

**ST. MICHAEL CHURCH  
COOK BOOK**



A BOOK OF  
FAVORITE  
**RECIPES**

Compiled by

Teresa Falcigno

SAINT ANN SOCIETY  
OF  
SAINT MICHAEL CHURCH  
NEW HAVEN, CONNECTICUT

1988



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Notes:

## OUR MEN COOKS OR FAVORITE RECIPE

### CHICKEN AND POTATOES

**Biagio Dilieto, Mayor  
New Haven, CT**

2 (2 1/2 lb.) chickens (fryers)  
3 lb. potatoes  
1 can tomatoes - small size  
1/4 c. olive oil

oregano, salt, pepper, parsley  
and garlic  
1 c. red wine -  
grated cheese

*Add Thyme + Tarragon*

Cut the chicken into parts and place in a flat pan. Cut the potatoes into quarters and parboil. Add potatoes to the chicken parts, together with the olive oil, salt, pepper, parsley, garlic and oregano. Pour the small can of tomatoes over ingredients, adding the wine and grated cheese.

Seal pan tightly with tin foil and bake at 350° for 2 hours. Remove foil and broil for 5 to 10 minutes for browning.

**DELICIOUS!**

### SCAMPI

**Joseph J. Fauliso  
Lieutenant Governor, State of Connecticut**

Rinse 4 pounds large raw shrimp under cold running water. Remove shells, devein by slitting each shrimp with sharp knife and removing vein. Rinse shrimp and pat dry with paper towels.

In large bowl, combine:

1 1/2 c. olive oil  
1/2 c. lemon juice  
4 cloves crushed garlic

1 Tbsp. salt  
1 tsp. pepper

Mix well. Add shrimp and mix until well coated. Preheat broiler. Lay shrimp in single layer in broiler pan or cookie sheet. Broil 4 inches from heat for about 4 minutes. Turn shrimp with tongs and broil another 3 to 4 minutes.

Remove shrimp to heated serving platter. Spoon some oil mixture over or pass separately. Sprinkle with chopped parsley. **DELICIOUS!**

Serves 6 to 8.

### BAKED ZITI

**Joseph J. Fauliso  
Lieutenant Governor, State of Connecticut**

In a skillet, saute in 1/4 cup of olive oil:

1 onion, chopped

2 cloves garlic, minced



Skin and bone fresh shoulder. Serrate fresh shoulder lengthwise. Fill crevice with fennel sticks or seeds. Add plenty of coarse black pepper, garlic and salt.

Cook in broiler pan covered approximately 2 hours. Uncover for 1 hour at 350°.

Add potato wedges and use grease for seasoning during the last hour of cooking until potatoes are brown and soft.  
6 servings.

### CALAMARI AND PEAS

Mayor Azelio M. Guerra  
City of West Haven, CT

3 lb. cleaned clamari  
1 lb. frozen peas  
1/2 c. pure olive oil  
1 small onion, diced  
2 cloves garlic, minced

1 small can Italian tomatoes  
1 tsp. black pepper  
1 Tbsp. salt  
1/2 tsp. red pepper seed

Saute oil and onion until onion is soft. Add minced garlic. Add calamari that was cut into 1/4 inch circles and saute for 20 minutes. Add tomatoes, pepper and salt. Cook for an additional 45 - 60 minutes. Rinse peas with cold water, add to ingredients 5 minutes before serving.  
5 - 6 servings.

### VEAL SCALLOPPINE WITH TOMATOES

John L. Carusone

Mayor, Town of Hamden, CT

2 1/2 Tbsp. vegetable oil  
3 cloves garlic, peeled  
1 lb. veal scalloppine, very  
thinly sliced and pounded  
flat  
3/4 c. all-purpose flour,  
spread on dinner plate or  
waxed paper  
salt

freshly ground pepper, 4  
to 5 twists of the mill  
1/3 c. white wine  
3 tsp. tomato paste diluted  
in 1/2 c. warm water  
1 Tbsp. butter  
1/2 tsp. oregano  
2 Tbsp. capers

In a heavy-bottomed skillet heat the oil over high heat and saute the garlic cloves. When they are browned, remove them.

Dip both sides of the veal scalloppine in the flour, shake off the excess, and saute very rapidly on both sides in the hot oil. (Do not overcook. It is sufficient to brown them slightly, which should take a minute or less each side. And never dip the scalloppine in flour until you are just ready to cook them. If you do it ahead of time the flour becomes

damp and they won't brown properly.) Transfer the scalloppine to a warm platter and season with salt and pepper.

Tip the skillet and draw off most of the fat with a spoon. Turn on the heat to moderately high, add the wine, and scrape up and loosen the residue in the pan. Then add the diluted tomato paste, stir, add the butter, stir, and continue cooking for a few minutes, until liquids thicken into sauce.

Add the oregano and the capers, stirring them into the sauce. Cook for another minute, then add the sauteed scalloppine, turning them quickly once or twice in the sauce. Transfer to a warm platter, pouring the sauce over the veal, and serve immediately.

For 4 persons.

### RISOTTO AI FUNGHI (Risotto with Mushrooms)

Father Terry Bagatin, Pastor, St. Michael Church

3/4 lb. rice	1 c. white wine
2 Tbsp. dried mushrooms (wild)	Parmesan cheese
4 c. chicken broth	oil

Place mushrooms in a cup of hot water for 3 minutes. Take mushrooms out, flatten them and slice them.

In a saucepan, add 3 tablespoons of olive oil. Add mushroom and let mushroom reach golden color. Then add rice. Let them reach a golden color (2 - 3 minutes). Add broth gradually. At same time add white wine. Let cook until liquid is absorbed.

Continue procedure of adding broth and wine to avoid rice sticking to saucepan. The rice is ready when saturated (about 15 minutes). Turn heat off.

Add Parmesan cheese and serve immediately. With cheese you may add saffron to give golden color.

Serves 6.

### SCAMPI IN WHITE WINE SAUCE

Father Terry Bagatin  
Pastor, St. Michael Church

2 lb. shrimp in shell	2 oz. butter
flour	3 Tbsp. olive oil
salt and black pepper	8 oz. mushrooms
2 eggs, lightly beaten (optional)	5 - 6 Tbsp. dry white wine
	1 tsp. chopped parsley

Shell the shrimp and devein them. Wash and dry thoroughly. Toss in seasoned flour (and if you like, dip in eggs).



Heat butter and oil together in large pan. Add shrimp and fry gently until golden. Add mushrooms. Cook for an additional minute. Then add wine, seasoning and parsley and simmer until wine has more or less evaporated.

Serves 4.

### SOGLIOLE AI FUNGHI (Flat Fish with Mushrooms)

Father Terry Bagatin, Pastor, St. Michael Church

2 lb. flat fish (sole)	2 tsp. flour
1 oz. mushrooms	3 tsp. dry white wine
3 oz. butter	juice of half lemon
chopped parsley	salt and pepper

If you use flat fish cut out the filet, wash it and let it dry. Clean the mushrooms, dry them and cut them thin. Add half of the butter to skillet, melt it quickly, add mushrooms, salt and cook for 15 minutes or more. Add white wine from time to time.

Place the remaining butter in large saucepan. Melt it quickly. Lightly flour the sole, shake well. Cook sole in saucepan under sustained heat. Turn as they cook perfectly on both sides. Add salt and pepper. Place them on a hot plate.

Add mushroom and chopped parsley and lemon juice. Bathe them with lemon juice uniformly. Decorate with lemon slices. Serve immediately.

(If you wish, you may use wild mushrooms.)

### RISOTTO CON L GAMBERI (Risotto with Shrimp)

Father Terry Bagatin, Pastor, St. Michael Church

3/4 lb. shrimp with shells	1 clove garlic
3/4 lb. rice, uncooked	1 bouillon cube
2 Tbsp. butter	1 qt. water
2 Tbsp. olive oil	1/2 c. dry white wine
1 chopped onion	salt
2 loreal leaves	freshly ground pepper
1 stick celery	

Wash shrimp in cold running water. Boil the quart of water the celery, loreal, garlic and salt, forming vegetable soup.

Put whole shrimp in boiling water for 2 minutes. Drain shrimp and save water. Deshell shrimp. Let cool. Add shrimp to saved water and boil again for 15 minutes. Drain shrimp.

Add bouillon cube to vegetable soup. Brown onion in saucepan with butter and olive oil. Add uncooked rice, let brown for a few minutes. Then add wine, let evaporate and turn frequently.

Add bouillon broth to rice a little at a time until it evaporates. Keep adding broth until half way cooked. Then add shrimp, end cooking of rice until cooked to your preference. Add remaining butter, mix delicately. Serve adding pepper.

### BACCALA ALLA VINCENTINA CON POLENTA

Father Terry Bagatin, Pastor, St. Michael Church  
(Baccala alla Fr. Terry)

2 lb. baccala	3 large Tbsp. flour
3 chopped onions	2 large Tbsp. grated Parmigiano cheese
2 c. olive oil	handful raisins or 1/2 doz. apricots
2 cloves garlic, chopped	polenta
handful parsley, chopped	
1 pt. milk	
3 anchovies, chopped	

Soak baccala night before in water with 1/2 glass vinegar. Change water 2 or 3 times - overnight.

Cut baccala into large pieces. Prepare in casserole dish, oil, onion, garlic and dry apricots or raisins and sauce till golden. Then add parsley and anchovies.

Place floured baccala pieces in baking casserole dish so pieces are tightly placed. Pour onion, garlic, parsley mixture already prepared over baccala. Then sprinkle 1 large spoon of flour and then add Parmigiano and pepper and cover it with milk.

Cook in oven under low heat for about 2 hours, about 300°. From time to time shake the pan. Serve hot with polenta.

Serves 6.

### PEPPERS, SAUSAGE AND MUSHROOMS Anthony Colavolpe Pres. St. Andrew Society

4 large peppers	1 onion
1 lb. sausage	basil, oregano
1 can straw mushrooms	1 can crushed tomatoes

In large skillet cut up peppers, sausage and onions with very little oil. Bake in 350° oven for 3/4 of an hour then add mushrooms and 1 cup of crushed tomatoes; also add the basil and oregano. Then bake for at least another 1/2 hour.

### FISH SALAD

2 lb. scallops  
3 lb. squid  
3 lb. shrimp  
3 lb. scungili  
1 can lobster meat

**Tony Ruocco**  
**President, S. Trofimenia Society**

1/2 c. olive oil  
2 cloves garlic  
1/2 c. green olives  
1/2 c. celery, cut in 1 inch pieces  
2 lemons

Boil separately for 5 minutes the scallops, squid and shrimp. Boil scungili for 20 minutes, cool in water. Slice scungili and cut up shrimp in serving pieces.

When cool place on platter, including lobster meat; add the garlic, olives, celery and minced parsley. Pour olive oil over all ingredients. Serve with lemon wedges.

### CHICKEN/BROCCOLI/CAULIFLOWER/MUSHROOMS

**Michael A. Fimiani, President, Societa Santa Maria Maddalena**

1 lb. - 1 1/2 lb. boneless chicken breast, cut in chunks	Morton's All Season Nature's Seasoning
1 head broccoli (flowerets only)	1 lb. - 1 1/2 lb. spinach
1 head cauliflower	fettuccini or egg fettuccini
12 oz. fresh mushrooms	grated Parmesan cheese
1 large onion	crushed red pepper (optional)
1 lb. butter or margarine	white wine, 4 oz. (optional)

In a large skillet saute onions, garlic and chicken in butter or margarine. Add remainder of vegetables, mix well. Sprinkle with seasoning (wine and crushed red pepper). Cover and cook until chicken and vegetables are tender.

Cook fettuccini as directed on package. Drain well and add chicken and vegetables. Top with grated Parmesan cheese.

### SAUTE SHRIMP AND RICE

1 lb. shrimp, cleaned  
1/2 stick butter  
3 cloves garlic  
dash pepper (black)

**Lou Longobardi**  
**President, S. Catello Society**

1 Tbsp. parsley  
1/4 c. sherry  
1 c. cooked rice

In large skillet, melt butter. Add garlic and parsley; saute for 1 minute over high heat. Add shrimp and pepper and saute over a medium heat for about 5 minutes or until shrimp are tender and a golden brown. Add cooking sherry and saute another 2 minutes. Serve saute shrimp over a bed of warm rice.

### STRAWBERRY PUDDING SHORTCAKE

Lawrence Pisani, Ph.D., Southern Connecticut College

1 pkg. Stella D'Oro anisette sponge cookies	2 large boxes frozen strawberries
4 boxes vanilla pudding	1/2 c. chopped nuts (optional)
1 large container Cool Whip	

Cut sponge cookies in 1/2 lengthwise and place half of them on their sides in a 13 x 9 x 2 inch glass pan.

Cook 2 packages vanilla pudding. Pour over cookies. Let set 15 minutes.

Spread 1 box strawberries over the pudding using just a little juice.

Repeat the above steps layering the rest of the cookies over strawberries.

Cook the other 2 boxes pudding and pour over cookies. Let pudding set and then cover with the last box of strawberries, again not using too much juice. Refrigerate until cold and cover with Cool Whip and chopped nuts. Best if made night before so flavors can mingle.

### POP'S CLAM CHOWDER

Paul Anthony Falcigno

Quinnipiac College

12 large clams	4 medium potatoes
6 carrots	4 medium onions
6 ribs celery	4 oz. salt pork

Scrub clams and steam, remove from shell. Strain liquid through cheesecloth.

Peel carrots, potatoes and onions. In a food grinder with coarse cutter, grind the carrots, potatoes, onions and celery.

In a soup pot, place the cut up salt pork and fry out - remove salt pork. Add the clam liquid and 2 quarts of water, then add the ground vegetables and cook until almost done.

Grind the clams and add to above, cook for 10 minutes, season to taste with salt and pepper.

### PESTO ALLA GENOVESE

Frank Carrano

President, Greater N. H. Labor Council

2 c. fresh basil leaves, coarsely chopped and tightly packed	2 cloves garlic, finely chopped
1 tsp. salt	2 Tbsp. finely chopped pine nuts
1/2 tsp. freshly ground black pepper	3/4 c. oil
	1/2 c. freshly grated cheese

Makes 1 1/2 to 2 cup. Blend everything, except the cheese, in blender 5 to 6 seconds. Stir in cheese.

Serve over hot drained pasta.

### NOODLES GENOVESE

**Frank Grazioso  
Attorney**

3 - 5 lb. eye of the round beef	1 c. grated cheese (Parmesan or Romano)
1/2 c. virgin olive oil	1 heaping Tbsp. Italian tomato paste
3 lb. onions, finely chopped	1 carrot, finely chopped
3/4 lb. prosciutto ham, finely chopped	2 lb. egg noodles
1/4 lb. Genoa salami, finely chopped	1 c. water
1/2 c. dry white wine	salt and pepper

Have butcher lard the eye of the round with its own fat, roll and tie it securely. Brown meat slowly in heated oil in a large deep pan. Add onions, prosciutto ham, salami, carrots, cheese, water, tomato paste; add wine, season to taste.

Simmer in covered pan for 2 hours until fork inserted into meat is easily removed. Remove from pan.

Cook noodles in boiling water until done "al dente". Drain and serve with meat sauce over which slices of beef are placed.

Serves 6 - 8.

### VERMICELLI WITH OIL, GARLIC AND ANCHOVY

**Richard Capobianco, Greater New Haven Credit Bureau  
(Vermicelli Aglio e Olio)**

1/2 lb. vermicelli or spaghetti	1 salted anchovy, washed, boned and chopped, or 4 anchovy fillets packed in oil, chopped
2 Tbsp. olive oil	hot pepper flakes to taste
1 tsp. safflower oil	
2 cloves garlic, minced	

Garnish:

1 Tbsp. finely chopped Italian parsley	1/4 c. toasted bread crumbs*
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\*To toast bread crumbs, mix well with 1 teaspoon safflower oil, then lightly toast under broiler, shaking occasionally, taking care not to burn them.

Boil pasta in a large pot of salted water. Meanwhile, heat the two oils in a medium skillet, then add garlic, anchovies, and hot pepper. Stir, and as garlic takes on color, add about 1/2 cup of the pasta cooking water, mixing well.

