 hours

*This is Chris's contribution and what I have always heard, one of his specialties. Can't wait to try it myself!*



**1 Pork Shoulder or**

**2 Boston Butts**

**DRY RUB:**

**5 tablespoons black pepper**

**1 1/4 teaspoons cayenne**

**1 cup paprika**

**3 tablespoons chili powder**

**2 chipotle peppers**

**2 tablespoons cumin**

**4 teaspoon mustard seed**

**2 tablespoons oregano**

**2 tablespoons thyme**

**4 teaspoons corriander**

**4 teaspoons cinnamon**

**2 tablespoons MSG**

**3 tablespoons garlic, crushed**

**4 tablespoons onion powder**

**3/4 cup celery tops, minced**

**SAUCE:**

**4 cups cider vinegar**

**1 cup water**

**3/4 cup worcestershire sauce**

**3/4 cup tomato paste**

**2 cups brown sugar**

**1/4 cup liquid smoke**

Mix all dry ingredients. Cut the pork into 1" pieces. Rub the pork on all sides and let rest (preferably an hour, plus while mixing the sauce ingredients with a hand blender. Divide the pork and sauce into 2 batches. Cook one batch at a time in a 6 quart pressure cooker. if you have larger, do it all at once. Set pressure cookers to high for 60 minutes. Once finished, allow pressure to release naturally for at least 20 minutes. Set multi cooker to slow and cook for an additional 1 1/2 hours. Remove the meat and set the cookers to sauté for 30 minutes, stirring frequently. Shred the pork and return it to the cookers to rest with the sauce.

## Ravioli

Preparation: 1 hour , Cook Time: 4-5 minutes

*Naima contributed her specialty: Ravioli! It's always my request when I'm visiting. Imagine this: the first time she made them in my presence, we had a slight but not too heavy, "discussion" as to what size the ravioli should be. Well, you can tell by this recipe who won. She has me convinced!*



**2 cups flour**  
**2 eggs**  
**water as needed**

**1 1/2 cups ricotta**  
**2 eggs**  
**1/2 cup grated Parmesan cheese**

For the pasta dough: On a flat surface, pour the flour, forming a well into which the eggs go. Start by beating the eggs with a fork and gradually work them into the flour, adding water, little at a time. Careful not too much, the dough shouldn't be too watery. Knead the dough until it becomes smooth. Set dough aside for at least an hour in a small bowl, covering it with a damp towel.

For the filling: Combine the ricotta, egg yolks and Parmesan cheese.

For the ravioli: With a rolling pin, roll out the dough into 1 1/2" strips. Dust each strip one at a time and pass through a pasta machine until very thin and as even as possible. Once each piece is ready, start by laying one out and putting 1 tablespoon of the filling on the center of the strip, leaving 2" in between. Then with the egg whites, using them as a sort of a glue, surround the filling by smearing them with your fingers or a pastry brush. Place one of the strips on top. Cut the ravioli in squares. Press the two pieces together using the tines of a fork. Careful not to pierce the filling. In boiling water cook the ravioli for 4-5 minutes. Remove with a slotted spoon. Serve with a cream or a tomato sauce of your choice. Serves 4 generously.

*\*Note\** There are a couple of variations to this recipe: 1/4 finely chopped spinach and/or 1/2 cup chopped cooked chicken can be added to the filling.

## Roast Turkey

Preparation: 1 hour , Cook Time: Depends on the weight

*I've never been able to figure out why we cook this only once a year for Thanksgiving. But by time Thanksgiving rolls around, were really looking forward to it.*



**1 whole turkey, preferably fresh  
dressing or stuffing (recipe in side dishes section)**

**1/2 pound bacon strips  
salt and pepper to taste**

The turkey is ready for baking once it's been thoroughly rinsed and if there are any feathers, they've been removed. Season the turkey inside and outside. Stuff the cavity with the dressing (stuffing) as well as the back area. There's usually a flap under which you can put the dressing. This area needs to be sewed attaching the flap to the body of the turkey. I use a large needle and heavy thread. For the breast area, place a large piece of bread to cover the opening of the cavity preventing the dressing from falling out. Place in the roasting pan. Place the bacon strips to cover the top of the turkey. This helps to keep it moist and besides, yummy eating once removed from the turkey. Add water to cover the bottom of the pan. Bake at 350 for 20 minutes per pound. Baste every 30 minutes. Cover while baking until the last 45 minutes. Remove the bacon when uncovering it and leave uncovered to bake for the remaining 45 minutes. Let turkey rest for at least 30 minutes at room temperature before carving.

*\*Note\** Be careful not to let the water cook out, add if necessary. These are the juices used for gravy.

*\*Note\** Place a rack inside the roasting pan to hold the turkey. It makes it so much easier to lift the turkey out of the pan. This is entirely up to you. It bakes just as well without the rack.

## Salmon stuffed with Mashed Potatoes

Preparation: 1 hour , Cook Time: 1 1/2 hours

*Don't know too much of the history of this dish, but what I do know is that my maternal grandmother "Grandma Sacks" made this. Then it passed down to my Mom and to me. Hopefully it will keep on going, it's one at the great ones.*



**4-5 pound salmon or rockfish (only body, no head) cleaned and scaled**  
**3-4 large onions, diced**  
**butter**

**2 pounds potatoes. peeled and cut up**  
**milk**  
**salt and pepper to taste**

Sauté the onions in a good amount of butter until soft, not burnt. Meanwhile boil the potatoes for 20 minutes until tender, drain and mash. Add the butter and milk while mashing, don't add too much, leaving them with a stiff consistency. Place the fish in an oven roaster. Season well. Place 1/3 of the cooked onions over top of the fish. Bake at 350 for 45 minutes covered. Remove fish from oven, allowing it to cool enough to handle. Fill the cavity of the fish with the mashed potatoes and cover with the remaining onions. Put back in oven for an additional 45 minutes uncovered.

*\*Note\** Originally this recipe was always made with rockfish, reason being, my guess is because my family being Washingtonians had an easy access to rockfish from the Chesapeake. Salmon works out to be a good substitute.



## Stufato do piccole Polpette (Meatball Stew)

Preparation: 45 minutes , Cook Time: 1- 1/2 hours

*Best served with cooked rice and/or a hard crusted Italian bread.*



**1 pound minced beef, chicken or turkey**  
**1/2 cup bread crumbs, dried or fresh**  
**1 clove garlic, minced**  
**2 eggs**  
**1/2 cup Parmesan cheese, grated**  
**1/4 cup water**  
**salt and pepper to taste**

**olive oil**  
**8 pearl onions, peeled or**  
**2 onions, cut in quarters**  
**4 carrots, peeled and quartered**  
**4 small potatoes, peeled, cut in half**  
**3/4 large canned tomatoes, whole and peeled,**  
**blended**

Combine the first six ingredients and mix well. Season. Form into 1-1 1/4" meatballs, roll lightly in dried bread crumbs and brown in a heavy bottomed saucepan, turning once. Add the tomatoes and over medium heat, bring to simmering. Season. Add the vegetables and over low/medium heat, simmer for 1 hour partially covered. Stir gently every 15 minutes.

## Stuffed Cabbage Rolls

Preparation: 45 minutes , Cook Time: 2 Hours

Makes 5 Servings

Yield: 10 rolls

*The magic about stuffed cabbage rolls is that the meat and the rice cook in the cabbage itself. There are more variations of this dish than you can imagine, coming from everywhere. I'm not aware where this version originated from, most likely from Russia where my grandparents came from.*



**1 head green or savoy cabbage**  
**1 pound ground beef**  
**1 onion, finely chopped**  
**3 tablespoons rice, uncooked**  
**1 large can unpeeled tomatoes, blended**

**1/2 can water**  
**1/2 cup raisins**  
**1 lemon, juiced**  
**1/3 cup brown sugar**  
**salt and pepper to taste**

Remove cabbage leaves one by one trying not to tear them. The remaining piece of the cabbage will be quartered and cooked with the rolls. Immerse the cabbage leaves into boiling water for no more than 7 minutes. Drain and cool. Cut away the hard core. Mix the next 3 ingredients. Season with salt and pepper. In each cabbage leaf place a ball of the meat. The size will be determined by the cabbage leaf. Roll the cabbage around it, squeezing gently. Meanwhile bring to a simmer the tomatoes, raisins, lemon juice and sugar. Carefully place the rolls in with the tomato mixture. Place a small plate on top of the rolls and leave during cooking. This prevents them from sticking and falling apart. Simmer for 2 hours with lid tilted.

## Sugo di Pollo (Pasta with Chicken Sauce)

Preparation: 30 minutes , Cook Time: 1 3/4 - 2 hours

*One of the many favorites of our family!*



**1 chicken, cut in serving pieces**  
**2 cloves garlic, peeled and left whole**  
**1 medium onion, peeled and left whole**  
**2 large canned tomatoes, whole and peeled, slightly blended or**

**2- 2 1/2 pounds fresh tomatoes, peeled and slightly blended**  
**fresh parsley, minced**  
**salt and pepper to taste**

In a heavy saucepan, brown the seasoned chicken in small amount of olive oil for 15 minutes, turning once. Remove from pan and set aside. Add to the pan, the garlic and onion and brown until golden. Careful not to burn them. Add the tomatoes and parsley, bring to a boil and lower the heat to a simmering point. Season. Cook for 45 minutes partially covered. Add the chicken to the tomatoes and continue simmering for an additional 45-60 minutes. The consistency of this sauce is thinner than a sauce made with meat. Serve with spaghetti preferably but it can always be your choice.

## Vitello alla Milanese/ Veal Cutlets

Preparation: 30 minutes , Cook Time: 5 minutes

Makes 5 Servings

Yield: 10 cutlets

*In Milano, it's served topped with arugula and chopped tomatoes. For us, we usually serve mashed potatoes along side veal cutlets.*



**1 pound veall or chicken breast, sliced thin**  
**2 eggs**  
**1/4 cup parmesan cheese, grated**

**bread crumbs**  
**salt and pepper to taste**

Best eggs, add salt and pepper to taste. Pound the veal or chicken slices to flatten. To the eggs add the slices one at a time. Add them to the bread crumbs, sprinkle with small amount of Parmesan cheese before turning to the other side, covering well. Fry in a mixture of an equal amount of butter and canola oil for total of 5 minutes until golden brown, turning once.