When pasta is almost cooked (about 2 minutes before it is done "al dente"), drain and add to anchovy and garlic sauce. Stirring often, cook until most of the liquid has cooked away. Garnish with parsley and garnish each plate with toasted bread crumbs.

Serves 2 to 3.

### PASTA E CECI

Anthony Giordano

8 slices bacon sliced 1/4 inch thick	1 can chick peas, drained
1/4 c. olive oil	1 tsp. rosemary
2 small onions, diced	black pepper
3 - 4 gloves garlic, minced	hot crushed pepper
2 (15 oz.) cans plum tomatoes, diced	salt
1 c. tomato juice from plum tomatoes	3 Tbsp. parsley
2 c. chicken broth	6 oz. pasta of choice
1 small can (8 oz.) tomato sauce	dash red wine

Render bacon in 4 quart saucepan till crisp, remove with slotted spoon, leave about 3 - 4 tablespoons fat.

Add oil, onion and garlic, saute till soft.

Add tomatoes, juice, broth, chick peas and rosemary. Simmer 15 - 20 minutes or so, add tomato sauce, black and red peppers to taste, parsley and Simmer 5 - 10 minutes more.

Correct for salt (taste). Bring to boil, add pasta. When pasta is very firm shut off heat. (You may need to add a little water.) Let sit a minute or two covered. Serve with grated cheese.

### HOT CLAM SPREAD

Anthony Giordano

3 cans minced clams with liquid	1 Tbsp. parsley
1 Tbsp. lemon juice	dash Tabasco
1 stick butter	dash red pepper
1 medium onion, chopped	1/2 c. flavored bread crumbs
1 clove garlic, minced	8 oz. shredded cheddar cheese
1 tsp. oregano	paprika

Put clams and lemon juice in saute pan and simmer for 10 minutes.

In another pan melt butter and saute onion and garlic with oregano, parsley, Tabasco and red pepper.

When onion is translucent add clams and stir in bread crumbs, remove from heat.

Put mixture in baking dish, top with cheddar and paprika. Bake at 350° for 25 minutes. Serve with crackers.

### FRENCH TOAST FOR 8 (No Waiting)

**Philip Paoella**

12 eggs	1/4 tsp. salt
1/2 stick butter	1 tsp. vanilla
8 Tbsp. sugar	1 c. milk

After mixing thoroughly, stick the bread in the batter, then place on a buttered cookie sheet. Put in oven at 325° and bake for 25 to 40 minutes, turning over once or twice to make sure the cooking is done evenly.

### PENNE RIGATE WITH GORGANZOLA

**Aldo Cuccinello**

1 lb. penne rigate	2 oz. butter
1/4 lb. gorgonzola	salt and pepper to taste
1 pt. fresh cream	3 sage leaves

Cook the penne rigate for 10 minutes in boiling salted water. Over medium heat with sage leaves, salt and pepper for 5 minutes. Add diced gorgonzola which has been diced and simmer for 5 minutes, until melted.

Drain the pasta and place in a warm bowl. Pour the cream sauce over the pasta, add the butter. Stir and serve immediately, while very hot.

Serves 4.

### LINGUINE - VIN'S WAY

**Vincent Farricielli**

1 lb. linguine	2 hot pickled peppers, cut up in 2 inch pieces
1 lb. Italian sausage, cut in 1 inch pieces, fried and drained	1/4 c. olive oil
1 jar pickled sweet peppers, cut up in 2 inch pieces	2 cloves garlic

Heat oil, add garlic until golden brown. Add peppers and cook for 2 minutes. Add sausage, remove from heat but cover to keep warm.

Cook linguine "al dente" and reserve 2 cups of the water.

Add sausage, pepper mixture to the linguine, if too dry add some of the reserved water. DELICIOUS!

### SALSA DEL COMPARE

Nick Carrozza

5 or 6 oz. virgin olive oil	2 (35 oz.) cans Italian plum tomatoes
5 or 6 cloves garlic	2 (6 oz.) cans tomato paste
1 tsp. oregano	black pepper to taste
1 jar broken Spanish olives	crushed red pepper (optional)
1 can ripe olives	1 handful mushrooms
20 or 25 dry cured olives	1 glass red wine
8 oz. capers, washed and dried	1 tsp. baking soda
1 bottle clam juice	parsley

Chop the three kinds of olives together. Chop the garlic, parsley, mushrooms and capers - keeping each separate.

In a large pan heat the olive oil and add garlic and capers. When garlic is light brown add oregano and stir to blend for 10 or 15 seconds. Add the olives and stir, using a wooden spoon.

Squash the plum tomatoes and add to above. Add the tomato paste rinsing the cans with clam juice, add with remaining clam juice. Add parsley, pepper, crushed pepper, wine and mushrooms, again stir to blend flavors for 15 minutes.

Add the baking soda and salt if desired. (Keep in mind capers are salted.) Simmer for 1/2 hour.

Serves 12 to 14 persons - used over Italian spaghetti.

### TOM CONSIGLIO'S SHRIMP SCAMPI

2 lb. shelled, deveined large shrimp	1/2 c. flour
6 cloves garlic, finely chopped	lemon slices
1 stick butter	salt and pepper to taste
1/4 c. finely chopped parsley	1 c. Chablis wine

Mix flour and seasonings together. Roll shrimp in flour mixture, melt butter in large skillet. Add shrimp and saute over medium flame, turning often. Add Chablis, garlic and parsley; cover and cook for 3 minutes. Serve over rice, garnish with lemon slices.

Serves 6.



## GREEN PEPPER ROUND STEAK

Pat Zingarella

1 1/2 lb. round steak	1/2 tsp. oregano
2 Tbsp. oil	1 Tbsp. steak sauce
1/2 c. chopped onion	3 c. cooked rice
1 (15 oz.) can stewed tomatoes	salt and pepper to taste
2 large green peppers	

Cut meat in strips 1 inch by 1/2 inch, cut peppers in strips. Saute meat in hot oil. Saute onions and peppers, add to meat. Add stewed tomatoes, oregano and steak sauce. Cook on low heat for 1 hour, or until meat is tender. Serve on a bed of rice.

## TIRAMISU

Paul C. Montano

(Lady Finger, Mascarpone and Chocolate Dessert)

3 large eggs, separated, the whites at room temperature	a 7 oz. pkg. biscotti di savoiardi (crisp Italian lady fingers, available at specialty food shops)
2/3 c. confectioners' sugar	2/3 c. Espresso coffee at room temperature
10 oz. (about 1 1/4 c.) mascarpone (available at most cheese shops)	2 Tbsp. grated bittersweet chocolate
1/4 c. dark rum	

In a large bowl beat together the yolks and the sugar until the mixture is thick and pale, add the mascarpone and the rum, and beat the mixture until it is smooth.

In another bowl beat the whites with a pinch of salt until they just hold stiff peaks and fold them into the mascarpone mixture gently but thoroughly.

Arrange the biscotti in a shallow 10 x 10 inch serving dish, sprinkle the coffee over them, and spread the mascarpone mixture over the biscotti, smoothing the top. Sprinkle the Tiramisu with the chocolate and chill it, covered, for at least 6 hours or overnight.

Serves 6 to 8.

This was first served to me at the Antico Ristorante Pagnanelli Castel Gandolfo, Italy.

**VEAL BIRDS WITH MUSHROOM STUFFING**     **Joseph Celentano**

1 lb. veal cutlets	1/2 c. bread crumbs
1 c. beef stock	1 Tbsp. grated cheese
1/2 c. white wine	onion powder
2/3 stick butter	2 garlic cloves
2 Tbsp. olive oil	1 tsp. minced parsley
13 oz. can sliced mushrooms	salt and pepper to taste
1/2 c. flour	

For stuffing - saute 1/3 of the mushrooms (chopped) in 1/2 butter, onion powder, salt and pepper. Add bread crumbs, parsley and cheese.

Flatten and pound cutlets. Place stuffing in center and roll, fastening with toothpicks. Roll in flour and saute in balance of butter, the oil and garlic cloves till light brown on low heat.

Remove garlic, add wine, cover and cook for 10 minutes. Add mushrooms, beef stock; cover and simmer for 20 minutes, stirring often.

**BASIC EGG PASTA DOUGH (Pasta all'Uovo)**     **Raymond Saracco**

4 1/2 c. all-purpose flour	6 eggs
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Makes 7 to 8 servings. OR:

3 c. all-purpose flour	4 eggs
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Makes 5 to 6 servings.

Put flour on a pastry board and make a well in the center. Break eggs into well; beat with a fork. Draw some flour from inner rim over eggs, beating constantly. Keep adding flour a little at a time until you have a soft dough. Put dough aside.

With a pastry scraper, remove bits and pieces of dough attached to board. Lightly floured board and your hands. Knead dough 10 to 12 minutes, adding flour a little at a time until dough is smooth and pliable. Insert a finger into center of dough. If it comes out almost dry, dough is ready for pasta machine. If dough is sticky, knead it a little longer adding more flour.

Set rollers of pasta machine at their widest opening. Cut an egg size piece from dough. Wrap remaining dough in a cloth towel to prevent it from drying. Flatten small piece of dough, dust with flour and fold in half. Run it through pasta machine. Repeat this step 5 to 8 times or until dough is smooth and not sticky.

Change notch of pasta machine to the next setting and run dough through once without folding it. Keep changing setting and working pasta sheet through machine until pasta reaches desired thickness. A good thickness for general use is about 1/16 inch. Sprinkle dough with flour between rollings if it is sticky.

### SPAGHETTI WITH BLUE CRAB SAUCE

**Anthony DeNello**

1/4 c. olive oil	1/4 c. fresh chopped parsley
2 cans crushed tomatoes	1 Tbsp. fresh chopped oregano
6 hard shell blue crabs, cleaned	1 Tbsp. fresh chopped basil
4 - 6 cloves garlic	1/2 tsp. crushed red pepper
	1 1/2 lb. linguine

Wash crabs and peel garlic. Cover bottom of saucepan with oil and put garlic in pan. Steam crabs in garlic and oil until they turn red, about 15 - 20 minutes over medium heat.

Garlic should now be soft, remove and crush garlic, put into pan with tomatoes, parsley, oregano and red pepper with crabs. Cook about 2 hours.

Boil macaroni and pour sauce over linguine.

Serves 4 to 6 people.

### EASTER BREAD (Mel's Recipe)

**Emilio Sanseverino**

1 pkg. dry yeast	8 Tbsp. sugar
1 tsp. salt	1/2 c. warm milk
1 tsp. cinnamon	4 eggs and 4 egg yolks
2 oz. butter	2 tsp. vegetable shortening
5 c. flour	

Melt butter, vegetable shortening and sugar in saucepan, stirring until dissolved; set aside.

Dissolve yeast in warm milk. Measure flour and salt into a large bowl and add preceding ingredients. Add beaten eggs and mix well. Knead dough on a floured board for approximately 15 minutes; dough should be soft and elastic.

Form into a ball and place in an oiled bowl. Cover loosely with plastic wrap and a towel (and place in a warm location preferably); let rise to double the original size, about 4 hours.

Roll out on floured board and shape to a "snake" long enough to form a circle in a large (14 inch) ovenproof bowl or pan, which has been greased. Connect ends by moistening with milk. Place a greased juice glass in the center to prevent

closing. Let stand in pan, covered as before, to raise for 1 hour.

Bake at 375° for approximately 40 - 45 minutes. Ice with a mixture of orange juice and confectionery sugar when cool.

### ITALIAN CHICKEN ROLL

John P. Ruocco

2 sweet Italian sausages,  
5 inches long  
3 whole chicken breasts,  
skinned and boned  
1/4 lb. Genoa salami  
1/4 lb. mortadella  
1/4 lb. prosciutto

2 c. Italian bread crumbs  
1/2 c. grated Parmesan  
1/4 c. chopped parsley  
2/3 c. olive oil  
2 Tbsp. dry white wine  
6 eggs

Brown sausage and drain.

Arrange chicken breasts on a long sheet of Saran Wrap or heavy white paper, overlapping the edges of each breast onto the next. Place a second sheet of wrap or paper on top of the breasts and pound with a wooden mallet until the mass measures 10 x 15 inches.

Remove top paper and arrange layers of salami, mortadella, and prosciutto over the flattened, pounded chicken.

Combine bread crumbs, Parmesan, parsley, 4 tablespoons of the olive oil, and the wine and spread this mixture over the layered cold cuts.

Beat eggs slightly and lightly scramble in 2 tablespoons of the oil. Arrange scrambled eggs over bread crumb mixture.

Line up sausages end to end about 2 inches from one of the 15 inch edges. Carefully roll the chicken jelly roll style, using the paper or Saran as an aid, peeling the paper or Saran as you roll.

Cut a double thickness of cheesecloth about 20 inches long (the cheesecloth should be longer than the roll and large enough to wrap it). Carefully wrap the roll in the cheesecloth and tie the ends with twine or heavy thread.

Bake the roll at 350° for about 1 hour. Cool slightly, unwrap, and serve sliced to your loving husband.

### TUTTIERA OR ITALIAN SAUSAGE CASSEROLE

Anthony Esposito

2 lb. Italian sweet sausage  
(or 6 pork chops)  
6 medium potatoes, peeled,  
cut in eighths  
3 medium sliced onions

salt and pepper to taste  
1/2 can peas, drained  
1/2 small can tomato paste  
dash oregano

Puncture sausages with fork. In a 10 x 14 x 2 inch baking pan, place sausages with potatoes and onions only. Sprinkle sausage with freshly ground pepper. Sprinkle salt and pepper on onions and potatoes only.

Cook in preheated oven at 375° for 45 minutes or until well done. Halfway through cooking time, turn sausages and vegetables, adding peas and tomato paste and sprinkle with oregano. Add a bit of water if too dry.

Serves 6.

### ZITI AND MELANZANA AL FORNO

Ralph Marcarelli, Ph. D.

2 (28 oz.) cans peeled Italian  
Tomatoes  
1/2 c. olive oil  
5 cloves garlic  
1/2 c. fresh basil or 1 Tbsp.  
dry basil  
2 1/2 tsp. salt  
1 tsp. sugar

Hot red pepper to taste,  
optional  
1 lb. Ziti  
1 large eggplant  
1 lb. whole milk mozzarella  
(thinly sliced or grated)  
1 c. grated parmigiano cheese  
1/2 c. olive oil

Saute garlic (cut in half) in olive oil until golden and then discard the cloves. Crush the tomatoes well by hand or with a fork and add to oil. Add basil, salt, sugar and red pepper and stir. Bring to a rapid boil and then reduce to simmer - cook for 35 to 45 minutes, stirring occasionally. In the meantime, slice eggplant to 1/8 inch thickness, salt and let them drain in colander. Place olive oil in skillet - when hot fry the eggplant slices until golden. Place on paper towel.

Cook Ziti until slightly underdone - drain and set aside. Cover the bottom of a lasagna type pan with sauce - place a layer of eggplant then a layer of pasta and then a layer of mozzarella. Sprinkle with parmigiano cheese and more sauce.

Continue layering until all ingredients are finished. Top with sauce and bake in 350° oven 30 to 45 minutes.

## SPECIALTIES OF "THE DAY" AMONG ITALIANS

### **NEW YEAR**

#### **BAKED STUFFED LOBSTER**

**Emily Benevento**

2 lobsters (2 pounds each).

#### **Stuffing:**

1 can crab meat or  
1/2 lb. shrimp  
juice of 1 lemon  
1/4 lb. butter, melted

1/2 c. seasoned bread crumbs  
1 clove garlic, minced  
2 Tbsp. fresh minced parsley  
1/2 c. white wine

Shred crab meat or cut shrimp in small pieces, depending on which is used, and pour juice of 1 lemon over; mix well. Add melted butter, bread crumbs, garlic, parsley and wine. Mix well and put in cavity of lobster.

Place in baking pan and bake at 350° for 20 minutes (covered with foil). Remove foil and broil for 5 minutes.

This stuffing may be used to stuff shrimp, also.