## Zucchini Parmesan

Preparation: 1 hour , Cook Time: 1 hour

*Cristina contributed this very tasty dish. Can be served as a main course or as a side dish with meat or fish.*



**10 tomatoes, Roma**  
**2 cloves garlic, peeled and left whole**  
**1 small onion, left whole**  
**5 basil leaves**  
**salt and pepper to taste**  
**2 tablespoons butter**

**10-12 zucchini, cut lengthwise 1/8" thick**  
**olive oil**  
**1 1/2-2 cups milk**  
**1-2 tablespoons flour**  
**Parmesan cheese, grated**

**Sauce:** Cut a X in the top of each tomato. Simmer in boiling water until the skin loosens from the tomatoes.

Remove seeds and blend. Generously cover the bottom of a heavy sauce pan with olive oil. Cooking over medium heat, add the onion and 1 clove garlic. Brown till golden. Add the tomatoes, bring to a boil and simmer for 15 minutes. Season. Turn off, add butter and basil leaves.

**Zucchini:** Brown lightly in 1/2" olive oil on both sides.

**Bechamel:** Melt butter over low/medium heat. Add 1 clove garlic to brown slightly. Stir in flour till smooth. Add the milk and stir constantly until thickened.

**Assemble:** In a Pyrex 9 x 13" dish, cover the bottom with sauce, then zucchini, bechamel and Parmesan cheese.

Continue layering. Top with sauce and Parmesan cheese. Cover with foil. Bake at 375 for 45 covered and for 15 uncovered.

# Salads

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## Caprese

Preparation: 20 minutes

*As it's called in Italian, *Insalata caprese*, Caprese salad literally means "salad of Capri". Although nobody knows whether or not the salad was actually first made on the Italian island, it likely originated from a dish made in Capri from a different type of cheese, *cacio*, served with tomatoes.*



**3-4 tomatoes, medium ripe, sliced into 1/4" rounds**  
**1 pound mozzarella, sliced into 1/4" rounds**  
**sea salt**

**pepper**  
**2 tablespoons olive oil**  
**2 tablespoons balsamic glaze, optional**

Place the tomatoes and mozzarella on a large platter, arranging them in an alternating pattern. Scatter the basil leaves over the tomatoes and mozzarella. Sprinkle with a generous amount of salt and pepper. Drizzle the olive oil and balsamic glaze (if wanted) to cover the platter.

*\*Note\**: An interesting touch is to add burrata to this dish.

## Clara Salee's Slaw

Preparation: 30 minutes

*This recipe is Danielle's contribution. Clara was Danielle's grandmother's good friend and perhaps cousin.*



**1 medium cabbage finely shredded**  
**1 medium onion finely shredded**  
**1/2 small red cabbage finely shredded**  
**1 large carrot shredded**  
**1/2 stalk celery sliced**  
**1/2 bell pepper thinly sliced**

**salt and pepper to taste**  
**3/4 cup sunflower oil**  
**1/4 cup vinegar**  
**1/2 cup sugar**  
**2 teaspoons mustard**  
**1-2 teaspoons celery seed**

Combine the first 8 ingredients, mixing well. Bring to boil the rest of the ingredients and pour over the cabbage. Mix well. Refrigerate.

\*Note: Celery and/ or bell pepper can be added.





## Cole Slaw

Preparation: 30 minutes

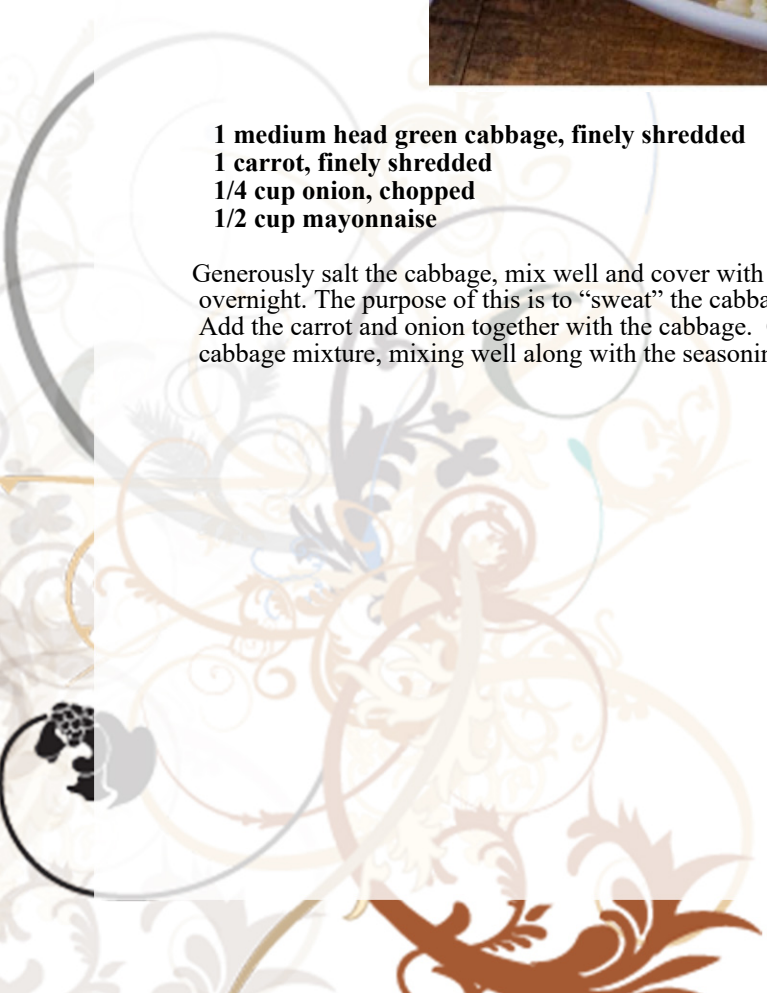
*Washingtonians, for sure, remember the restaurant, Arbaugh's during the 60's. Actually it was opened from 1937 to 1984. They were known for their BarBQ ribs and their cole slaw. Somewhere along the way, I found this recipe for their cole slaw.*



**1 medium head green cabbage, finely shredded**  
**1 carrot, finely shredded**  
**1/4 cup onion, chopped**  
**1/2 cup mayonnaise**

**2 tablespoons milk**  
**1 tablespoon lemon juice**  
**salt, pepper and celery salt to taste**

Generously salt the cabbage, mix well and cover with a tight fitting plate. Refrigerate for a couple of hours, even overnight. The purpose of this is to "sweat" the cabbage. Rinse well, trying to remove as much water as possible. Add the carrot and onion together with the cabbage. Combine the mayonnaise, milk and lemon juice and add to the cabbage mixture, mixing well along with the seasonings. Refrigerate for at least two hours.



## Orange and red onion salad

Preparation: 30 minutes

*A perfect choice before any pasta dinner!*



**4 navel or blood oranges**  
**1 small red onion, peeled and thinly sliced**

**3 tablespoons olive oil**  
**fresh ground pepper**

Peel the oranges, removing all the bitter white pith. Thinly slice the oranges crosswise, removing all pits. Arrange the oranges on a platter and scatter the onion slices in top. Drizzle with olive oil and season with black pepper.

## Potato Salad

Preparation: 45 minutes , Cook Time: 30 minutes

*You know when you see potato salad being served, summer is finally here!*

*Potato salad is widely believed to have originated in Germany, spreading widely through Europe and later to European colonies.*



**6 potatoes, preferably Yukon gold or red potatoes**  
**4 eggs, hard boiled, peeled and diced into large pieces**  
**1 chopped celery, diced**  
**1/4 cup onion, finely chopped**  
**1 tablespoons sweet pickle relish (optional)**  
**1 tablespoon mustard, any type will do**

**1/2 cup mayonnaise**  
**1 tablespoon pickle juice or**  
**1 tablespoon lemon juice**  
**2 tablespoons plain yogurt**  
**celery salt to taste (optional)**  
**salt and pepper to taste**

Bring a large pot of salted water to boil. Add potatoes and cook until tender but still firm. Drain, cool, peel and dice. Combine the potatoes, eggs, celery, onion and relish. Mix the mayonnaise, mustard, and pickle or lemon juice well and add to the potato mixture. Season and gently mix until all the ingredients are covered. Refrigerate until chilled before serving.

*\*Note\** For a variation, use a combination of sweet and white potatoes.



# Shaved Fennel Salad with olives

Preparation: 30 minutes

*Refreshing and Delicious combination!*



**2 large fennel bulbs, tough outer leaves and fronds discarded**  
**1 lemon, zest from 1/4 and juiced**  
**1 large black or green olives, seeded and cut in**

**half**  
**1/4 cup olive oil**  
**salt and pepper to taste**

Halve the fennel bulbs lengthwise and slice crosswise no thicker than 1/8". Transfer to a large bowl. Zest 1/4 lemon over the fennel and add the lemon juice. Add the olives and olive oil and season before tossing.

*\*Note\** Variations for this salad: adding orange zest, thinly sliced provolone and/or pinch of red pepper flakes.



# Side Dishes

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## Antipasto (Appetizer)

Preparation: 45 minutes

*The word “antipasto” is derived from Latin, “anti” meaning before and “pastus” for meal. It simply refers to the dish that precedes all the others to come. A must at all holidays. Nonno, we all knew him not as a cook, but he loved to put this dish together.*



- |  |   |
|--|---|
| <b>1</b> canned Italian tuna, packed in olive oil, drained | <b>provolone</b> cheese, sliced                         |
| <b>1</b> jar eggplant caponata                             | <b>Swiss</b> cheese, sliced                             |
| <b>1</b> jar giardiniera, drained                          | <b>hard boiled</b> eggs, quartered                      |
| <b>1</b> tin sardines, drained (optional)                  | <b>roasted red</b> pepper (recipe found in side dishes) |
| <b>2</b> tomatoes, sliced                                  | <b>rolled anchovy</b> fillets                           |
| <b>1</b> sweet pepper, sliced                              | <b>assorted</b> olives                                  |
| <b>lean prosciutto</b>                                     | <b>pickled spicy green</b> peppers                      |
| <b>Genoa salami</b>  |   |

Arrange green pepper slices topped with tomato slices around the perimeter of the platter. Mound the first 4 ingredients in the center. Arrange the meats and cheeses to your liking and decorate with the last of the ingredients. The quantities of the meats and cheese will depend on the size of your antipasto.

## Noodle pudding (Kugel)

Preparation: 30 minutes , Cook Time: 45-50 minutes

*There are so many variations of this recipe. This one is from my maternal grandmother, known to my generation as "Grandma Sacks". The photo as most of you know is of Grandma since she passed this recipe on to me.*



**1 pound egg noodles (curly and short )**  
**1/2 cup sugar**  
**2 teaspoons cinnamon**

**1/2 cup butter**  
**1/2 cup raisins**  
**4 eggs**

Cook noodles according to directions. Drain and cool. Mix together all ingredients except butter. Pour into well greased 9 x 13 Pyrex dish. Insert pats of butter into the noodles. Lightly sprinkle additional cinnamon to cover the noodles. Bake at 350 for 30-40 minutes covered and 10 minutes uncovered.

## Assiuge sott' olio (Anchovies in oil)

Preparation: 30 minutes

*A very tasty appetizer, loved by almost everyone!*



**canned anchovies packed in olive oil**  
**chopped parsley**  
**2 Clove garlic, minced**

**2 red chili peppers, dried or fresh, chopped fine**  
**olive oil**  
**splash of balsamic vinegar**

The amount of anchovies can be determined according to the number of people being served. Place the anchovies individually, one at a time on the serving plate. Add the parsley, garlic and chili peppers evenly over the anchovies.

Drizzle the olive oil to cover the anchovies and very lightly splash the vinegar over it. Best served with a thinly sliced baguette.



## Broccoli Bites

Preparation: 30 minutes , Cook Time: 30 minutes

*This is Natasha's contribution. These are "meatballs" made from veggies. Can be served as a appetizer or a side dish. I bet you "can't just eat one".*



**1-1 1/2 pounds broccoli, finely chopped**  
**1 cup bread, such as a baguette, finely chopped**  
**1-2 large eggs, beaten**  
**1/3 cup parmesan cheese**

**salt and pepper to taste**  
**splash of olive oil**  
**bread crumbs**

Combine the broccoli, bread, one egg, parmesan cheese and olive oil. A food processor works to chop the broccoli and bread. Season. Mix well. Roll the mixture into balls of 3/4" diameter. If it's too difficult to roll into balls, do patties instead. If the mixture isn't moist enough, add the other egg. Roll in bread crumbs. Place on greased cookie sheet. Bake at 350 for about 30 minutes or until golden brown, turning once.

*\*Note\** Greens such as a swiss chard, beet greens and spinach can be substituted for broccoli. Best to saute' the greens in olive oil before chopping.

## Carciofi alla Romana ( Roman-style Artichokes)

Preparation: 45 minutes

*A reminder of our fabulous life in Rome!*



**6 artichokes**  
**1 cup white wine**  
**1 cup olive oil**  
**1 cup parsley and mint, finely chopped**

**2 tablespoons lemon juice**  
**2 cloves garlic, minced**  
**salt to taste**

Prepare the artichokes by cutting the stems and removing the tough outer leaves. Remove the choke and cut off the thorny tips. Immerse each artichoke in ice water with lemon pieces. This prevents them from becoming brown. Combine parsley, mint leaves, garlic, salt and 1 tablespoon olive oil. Drain the artichokes before stuffing each artichoke with 2 tablespoon of this mixture. Cover the bottom of a large high-sided heavy bottomed pot with a thin layer of the remaining olive oil. Place artichoke bottom side down along with the stems. Add 1 cup water and the wine, bring to a boil and cook until tender, about 40-60 minutes depending on the size of the artichokes. Serve hot or at room temperature.



## **Carciofi Ripieni (Stuffed Artichokes)**

Preparation: 1 hour , Cook Time: 1 1/2-2 hours

*Besides being very tasty, there's good fun eating these. One leaf at a time with no hurry is the best way.*



**6 artichokes, medium size**  
**1/2 lemon, juiced**  
**2 cups fresh bread crumbs**  
**2 cloves garlic, minced**  
**1/4 cup parsley, chopped**

**1/4 cup Parmesan or pecorino cheese, grated**  
**3 tablespoons olive oil**  
**salt and pepper to taste**  
**3 anchovy fillet, mashed (optional)**

Remove as many of the outer leaves of the artichokes as look tough. Trim the stem but not too far to create a flat bottom. Cut off 1/2" of the top. Rinse each artichoke and place in a large bowl of lemon juice and water. This keeps them from turning brown. Drain the artichoke upside down. For the filling combine the remaining ingredients and mix well. Spread the leaves of each artichoke and fill each gap with the filling. Place all the filled artichokes in a baking dish. Sprinkle them with very little olive oil. Cover securely. Bake at 350 for 1 1/2-2 hours, uncovering for the last 20 minutes. The leaves should pull out easily when done. These should be cooled a bit before serving.



## Caviar Pie

Preparation: 45 minutes

*A definite favorite of our family!!*



**6 hard boiled eggs, chopped**  
**3 tablespoons mayonnaise**  
**1 large mild onion, chopped fine**  
**8 ounces cream cheese**

**2/3 cup sour cream**  
**8 ounces caviar, black or red**  
**1 lemon, sliced thin**  
**parsley, chopped**

Combine eggs with mayonnaise. Season to taste. Spread over bottom of well-greased 8" springform pan. Follow by spreading the onion. Soften cream cheese, blend with sour cream and spread on top of the onion. Cover and chill for at least 3 hours. Release the side of the pan. Before serving top with the caviar of your choice and spread to the edge of the pie. Garnish with the lemon and parsley. Serve with small toast or crackers.

## Chicocce e Patate (Zucchini and Potato Stew)

Preparation: 20 minutes , Cook Time: 45 minutes

*In Abruzzo, the dialect word for zucchini is chicocce. The Cellini's might argue that this is not the original version of this recipe, but this is what I remember from "Mama's" visit to Las Vegas. It was at that time I learned most of these wonderful dishes. Mama cooked and I measured and wrote because as we all know, nothing was written down. Unfortunately those papers are lost but the recipes are not.*



930

**1 pound zucchini, diced in 1/2" pieces**  
**3/4 pound white potatoes, diced in 1/2" pieces**  
**1 onion, chopped**

**5 Roma plum tomatoes, peeled and finely chopped**  
**1/3 cup olive oil**  
**salt and pepper to taste**

Combine all the ingredients and simmer over low/medium heat for 45 minutes. A great accompaniment to veal cutlets.

## Chitarra con Sugo di Fegatine (Squared Pasta with Chicken Liver Sauce)

Makes 6 Servings

Preparation: 1 1/2 hours , Cook Time: 45 minutes

*Typical Abruzzese dish. Most of us have a chitarra thanks to Nonno. Give it a try!*



**1 1/4 cups semolina**  
**1 cup flour**  
**3 extra large eggs**  
**1 tablespoon olive oil**  
**1/2 teaspoon salt**  
**1/4 cup olive oil**  
**2 celery stalks, diced**  
**2 carrots, diced**

**1 onion, finely chopped**  
**5-6 chicken livers, diced**  
**1/2 cup red wine**  
**8 Roma plum tomatoes, peeled and finely diced or**  
**1 small canned tomatoes, diced**  
**1/4 cup water**  
**salt and pepper to taste**

For the pasta: On a flat surface, combine the dry ingredients. Make a well, add the eggs, oil and salt. Start by beating the eggs working slowly into the flour until thoroughly mixed. Knead this for 10 minutes until smooth. Set aside, covered with a towel for 30 minutes or more. Divide into 4 pieces. Roll each piece, one at a time, on a floured surface until it's the thickness of the space between the strings of the chitarra. Trim the pasta to 3" shorter than the instrument. Place the sheet on the chitarra. Using a small rolling pin, roll back and forth over the dough, pressing first gently and then more firmly to cut through the dough. The slat at the bottom will catch the pasta. Sprinkle them liberally with semolina and wrap them around your hand to form a nest. Continue with the remainder of the pasta.

For the sauce: In a heavy saucepan, heat the oil and add the celery, carrots and onions. On a low/medium heat, sauté them for 15 minutes. Add the chicken livers and continue cooking for 20 minutes more. To this add the wine, continuing cooking until the wine evaporates. Add the tomatoes and parsley with 1/4 cup water. Season. Cook for 20-30 minutes.

In boiling salted water, cook the pasta for 2-3 minutes. Drain. Toss gently with the sauce. Either Parmesan or pecorino cheese goes well with this pasta.

*\*Note\** Of course, the manual pasta machine can be used instead of the chitarra.

*\*Note\** Depending on your taste, a small amount of either fresh or dried peperoncino can be added to the sauce during cooking.

## Chopped Liver

Preparation: 1 hour

Yield: 2 1/2 cups

*The history of chopped liver goes back to Medieval Germany, where Ashkenazi Jews bred and raised geese as the poultry of choice. The first Jewish chopped liver recipes were actually made from geese liver. Eventually European Jews began using chicken and beef livers; these recipes came across the ocean with immigrants to Ellis Island in the late 1800's.*



**1 pound chicken livers**  
**1/4 cup schmaltz (rendered chicken fat)**  
**2 large onions, one sliced and one cut into pieces**

**5 hard boiled eggs, peeled**  
**salt and pepper to taste**

Clean the chicken livers; remove any tough pieces or stringy tendons. In a non stick skillet, heat 2 tablespoons schmaltz and add the chicken livers. Fry for 3 minutes on each side until firm and browned. Season. Remove from pan and set aside. Pour off some of the fat and reserve it. To the skillet add the sliced onion and cook covered undisturbed for 10 minutes. Remove cover, continue cooking for 5 minutes more. Using a food processor, finely mince the raw onion. Add the livers, cooked onion and 4 eggs and process for 30 seconds. Remove from the processor and add the remaining schmaltz as well as the reserved fat. Season. Mix gently. Refrigerate before serving. Garnish with remaining chopped egg.