### **FEAST OF ST. BLASE - February 3rd**

#### **POLENTA WITH TOMATO SAUCE**

**Mary Del Preto**

2 c. yellow cornmeal

6 c. water

#### **Sauce:**

1 (28 oz.) can plum tomatoes  
1 (6 oz.) can tomato paste

1 lb. Italian sausage, cut  
in small pieces

Brown sausage pieces in 1/4 cup oil or bacon drippings. Add to tomatoes and cook for 1/2 hour; season to taste.

Bring 5 cups water to a boil. Put the cornmeal in bowl and pour 1 cup cold water over it. Stir until all the lumps are gone. Pour in boiling water, which has been salted. Stir constantly for about 15 minutes.

In baking pan, put a layer of sauce and a layer of cornmeal; sprinkle generously with Parmesan cheese. Continue alternating sauce and cornmeal.

May be baked for 10 or 15 minutes in low oven.

**FEAST OF ST. JOSEPH - March 19th**  
**ST. JOSEPH'S ZEPPOLE**

Margaret Di Noia

1 c. flour  
1/2 tsp. salt  
1 Tbsp. sugar  
1/2 c. butter

1 c. hot water  
4 eggs  
1 tsp. grated orange peel  
1 tsp. grated lemon peel

Combine water, butter, sugar and salt in saucepan. Bring to boil and add flour. Stir vigorously until mixture leaves sides of pan. Add eggs, one at a time. Beat vigorously after each egg is added. Add grated rinds; mix until mixture is smooth.

Drop by tablespoon 2 inches apart on greased baking sheet.

Bake 15 minutes at 450° and 25 minutes at 350°. When cool, split and fill with Italian Cream.

**Italian Cream:**

2/3 c. sugar  
3 egg yolks  
1/2 c. flour

2 c. milk  
1 tsp. vanilla

Cook in double boiler all above ingredients until thick; cool.

**SHROVE TUESDAY - CARNEVALE**  
**BAKED LASAGNA**

Mary Di Pino

1 lb. lasagna  
1 lb. Ricotta cheese  
1 lb. chopped meat  
1 lb. sausage  
2 eggs

1 lb. Mozzarella cheese  
1 Tbsp. chopped parsley  
Parmesan cheese  
4 c. tomato sauce  
salt and pepper to taste

Mix chopped meat as for your favorite meat balls. In a fry pan, fry sausage; remove and set aside.

In the drippings with tip of spoon, take small bits of meat ball mixture and brown. Prepare favorite tomato sauce and add sausage; let sauce simmer.

In 4 quarts of salted water, boil the lasagna for 15 to 20 minutes; drain well after running cold water in the pan.

While lasagna is cooking, mix the Ricotta cheese, eggs and seasonings and parsley. Cut up sausage in small pieces.

In bottom of 9 x 13 inch baking pan, put a layer of tomato sauce, then a layer of lasagna, topped with Ricotta mixture, small meat balls and pieces of sausage. Continue in this manner until all are used. Top layer should be lasagna. Pour sauce on top; sprinkle with cheese and top with slices of Mozzarella cheese. Mozzarella may also be used between layers.

Bake at 350° for 30 minutes.

### **PALM SUNDAY**

#### **PASTA AND CECI (Chick Peas)**

**Carol Sagnella**

1 c. dried chick peas  
4 Tbsp. olive oil  
1/2 lb. elbow pasta (or  
other type desired)

1/2 c. chopped fresh parsley  
2 cloves garlic, minced  
salt and pepper to taste

Soak chick peas overnight. Rinse and drain. Place chick peas in pot and cover with water. Bring to a boil and simmer for 1/2 hour. Then add parsley, garlic, salt and pepper. Cook until tender, about 1/2 hour more. Remove 1 cup of chick peas and mash with fork; return to pot to thicken contents.

In a separate pot, bring to a boil 2 quarts water. Add pasta and cook for 5 minutes. Drain and add to chick peas. Cook together until tender.

### **EASTER**

#### **PIZZA PIENA**

**Teresa Falcigno**

##### **Crust:**

5 c. flour  
1 c. shortening  
1 tsp. baking powder  
2 eggs

1 tsp. salt  
enough cold water to make  
spreadable dough

Mix above ingredients well and knead. Roll out about 1/8 inch thick. Place into 2 deep dishes (about 8 inches in diameter and 3 inches deep). Rolled out dough should cover the bottom and sides. Reserve some dough for the 2 top crusts.

##### **Filling:**

1 lb. prosciutto  
1 lb. dry sausage

1/2 lb. ham  
12 eggs



1 lb. Ricotta  
1 lb. Basket cheese

1/2 c. Parmesan cheese  
pepper to taste

Cut prosciutto, sausage, ham and Basket cheese in small cubes. Mix with beaten eggs and Ricotta cheese; add pepper. Put into lined dishes; cover with top crust. Seal well and prick the top crust. Brush crust with eggs.

Bake at 450° for 1/2 hour, then for 1/2 hour more at 400°. These pies keep well in refrigerator.

**FEAST OF ST. ANDREW - June 27th**  
**BONITO VINEGARETT**

Rose Minichino

Cut Bonito in serving pieces. Dip lightly in flour and fry in oil. Set aside to cool.

Make marinade by combining:

2/3 c. vinegar  
1/3 c. oil

season with salt, pepper and  
if desired, red crushed pepper

Place Bonito in deep serving dish and add marinade. Garnish with mint leaves.

**FEAST OF ST. TROFIMENA - July 13th**  
**FUSILLE (Homemade Curly Macaroni) STRANGUGLIA**

Toni Salvo

2 c. Farnia  
3 to 4 c. water

12 eggs  
1 tsp. salt

Beat eggs and add other ingredients. Knead well amount of flour added to keep dough from being sticky. Roll dough to thickness of a pencil. Cut in 3 inch pieces.

With open end size 4 knitting needle, roll on piece of dough, starting at one end and roll quickly - the result, a small macaroni curl. Dry for about an hour, and cook in boiling salted water till tender.

Serve with your favorite sauce.

**FEAST OF ST. MARY MAGDALENA - July 22nd**  
**STUFFED GREEN SQUASH**

Louise Sanseverino

1 large green squash  
1 lb. ground meat  
stale bread (crumbs)

tomato sauce  
salt and pepper  
3 eggs

1/2 lb. Mozzarella cheese,  
diced  
4 slices Genoa salami, diced

Romano cheese, grated  
oil

Peel skin of squash; carefully scoop seed inside of squash, which has been cut in 6 inch lengths. Mix all ingredients, except tomato sauce, and stuff cavity of squash.

In oil, fry the stuffed pieces of squash slowly on low heat, turning so that they will brown on all sides. When browned, place in baking dish, side by side. Cover with tomato sauce; sprinkle with grated cheese.

Bake in 350° oven for 15 minutes.

**FEAST SANTA MARIA DELLE VERGINE - July 24th**  
**BABY LAMB ROAST**

**Josephine Gargano**

Rub cavity with a mixture of garlic, salt, pepper and oil and minced parsley.

Bake slowly in 300° oven for 1 hour, or until tender.

**ASSUMPTION DAY - August 15th**  
**EGGPLANT WITH CHOCOLATE AND CITRON**

**Louise Sanseverino**

Peel eggplant and cut in thin slices. Flour eggplant slices, then dip in beaten egg and fry in oil. Place on paper towels. Place on low heat:

12 oz. bittersweet  
chocolate bits

2 c. water

Stir constantly and simmer until the bits have been dissolved.

In casserole, layer the slices of eggplant and spread chocolate mixture; add bits of citron and candied orange peel. Continue until all the eggplant is used.

**FEAST OF ST. LUCY - December 13th**  
**POLENTA WITH KIDNEY BEANS**

**Florence Violante**

6 c. water  
2 c. yellow cornmeal  
1 can kidney beans

1 c. olive oil  
2 lb. onions

Slice onions and fry in 1 cup olive oil until they are golden brown; do not burn.

Bring to boil 5 cups water, which has been salted. Pour 1 cup cold water over cornmeal; stir until smooth. Then add to boiling water; stir constantly for 10 minutes. Add the kidney beans and onions. Mix well; continue stirring until all is well blended, for about 2 more minutes. It is ready to serve.

**FEAST OF ST. LUCY**  
**CORNMEAL BREAD**

**Theresa Argento**

4 c. boiling salted water                      2 c. cornmeal  
1/2 c. raisins

Cook cornmeal as directions. Cool. While still warm, shape into small loaves. Bake in greased pan in 450° oven for 1/2 hour.

**CHRISTMAS - December 25th**  
**ROAST STUFFED CAPON**

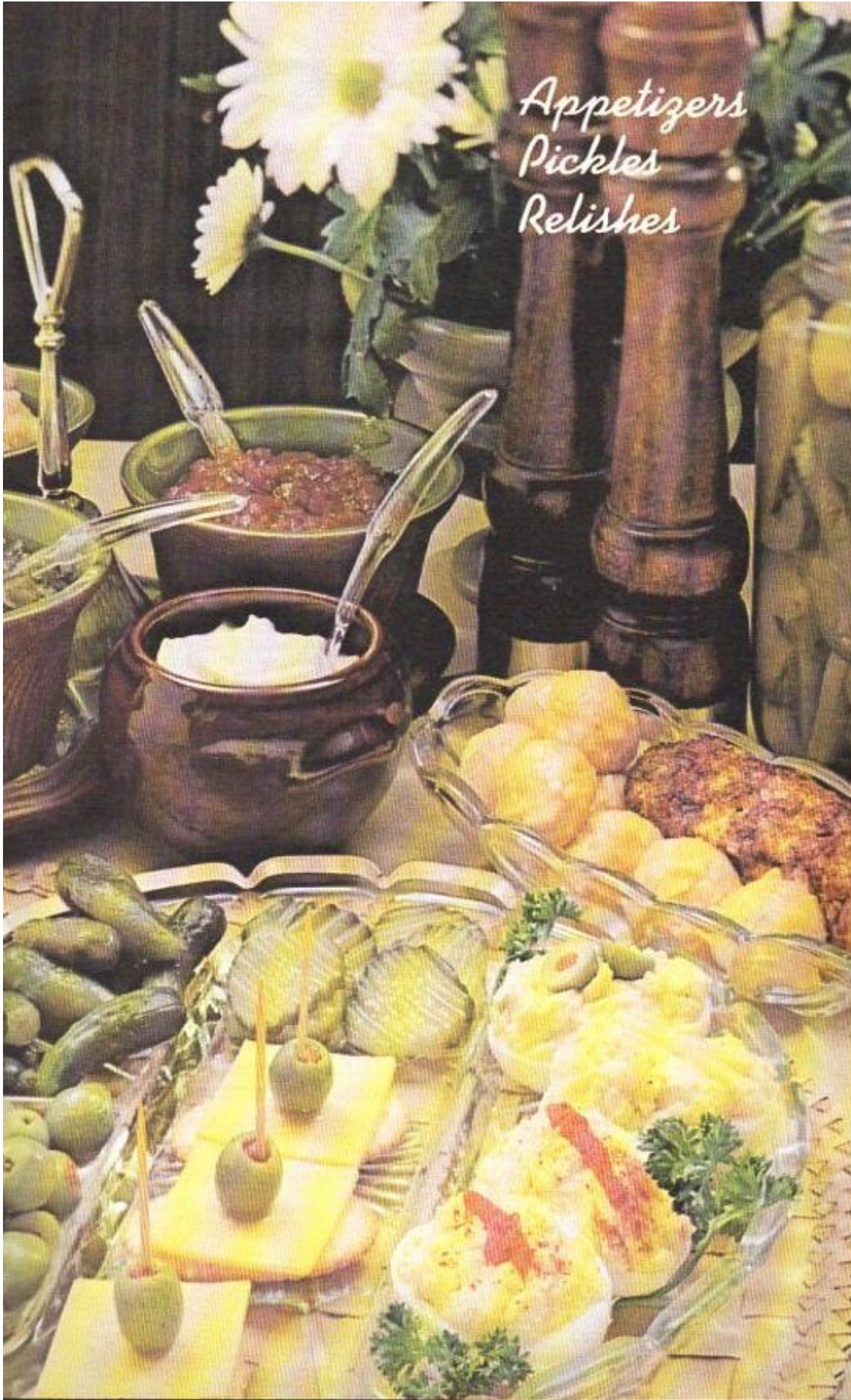
**Agnes Zichichi**

Rub capon with oil after filling cavity with favorite stuffing - usually sausage and bread crumb with Italian spices.

Bake in 350° oven 35 minutes per pound - about 1/2 hour before done add cut up potatoes and onions to the roast capon.

The capon usually served after antipasto soup and pasta. Salad is served with capon. Dessert of Italian Pastries - nuts and fruit and demi-tasse.

*Appetizers  
Pickles  
Relishes*



## APPETIZERS, PICKLES, RELISH

### CRABMEAT DIP

Anna Colafanti

2 (8 oz.) pkg. cream cheese	1 Tbsp. white wine
1/2 c. mayonnaise	2 tsp. garlic oil
1 Tbsp. dry mustard	1 can crabmeat
1 Tbsp. sugar	

Mix all ingredients. Place in casserole and bake for 1/2 hour at 325°.

### ARTICHOKE DIP

Rose Ann Kelly

1 large can artichoke hearts in water, chopped	1 c. grated cheese
1 c. chili peppers, chopped	1 c. mayonnaise

Mix all ingredients - place in casserole. Bake at 350° for 20 to 25 minutes. Use vegetables or cracker to dip.

### CAPONATINA (Eggplant Appetizer)

Josephine Fiascanaro

If freeze, this doesn't keep more than 2 weeks to a month in freezer.

1 large eggplant	1/2 c. pitted green olives
2 tsp. salt	1/4 c. capers
3/4 c. olive oil	1 Tbsp. pine nuts
2 medium chopped onions	2 Tbsp. wine vinegar
4 stalks celery	1 (1 lb. 12 oz.) can Italian plum tomatoes, drained
salt and pepper to taste	

Wash, but don't peel eggplant. Cut in 1 inch cubes; sprinkle with salt and let stay in bowl 2 hours. Squeeze excess moisture and dry on paper.

In pan, heat oil and saute eggplant until soft; turn to brown on all sides. Remove eggplant from pan.

To oil in pan, add onions and garlic; cook 8 minutes, until onion is translucent. Add tomatoes, celery, olives and simmer 15 minutes. Add eggplant, capers, nuts and vinegar. Add salt and pepper. Cook over low heat 20 minutes, and stir often to prevent sticking.

Serve hot or cold. If you freeze this, remove it 6 hours before serving and defrost in refrigerator, or heat over simmering water until defrosted.

**BAKED ITALIAN APPETIZER**

**Josephine Guidone**

6 eggs	1/4 lb. salami
1 c. grated Parmesan or Romano cheese	1 lb. hot or sweet sausage meat
1 small Mozzarella cheese	1/2 stick pepperoni

Beat eggs. Cut Mozzarella, pepperoni, and salami in small pieces. Fry the sausage to drain out salt, and pour it off.

Mix all the ingredients together, and bake in an 8 inch square pan in a 350° oven for 25 to 30 minutes.

Cut into 1 inch squares when cool, and serve.

**MUSHROOM CHEESE BREADS**

**Lucille Gogliettino**

1 loaf party rye bread	1/2 c. mayonnaise
1 c. chopped mushrooms	1/2 c. chopped green onions
1 1/2 c. grated sharp cheese	

Combine all ingredients. Spread mixture on bread rounds. Place on cookie sheet. Broil a few minutes until cheese is melted. Serve immediately. If prepared before hand, spread with butter before putting on the mixture.

**EASY HAM PIE**

**Julie Giordano**

10 eggs	1/2 lb. boiled ham
3/4 c. milk	1/2 lb. salami
1 1/2 c. flour (all-purpose)	pepperoni
2 1/2 tsp. baking powder	grated cheese

Beat eggs and milk with beater. Add flour and baking powder. Mix and add all cubed ingredients, mix with wooden spoon.

Grease and flour a spring form pan and bake for 1 hour at 350°. Let stay overnight before serving. You can also use a tube pan.

May be served as hors d'oeuvre sliced thin.