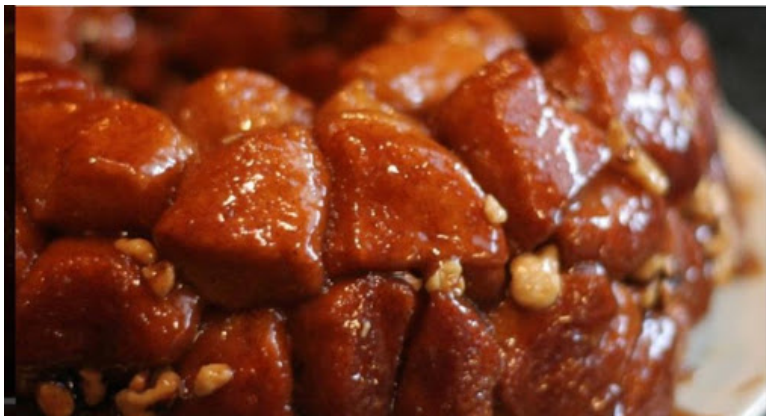
*\*Note\** If you don't have a food processor, chopping by hand is an option. I personally prefer to use my wooden bowl with a double blade. This was given to me by my Aunt Irene, Grandma's sister. It's a treasure!

*\*Note\** Schmaltz means "fat". It's so much easier to purchase this from a kosher store rather than to do it yourself. Failing that, butter can be substituted.

## Crown Rolls

Preparation: 2 hours , Cook Time: 35-40 minutes

*Always, always served with Thanksgiving dinner! (My favorite meal) The recipe comes with different names: Golden Bubble Ring, Monkey Bread and probably more. Crown Rolls is what it was called at Thanksgiving Meal at "Mama and Papa's" home.*



**2 packages active dry yeast**  
**1/2 cup warm lukewarm water**  
**1/2 cup milk, scalded**  
**1/2 cup shortening**  
**1/2 cup sugar**  
**1 teaspoon salt**  
**4 1/2 cups flour**

**2 eggs, beaten**  
**3 tablespoons butter, melted**  
**3/4 cup sugar**  
**1 teaspoon cinnamon**  
**3/4 cup walnuts, chopped**  
**3/4 cup raisins or dried cranberries**

Soften yeast in water. Combine the next 4 ingredients. Cool to lukewarm. To this mixture add 1 cup flour and mix well. Add yeast mixture and eggs. Mix until smooth. Add the remaining flour. Knead on floured surface 8-10 minutes. Place in greased bowl, turning once to cover. Cover with damp warm towel. Let rise till double (1 hour)

Punch down. Cover. Let rest 10 minutes. Shape into 28 balls, golf ball size. Roll each ball in melted butter, then in the sugar, cinnamon, walnuts and raisins mixture. Arrange in well greased 10" tube pan. Sprinkle remaining mixture on top. Let rise in warm place till double in size about 1 hour. Bake at 350 for 35-40 minutes. Cool in pan for 15-20 minutes. Invert on plate. Remove pan.



## Funghi Ripieni (Stuffed Mushrooms)

Preparation: 30 minutes , Cook Time: 15-25 minutes

*Button size mushrooms are perfect for welcoming your guests. They're easy to eat with just one bite. Larger size can accompany almost any main dish.*



**24 button mushrooms or  
12-18 large mushrooms, such as porcini  
2 cups fresh bread crumbs  
2 cloves garlic, minced  
1/4 cup parsley, finely chopped**

**1/4 Parmesan or pecorino cheese, grated  
mushroom stems, finely chopped  
3 tablespoons olive oil  
salt and pepper to taste**

Prepare the mushrooms by removing stems and washing and drying the caps. Combine the rest of the ingredients for the filling and mix well. Stuff the mushroom caps with the filling and place on a rimmed baking tray that has been sprayed with cooking spray. Bake at 350 for 15-25 minutes, depending on the mushroom size, until golden brown.

## Gnocchi di Potate (Potato Dumplings)

Preparation: 1 hour , Cook Time: 10 minutes

*I specified potatoes because gnocchi are also made with flour as well as with ricotta. The ones most known to us are made with potatoes.*



**2 pounds potatoes, peeled and quartered**  
**2 cups flour**

**1 egg**

Boil the potatoes, drain and pass through a sieve. Add the flour and egg and mix thoroughly. It should have the consistency of fresh dough. On a floured surface form into long rolls of 1/2" to 3/4" thickness. Cut into 1" pieces.

Can be left as is or rolled one at a time against the back tines of a fork. Bring a large pot of salted water to boiling and drop the gnocchi into the water. When they rise to the surface remove them with a slotted spoon and place them on the serving dish on which you have ladled a small amount of the sauce. Continue until all the gnocchi have been removed. Serve with a tomato sauce or if preferred, a Gorgonzola sauce.

\*Nite\* Russet potatoes are the preferable potato to use for the gnocchi.



# Guacamole

Preparation: 20 minutes

*We have this variation of guacamole thanks to Eldridge. I just want to go on record, he was 10 years old, wrote out all these recipes and they're here word for word.*



**Traditional Guacamole:**

- 1 1/2 an avocado
- 1/2 a lemon
- 2 pinches salt
- a bit of vinegar

**Sucreme Guacamole:**

- 1 spoonful of sour cream
- 1 1/2 avocado
- 1 whole lime
- red vinegar
- 2 pinches salt
- 7 drops medium hot sauce

**Spice-Ometer Guacamole:**

**3 cowbell, habaneros or jalapeño peppers**

- 1 1/2 large ripe avocado
- 1/2 heirloom tomato
- 2 pinches salt
- red wine vinegar

**Anti-Vampire Guacamole:**

- 1 lemon
- 1 clove garlic
- 1 1/2 an avocado
- 1 teaspoon olive oil
- 2 pinches salt
- a bit of vinegar
- 1/2 lemon

Directions continue next page...



**Traditional Guacamole:**

Step 1: Scoop the avocado into a bowl, mash it fully with a fork

Step 2: Squeeze lemon into avocado

Step 3: Add all other ingredients

Step 4: Mix everything up really well

Step 5: Serve with chips

**Sucreme Guacamole:**

Step 1: Same as traditional

Step 2: Mix in the sour cream, salt and a bit of vinegar

Step 3: Squeeze every bit of the lime into the guacamole

Step 4 and 5: Same as traditional

**Spice-Ometer Guacamole:**

Step 1: Same as traditional

Step 2: Chop up peppers and tomato, squeeze lemon and put in the guacamole

Step 3: Put salt and a bit of vinegar

Step 4 and 5: Same as traditional

**Anti-Vampire Guacamole:**

Step 1: Same as Traditional

Step 2: Peel garlic, without crushing it, put in avocado with lemon juice.

Step 3, 4 and 5: Same as traditional

## Lacce Ris (Celery Risotto)

Preparation: 45 minutes , Cook Time: 45 minutes

*According to what I've been told, this recipe is an original of Mama's. The story goes that Papa would bring a lot of celery home from the restaurant. This is just one of those recipes. The name, lacce, is Abruzzese dialect for celery. I'm not too sure of the spelling*



**1/2 onion  
2 coves garlic  
2 pieces pork rind or  
1/4 cup pork, cubed  
1/4 cup olive oil  
2 pounds fresh plum tomatoes or**

**1 large canned whole peeled tomatoes,blended  
2 cups celery, chopped  
1/4 cup parsley, chopped  
1/2 cup arborio rice  
1/4 cup parmesan cheese, grated**

In a heavy saucepan, lightly brown the onion, garlic and pork over low to medium heat for about 15 minutes. Season with salt and pepper. Add the fresh or canned tomatoes and 1/2 cup water. For directions in preparing fresh tomatoes, refer to the recipe for sugo di marinara under side dishes. Simmer for 1/2 hour. Add celery and parsley, return to simmering and add the rice and 1 cup water. Stir slowly and cook over low heat until rice is al dente. Careful not to overcook. Serve with grated Parmesan cheese.

## Mac n' Cheese

Preparation: 30 minutes , Cook Time: 1 hour

*I'm happy to share this newly found recipe. In place of making a roux, cottage cheese takes its place. Hope you agree it's just as good, if not better! And may I add so much quicker!*



**2 tablespoons butter**  
**1/2 pound elbow pasta**  
**1 cup whole milk cottage cheese, small curd**  
**2 cups milk**  
**pinch nutmeg**  
**1 teaspoon dry mustard**

**1/2 teaspoon salt**  
**1/4 teaspoon pepper**  
**1 pound sharp or extra sharp cheddar cheese, grated**  
**panko bread crumbs**

Grease a square baking dish with 1 tablespoon of butter. Par boil the pasta, drain and cool. In a blender, purée the remaining ingredients except for the cheddar cheese. Reserve 1/4 cup grated cheddar cheese for the topping. In a large bowl, combine the remaining cheddar cheese, milk mixture and pasta. Pour into the prepared pan, cover tightly with foil and bake for 30 minutes at 375. Uncover, stir gently and sprinkle with the reserved cheese and dot with the remaining butter. Liberally add panko bread crumbs on top. Bake uncovered for 30 minutes until browned. Let cool for 15 minutes before serving.

## Olio di Peperoncini (Hot Pepper Oil)

Preparation: 30-40 minutes

Makes 30 Servings

Yield: 3/4 quart

*An Abruzzese recipe! It can be found in any one of our homes. Depending on where you will determine how hot it is!!*



**2 cups dried Chile peppers, seeded**

**3/4 quart olive oil**

Brown the peppers in olive oil over low heat, being careful not to burn the peppers. Their color should be dark red not black. This usually takes about 15 minutes. When done remove the peppers with a slotted spoon to a plate, cover with a lot of salt. This step keeps them crispy. Once cooled, finely chop the peppers in small batches. Add the peppers to a container followed by the same olive oil that you fried the peppers in. Using a funnel makes this process easier.

## Pasta all' Arrabbiata (Spicy Tomato Sauce)

Preparation: 30 minutes , Cook Time: 40 minutes

*In Italian, the word arrabbiata means "angry". This dish originated from Lazio which includes Rome. Some variations add basil, onion and oregano but the most basic is just olive oil, tomatoes, garlic and chili peppers. Most commonly served with penne pasta.*



**1/4 cup olive oil**

**2 cloves garlic, peeled and left whole**

**2 chili peppers, dried or fresh**

**4-5 large tomatoes, blanched with skin and seeds**

**removed or**

**1 14 ounces canned tomatoes, petite diced**

**salt to taste**

**handful Parmesan or pecorino cheese, grated**

Cover the bottom of a heavy based sauce pan with the olive oil, add the garlic and peppers. Depending on you will determine how many peppers you use. Sauté for 5 minutes over low- medium heat. Add the tomatoes and continue cooking for 30 minutes. Add to cooked pasta, stir gently and top with either a handful of Parmesan or pecorino cheese.



## Penne alla Vodka (Penne with Vodka Sauce)

Preparation: 30 minutes , Cook Time: 45 minutes

*Totally safe for kids to eat.. The alcohol content of the vodka cooks off.*



**olive oil**  
**1/2 onion, left whole kept whole**  
**1 Clove garlic, peeled and left whole**  
**1 large canwhole peeled tomatoes blended**  
**salt and pepper to taste**

**1/3 cup vodka**  
**1/3 cup light cream**  
**1 pound penne pasta**  
**Parmesan cheese grated**

Brown the onion and garlic together in small amount of olive oil until golden brown. Add the tomatoes. Season with salt and pepper. Cook over med heat for 30 minutes. Add the vodka, cook for additional 10 minutes. Add the cream and simmer lightly for 5 minutes. Serve with penne which has been cooked according to directions on the box. Top with a sprinkle of Parmesan cheese. Additional Parmesan cheese can be added at the table according to your taste.

*\*Note\** Try it out with rotini as well or long shaped pasta like spaghetti, fettuccine or linguini.

## Peperoni Arrostiti (Roasted Peppers)

Preparation: 1 hour , Cook Time: 40-45 minutes

*Try these on a sandwich on good Italian bread with prosciutto, salami or both and provolone cheese. Can't beat it! A perfect accompaniment for veal cutlets and lots more.*



**6-8 sweet bell peppers**  
**2 cloves garlic**  
**1/3 cup combination basil and parsley, finely**

**chopped**  
**olive oil**

Wash and dry the peppers and place on a rimmed baking sheet lined with aluminum foil. Place in oven and roast the peppers at 400 degrees for about 40 minutes, turning once. Sometimes I broil them under a low temperature about 8-9" below the broiler. The skin of the peppers should be blistered and charred. Be careful not to char them too much, there won't be much pulp left. Remove pan from oven. Wrap the foil around the peppers and allow them to cool. Peel the charred skin away from the flesh of the peppers and remove the seeds. Refrain from rinsing them which would remove much of the flavor. Once peeled, cut the peppers into strips, maybe 4-6 per pepper. Reserve some of the juice left from roasting. Add 1/2 cup olive oil and some of the juice. Season. Mix gently. Refrigerate for 1 hour before eating. They keep for at least 2 weeks by storing in the fridge.

## Pesto alla Genovese (Pasta with Basil Sauce)

Makes 6 Servings

Preparation: 30 minutes

Yield: 2 cups

*Another name for this recipe is "Pasta Avvantaggiato". It originates from Genoa, located in northern Italy. In that region and others nearby, pesto sauce includes adding string beans and potatoes to the the pasta, although it is seen more often served without.*



**2 cups basil leaves, washed and dried**  
**2 cloves garlic, peeled and left whole**  
**1/2 cup olive oil**  
**1/2 cup Parmesan cheese, grated**

**1/4 cup pine nuts (pinoli)**  
**salt to taste**  
**1/2 cup sting beans, cut in 2" pieces**  
**1/2 cup potatoes, peeled and diced**

Combine basil leaves, nuts and garlic in a food processor or blender and process until very finely minced. With machine running slowly dribble in the oil and process until the mixture is smooth. Add the cheese and process very briefly. Season with salt. It can be stored in the fridge for 2-3 days or for a longer period in the freezer.

Serving: Boil together 1 pound pasta with the string beans and potatoes until al dente. Drain. Reserve 1 cup of pasta water. Pour 1 1/4 cups pesto into a bowl. Add the pasta along with 1/3 cup reserved pasta water and vegetables and mix gently. At this point, you can determine if more water is necessary. Add Parmesan cheese and serve while hot. Best served with linguine or trofie.

**\*Note\*** Very important! Do not heat the pesto. If it's been prepared ahead of time, take it out of the refrigerator in time to reach room temperature before adding it to the pasta.



## Pomodori al Riso (Tomatoes stuffed with rice)

Preparation: 30 minutes , Cook Time: 45-60 minutes

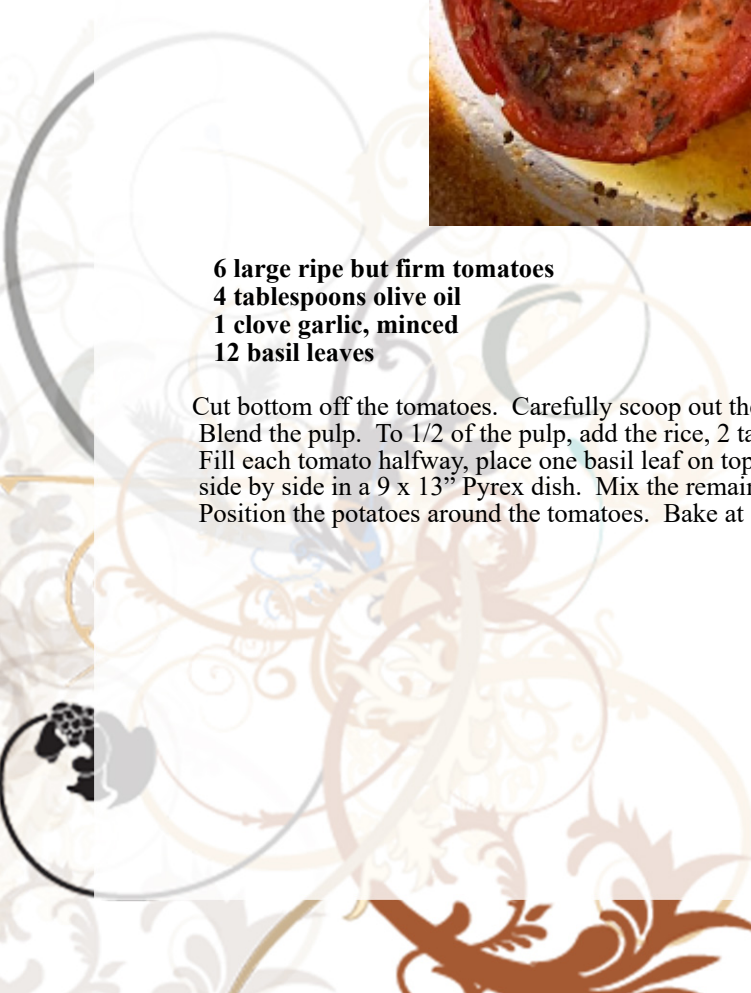
*A popular summertime Roman specialty. Always found at the popular "tavolo caldo".*



**6 large ripe but firm tomatoes**  
**4 tablespoons olive oil**  
**1 clove garlic, minced**  
**12 basil leaves**

**1 cup Arborio rice**  
**salt and pepper to taste**  
**2 large potatoes, peeled and quartered**

Cut bottom off the tomatoes. Carefully scoop out the pulp and seeds, trying not to tear the sides of the tomato. Blend the pulp. To 1/2 of the pulp, add the rice, 2 tablespoons olive oil and 6 chopped basil leaves and season. Fill each tomato halfway, place one basil leaf on top of the rice mixture and cover with the tops. Place each tomato side by side in a 9 x 13" Pyrex dish. Mix the remaining pulp and olive oil together and drizzle over the tomatoes. Position the potatoes around the tomatoes. Bake at 350 for 45 minutes covered and 20 uncovered.





## Risotto agli Asparagi (Asparagus Risotto)

Preparation: 45 minutes , Cook Time: 45 minutes

*Daniela contributed this recipe and understandably why, you would understand if you've ever eaten one of her many risottos.*

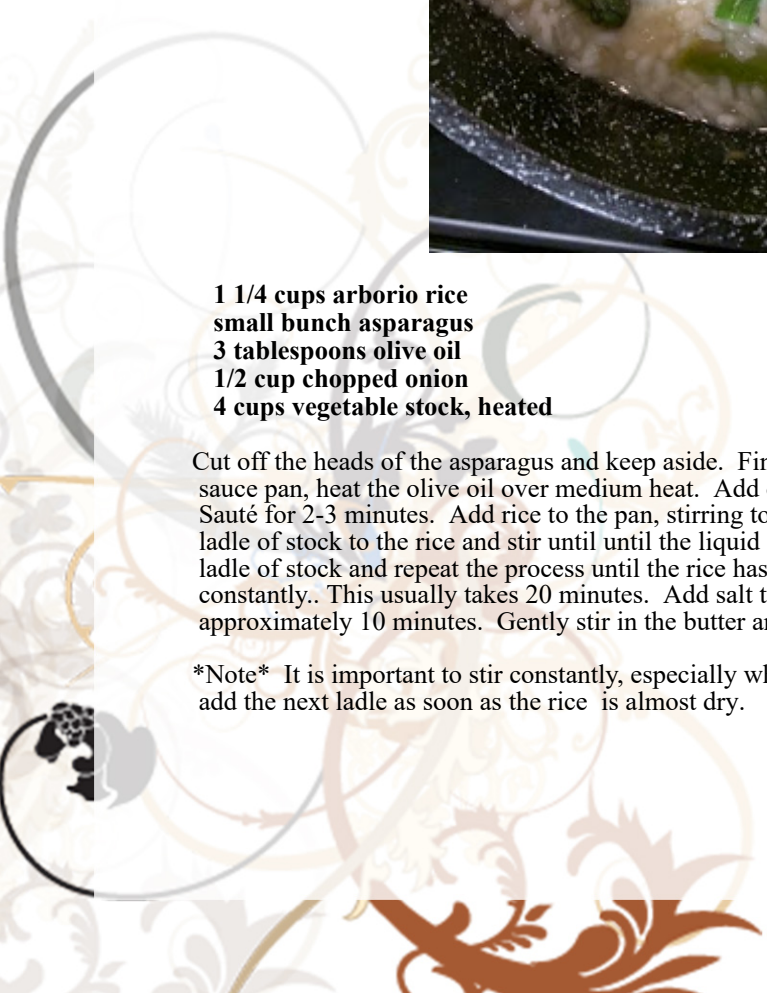


**1 1/4 cups arborio rice**  
**small bunch asparagus**  
**3 tablespoons olive oil**  
**1/2 cup chopped onion**  
**4 cups vegetable stock, heated**

**1/4 cup parmesan cheese**  
**1 1/2 tablespoons butter**  
**1 tablespoon Italian parsley, optional**  
**salt to taste**

Cut off the heads of the asparagus and keep aside. Finely chop the soft portion of the stems. In a heavy-bottom sauce pan, heat the olive oil over medium heat. Add onion until translucent. Add the chopped asparagus stems. Sauté for 2-3 minutes. Add rice to the pan, stirring to infuse flavors until there is a slightly nutty aroma. Add one ladle of stock to the rice and stir until the liquid is absorbed. When the rice appears almost dry, add another ladle of stock and repeat the process until the rice has absorbed most of the stock and the rice is al dente, stirring constantly.. This usually takes 20 minutes. Add salt to taste. Stir in the asparagus heads and continue to cook for approximately 10 minutes. Gently stir in the butter and Parmesan cheese. Garnish with parsley.