**HAM BREAD (Hors D'Oeuvres)****Carrie Di Martino**

1 lb. bread dough  
1/2 lb. ham  
1/2 stick pepperoni

1/2 lb. Provolone cheese  
1 egg, beaten with grated  
cheese

Divide dough in half and roll out each half with rolling pin. Cut up ham, pepperoni and Provolone cheese. Add beaten egg with grated cheese.

Spread these ingredients on rolled out dough. Roll like jelly roll and place on cookie sheet or long loaf pan.

Bake 1/2 hour or until golden brown in a 350° oven.

**FRIED MOZZARELLA****Rae De Mayo**

Cut Mozzarella cheese into 1/2 to 3/4 inch slices, then dip slices into milk. Coat with flour, then dip in beaten egg and coat with bread crumbs. Refrigerate overnight.

Then fry in oil until golden brown. Top with tomato sauce and serve. Grated cheese is optional.

**• CHEESE BALL****Carmela Sanseverino**

2 (8 oz.) pkg. cream cheese,  
softened  
8 oz. sharp cheddar cheese,  
shredded  
1 tsp. pimento, chopped

1 tsp. Worcestershire sauce  
dash salt  
1 Tbsp. green pepper,  
chopped  
1 Tbsp. fresh onion, chopped

Mix ingredients well; roll into ball. Chill for 1 hour. Roll in crushed nuts. Decorate.

**OLIVE BALLS****Rose Ann Kelly**

1 c. Kraft shredded cheese  
2 Tbsp. butter  
1/2 c. flour

dash of pepper  
25 medium stuffed olives

Cream cheese and butter together, blend in flour and enough water to make dough. Roll out dough and wrap each olive with dough to make a small ball.

Bake on greased pan for 15 minutes at 400° oven.

### TOASTED MUSHROOM ROLLS

Angela Carrano

1/2 lb. mushrooms, chopped fine	3/4 tsp. salt
1/4 c. butter	1 c. light cream
3 Tbsp. flour	2 tsp. minced chives
	1 tsp. lemon juice

Saute mushrooms for 5 minutes in skillet. Blend in flour and salt. Stir in cream. Cook until thick. Add chives and lemon juice.

Remove crust from family size loaf of white bread. Roll slices thin. Spread with mixture; roll up. Pack and freeze, if desired.

When ready to serve, defrost; cut each roll in half and toast on all sides in 400° oven.

Makes 3 1/2 dozen.

### BACON-WRAPPED SHRIMP

Carmel Criscuolo

1 1/2 lb. medium shrimp, cleaned (devein)	1 lb. bacon
--	-------------

Separated bacon into strips. Cut each strip in half. Wrap each shrimp with a piece of bacon and secure with toothpick.

Broil until shrimp is cooked through and bacon is crisp, about 5 minutes each side.

Serve hot with hot sauce.

### MOZZARELLA PUFFS

Magaret Ruocco

1 (8 oz.) pkg. grated Mozzarella	1 c. butter, softened
	1 c. flour

Combine all ingredients, mix well forming manageable dough. Form dough into almond size balls.

Arrange on baking sheet. Bake at 350° for 15 - 20 minutes until golden and serve. May be frozen.

### ARTICHOKE SQUARES

Rose Ann Kelley

4 eggs	2 Tbsp. parsley
6 saltines, crushed	1/2 lb. sharp cheddar cheese, cubed
3 scallions, chopped	salt and pepper to taste
1 clove garlic, chopped fine	



2 (6 oz.) jars marinated Progresso artichokes, chopped      dash of Tabasco sauce

In small amount of oil from artichokes, saute scallions and garlic. Drain off oil.

Beat eggs and combine all ingredients.

Bake in 8 x 8 greased pan - 325° oven, 30 to 40 minutes.

Cut in squares. Can be frozen.

### PEPPERONI CUPCAKES

Anna Colafanti

3/4 c. flour

1 c. milk

1 egg

1 c. cut up pepperoni

1 c. shredded Mozzarella  
grated cheese

Mix all ingredients thoroughly. Bake in miniature cupcake tin for 25 minutes at 375°.

### BROCCOLI BALLS

Joann Votto

2 (10 oz.) pkg. frozen  
broccoli, chopped

2 c. Pepperidge Farm herb  
stuffing mix

1 stick butter

1 c. Parmesan cheese (16 oz.)

3 eggs

Cook and cool broccoli. Melt butter. Combine ingredients, mix well and chill 1 hour.

Form into balls and place on cookie sheet and freeze.

Once frozen put into packages and keep frozen.

Bake at 350° oven when frozen 15 minutes, fresh 6 minutes.  
Done when brown and sizzle.

### CLAM BALLS

Charlotte M. Gambardella

5 cans minced clams

2 eggs

1 clove garlic

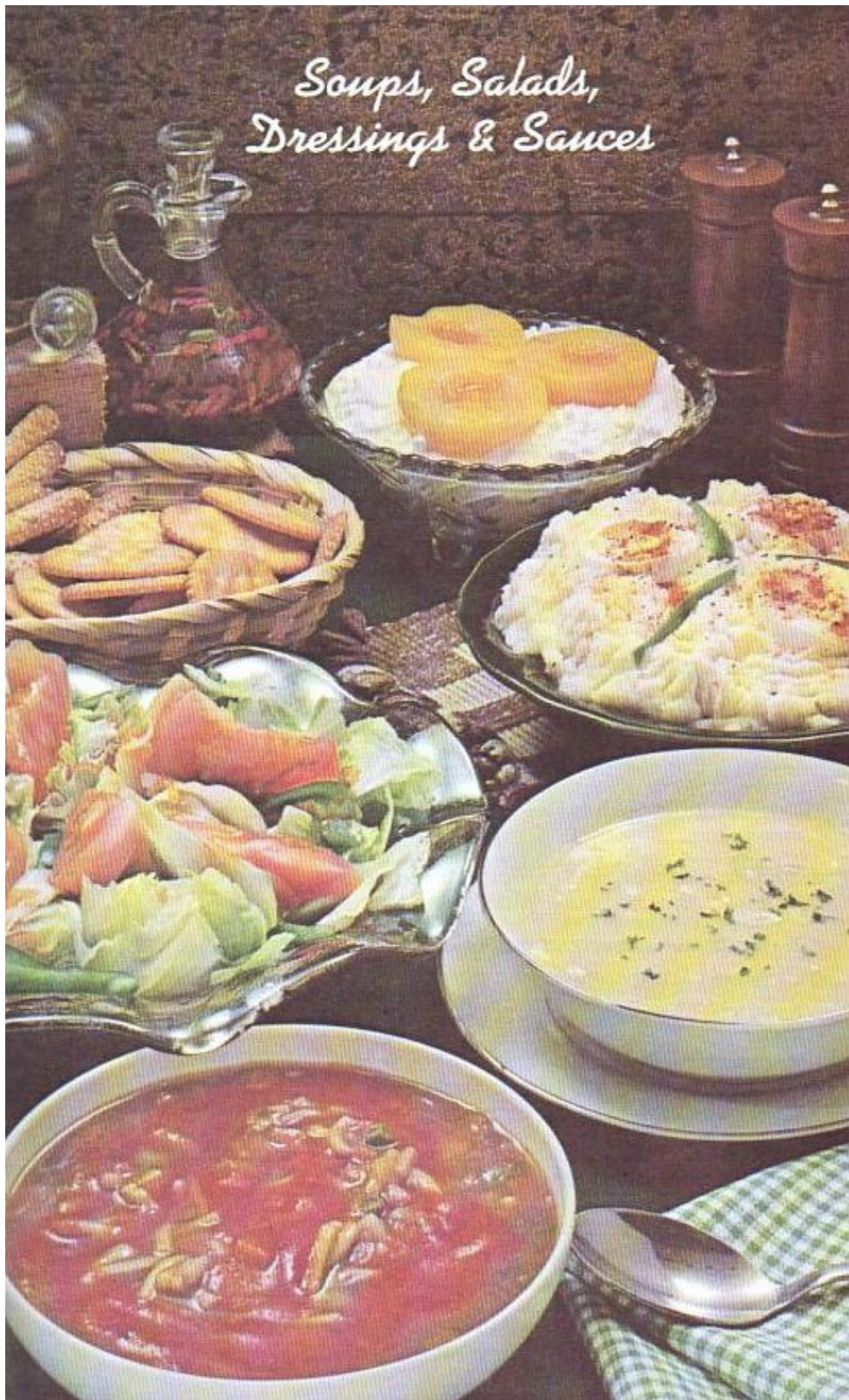
parsley, salt to taste

1 1/4 bags Freselles

Take juice from cans of clams and strain over broken pieces of Freselles. Mix so as to soak pieces of Freselle with clam juice; add all other ingredients, plus a little oil; mix. Then form balls and roll in bread crumbs.

Place in aluminum cupcake cups. Bake at 400° for 15 to 30 minutes.

*Soups, Salads,  
Dressings & Sauces*



## SOUPS, SALADS, DRESSINGS AND SAUCES

### RICE WITH POTATO SOUP

Phyllis Longobardi

4 large potatoes, cut up into cubes	1/2 c. olive oil or 2 Tbsp. lard
1 small onion, cut up	1 to 1 1/2 c. water, covering all vegetable
1 stalk celery, cut up	salt and pepper and parsley
1 small can tomato sauce	

Cook and boil all together until potatoes are tender and soft.

Boil 1 cup of rice until partly done, drain and mix into soup and cook for a few more minutes. Served with grated cheese.

### LENTIL SOUP

Teresa Falcigno

2 (19 oz.) cans lentil soup	1 (10 oz.) pkg. frozen spinach
1 (14 1/2 oz.) can chicken broth	1 c. raw Minute Rice

Combine all ingredients, bring to boil. Let set for 5 minutes. Sprinkle with cheese. Optional, add hot dogs.

### ONION SOUP

Carmel Criscuolo

1/4 c. butter	1/4 tsp. pepper
4 c. sliced onions	4 c. beef broth
1 tsp. thyme	1 tsp. Worcestershire sauce

Cook onions in butter with thyme and pepper until tender and lightly browned. Add broth and Worcestershire, heat through.

For each serving: Toast a slice of bread, top with Mozzarella, Swiss cheese or grated Parmesan. Melt cheese under broiler and float a slice of toast in each bowl of soup.

### PEA SOUP

Rose Laudano

1/2 lb. dry split peas	4 ham hocks
1 large onion	salt and pepper to taste
3 stalks celery	

Rinse split peas and add 2 quarts water. Add sliced onion and celery. Bring to a boil, then simmer.

In a separate pot, place the ham hocks in 2 quarts of water. Bring to a boil; discard water and add ham hocks to pea soup mixture; simmer for 1 1/2 hours.

Remove ham hocks and strain soup. Serve with ham hocks.

### ESCAROLE SOUP

Agnes Zichichi

1 head escarole, washed	1/2 lb. ground beef
1 (46 oz.) can chicken broth	salt and pepper
1 can water	1/3 c. instant rice
2 carrots, diced	1 tsp. Parmesan cheese
2 stalks celery, diced	

Use only outer leaves of escarole. Break into bite size pieces and boil until tender. Yields: about 1 cup.

Bring broth and water to boil. Add carrots and celery. Mix ground beef, salt and pepper to taste. Form into 1/2 inch meat balls.

Drop meat balls into broth and cook 10 minutes. Add rice and cook until tender. Add cooked and drained escarole, and boil 5 minutes. Sprinkle each serving with Parmesan cheese.

Serve with Italian bread.

### INSALATA DI RADICCHIO E PANCETTA

Amalia Saracco

(Radicchio and Pancetta Salad)

If radicchio is unavailable, substitute Belgian endives, arugula or curly endive.

1 small head radicchio	salt and freshly ground
3 Tbsp. olive oil, preferably	black pepper
virgin olive oil	Balsamic vinegar
2 to 3 oz. pancetta, sliced and then cut into small strips	

Discard any bruised or wilted leaves from the radicchio. Wash the radicchio leaves under cool running water and dry well with paper towels. Cut or tear the leaves into small pieces and put them in a salad bowl.

Heat the oil in a small saucepan. Add the pancetta and saute over medium heat until lightly golden and crisp. Pour the hot oil and pancetta over the radicchio and season with salt and pepper. Dribble a bit of Balsamic vinegar over the salad and toss to combine. Taste for seasoning and serve.

Serves 4.

### MACARONI SALAD

Ann Marie Rubino

1 lb. elbow macaroni  
1 can crabmeat or tuna  
fish or shrimp  
1/2 c. white vinegar  
mayonnaise  
1 large dill pickle (or 2 small)

pimento, chopped  
olives, chopped  
celery (small amount),  
chopped  
salt to taste

Boil macaroni until half cooked. Drain; fill pan to cover macaroni. When cold, add vinegar. Let soak for 5 minutes. Drain thoroughly.

Add all ingredients; mix thoroughly. Refrigerate until cool.

### COLD RICE SALAD

Amalia Saracco

1 c. rice, uncooked  
1/4 lb. salami, sliced and  
quartered  
2 boiled hot dogs, cubed  
1 small Mozzarella, cubed  
3 hard boiled eggs, cubed  
1 can tuna

1 1/2 c. giardinera  
1 c. marinated artichoke  
hearts  
1 c. black olives  
2 Tbsp. olive oil  
1 tomato, cubed

Cook rice and cool. Add all ingredients. Toss together and serve chilled.

### DUMP SALAD (A Dieter's Delight)

Mary Jane Celentano

3 oz. sugar free Jello, dry  
9 oz. container Cool Whip  
1 large can peaches (lite)

1 (16 oz.) lowfat cottage  
cheese (small curd)  
fresh fruit (strawberries,  
blueberries, etc.)

Dump all together!

### EGGPLANT SAUCE

Frances Scaramella

1 lb. eggplant, cut in 1  
inch cubes  
1/2 c. chopped onion  
1 clove garlic, crushed  
1/2 c. oil

1 (4 oz.) can mushrooms  
1 (28 oz.) can peeled tomatoes  
1 can tomato paste  
1/2 c. wine  
1 Tbsp. parsley

1 Tbsp. oregano  
1 tsp. salt

1/2 tsp. sugar

Cook eggplant, onion, garlic and parsley in oil until transparent, about 5 minutes. Add all other ingredients. Cook; simmer (covered) about 45 minutes.

Makes enough sauce for 1 pound thin spaghetti.

**CRAB SAUCE A LA AMALFITANI**

**Antoinette Carrano**

6 hard cover crabs  
1 (20 oz.) can Italian plum  
tomatoes

1 clove garlic  
parsley  
1/2 c. olive oil

Saute crabs with oil and garlic. Brown well, around 10 minutes. Add tomatoes (crushed slightly) and parsley. Season to taste. Simmer for about 1 hour.

Serve over drained cooked thin linguine macaroni.

**SPAGHETTI WITH CLAM SAUCE (Atrani Style)**

**Carol Sagnella**

1 (8 oz.) can baby clams  
1 (4 oz.) bottle clam juice  
1 (28 oz.) can peeled tomatoes  
1 (6 oz.) can tomato paste

1 clove chopped garlic  
2 Tbsp. chopped parsley  
season to taste  
1/4 c. olive or vegetable oil

Brown garlic in oil. Chop peeled tomatoes in blender. Add chopped tomatoes and tomato paste to browned garlic. Drain and rinse clams. Add clams and bottle of clam juice to mixture. Next, add parsley and seasoning. Stir together and cook slowly for about 1 hour.

This sauce is used over cooked spaghetti.

**TOMATO SAUCE WITH MEAT**

**Mary Lou Flynn**

1 (32 oz.) can Italian plum  
tomatoes

1 (28 oz.) can tomato puree  
1 (6 oz.) can tomato paste

**Meat for Sauce:**

1 1/2 lb. ground beef  
1/2 lb. ground pork

1 lb. Italian sausage  
1 slice beef, 1/4 inch thick

Put tomatoes, puree and paste in a large pot. Add 2 small cans of water, and cook at medium heat.

To prepare meat, cut sausage in serving pieces. Place slice of beef on cutting board and sprinkle with salt, pepper and grated cheese, minced garlic and fresh parsley. Roll and tie with string.