*\*Note\** It is important to stir constantly, especially while the hot stock gets absorbed, to prevent scorching and to add the next ladle as soon as the rice is almost dry.



## Risotto ai Funghi Porcini (Risotto with Dried Porcini Mushrooms)

Makes 6 Servings

Preparation: 30 minutes , Cook Time: 35 minutes

*The distinctive taste of porcini mushrooms give this risotto a wonderful, robust almost wild flavor.*



**1 cup porcini mushrooms**  
**3 cups chicken or vegetable stock**  
**3 tablespoons olive oil**  
**2 cloves garlic**  
**2 tablespoons butter**  
**1 onion, chopped**

**1 1/2 cups Arborio rice**  
**1/2 cup white wine**  
**1/2 cup Parmesan cheese**  
**1/4 cup parsley, finely chopped**  
**salt and pepper to taste**

Soak the porcini in boiling water for 30 minutes. Lift them out of the water and pat dry. Strain the soaking liquid and set aside. Stir fry the garlic and soaked mushrooms for 2 minutes in 1 tablespoon of olive oil. Transfer to a plate. Heat the remaining oil and half the butter in a large heavy-bottom pan. Add the onion and cook over medium heat until softened. Reduce the heat and add the rice, stirring constantly for 2-3 minutes. Add the wine and cook, stirring constantly, for 1 minute until reduced. Add the porcini. Season to taste. Gradually add the hot stock a ladleful at a time always stirring constantly. Add more liquid as the rice absorbs each addition. Cook for 20 minutes or until all the liquid has been absorbed. Rice should be al dente but creamy. Add some of the mushroom liquid if necessary. Remove from heat and stir in the remaining butter and the parmesan. Top with parsley. Serve at once.

## Risotto alla Fragola (Strawberry Risotto)

Preparation: 30 minutes , Cook Time: 40-45 minutes

*One of our family's favorite restaurant is Trattoria Al Moro located next to the Trevi Fountain in Rome. Quite awhile ago at that restaurant, Natasha ordered this dish. Truthfully I had my doubts about it. I was proven wrong! It truly is one of the great taste treats.*



**6 cups chicken or vegetable stock**

**4 1/2 tablespoons butter**

**1 medium shallot, chopped**

**1 1/2 cups fresh strawberries, hull removed and halved**

**3 tablespoons brandy or**

**1/2 cup white wine**

**salt and pepper to taste**

**1/2 cup Parmesan cheese, grated**

In a heavy large saucepan, melt half of the butter over a low/medium heat. Add the shallot and cook until softened. Stir in half of the strawberries and cook for 2 minutes. Pour in the brandy or wine and cook until evaporated. Add the rice and stir to thoroughly coat. Season to taste. Add the hot stock, 1/2 cup at a time and stir continuously until liquid has been absorbed before adding more stock. Continue adding stock and stirring until the rice is creamy, but still al dente for about 20 minutes. Stir in the remaining butter and strawberries. Continue stirring while adding the Parmesan. Serve immediately with additional Parmesan and fresh ground pepper if desired.



## Risotto alla Milanese (Milan style Risotto)

Preparation: 30 minutes , Cook Time: 45 minutes

*A perfect accompaniment for Osso Buco!*



**1 medium onion, finely chopped**  
**4 tablespoons butter**  
**2 cups Arborio rice**  
**1/2 cup white wine**

**4-5 cups hot stock, chicken or vegetable**  
**1/2 teaspoon saffron threads**  
**1 cup Parmesan cheese, grated**  
**salt and pepper to taste**

In a heavy based saucepan, sauté the onion with half of the butter on low heat for 5 minutes. Add the rice and stir until it becomes shiny. Add the wine and simmer until it's evaporated. Add a ladleful of the broth and the saffron. Season to taste. Over a low simmer, cook the rice until there's no liquid left stirring gently. Continue adding the broth a ladleful at a time. When the rice is al dente , remove from heat and add the Parmesan cheese and the remaining butter. Stir in gently.





## Spaghetti alla Carbonara

Preparation: 30 minutes , Cook Time: 20 minutes

*Carbonara is a typical dish from Rome. During our time living in Rome, a almost monthly dinner for spaghetti alla carbonara was at the restaurant Gigi Fazzi, located off of Via Veneto.*



**1 pound spaghetti**  
**6 strips thick cut bacon, cut into 3/4" pieces or**  
**1/2 pound pancetta, cubed**  
**1 tablespoons olive oil**  
**1 tablespoon butter**

**4 large eggs**  
**ground black pepper to taste**  
**2/3 cup pecorino romano cheese, grated or**  
**2/3 cup Parmesan cheese, grated or a mixture of**  
**both**

The preparation of this dish takes only the time that it takes to cook the pasta. Cook the pasta according to the directions on the box, making sure to cook just under "al dente". While the pasta is cooking, fry the bacon bits or pancetta in the olive oil and butter for 7-10 minutes in a heavy frying pan large enough to hold the pasta. Separately beat the eggs with half the cheese and black pepper. With tongs, remove the cooked pasta putting it into the frying pan. Turn off the heat. Mix gently. Add the eggs and mix together until creamy. If necessary add a small amount of the pasta water. Transfer to a warm bowl. Add black pepper and the remaining cheese.

\*Note\* Any long pasta can be used, typically it's spaghetti.

## Spaghetti “Al’Olio (Spaghetti Aglio e Olio con Peperoncino) Spaghetti with Garlic and Oil with Chili Peppers

Makes 6 Servings

Preparation: 30 minutes , Cook Time: 20 minutes

*A great dish when you don't have much time. It takes only the same time as cooking the spaghetti.*



**1 pound spaghetti**  
**1/2 cup olive oil**  
**6-8 cloves garlic, peeled and thinly sliced**

**2 chili peppers, dried and left whole**  
**1/2 cup parmesan cheese, grated**  
**1/2 cup parsley, chopped**

Cook the pasta in salted boiling water until slightly under al dente. Heat the oil in a skillet, add the garlic and 2 whole chili peppers. Cook for a couple of minutes until the garlic turns golden. Add 1 ladle of pasta water and simmer for 2-3 minutes. Reserve 1 cup of pasta water aside. Stir the drained pasta into the oil along with the Parmesan. Season to taste. Before serving, gently stir in the parsley and more pasta water if necessary.

## Sugo di Pomodoro Marinara (Italian Tomato Sauce)

Preparation: 30 minutes , Cook Time: 45 minutes

*This is so versatile, can be combined with canned tuna or seafood such as lobster or shrimp which would be added at the end of the cooking period. Another is to poach eggs in the sauce. Simmering a small amount of the sauce with cooked string beans is another option.*



**2 tablespoons olive oil**  
**1/2 onion, left whole**  
**2 cloves garlic, peeled and lightly crushed**  
**1 large canned whole peeled tomatoes, blended or**

**2 1/4 pounds fresh tomatoes**  
**salt and pepper to taste**  
**12 basil leaves**  
**1 bay leaf, a pinch of dried oregano and parsley**

If using fresh tomatoes, wash and core the tomatoes. Boil for 2 minutes. Remove with a slotted spoon. Let cool for 10 minutes. Peel the tomatoes and blend. Some prefer to seed them, as well. Heat garlic and onion and stir in the tomatoes when the garlic begins to color. Season to taste with salt, pepper and spices. Simmer for 30 minutes. Add the basil and cook for 10 minutes more.

## Turkey Dressing or Stuffing

Preparation: 1 hour , Cook Time: 20 minutes per pound

*This is a true “mother-in-law” recipe. I never dared to deviate from using this recipe. Well, only once! And unanimously was agreed that I return to the original.*



**Giblets found in the turkey cavity**  
**1 stick (1/2 cup) butter**  
**8 stalks celery, chopped**  
**1 large onions, chopped**

**1/2 green pepper, chopped**  
**day old bread cubes**  
**6 eggs, hard boiled, cut in quarters**  
**salt and pepper to taste**

Dice the giblets. The neck is reserved for the gravy. In a large heavy frying pan, sauté the giblets over medium heat in 1/2 stick butter for 10 minutes. Add the vegetables and remaining butter. Season at this point. Continue cooking over medium heat for 15 minutes. Remove from heat. Add to this mixture the bread cubes (amount depends on the weight of the turkey). Mix well. If too dry, add a small amount of water. Gently mix in the eggs. Fill the cavity and under the back flap with the stuffing. Placing a dry piece of bread over the openings and threading over it will secure the stuffing from falling out.

*\*Note\** Recipe for a 15-18 pounds turkey



## Twice Baked Potatoes

Preparation: 30 minutes , Cook Time: 1 hour 15-20 minutes

*There are many variations to this recipe, let your imagination make the choice. My preference has always been to leave them plain with nothing additional.*



**4 large russet potatoes. scrubbed and washed**  
**1/2 stick butter**

**1/2 cup milk**  
**salt and pepper to taste**

Bake the potatoes for 1 hour at 400, making sure they're sufficiently cooked through. Lower the oven to 350. Trim off the tops of the potatoes to make a canoe-like shape. Reserve the tops. Scrape out the insides into a mixing bowl, being careful not to tear the shells. Leave a small rim of the potatoes intact for support. Lay them out on a baking sheet along with the tops. Mash potatoes lightly with the remaining ingredients, leaving them slightly stiff. Refill the shells with the filling, so they look abundant and heaping. Bake for 15-20 minutes.

*\*Note\** Variations: add grated cheese, bacon bits and/or sliced scallions to the potatoes. Grated cheese can be added on top of the filling before baking.



## Umberto's Asparagus Sauce

Preparation: 30 minutes , Cook Time: 30 minutes

*Natalia's contribution is special to my heart. This is a welcomed addition to our family cookbook as Umberto was to our family. I personally can't remember eating it but certainly will in the future.*



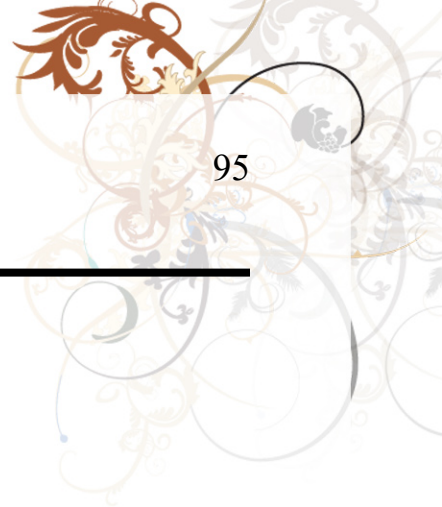
**1- 1/4 pounds asparagus or zucchini**  
**2 tablespoons butter**  
**2 tablespoons olive oil**  
**1-2 cloves garlic, peeled and left whole**

**1 white or yellow onion, sliced**  
**7 ounces cream cheese**  
**salt and pepper to taste**  
**12 ounces spaghetti**

Trim 2" off of the tips of the asparagus and set aside. Cut remainder into 1" pieces. If using zucchini, cut into 1/8" thick rounds. Sauté the onion and garlic until translucent. Add the asparagus or zucchini and season. Cover until cooked, stirring occasionally. Add the asparagus tips for the last 2 minutes. Stir in the cream cheese. When cooking your pasta according to the directions on the box, reserve some pasta water and set aside. Pour sauce over cooked pasta, adding pasta water if necessary.

# Soups

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### Canederi in Brodo (Easter Soup with Dumplings)

Preparation: 1 hour or more , Cook Time: 1 hour

*Another dish, I've never made. But regardless, I think it belongs in this cookbook. Truly an Easter specialty.*

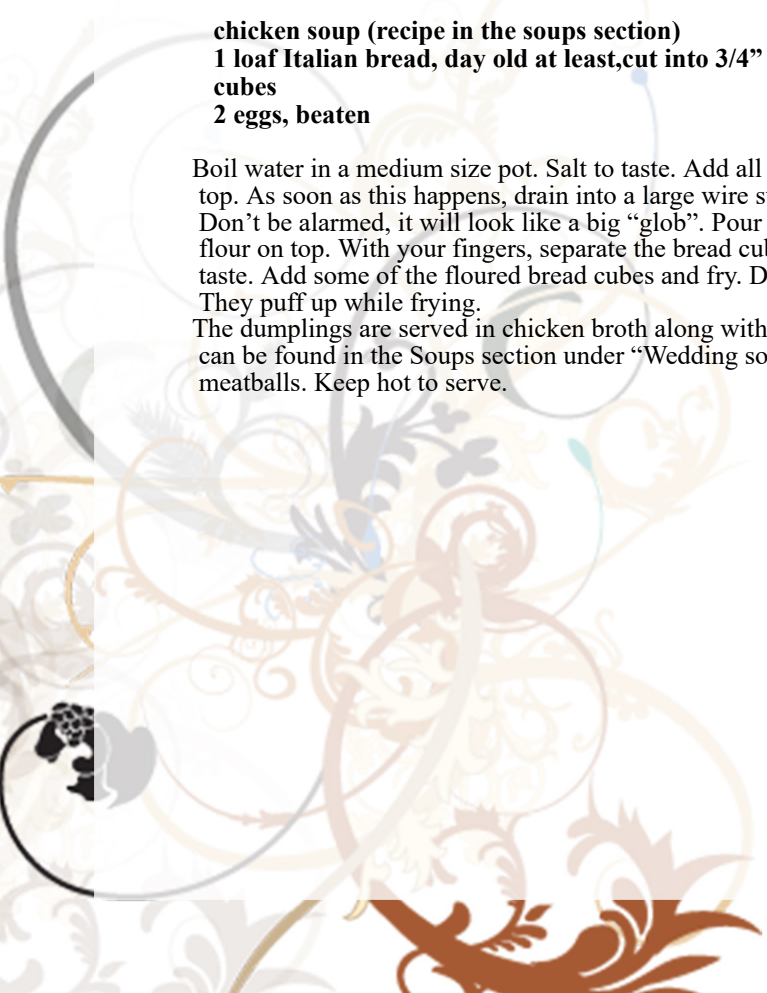


**chicken soup (recipe in the soups section)**  
**1 loaf Italian bread, day old at least, cut into 3/4" cubes**  
**2 eggs, beaten**

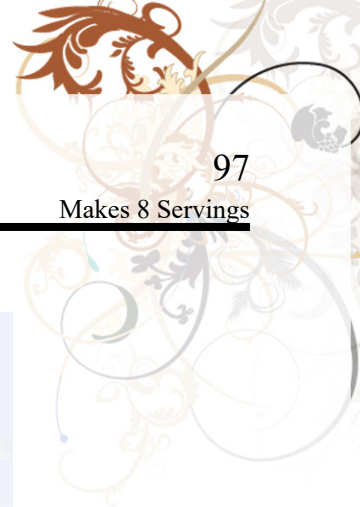
**salt to taste**  
**flour**  
**canola oil, heated**

Boil water in a medium size pot. Salt to taste. Add all the bread cubes. Almost immediately, the bread rises to the top. As soon as this happens, drain into a large wire strainer. Shake strainer to remove as much water as possible. Don't be alarmed, it will look like a big "glob". Pour flour into a table. Put the "glob" on top of the flour. Sift more flour on top. With your fingers, separate the bread cubes. They come apart easily. Beat eggs in a platter and salt to taste. Add some of the floured bread cubes and fry. Don't coat all the cubes ahead of time. Don't overcrowd the pan. They puff up while frying.

The dumplings are served in chicken broth along with veal meatballs or on their own. Recipe for the meatballs can be found in the Soups section under "Wedding soup". Strain the soup into the pot holding the dumplings and meatballs. Keep hot to serve.







# Ham and Bean Soup

Preparation: 30 minutes , Cook Time: 2 hours

*Best “death” or “birth” of a leftover ham bone, depending on how you look at it.*



**1 ham bone**  
**1 package dried beans. cannellini, great northern or lima or combination, 16ounces**  
**1 onion, left whole**

**3 celery stalks, cut into quarters**  
**4 carrots, 1 grated and 3 cut into quarters**  
**salt and pepper to taste**

Follow the directions on the package for soaking the beans. Once soaked, bring the beans to a boil, making sure there are 2 quarts of water. Add the ham bone on which you have removed and kept aside bits of the ham. Add the vegetables and season to taste. Turn the heat down and simmer with partially covered lid for 2 hours, stirring occasionally. Add the bits of ham during the last 1/2 hour. To make the soup thicker, blend a ladleful of the soup the last 20 minutes of cooking and pour back into the soup. Simmer over a low heat until finished.



## Il Brodo di Pollo (Chicken Soup)

Preparation: 30 minutes , Cook Time: 2 hour's

*Another translation would be (Jewish penicillin). I've read that indeed beside being soothing when you're not feeling well, it's a cure as well.*



**1 whole chicken, cut into 4 pieces**  
**3 carrots, cut up**  
**1 carrot, grated**  
**2 celery stalks, cut up**

**1 garlic clove, whole**  
**1 chicken stock cube**  
**1 tomato, crushed**  
**salt and pepper to taste**

Bring to a boil 3 quarts water. Add all the ingredients and bring to boil again. Lower the heat and simmer for 2 hours with the lid partly covering the pan. Best served with angel hair or rice.

*\*Note\** If the soup calls for adding carrots, I always grate one to add to the soup, no matter which one. This dates back to "Grandma Sacks", my maternal grandmother, I figured if she did it, I will as well.



### Minestra Maritata (Wedding Soup)

Preparation: At least 1 1/2 hours , Cook Time: 45 minutes

*Another variation that uses chicken broth. Guaranteed always to be served at Italian weddings and special holidays.*



**chicken broth (recipe found in the soups section)**  
**1 1/2 cups escarole, cooked and chopped**  
**1 pound ground veal**  
**4 eggs**

**1/4 cup Parmesan cheese, grated**  
**1 clove garlic, minced**  
**3/4 cup bread crumbs**  
**salt and pepper to taste**

Mix the veal, 2 eggs, Parmesan cheese, garlic and bread crumbs. Season to taste. Form into very small meatballs, coat lightly with bread crumbs and fry on medium heat in olive oil. Place the meatballs and escarole into a soup pot. Strain soup onto the meatballs and escarole. Keeping the soup hot, add 2 beaten eggs very slowly in a stream. This will resemble egg drop soup. Serve hot.