In skillet or fry pan, place 4 tablespoons of oil, and thin slices of salt pork over low heat. When salt pork is rendered, remove from oil. Add rolled beef and sausage, and cook until brown.

Place chopped meat in a bowl and add:

4 eggs	1/4 c. minced fresh parsley
salt and pepper to taste	4 slices stale Italian bread,
3 cloves garlic, minced	soaked (crust removed)

Add sausage and beef roll to the tomato sauce, and in the drippings, shape ground meat in balls and fry. Add to tomato sauce. Cook for about 1 hour.

### TOMATO AND ANCHOVY SAUCE (Trattoria di Ciccio)

**Amalfi, Italy's Famous Restaurant**

4 c. canned imported tomatoes with liquid	1/3 c. finely chopped parsley
1/4 c. olive oil	2 tsp. anchovy paste
1 Tbsp. finely minced garlic	2 Tbsp. capers
1 tsp. dried crushed oregano	1 Tbsp. Cognac
1/2 tsp. dried hot red pepper flakes	

Preheat oven to 500°. Put tomatoes in saucepan and cook down until reduced to 2 cups.

Heat oil in heavy saucepan and add garlic. Cook briefly without browning. Add tomatoes, oregano, pepper flakes, parsley, anchovy paste and capers. Bring to boil and let cook 25 minutes, stirring often from bottom. Stir in Cognac.

Yield: about 2 cups.

Note: Leftover sauce will keep well for a week or longer if it is kept tightly sealed in the refrigerator. It can be frozen.

### BOLOGNESE MEAT SAUCE (Ragu alla Bolognese)

**Linda Saracco**

1/4 c. butter	1 medium onion, finely
2 Tbsp. olive oil	chopped

1 carrot, finely chopped	salt and freshly ground pepper
1/4 lb. pancetta, finely	to taste
chopped	1 c. dry white wine
1 celery stalk, finely chopped	1 (28 oz.) can crushed Italian
1 1/2 lb. ground veal	style tomatoes
	1/2 c. milk

Melt butter with oil in a large saucepan. When butter foams, add onions, carrot, celery and pancetta. Saute over medium heat until lightly browned. Add veal. Cook and stir until meat is no longer pink. Season with salt and pepper.

Increase heat and stir in wine. Cook until wine has evaporated.

Press tomatoes through a food mill or sieve, opposite, to remove seeds. Stir tomato pulp into veal mixture. Cover and reduce heat.

Simmer 1 to 1 1/2 hours or until sauce reaches a medium thick consistency. Stir occasionally during cooking. Add milk and cook 5 minutes longer.

Makes 2 1/2 to 3 cups of sauce.

### BESCIAMELLA (Basic White Sauce)

Linda Saracco

3 c. milk	5 Tbsp. all-purpose unbleached
4 Tbsp. unsalted butter	flour
	salt to taste

Heat milk in a saucepan over low heat until bubbles appear around the side of the pan. Melt the butter in a medium size saucepan. When the butter foams, stir in the flour. Lower heat and stir the mixture with a wire whisk. Cook for a few minutes, without letting the flour turn brown.

Remove the saucepan from the heat and add milk all at once. Whisk energetically to prevent lumps. Put the saucepan back over low heat, season the mixture with salt, and cook gently for 3 to 5 minutes, whisking constantly until the sauce has a medium thick consistency.

If not using immediately, cover the sauce with a piece of buttered waxed paper. Leave at room temperature until ready to use. Besciamella can also be refrigerated. When you are ready to serve, heat the sauce over low heat. If it seems too thick, add a bit of milk and stir to bring it back to the original, smooth consistency.

Besciamella can also be seasoned with some ground nutmeg or Parmigiano.

Makes approximately 2 1/2 cups.



**VINAIGRETTE DRESSING****Rose Ann Kelley**

1 1/2 c. oil  
1/2 c. cider vinegar  
1/2 c. wine vinegar  
1 Tbsp. each parsley, olives,  
capers, green onions and pickle relish

1/2 tsp. prepared mustard  
1 egg, chopped  
salt and pepper to taste

Combine all ingredients thoroughly.  
Yield: 2 cups.

**SALAD DRESSING****Anna Colafanti**

1 c. oil  
3/4 c. sugar  
1/4 c. catsup  
1/4 c. vinegar  
1 tsp. minced parsley  
1 tsp. Worcestershire sauce

1 medium onion, chopped  
1/4 c. pepper, chopped  
1/4 c. celery, chopped  
1 Tbsp. chives  
salt and pepper to taste

Place all ingredients in blender until smooth. Chill. Can be used on any type of salad.

**ITALIAN MACARONI SALAD****Madeline Simone**

1 lb. elbows  
1 onion, diced  
1 carrot, diced

1 diced pepper  
1 pkg. diced mushrooms  
1 stalk diced celery

Put all in large bowl and season with olive oil, garlic powder, salt, pepper and oregano. Refrigerate overnight.

**QUICK TOMATO SALAD****Madeline Simone**

1 can chick peas, drained  
1 large onion, sliced  
1 pkg. Good Seasons mix

3 - 4 tomatoes (ripe), cut  
and quartered

Place in refrigerator and serve very cold.

**TIM'S PRIMAVERA SAUCE****Kris Morico**

2/3 c. olive oil  
garlic (fresh cloves, approximately 4 - 6)  
1 can pitted black olives, sliced

1 medium jar roasted red  
peppers, sliced  
1 lb. fresh spinach, de-stemmed

1 can non-marinated artichoke hearts, quartered	1 pkg. cheddar cheese, shredded
1 pkg. Bleu cheese, shredded	basil (fresh)
	oregano (fresh)

In medium size skillet pan saute garlic until golden in olive oil (one may substitute lite olive oil in this recipe). Reduce heat. Add washed and de-stemmed spinach. Saute until spinach loses some of its volume and add sliced olives, peppers, as well as quartered artichoke hearts. To this mixture add, to taste, approximately 1 tablespoon each of fresh basil and oregano. Simmer until mixture is saturated and seasonings have blended.

Combine the Bleu and cheddar cheeses into skillet. Add mix. You may wish to cover the skillet so that the cheese melts completely.

Serve immediately over cooked linguine or spaghetti.

### CAULIFLOWER SAUCE

Carrie Di Martino

2 cloves garlic, minced	1 (8 oz.) can tomato sauce
1 cauliflower, washed, drained, cut up small	1 (8 oz.) can water
	6 Tbsp. olive oil

Saute minced garlic in olive oil. Next add cauliflower and simmer slowly for 10 minutes. Add tomato sauce, water and seasoning to taste, such as oregano, basil and crushed pepper.

Cook slowly over medium heat for 30 minutes or until cauliflower is soft.

When preparing macaroni (preferably small cuts) for this sauce do not cook all the way. Mix macaroni and sauce together. Approximately 1 pound of macaroni or less may be used for this sauce.

*Main Dishes  
Meat, Fish, Poultry*



**MAIN DISHES —**  
**MEAT, SEAFOOD, POULTRY**

**CHICKEN CUTLETS CORDON BLEU**

**Yolanda D'Amato**

Sliced ham or prosciutto

Swiss cheese

Place one slice of each onto cutlet. Roll into egg and then bread crumbs, place in buttered pan, cover and bake at 325° oven for 3/4 hour. Uncover, add one small glass of white wine. Place in oven for added 30 minutes uncovered. Serve with rice.

**CHICKEN SORENTINO**

**Lucille Sacco**

1 lb. boneless breast of  
chicken

4 oz. butter (1 stick)

1 Tbsp. garlic

4 oz. imported ham

1 1/2 c. white wine

1 small eggplant

4 oz. Mozzarella cheese

4 oz. can crushed tomatoes

Bread chicken breast and eggplant, and fry in oil until golden brown. Drain well.

In a frying pan add butter, garlic, white wine and crushed tomatoes. Then add chicken and top with 2 or 3 slices of eggplant and ham.

Cook on high heat for 10 minutes, simmer for 12 - 15. Add cheese and heat for 2 - 3 minutes or until melted. Serve with vegetables.

Serves 4 people.

**SAUTEED CHICKEN WINGS**

**Grace Marriot**

2 lb. chicken wings, with  
small "drumstick" still  
attached

2 cloves garlic, minced  
or pressed

2 large onions, thinly sliced

salt and pepper to taste

1 c. dry white wine

1/4 c. olive oil

In large heavy skillet, heat oil. Brown chicken wings, then lay onion slices on top. Add the garlic and season with salt and pepper, then pour wine over. Cover and simmer for 30 minutes, stirring from time to time.

Serves 4 - 6.

### POTATO CHIP CHICKEN

Fannie Tarducci

1 chicken, cut up  
1/4 lb. butter or margarine

potato chips  
salt and pepper to taste

Melt butter. Crush potato chips in a plastic bag. Dip chicken pieces in melted butter, then shake in bag of potato chips.

Place in shallow baking pan and bake at 350° in oven for 30 minutes.

### FRIED CHICKEN

Helen Amodio

1 (2 lb.) fryer  
4 Tbsp. cornmeal

4 Tbsp. flour

Mix flour and cornmeal in bag. Shake chicken in bag. Fry in deep fat.

### CHICKEN WITH WINE

Rose Marcucci

1 chicken, cut up  
1 c. wine

1/4 lb. butter

Bring wine with butter to boil. Dip chicken pieces and place in baking dish. Pour balance of wine mixture over chicken. Sprinkle top with seasoned bread crumbs.

Cover and bake for 35 minutes; uncover and bake for an additional 10 minutes.

### CHICKEN IN THE BAG

Theresa Argento

2 small spring chickens, cut  
in half (about 2 lb. each)  
1 lb. salt pork

3 cloves garlic  
parsley  
grated cheese

Cut up salt pork, garlic and parsley to a soft spreading consistency. Wash chicken in salted water. Dry chicken well, and spread salt pork over chicken. (Do not use salt, as salt pork is well seasoned.) Shake grated cheese over chicken. Place chicken in clean brown paper bag.

Bake in 350° oven for 1 hour. Bag will not burn. Be sure to bake, not broil.

## CHICKEN WITH CHEESE AND MUSHROOMS

Mary Guidone

4 to 8 pieces chicken breast, cleaned, boned and washed.

Beat 1 egg. Marinate chicken in egg overnight. Use flavored bread crumbs over chicken pieces and fry in oil or margarine. Place chicken into baking dish.

Pour small can of mushrooms over chicken. Pour 1/3 to 1/2 cup of chicken bouillon cube broth (mix 3 cubes in 1/2 of water) over pieces. Place sliced Muenster cheese over chicken.

Bake at 350° for 20 to 30 minutes.

## LEMON CHICKEN

Rose Laudano

1 chicken, cut in serving  
pieces  
1/4 c. ReaLemon  
1 tsp. minced garlic

1 tsp. minced onion  
pinch of oregano  
2 Tbsp. oil  
2 Tbsp. chopped parsley

Place chicken in baking pan, skin side up. Pour ReaLemon over. Then mix balance of ingredients and sprinkle over the chicken. Let marinate for about 15 minutes.

Bake in 350° oven for 1 hour (uncovered). Place under broiler for 5 minutes to brown.

## CHICKEN CASSEROLE

Rose Williams

1 1/4 lb. cooked chicken,  
cubed  
3/4 c. chopped onion  
3/4 c. chopped celery  
2 Tbsp. butter or oil

2 cans cream of chicken soup  
3/4 c. milk  
3/4 tsp. poultry seasoning  
1 small jar pimentos  
1/2 c. raw rice

Saute onion and celery in shortening. Boil rice. Blend soup, milk and seasonings. Combine all the ingredients in baking dish. Top with buttered bread crumbs.

Bake at 350° for 3/4 hour.

## FRIED CHICKEN LIVERS

Ann Marie Rubino

2 lb. chicken livers  
1 onion, chopped  
1 tsp. chopped parsley  
2 Tbsp. oil

1 tsp. oregano  
1/2 c. wine  
salt to taste

Saute onion in large skillet; add balance of ingredients. Cover and simmer for 15 minutes. Remove cover; raise heat to dry out some of the liquid. Serve hot.

**CHICKEN AND SWEET POTATO BAKE**      Immaculate Laudano

3 chicken breasts, split or 1 fryer, cut up	1 clove garlic
1/4 c. flour	1 bay leaf
1/4 tsp. salt	1 (10 3/4 oz.) can mushroom soup
1/4 tsp. paprika	1/2 c. liquid (wine, broth or water)
dash pepper	1 can whole white onions, drained
1/4 c. oil	1 can sweet potatoes or 6 medium cooked sweet potatoes
1/2 c. chopped celery and leaves	
1 green pepper, sliced	

Dust chicken with flour, salt, paprika and pepper. Saute lightly in oil, arrange in large pan. Add celery, green pepper, garlic, bay leaf to drippings. Cook 5 minutes, add remaining seasoned flour and gradually blend in soup and liquid.

Arrange onions and sweet potatoes around chicken in casserole. Pour seasoned soup over all.

Bake, covered, at 375° for 30 minutes; uncover and bake 30 minutes or until chicken is tender.

**LEMON SAUTE CHICKEN**      Laura Criscuolo

1 (2 1/2 lb.) chicken, cut up	1 Tbsp. onion, grated
salt, pepper	parsley
2 cloves garlic, crushed	1/4 c. butter
1/4 c. lemon juice	2 Tbsp. oil

Lightly sprinkle chicken with salt, pepper. Mix remaining ingredients and pour over chicken. Cover and simmer 30 - 40 minutes until cooked.

Serves 4.

**HEARTY TUNA PATTIES**      Michelina Buonocore

2 c. mashed potatoes	1/4 c. grated Parmesan cheese
2 (7 oz.) cans tuna fish	3 eggs

garlic powder (optional)  
1/2 tsp. salt  
1/8 tsp. pepper

1/2 c. bread crumbs  
1/2 c. salad oil

Drain tuna and flake - add ingredients except bread crumbs and salad oil, and mix thoroughly until smooth. Shape into patties about 2 inches. Roll in bread crumbs. Chill for 20 minutes.

In a heavy skillet heat the oil, brown patties for about 4 minutes on each side, or until crispy. Drain on absorbent paper. Serve with rice or vegetables.

Can be served with tomato sauce or your favorite white sauce if desired.

### CHOW MEIN

Julie Giordano

2 onions  
1 c. mushrooms  
1 1/2 c. celery  
1 1/2 Tbsp. flour

1 1/2 c. chicken broth  
1/2 tsp. salt  
1 can bean sprouts  
1 lb. shrimp or fish

Saute onion, mushrooms and celery until soft. Add flour, then soup and salt. Mix together, then add bean sprouts. Before serving add shrimp. Serve on rice, topped with Chinese noodles.

### SPARERIBS ORIENTAL

Vinnie Criscuolo

4 lb. fresh spareribs  
1 can (12 oz.) beer or ginger ale  
1 large onion, chopped (1 c.)  
1/4 c. vegetable oil

1 Tbsp. curry powder  
1 jar (5 oz.) baby pack applesauce  
2 Tbsp. lemon juice  
2 tsp. salt

Cut ribs into 2 or 3 rib serving size pieces. Grill ribs over medium heat, basting with beer or soda, turning several times, for 1 hour.

Saute onion in oil in small metal pan with flameproof handle on grill. Add curry powder and cook 2 minutes; stir in applesauce, lemon juice and salt. Heat until bubbly. Brush ribs generously with sauce. Grill, turning and brushing often with sauce, 30 minutes or until meat is brown and tender.

Serves 4.



## CALAMARI SALAD

Madeline Simone

1 lb. calamari cut into  
1/4 inch rings  
1 lemon  
few stalks celery cut  
into 1/4 inch slices

3 oz. pitted olives  
1/2 sweet pepper, diced (red)  
8 oz. bottle Caesar dressing

Drop calamari into 3 cups boiling water. When water boils again, calamari should be pinkish white. Drain and chill. Mix calamari with lemon and remaining ingredients. Marinate in refrigerator in covered dish. When serving garnish with lemon wedges and parsley.