## Pasta e Ceci (Italian Chickpea Soup)

Preparation: 30 minutes , Cook Time: 45 minutes

*A favorite of Nonno's! Good hearty eating when it's cold outside.*



**8 ounces dried Ceci beans**  
**2 tablespoons olive oil**  
**1/3 cup onion, chopped**  
**1/3 cup carrots, chopped**  
**1/3 cup celery, chopped**  
**2 cloves garlic**

**1 small can whole peeled tomatoes, blended**  
**1 sprig rosemary**  
**2 cups vegetable or chicken broth**  
**1 1/4 cups small shell pasta such as ditalini or rotini**  
**salt and pepper to taste**

Soak the beans the night before. Cook until soft, reserving 1 cup of the liquid from the beans. Brown the next 4 ingredients in olive oil until soft. Add the tomatoes, rosemary, ceci beans, broth and liquid from the beans. Season to taste. Bring to a boil and simmer for 10 minutes. Before adding the pasta, blend a ladleful of the soup and return it to the soup. Add the dried pasta to the soup and cook until done. If you think the soup is too thick, although it's supposed to be, add a little water. Serve with a drizzle of olive oil and Parmesan cheese and if desired, drops of chili oil.





## Pasta e Fagioli (Pasta and bean soup)

Preparation: 30 minutes , Cook Time: 2 Hours

*In the United States, this soup is often referred to as pasta fazool, where fazool is derived from the Sicilian or Neapolitan dialect for beans. A great dish for those cold evenings!*



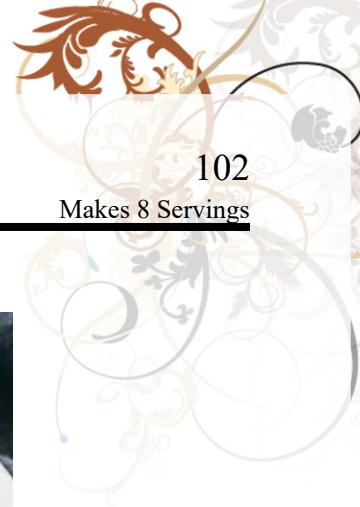
**1 onion, chopped**  
**2 cloves garlic, chopped**  
**1/2 pound pork chops or ribs, cubed**  
**1 cup dried cannellini or similars beans, soaked**  
**1 large can whole tomatoes, blended**  
**1/2 cup fresh parsley, chopped**

**1/2 cup fresh basil, chopped**  
**pinch dried oregano**  
**2 cups ditalini or similar short pasta, partially cooked**  
**salt and pepper. to taste**

Sauté onion, garlic and pork in olive oil until onion is golden. Add tomatoes with 1/2 can water and bring to a boiling point. Add the beans along with the herbs. Season to taste. Simmer with the lid partially covering the pot for approximately 2 hours until the beans are tender. Stir occasionally. Before adding the pasta, blend a ladleful of the bean mixture and return it to the pot. Add the cooked pasta and simmer 10-15 minutes. If you think it's too thick, add some water. Serve with parmesan cheese and if desired, hot pepper oil.

**\*Note\*** Do not try to skip a step by cooking the pasta in the soup. The pasta will absorb all the available liquid and the liquid will be thick and gummy.





## Split Pea Soup

Preparation: 30 minutes , Cook Time: 2 hours

*Another goodie for cold weather!*



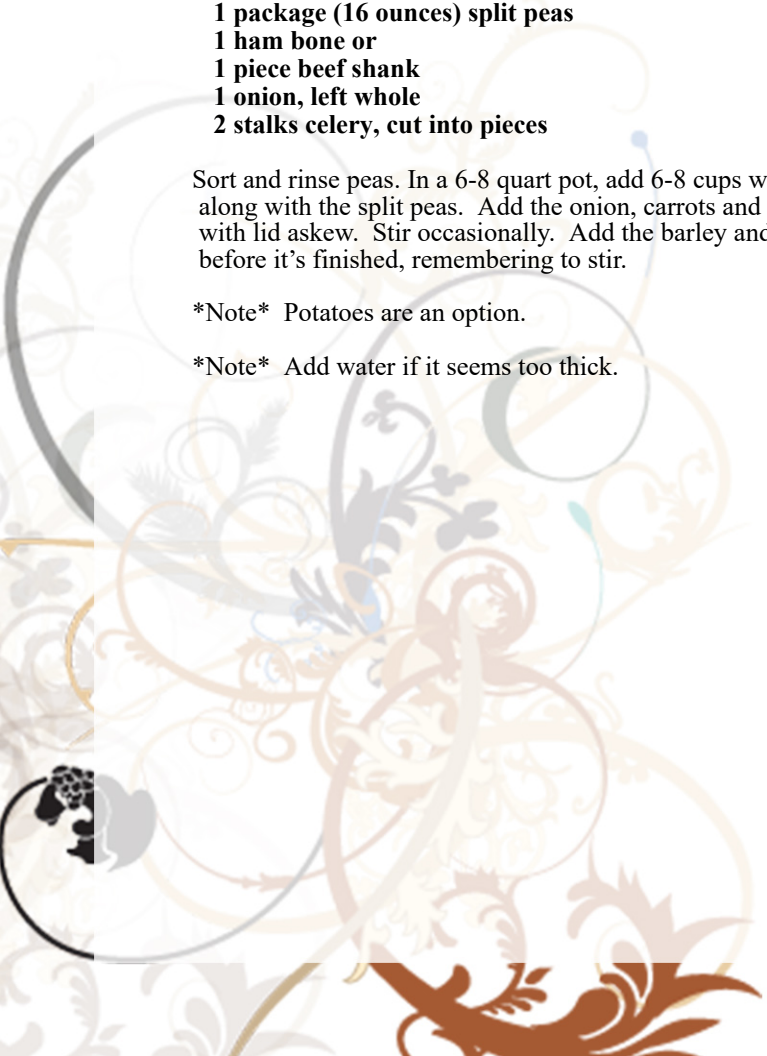
**1 package (16 ounces) split peas**  
**1 ham bone or**  
**1 piece beef shank**  
**1 onion, left whole**  
**2 stalks celery, cut into pieces**

**3 carrots, 2 peeled and quartered, 1 peeled and**  
**grated**  
**1/3 cup barley**  
**1 large potato, peeled and diced**  
**salt and pepper to taste**

Sort and rinse peas. In a 6-8 quart pot, add 6-8 cups water and bring to a boil.. Add the ham bone or the beef shank along with the split peas. Add the onion, carrots and celery. Season to taste. Reduce heat and simmer for 1 hour with lid askew. Stir occasionally. Add the barley and continue simmering for an hour. Add the potatoes 1/2 hour before it's finished, remembering to stir.

\*Note\* Potatoes are an option.

\*Note\* Add water if it seems too thick.





## Vegetable Soup (Diet Soup)

Preparation: 45 minutes , Cook Time: 2 hours

*A few years back, a cabbage soup became very popular for those like myself who needed a “kick start” for dieting. It’s nutritious and darn good. This is my version with perhaps a few added ingredients.*

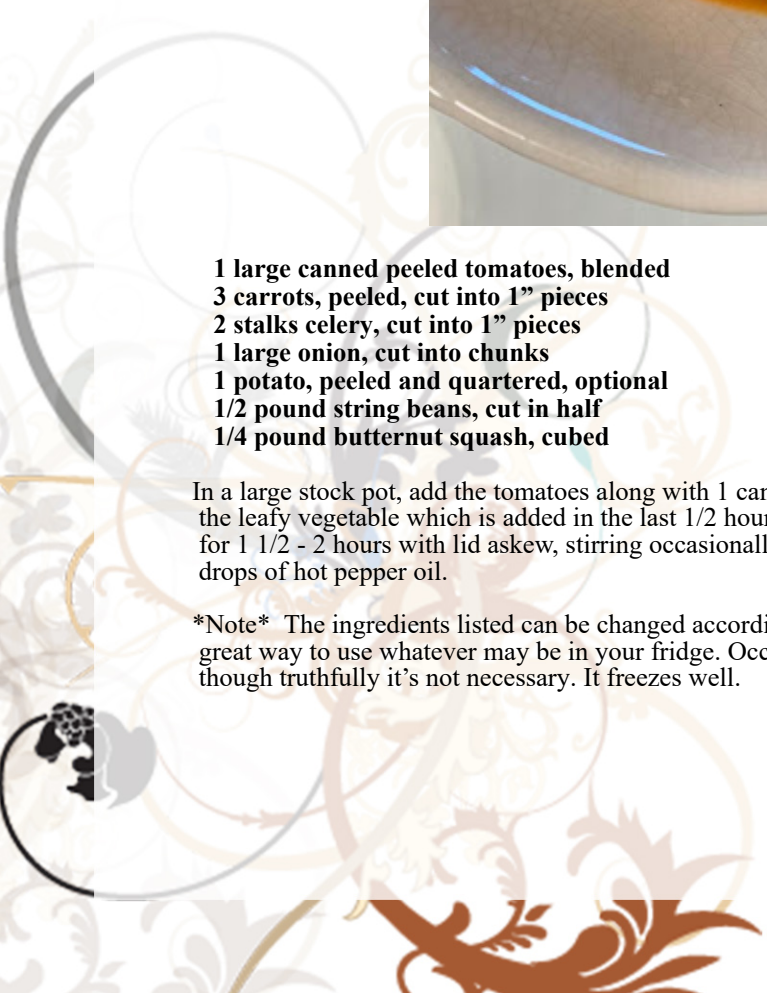


- 1 large canned peeled tomatoes, blended**
- 3 carrots, peeled, cut into 1” pieces**
- 2 stalks celery, cut into 1” pieces**
- 1 large onion, cut into chunks**
- 1 potato, peeled and quartered, optional**
- 1/2 pound string beans, cut in half**
- 1/4 pound butternut squash, cubed**

- 1 clove garlic, peeled and left whole**
- 1/2 head green cabbage, cut into wedges**
- 4 ounces dried beans, soaked beforehand, optional**
- leafy green vegetable such as spinach or Swiss chard**
- salt and pepper to taste**

In a large stock pot, add the tomatoes along with 1 can of water and bring to a boil. Add all the ingredients except the leafy vegetable which is added in the last 1/2 hour of cooking. Season to taste. Bring to a low simmer and cook for 1 1/2 - 2 hours with lid askew, stirring occasionally. A tasty addition is a sprinkle of parmesan cheese and a few drops of hot pepper oil.

*\*Note\** The ingredients listed can be changed according to your likes, also to what you may have on hand. It’s a great way to use whatever may be in your fridge. Occasionally I might add a chicken or vegetable bullion cube though truthfully it’s not necessary. It freezes well.



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