## PORK CHOPS NEAPOLITAN

Rae De Mayo

6 pork chops (3/4 to 1 inch  
thick)  
1 lb. mushrooms  
2 green peppers, chopped  
1/2 strained canned tomatoes

2 Tbsp. oil  
1 clove garlic, minced  
1 tsp. salt  
1/4 tsp. pepper  
3 Tbsp. oil

Heat oil in a large heavy skillet and add garlic. Season chops with salt and pepper, and brown chops on both sides. Add mushrooms and peppers. Stir in slowly the tomatoes and wine.

Cover and cook over low heat about 1 hour, or until tender. Makes 6 servings.

## SUFFRITO

Teresa Falcigno

1/2 c. oil  
2 calves hearts  
5 medium onions  
1 (18 oz.) can plum tomatoes or  
equivalent fresh ripe tomatoes

salt and crushed red  
pepper to taste

Wash hearts and boil in 2 quarts of water for about 5 or 6 minutes. Discard the water and run cold water to cool hearts. Cut in small cubes, discarding fat and nerves. Cut onion in thin slivers and saute in oil until transparent.

Add hearts and seasonings and cook for about 5 minutes stirring until well blended. Add tomatoes and simmer for 30 minutes.

## APPLE PORK CHOPS

A Friend

4 pork chops  
cinnamon

2 apples, thinly sliced  
1 c. apple juice

Place pork chops in shallow baking dish. Cover with apple slices. Pour juice on top. Sprinkle with cinnamon.

Cover, bake at 350° for 1 hour. Remove cover and bake 15 minutes longer. Serve with rice or potatoes.

Serves 2.

## VEAL PARMESAN

Noreen Zichichi

1/2 c. packaged dry bread  
crumbs  
1/2 c. grated Parmesan  
cheese  
1 tsp. dried oregano leaves  
1/8 tsp. pepper  
1 tsp. salt  
2 lb. veal cutlets, sliced  
1/2 inch thick  
2 large eggs, beaten

3/4 c. olive or salad oil  
2 - 3 cloves garlic, slightly  
bruised  
1 c. dry white wine  
1 Tbsp. drained capers  
2 tsp. lemon juice  
1/2 lb. scarmorza (Italian  
soft cheese)

Combine bread crumbs and next 4 ingredients on waxed paper, set aside. Wipe veal with damp paper towels, cut into serving size pieces and pound very thin (1/8 inch thick), using a mallet or edge of plate. Dip veal into beaten eggs in shallow dish or pie plate then into crumb mixture, coating well on both sides.

Slowly heat oil in large, heavy skillet with garlic until garlic turns light brown; discard garlic. Turn up heat to medium high and add cutlets a few at a time until golden brown, about 3 - 5 minutes on each side. Remove to an oiled broiler pan and top with sliced scarmorza cheese. Put under the broiler just until cheese melts and is bubbly.

Meanwhile, drain fat from skillet, stir in wine and bring to boiling, stirring to dissolve browned bits in pan. Add capers and lemon juice and immediately pour over the veal cutlets.

Serve this with spaghetti and tomato sauce, and pass the garlic bread.

Serves 6.

**STUFFED BREAST OF VEAL (Pancetta)****Antoinette Salvo**

3 or 4 lb. breast of veal	1 1/2 lb. Italian sausage
3 c. bread stuffing	1/2 c. chopped onion
1/4 c. chopped parsley	6 chopped anchovy fillets
1 lightly beaten egg	1 tsp. salt
1/2 tsp. pepper	1 tsp. thyme

Combine all ingredients and stuff breast and fasten it with skewers. Peel and slice 4 large onions, 4 cut carrots, chop 4 or 5 sprigs of parsley. Mix and spread on the bottom of a baking pan. Dot the bed of vegetables with butter and place the veal on top. Add 1 cup white wine and sprinkle meat with salt and pepper.

Rub breast with butter and roast at 450° for 30 minutes basting it. Then cover and lower heat to 325°. Roast for 1 3/4 to 2 hours. About 15 minutes before the meat is done, remove the cover to finish browning the top.

**BRISTOL CREAM VEAL****Larry Benovitz**

1 1/2 lb. veal (or chicken) scaloppini	honey
1 c. Bristol Cream	seasoning

Coat veal or chicken with honey. Marinate in Bristol Cream for 30 minutes. Mix:

2/3 c. bread crumbs	1/3 c. wheat germ
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Dip veal or chicken in bread crumb mixture, then in beaten egg, then again in crumb mixture. Saute in butter.

Serves 4.

**ROLL UP VEAL****Mary Larice**

flat piece of veal	1 c. dry sherry
1/2 lb. bacon, chopped and cooked crisp	1/2 c. chopped spinach
flour seasoned with salt, garlic powder, black pepper and onion powder	1/2 lb. Ricotta cheese
2 large onions, chopped	3 links Italian sausage
	1 c. Mozzarella cheese, shredded

Lay veal on flat surface; spread mixture of Ricotta, spinach and Mozzarella and sauteed sausage. Sprinkle with cooked bacon. Roll in seasoned flour and tie with twine.

Place chopped onions in shallow baking pan. Add 2 inches of water. Place veal in pan; cover with foil and bake 1 hour in 375° oven. Baste meat with sherry and recover with foil. Continue basting and bake another hour. Uncover; raise oven temperature to 400° until brown.

Serve liquid over veal or pasta.

### VEAL PICCATA

**Toby Zimmerman**

1 1/2 lb. veal, cut in thin slices	6 thin slices of lemon
1/4 c. butter or margarine	2 Tbsp. chopped parsley
1/3 c. white wine	1 tsp. salt

Sprinkle veal with salt; melt butter in large skillet. Add veal slices and brown lightly on both sides. Add wine and lemon slices to veal. Cover and simmer for 5 minutes.

May be served over hot cooked rice; sprinkle with parsley.

### VEAL WITH OLIVES

**Verna Zichichi**

2 1/2 lb. veal, cubed	1/2 c. vinegar (wine)
1 (16 oz.) jar stuffed green olives	1/2 c. water
2 cloves garlic	crushed red pepper to taste
1 Tbsp. capers	3 Tbsp. olive oil

Brown meat lightly in olive oil in a large fry pan. Remove the meat and set aside. Crush garlic and olives, and saute in oil in pan; add capers and stir.

Return meat to pan; mix. Add vinegar and water and red pepper. Simmer (covered) for 1 1/2 hours.

### VEAL CUTLETS

**Barbara Del Preto**

1 lb. veal cutlet, sliced thin	1/4 tsp. salt
Mazola oil	dash pepper
1/4 c. grated Romano or Parmesan cheese	1/2 clove garlic, minced fine
1 c. bread crumbs	1 Tbsp. chopped parsley
	1 or 2 eggs, beaten

Combine all dry ingredients with garlic. Dip cutlets in beaten eggs, then in mixture of seasoned bread crumbs. Fry in hot oil until browned. Drain on paper towel.

**Veal Cutlet Parmesan:** Use your favorite sauce. Pour some in bottom of baking dish; add cutlets and pour remainder of tomato sauce on top. Sprinkle with some grated cheese and about 1/2 pound Mozzarella cheese. Bake 10 to 15 minutes at 350°.

Variation: Beef or pork (sliced thin) may be cooked same as for veal cutlet. Delicious!

### **VEAL FLORENTINE**

**Andrea D'Amato**

Cubed veal pieces. Saute with butter or oleo with 2 sliced onions. Add 1 glass (small) white wine. Add 1 can beef broth. Cook until tender. Serve over rice.

### **CREAMY BEEF STROGANOFF**

**Sandra Laudano**

2 Tbsp. butter or margarine	1/8 tsp. garlic powder
1 lb. stew meat, cut into thin slices	salt and pepper to taste
1 c. sliced mushrooms	2 Tbsp. flour
1 large onion, sliced thin	1 c. sour cream
1 c. beef broth	8 oz. pkg. medium egg noodles

In medium skillet, melt butter and brown beef. Add garlic powder, onion and mushrooms and cook until vegetables are tender. Add broth, salt and pepper. Cover and simmer until meat is tender (about 45 minutes).

Blend flour with sour cream. Bring meat mixture to boiling point, add sour cream mixture, lower to a simmer and stir constantly until a bit thickened (about 3 - 5 minutes). Serve over cooked, buttered egg noodles.

Makes about 4 servings.

### **GENOVESA**

**Theresa Argento**

2 lb. (1 piece) blade meat	1/2 glass dry white wine
5 lb. onions, thinly sliced	1 stalk celery, diced
1/2 lb. Italian prosciutto, diced	1/4 c. oil
	1/2 c. water

Saute meat in oil with half of the prosciutto. (When brown, remove meat from pot, set aside.) Add celery to oil, along with the onions, remainder of the prosciutto. Cook for 1 hour on a medium burner, stirring often.

Add meat and continue to cook slowly for an additional hour. Add wine to cooked mixture the last 5 minutes of cooking.

Cook ziti macaroni, cover with sauce, and top with grated Romano cheese. Sauce is sufficient for 12 pounds macaroni. Extra sauce can be frozen.

### FLUFFY MEAT LOAF

Mary Depino

1 lb. ground beef or veal	4 Tbsp. minced onions
1/2 lb. ground lean pork	2 tsp. salt
2 c. soft bread crumbs	1/4 tsp. dry mustard
1 egg, beaten	1/4 tsp. pepper
1 1/2 c. milk	

Mix all ingredients together thoroughly and pack in a 9 x 5 x 3 inch loaf pan. Spread tablespoons catsup over top of meat loaf.

Bake for 1 hour and 1/2 at 350°.

### BEEF SURPRISE

A Friend

1 lb. lean beef	2 onions
2 cloves garlic	1/2 c. olive oil
2 oz. mushrooms	1 c. red wine

Cut beef in cubes, saute with garlic, onions in oil. Add wine. If dry mushrooms are used, soak and add some of the juice to the meat. Add salt, pepper, cook for 1 1/4 hours. Serve with polenta or rice.

### STUFFED MEAT LOAF

Margaret Ruocco

1 lb. each ground beef and ground pork	1 hard boiled egg, sliced
1 Tbsp. chopped parsley	3 Tbsp. grated Romano cheese
4 Tbsp. olive oil	1/4 lb. Mozzarella, sliced
2 eggs	salt and pepper to taste

Mix all ingredients except oil, hard boiled egg and Mozzarella.

Place half the mixture onto an oiled loaf pan. Arrange slices of hard boiled egg and Mozzarella on meat mixture.

Spread remaining meat mixture over Mozzarella layer.  
Bake at 325° for about 1 hour, cool slightly, slice and serve.

### HUSSAR ROAST

Eleanor Tynan

1 can (2 1/2 oz.) anchovies, in olive oil	1 bay leaf
1/3 c. milk	3 juniper berries (optional)
4 lb. bottom round, tied	1 inch piece of orange peel
1/2 c. all-purpose flour	1 Tbsp. brown sugar
1 Tbsp. sweet paprika	1/2 tsp. caraway seeds, crushed
2 Tbsp. salad oil	1 1/2 c. sour cream
3 onions, thinly sliced	2 Tbsp. chopped fresh dill or 2 tsp. dried dill weed
1/2 c. chopped carrots	1 small tomato, peeled, seeded and chopped
2 c. beef bouillon	1/2 c. crushed gingersnaps
1 c. red wine	1 cucumber, sliced for garnish (optional)
1/3 c. gin	
2 garlic cloves, halved	

Remove anchovies from oil and soak in milk for 15 minutes. Add anchovy oil to large Dutch oven with cover. Remove anchovies from milk, drain on paper towel and cut in small pieces. Discard the milk. Make small slits in roast and insert anchovies. Combine flour and paprika and rub all over roast.

Heat anchovy oil in Dutch oven, brown roast on all sides. Remove from pan, add salad oil and saute onions and carrots until lightly browned.

Preheat oven to 325°. Stir in remaining ingredients except sour cream, dill, tomato, gingersnaps and cucumber. Bring to a slow boil, add the roast, top with a large piece of wet cheesecloth or buttered waxed paper. Cover. Bake 2 1/2 to 3 hours or until tender. Remove roast to platter.

Skim off accumulated fat from drippings, strain the liquid. Combine 1/2 cup drippings with sour cream, stir in dill and chopped tomato. Add remaining drippings, then add gingersnaps. Stir well and cook over low heat for 8 minutes. Do not boil. Carve meat and serve with sauce, garnish with cucumber slices.

Makes 8 servings, about 720 calories each.

### SICILIAN MEAT ROLL

Lillian Gambardella

2 beaten eggs	1/2 c. tomato juice
3/4 c. soft bread crumbs	2 Tbsp. minced parsley
1/4 c. grated cheese	1/2 tsp. oregano

1/4 tsp. salt  
1/4 tsp. pepper  
1 clove minced garlic  
2 lb. chopped beef  
8 very thin slices boiled ham

6 oz. shredded Mozzarella  
3 slices Mozzarella for top  
of meat roll

Combine eggs, tomato juice, bread crumbs, parsley, cheese, salt, pepper and garlic and mix well. Add chopped meat and mix thoroughly.

Place on waxed paper and shape to a 12 x 10 inch rectangle. Arrange ham slices on top of meat, leaving 1/2 on the edges. Sprinkle shredded Mozzarella and roll (jelly roll type). Seal edges.

Bake 1 hour and 15 minutes in 350° oven. Remove from oven and place sliced Mozzarella on top. Place back in oven for 5 minutes.

### MEAT PIZZAIUOLO

**Teresa Falcigno**

2 lb. boneless chuck steak  
3 fresh tomatoes, peeled  
and cut up

oregano, garlic powder,  
salt and pepper  
2 Tbsp. oil

Cut meat in serving pieces. Saute the meat in deep skillet in oil. When lightly brown, add tomatoes and seasonings and 1/2 cup water. Cover and simmer 30 minutes.

May be served over cooked rice.

### BRACIOLINI (Beef Rollettes)

**Theresa Savenelli**

1 1/4 lb. thin top round steak  
lard or shortening  
1 clove garlic, chopped fine  
2 tsp. chopped parsley

3 Tbsp. grated Italian cheese  
salt and pepper to taste  
4 or 5 Tbsp. olive or Mazola  
oil

Have meat sliced very thin and cut in 3 inch squares or pieces. Spread thin layer of lard or shortening on each piece of meat.

Mix parsley, garlic, salt, pepper and cheese together. Place 1 teaspoon of this mixture on top of greased meat pieces. Roll carefully; tie with string or fasten with toothpick. Brown in hot oil quickly on both sides, about 5 minutes. Drain.

Place in your favorite spaghetti sauce.



## FALSAMAGA (Italian Filled Meat Loaf)

Margaret Di Noia

Real showy!

1 lb. ground meat	1 1/2 c. soft bread crumbs
2 eggs	1 small clove garlic, chopped very fine
1/4 c. grated Italian cheese	

Mix well. Pat out like a pie crust about 1/2 inch thick.

### Filling:

2 hard boiled eggs, sliced thin	1/4 lb. Provolone cheese (same size as egg)
1/4 lb. sliced boiled ham (same size as egg)	

Place slice of egg, ham and cheese side by side in center of the meat loaf, then another slice of egg, ham and cheese and continue in this manner until all used. Leave about 1/2 inch on each end which does not have any filling. Fold up end sides; roll loaf to make sure loaf is sealed.

In a frying pan (with a little cooking oil), sear meat loaf on all sides. Finish cooking in your favorite spaghetti sauce.

When meat loaf is sliced, you will have a lovely color of egg, ham, etc.

## POT ROAST MARINADE

Verna Zichichi

4 lb. beef (chuck or brisket) for pot roast	6 sprigs celery, chopped
1 1/2 c. sliced onion	1 1/2 c. dry red wine
1 c. diced celery	1/4 tsp. salt
1 1/2 tsp. salt	dash of pepper
1/8 tsp. pepper	1/4 c. flour

About 18 to 24 hours before cooking, marinate the beef in a mixture of the next 6 ingredients. Cover and place in refrigerator. Turn occasionally.

Just before cooking, remove meat, reserving marinade, and rub meat with a mixture of the remaining 3 ingredients. Brown meat in a small amount of butter on all sides. Add reserved marinade.

Cover and simmer slowly until tender, about 3 hours, basting occasionally. Add a little water, if needed.

### CHILI CON CARNE

Carmel Criscuolo

1 lb. ground sirloin  
1 can red kidney beans  
1 small can tomato sauce

1/2 tsp. chopped basil leaves  
salt and pepper to taste

Saute meat in fry pan; drain off excess fat. Add the tomato sauce and beans and seasonings. Simmer for 15 minutes. Serve hot.

### HOT DOGS AND RICE

Phyllis DeNegris

3 c. cooked rice  
1 c. sliced celery  
1/2 c. chopped onions  
1/2 c. chopped peppers

1/3 c. relish  
1 pkg. hot dogs  
1/3 c. mayonnaise

Cut hot dogs into 8 pieces. Combine rice, celery, onion, peppers, relish. Blend the mayonnaise and 1 tablespoon mustard and pour over rice. Toss lightly, pour in a buttered covered 2 quart casserole.

Bake 25 minutes, 350° oven. Serves 6.

### STUFFED SHRIMP

Connie Fraulo

1 lb. jumbo shrimp, cleaned  
and deveined  
1/2 c. flavored bread crumbs

1/2 lb. scallops, cut up  
small  
1/4 c. vegetable oil

Mix bread crumbs, oil and scallops. Make slit in shrimp and place stuffing of bread mixture in the slits. Place in shallow baking dish and dot with butter.

Bake for 25 to 30 minutes in 375° oven.

### GOLDEN FILETS

Rosalind Marottoli

1 lb. flounder or haddock  
filets  
juice of 1 lime  
1/2 c. mayonnaise

1/2 c. grated Parmesan  
cheese  
1 scallion, minced

Arrange filets on foil lined cookie sheet in single layer. Sprinkle with lime juice. Whisk together mayonnaise and Parmesan cheese and scallion. Spread over the filets.

Broil 6 inches from heat until fish is opaque and topping is golden, about 5 minutes.

Serves 4.

### OVEN-EASY FLOUNDER FLORENTINE

Frances Scaramella

1 onion, chopped	2 oz. sharp flavored diet
1 (9 oz.) pkg. frozen chopped spinach, defrosted and drained	cheese, shredded
1 lb. flounder fillets	1/2 c. skim milk
salt and pepper	2 Tbsp. chopped fresh parsley
	paprika

Spray a non-stick baking dish with cooking oil. Spread onion in bottom of dish. Add spinach in an even layer. Place fish fillets in a single layer over spinach. Sprinkle with salt and pepper, to taste.

Cover with shredded diet cheese. Pour on milk, then sprinkle with parsley and paprika. Cover pan with foil.

Bake in preheated 350° oven for 40 minutes or until fish is cooked through (time will depend on thickness of fillets).

Makes 4 servings.

### BAKED SCALLOPS

Yolanda Damato

1 lb. scallops	garlic powder
3 Tbsp. butter or margarine	2 Tbsp. chopped parsley
1/2 c. bread crumbs	dry white wine

Wash and drain scallops. Pat dry with paper towel. Melt butter or margarine and mix with crumbs and garlic.

Arrange scallops in buttered casserole; cover with buttered crumbs. Sprinkle with parsley; dribble 4 tablespoons dry white wine on top.

Bake (uncovered) for 15 to 20 minutes in 400° oven.

### BAKED LOBSTER AND SHRIMP

Charlotte M. Gambardella

1/4 c. chopped green pepper	1/2 tsp. salt
1/4 c. chopped onion	1/8 tsp. pepper
1 c. chopped celery	1 tsp. Worcestershire sauce
1 c. cooked lobster meat	1 c. mayonnaise
1 (5 oz.) can shrimp, cleaned	1 c. buttered bread crumbs

Combine all ingredients except crumbs. Mix well. Place in baking dish. Sprinkle with crumbs.

Bake in moderate oven at 350° for 30 minutes.

### BAKED SCALLOP CASSEROLE

**Antoinette Muola**

1 lb. scallops  
4 oz. can mushrooms,  
drained  
1/4 c. butter  
1/4 c. flour  
1 tsp. salt

1/2 tsp. pepper  
2 c. milk  
2 Tbsp. chopped parsley  
grated cheese  
paprika

Cut the large scallops in half. Fry the mushrooms in butter for 5 minutes. Blend in the flour, salt and pepper. Add the milk gradually, and cook until thick, stirring constantly. Add the scallops and parsley.

Place in a casserole and sprinkle with cheese and paprika. Bake in a 400° oven for 10 to 15 minutes, or until cheese browns.

Makes 6 servings.

### SHRIMP SCAMPI

**Theresa Savenelli**

1/4 c. (1/2 stick) butter  
1/4 c. olive oil  
2 garlic cloves, minced  
1/2 tsp. salt  
freshly ground pepper

1/4 c. chopped parsley  
2 lb. uncooked large shrimp,  
shelled and deveined  
lemon wedges

Preheat broiler. Melt butter in large ovenproof skillet or shallow baking dish. Mix in olive oil, garlic, salt, pepper and half parsley. Add shrimp and toss to coat.

Broil 4 inches from heat 5 minutes. Turn and broil about 7 to 8 minutes longer, or until lightly browned. Garnish with remaining parsley and lemon wedges.

### STUFFED FILLET OF SOLE

**Tina Mansi**

1 pound fillet of sole. Prepare a mixture of:

bread crumbs  
grated cheese  
chopped parsley

chopped black olives  
dash of garlic powder and  
black pepper

Add a little water to hold mixture together.

**Tomato Sauce:**

1 chopped onion                      1/2 c. oil

Simmer onion in oil. Add 3/4 cup chopped celery. Simmer for 1/2 hour. After stuffing each fillet, arrange in a Pyrex dish. Add sauce.

Bake at 350° for 3/4 hour.

**STUFFED SQUID**

**Ann Montagna**

8 small squid	1/2 tsp. salt
1/2 clove garlic, chopped	1/2 tsp. pepper
1/4 lb. mushrooms, chopped	1/2 c. olive oil
1/4 tsp. oregano	1 lemon, cut in wedges
1/2 Tbsp. chopped parsley	
2 slices white bread, crumbled	

Skin squid; remove insides and sever tentacles and heads from bodies. Remove eyes and chop tentacles and heads very fine.

Mix together chopped tentacles and heads with garlic, mushrooms, oregano, parsley, bread, salt, pepper and half olive oil.

Stuff squid bodies with this mixture and sew tops closed. Place stuffed squid in oiled casserole; sprinkle with a little salt and pepper and the remaining oil, and bake in moderate oven at 375° for 45 minutes. Serve with lemon wedges.

Suggest this be covered during baking.

**CLAM PIE**

**Anna Colafati**

2 c. ground clams	1 c. milk
1/2 c. cracker crumbs	1 rib celery, chopped fine
1/2 c. clam juice	salt and pepper to taste
1 egg, well beaten	2 prepared frozen pie crusts
1 Tbsp. butter	(9 inch)

Mix all ingredients thoroughly and pour in prepared pie crust - place crust on top and prick for steam.

Bake in 350° oven for 1 hour.

## STUFFED SOLE

Judy Bartley

1 lb. (6 filets) sole  
2 eggs

1/4 c. wine  
2 heaping Tbsp. bread crumbs

Combine egg and wine. Dip filets into egg/wine mixture and bread them lightly.

### Stuffing:

1 small can (6 1/2 oz.) minced  
clams  
1 egg  
1/2 c. bread crumbs

4 scallions, finely chopped  
1 tsp. tarragon  
1 Tbsp. dry white wine or  
vermouth

Blend all ingredients for stuffing together. Place heaping tablespoon of stuffing on each filet of sole and roll up.

### Sauce:

1/2 stick butter  
1/4 c. white wine  
1 tsp. basil  
3 scallions, chopped

1/4 c. parsley  
1/2 tsp. oregano  
dash of salt and pepper

Melt butter in saucepan. Add remaining ingredients for sauce and blend well. Pour sauce into 9 inch ungreased baking pan.

Place stuffed filets in baking pan. Bake at 350° F. for 25 minutes.

Makes 2 servings.

## SEAFOOD BAKED DISH

Fannie Bonanno

1 can cream of celery  
soup  
1 can cream shrimp soup  
1 c. cheese croutons

1 lb. small scallops  
1/2 lb. crabmeat  
1/2 pt. sour cream

Mix all the above ingredients - place in a casserole dish - sprinkle top with croutons.

Bake at 350° until it bubbles.

## FISH STEW

Carol Grant

2 lb. scrod	butter
3 medium onions	pepper
3 large potatoes	milk
3 bay leaves	

Slice onions and potatoes in approximately 1/8 inch slices. Put in a quart Pyrex covered bowl alternate layers of sliced onions, potatoes, fish and dot with butter. Continue alternating layers until all ingredients are used.

Fill bowl to within a half inch of the top with milk. Bake at 350° oven for 1 hour.

## SQUID FLORENTINE

Ann Ferrara

2 lb. squid	1 small onion
3 lb. fresh spinach or 4 (10 oz.) frozen	1 carrot
5 Tbsp. oil	salt, pepper
1/2 c. dry wine	1 Tbsp. tomato paste
parsley	juice of 1 lemon

Clean and cut squid in rounds, place in salted water until needed. Cook spinach (fresh - 15 minutes or frozen as directed). Squeeze as dry as possible, chop coarsely. Chop onion and carrot coarsely, place in casserole with oil and seasonings, saute for 5 minutes until soft. Brown lightly, add squid and saute for 15 minutes.

Add white wine and continue to saute until wine is evaporated. Add spinach and tomato paste, cook 20 more minutes. Add chopped parsley. Cook 1 more minute. Remove from heat, add lemon juice.

## LEMON FISH IN BATTER

Sandra Laudano

1 c. unsifted flour	3/4 tsp. salt
2/3 c. water	1/2 tsp. sugar
1/3 c. lemon juice from concentrate	1 lb. fish fillets
1 egg, beaten	flour
1 tsp. baking powder	vegetable oil for frying

In medium bowl, mix flour, water, 1/3 cup lemon juice, egg, baking powder, salt and sugar. Dip fish in lemon, coat with flour, then dip in batter. Fry in hot oil until golden brown; drain. Serve immediately.

**MAIN DISHES —**  
**EGG, CHEESE, PASTA AND CASSEROLES**

**EGGS IN TOMATO SAUCE (Lenten Dish)**      **Josephine Gargano**

1/4 c. oil or lard	1 garlic clove
1/4 c. minced parsley	1 tsp. basil leaves
1 (6 oz.) can tomato paste	1 3/4 c. water
1 tsp. pepper and salt	8 eggs

Step 1: Heat oil in skillet. Brown garlic. Remove; add parsley and basil, simmer 2 minutes. Add tomato paste with water. Cook 10 minutes over low heat. Season with salt and pepper.

Step 2: Drop eggs in sauce just 5 minutes before serving, until center becomes firm.

Arrange on plates; spoon sauce over eggs, and garnish with parsley.

Yield: 4 servings.

**SQUASH CASSEROLE**      **Madelyn Capobianco**

1 1/2 lb. yellow squash	22 Ritz crackers
1 large onion	2 tsp. sugar
1/2 stick of butter	dash of pepper

Boil squash until tender. When done drain and mash. Saute onion until tender with butter. Crush crackers until they are like coarse meal. Add all ingredients to the squash, reserving enough cracker crumbs for top.

Bake about 30 minutes in 350° oven.

**MANICOTTI**      **Mary Jane Celentano**

1 c. water	3 eggs
1 c. flour	

Combine all ingredients in blender for 15 seconds. With paper towel, rub a little oil in a 7 inch Teflon fry pan.

Pour a little of the batter to cover the bottom, cook on medium heat until edges curl - about 2 minutes. Turn and cook a few more seconds. Will make 15 crepes.



**Filling:**

1 1/2 lb. Ricotta cheese  
1 egg, beaten

1/4 c. grated cheese  
salt and pepper to taste

Mix filling ingredients and place some in each crepe, folding the crepe over on one side and then the other. Put tomato sauce in the bottom of baking dish - layer the manicotti and sauce and grated cheese.

Bake at 350° for 25 minutes.

**CUSTARD NOODLE CAKE (Easter)**

**Antoinette Salvo**

1/2 lb. egg noodles  
1/2 c. grated cheese  
1 doz. eggs  
1/2 tsp. citron

1 c. sugar  
1 qt. milk  
1 tsp. vanilla  
1 Tbsp. butter

Boil noodles, add butter. Mix sugar, cheese, milk, vanilla, citron lemon, add to macaroni. Pour into a buttered loaf pan.

Bake at 350° for 1 hour.

**YAM AND APPLE CASSEROLE**

**Madelyn Capobianco**

4 large yams  
3 large tart cooking apples  
2 c. warm apple juice  
2 Tbsp. butter

2 Tbsp. cornstarch  
1 c. sugar  
2 tsp. lemon juice

Parboil yams, pare and slice. Peel and slice apples. Mix together cornstarch, sugar and juice, add butter and lemon juice, blend well. Alternate in a buttered casserole layer of yams and apples. Pour the juice mixture over the top.

Bake for 1 1/2 hours at 325° oven.

**LINGUINE WITH OIL AND WALNUTS**

**Carmel Criscuolo**

1 lb. linguine (pasta)  
1/2 c. walnuts  
1 Tbsp. pignoli nuts

1 clove garlic, chopped  
1/2 c. olive oil  
salt to taste

Prepare linguine as per directions on package. Drain and place in bowl.

In skillet, put oil, walnuts, pignoli nuts and chopped garlic; heat until garlic is light brown. Pour over drained linguine. Add black pepper, if desired. Serve hot.

**PAGLIA E FIENO****Frank Carrano**

1 lb. noodles (1/2 green,  
1/2 egg - optional)  
1/2 c. butter, room  
temperature  
12 mushrooms, thinly  
sliced and sauteed

1/4 lb. prosciutto, cut in  
1/4 inch strips and sauteed  
1/4 c. chicken broth  
1 c. medium cream  
1/4 lb. grated Parmesan cheese  
salt and pepper

Allow a little water to remain after draining noodles.  
Set aside.

Stir butter, the mushrooms and prosciutto into noodles.  
Add chicken broth, cream and some cheese, tossing gently  
to coat noodles. Sprinkle salt, pepper and cheese.

**LIGURIAN SPAGHETTI****Frances Argento Scaramella**

Cook 1/2 pound spaghetti in boiling salted water. Meanwhile,  
combine in blender or food processor:

1 c. Ricotta cheese  
1 peeled clove garlic (optional)

1/4 c. fresh parsley

Add 4 tablespoons Parmesan cheese. Blend smooth. When  
spaghetti is cooked, drain it and toss with the Ricotta cheese  
mixture.

**TAGLIATELLA ALLA AMALFITANI****Theresa Argento  
Rae Torre**

As served in Paisano's Restaurant, Montreal, Canada.

scallops, as desired  
shrimp, as desired  
Marinara sauce  
1/2 tsp. basil

clams, as desired  
1/2 glass white wine  
minced garlic  
fresh parsley

Saute seafood in butter. Season with minced garlic, parsley  
and basil. Add white wine. Mix all into prepared Marinara  
sauce.

Simmer for 10 minutes and serve over spinach noodles.

**VERMICELLI ALLA AGLIO, OLIO E ACCIUGHE****Gloria Pero**

(Pasta in a Garlic, Oil and Anchovy Sauce)

1 lb. vermicelli  
3 cloves garlic

1/2 c. olive oil  
3 anchovy fillets, drained

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(Cont.)

Cook pasta in lightly salted boiling water until "al dente". In a large skillet, saute garlic in olive oil. Add anchovies to skillet and cook until dissolved, stirring constantly, over a low flame.

When pasta is ready, drain well and transfer to the skillet, tossing rapidly over a medium flame until well coated. Serve hot.

Makes 4 servings.

### GENNARO'S PASTA AND FAGOLI

		<b>Gennaro's Ristorante d'Amalfi</b>
16 oz. can white kidney beans		4 oz. can whole tomatoes
1 tsp. chopped garlic		1/2 tsp. fennel seeds
2 oz. bacon, diced		1/2 tsp. chopped parsley
2 oz. prosciutto		crushed red pepper, to taste
4 oz. chicken stock (bouillon)		4 oz. tubetti macaroni

Rinse and boil kidney beans; after boiling strain beans. Saute bacon and prosciutto, add garlic, fennel seeds, parsley and crushed red pepper and simmer for 5 minutes. Add tomatoes, chicken stock and tubetti macaroni and simmer until pasta is tender.

Yields 6 (4 ounce) servings.

### RICE WITH BACON

**Joyce Sanseverino**

Boil 2 cups rice - set aside to cool.

Brown 1 pound bacon, reserve fat. Crumble bacon coarsely and set aside.

Use drippings from above to brown 2 to 3 cups sliced onion. When lightly browned, remove from pan and set aside.

Lightly beat 4 eggs and scramble, again using bacon drippings.

Combine bacon, onion and egg with cooled rice. Season to taste with soy sauce - approximately 1/4 cup.

Bake at 350° till heated through.

### PASTA COOKED IN A GREEN SAUCE (Pasta in Salsa Verde)

		<b>Sandy D'Amato</b>
1 lb. asparagus		salt and freshly ground black pepper to taste
3 Tbsp. olive oil		1 lb. fresh tomatoes*
1 tsp. olive oil		1 clove garlic, crushed (skins discarded)
1 medium onion, coarsely chopped		

4 or 5 leaves fresh basil  
or 1 tsp. dried  
1 c. chicken or beef stock

3/4 lb. pasta such as bows,  
penne, shells, cooked  
"al dente"  
garnish: finely chopped  
Italian parsley

\*I used fresh plum tomatoes in this recipe, but any type of fresh ripe tomato will do.

Wash asparagus well, remove tough ends, and cut into 2 inch lengths. Heat 2 tablespoons of the olive oil and the 1 teaspoon olive oil in a medium skillet, add asparagus and onion, salt and pepper lightly, and saute over low to medium heat until they begin to brown. Set aside.

In the meantime, boil the tomatoes in rapidly boiling water about 2 seconds. Remove them from the water and peel, then cut in half and gently squeeze out seeds. Cut the tomato halves into slices about 1/4 inch thick (about 1 1/2 cups).

Heat the remaining tablespoon olive oil in a small skillet, add garlic, and when it takes on color remove it and add tomatoes, basil, salt and pepper. Cook over high heat, stirring often, about 10 minutes.

Put asparagus, onion and stock in a food processor or food mill and puree.

Toss cooked pasta in the asparagus sauce, then serve garnished with tomato sauce. Sprinkle each portion with chopped Italian parsley.

Serves 4.

### PASTA PRIMAVERA I

**Antoinetta Mastroiani**

This recipe should be made only when fresh tomatoes and basil are in season.

1 lb. spaghettini, imported  
if possible  
4 c. chopped fresh garden-  
ripe tomatoes, at room  
temperature  
2 cloves garlic, finely  
chopped

3 Tbsp. superior olive oil  
1 Tbsp. olive oil  
2 Tbsp. slivered fresh basil  
2 Tbsp. chopped Italian  
parsley  
salt and freshly ground black  
pepper to taste

Boil pasta in rapidly boiling water. In the meantime, place the rest of the ingredients in a food processor or food mill and puree.

When pasta is cooked "al dente", drain well by shaking the pasta in a colander so that all the water drains off. Toss with the raw tomato sauce and serve immediately.

Serves 4 to 6.

### VERMICELLI WITH OIL, GARLIC AND ANCHOVY

Ida Mastriani

(Vermicelli Aglio e Olio)

Although pasta is almost always served separately from the main course in Italy, I find a portion of this recipe goes very well on the same plate with a slice of broiled fish, such as Mako shark or swordfish.

1/2 lb. vermicelli or spaghettini	1 salted anchovy, washed, boned and chopped, or
2 Tbsp. olive oil	4 anchovy fillets packed in oil, chopped
1 tsp. safflower oil	hot pepper flakes to taste
2 cloves garlic, minced	

Garnish:

1 Tbsp. finely chopped Italian parsley	1/4 c. toasted bread crumbs
---	-----------------------------

Boil pasta in a large pot of salted water. Meanwhile, heat the two oils in a medium skillet, then add garlic, anchovies and hot pepper. Stir, and as garlic takes on color, add about 1/2 cup of the pasta cooking water, mixing well.

When pasta is almost cooked (about 2 minutes before it is done "al dente"), drain and add to anchovy and garlic sauce. Stirring often, cook until most of the liquid has cooked away. Garnish with parsley and garnish each plate with toasted bread crumbs.

Serves 2 to 3.

### PASTA SHELLS WITH PEAS (Orecchiette con Piselli)

Pamela Popolizio

2 c. snow peas, ends and strings removed	2 Tbsp. butter
salt and freshly ground black pepper to taste	1 tsp. minced garlic
1 Tbsp. peanut oil	3/4 lb. pasta - medium shells, bows or similar cut pasta
1 c. peas, fresh if possible	3 Tbsp. finely chopped Italian parsley
2 Tbsp. safflower oil	juice of 1/2 lemon

Saute snow peas with salt and freshly ground pepper in a medium skillet in peanut oil, uncovered, over medium heat for several minutes, stirring often. Do not overcook.

Cook peas in boiling water until tender. Drain and add to snow peas.

Heat safflower oil and butter in a small skillet. Add garlic and simmer for a minute or so, being careful not to brown it.

In the meantime, cook pasta in boiling salted water. Drain when "al dente" and toss in serving bowl with butter and garlic mixture. Add peas, snow peas, parsley, lemon juice and more pepper. Toss several times and serve hot.

Serves 4 to 6.

### VERMICELLI WITH MUSHROOMS AND WINE

Ida Mastroiani

(Vermicelli alla Carrettiera)

5 Tbsp. olive oil mixed with	1 tsp. dried oregano
1 Tbsp. safflower oil	3 cloves garlic, minced
2 medium onions, finely	salt and freshly ground
chopped	black pepper to taste
4 c. sliced mushrooms	2 c. fresh bread crumbs
5 Tbsp. dry white wine	1 lb. vermicelli or spaghetti
2 Tbsp. minced Italian parsley	

Garnish:

finely chopped Italian  
parsley

toasted bread crumbs

Heat 3 tablespoons of the oil in a medium skillet and add onions. When onions become translucent, add mushrooms and cook over high heat until liquid cooks out. Add wine, parsley, oregano and garlic; cover and simmer for 5 minutes. Add salt and pepper.

Put bread crumbs on a tray and sprinkle over them the remaining oil, salt, and pepper; then mix well. Place under broiler and brown.

Cook pasta in boiling water until "al dente", then drain. Place equal portions of pasta on each plate, then ladle the mushroom and onion mixture in a mound on top. Garnish with parsley and a generous amount of toasted bread crumbs.

Serves 4 to 6.

## PASTA WITH EGGPLANT AND WALNUTS

Sandy D'Amato

(Pasta con Melanzane e Noci)

2 Tbsp. olive oil	2 c. Marinara sauce
1 Tbsp. safflower oil	22 to 25 walnuts, shelled and chopped
1 eggplant, about 1 1/2 lb., cut into 1/2 inch thick slices, then cut into man- ageable pieces (about 7 or 8 c.)	1 lb. cut pasta, such as penne, shells, ziti, etc.
salt and freshly ground black pepper to taste	2 Tbsp. finely chopped Italian parsley
	about 3/4 c. bread crumbs (mix with 1 Tbsp. safflower oil)

Heat the two oils in a large skillet, then add eggplant, salt and pepper. Cook over medium heat, tossing occasionally, until eggplant begins to brown. Turn off heat and set aside.

Blend the tomato sauce in a food processor or run through a food mill. Pour sauce into a food processor with walnut meats and blend. Or blend some of the sauce with walnuts using a mortar and pestle, then combine crushed walnut meats with the rest of sauce.

Preheat oven to 450°. Cook pasta in a large pot of boiling water until almost done, draining about 5 minutes before cooking is completely. Put drained pasta in an ovenproof dish with sauce, mixing well. Add cooked eggplant and mix; then add parsley, top with bread crumbs, cover, and bake about 15 to 20 minutes.

Remove dish from oven, broil under high heat a minute or two to brown bread crumbs.

Serves 6 to 8.

Variation: An alternative to baking is to cook pasta until done "al dente", then toss with sauce and eggplant, cover with bread crumbs, and toast crumbs under broiler.

## SPAGHETTI WITH CAULIFLOWER

Joanna Mastroiani

(Spaghetti chi Vruocoli Arriminata)

This recipe is of Sicilian origin and has a lovely delicate flavor.

2 Tbsp. olive oil	4 c. chopped tomatoes, fresh if possible (drain if canned)
1 tsp. safflower oil	
2 cloves garlic, finely chopped	

2 Tbsp. finely chopped  
Italian parsley  
2 Tbsp. yellow raisins, soaked  
in warm water 15 minutes  
and drained  
2 Tbsp. pine nuts

salt and freshly ground black  
pepper to taste  
hot pepper flakes to taste  
(optional)  
1 1/4 lb. cauliflower flowerets  
3/4 lb. spaghetti  
garnish: chopped Italian parsley

Heat the oils in a medium skillet or shallow saucepan. Add garlic. When it takes on color, add tomatoes. Cover and cook over moderate heat for 5 minutes.

Add parsley, drained raisins, pine nuts, salt, pepper and optional hot pepper flakes. Cover and simmer over low to moderate heat for 10 minutes.

In the meantime, blanch cauliflower in boiling water for 1 minute. Drain, then cut the flowerets into bite sized pieces and add them to the sauce. Cover and continue cooking for 5 to 8 minutes. Cook pasta in rapidly boiling water until done "al dente", then drain well.

Toss pasta with sauce and serve hot, garnished with chopped parsley.

Serves 4.

### SPAGHETTI WITH CAULIFLOWER

Pamela Popolizio

(Spaghetti chi Vruoccoli Arriminata)

This recipe is of Sicilian origin and has a lovely delicate flavor.

2 Tbsp. olive oil  
1 tsp. safflower oil  
2 cloves garlic, finely chopped  
4 c. chopped tomatoes, fresh  
if possible (drain if canned)  
2 Tbsp. finely chopped Italian  
parsley  
2 Tbsp. yellow raisins, soaked  
in warm water 15 minutes and drained

2 Tbsp. pine nuts  
salt and freshly ground black  
pepper to taste  
hot pepper flakes to taste  
(optional)  
1 1/4 lb. cauliflower flowerets  
3/4 lb. spaghetti  
garnish: chopped Italian parsley

Heat the oils in a medium skillet or shallow saucepan. Add garlic. When it takes on color, add tomatoes. Cover and cook over moderate heat for 5 minutes.

Add parsley, drained raisins, pine nuts, salt, pepper and optional hot pepper flakes. Cover and simmer over low to moderate heat for 10 minutes.



In the meantime, blanch cauliflower in boiling water for 1 minute. Drain, then cut the flowerets into bite sized pieces and add them to the sauce. Cover and continue cooking for 5 to 8 minutes. Cook pasta in rapidly boiling water until done "al dente", then drain well.

Toss pasta with sauce and serve hot, garnished with chopped parsley.

Serves 4.

### PASTA WITH FRESH TOMATOES AND BROCCOLI

Antoinetta Mastroiano

(Pasta con Salsa di Pomodoro Fresco e Broccoli)

1/2 lb. cut pasta, such as farfalle, shells or penne	hot pepper flakes to taste
2 c. broccoli cut into bite sized pieces	8 dried black olives, pitted and sliced
1 Tbsp. good olive oil	2 c. fresh plum tomatoes, sliced in wedges
1 Tbsp. safflower oil	4 Tbsp. chopped fresh basil
2 cloves garlic, minced	garnish: 2 Tbsp. finely chopped Italian parsley

Bring a large pot of water to a boil and add pasta. Put a colander with the broccoli over the boiling water, cover, and steam\*. Stir the pasta occasionally.

In the meantime, heat the oils in a medium skillet, then add garlic, hot pepper flakes, olives and tomatoes. Cook over high heat for several minutes, stirring often. Add basil, cover and simmer. When broccoli is tender, add to sauce and continue cooking pasta until it is "al dente", then drain and mix with the sauce. Garnish with parsley.

Serves 4 to 5.

\*The broccoli could be steamed in a separate pot if convenient.

### SPAGHETTI AND CLAMS COOKED IN FOIL

From Amalfi, Italy's famous restaurant: "Trattoria di Ciccio"

1 c. tomato and anchovy sauce	1/2 lb. spaghetti
36 littleneck clams, the smaller the better	freshly grated Parmesan cheese (optional)

Prepare tomato sauce. Fifteen minutes before it is cooked preheat oven to 500°. Bring water to boil with salt to taste for cooking spaghetti.

Open clams and reserve liquid. There should be about 1 cup of clam juice and slightly less than 3/4 cup of clams. If clams are large chop them. Discard shells.

Line baking dish with double layer of wide heavy-duty aluminum foil, leaving ends free.

Drop spaghetti into boiling water and cook exactly 5 minutes. Drain immediately.

Meanwhile, bring clam broth to boil.

Empty spaghetti onto center of foil. Add simmering tomato sauce and clam juice and pour clams on top. Seal foil tightly all around. Place dish in oven and bake exactly 10 minutes.

Carefully open package and transfer contents to hot platter or hot soup bowls. Serve with Parmesan cheese on side if desired.

Yield: 2 servings.

### LASAGNE BOLOGNA-STYLE

Linda Saracco

(Lasagne alla Bolognese)

4 to 4 1/2 c. Bolognese  
meat sauce (recipe in cook  
book)

2 c. freshly grated Parmesan  
cheese

3 Tbsp. butter

basic white sauce, made with  
5 c. milk (recipe in cook  
book)

basic pasta dough, made with 3 c. flour (recipe in cook book)

Prepare Bolognese meat sauce. Prepare basic white sauce. Prepare basic pasta dough and cut into lengths to fit a 13 x 9 inch baking pan. Dry pasta sheets 10 minutes. Preheat oven to 400° F. Butter baking dish.

Fill a very large saucepan 2/3 full with salted water. Bring water to a boil. Add 4 pasta sheets. Bring water back to a boil and cook pasta uncovered 10 seconds. With a large slotted spoon, place pasta in a large bowl of cold water. Remove pasta shells immediately and lay on kitchen towels. Pat dry with another towel. Repeat with remaining pasta sheets.

Cover bottom of buttered baking dish with a layer of dried pasta sheets. Spread some meat sauce over pasta. Follow with a layer of basic white sauce, about 1/2 cup. Sprinkle with about 1/3 cup Parmesan cheese. Repeat with 5 more layers, ending with Parmesan cheese. Dot with butter.

Bake 15 to 20 minutes, or until top of lasagne is golden.  
Let stand 5 to 10 minutes before serving.  
Makes 8 servings.

### SPAGHETTI WITH TUNA SAUCE

Mary Jane Celentano

1 (7 oz.) can chunk light tuna	2 cloves garlic
2 Tbsp. olive oil	1 level tsp. basil (dried)
1 can crushed tomatoes	salt, pepper
	1 lb. spaghetti

Lightly brown garlic in hot oil and discard. Add tomatoes with seasoning, simmer 25 minutes. Add tuna, simmer 15 minutes. Pour over cooked spaghetti.

### MACARONI WITH EGGS (Pasta cu Luove) Mary Jane Celentano

1 lb. tubetti or any small pasta	1/3 c. Parmesan cheese
5 eggs	2 Tbsp. butter or margarine
	salt, pepper

Boil pasta. Drain off most of the water leaving pasta just covered with water. Add butter and allow to melt. Add eggs beaten with cheese, salt, pepper. Stir, remove from heat and cover. Let stand 5 minutes.

### PASTA WITH ITALIAN SAUSAGE

Rose De Rosa

1 lb. linguine or herb linguine	1/2 lb. fresh mushrooms, sliced or quartered, which- ever you prefer
1 lb. sweet or hot (or combina- tion of both) Italian sausages, thinly sliced crosswise	1 pkg. frozen chopped spinach, thawed and squeezed dry
3 large tomatoes, chopped	1/4 c. grated Parmesan cheese
1/2 c. olive oil	3 cloves garlic, chopped

In large skillet, saute sausage slices until thoroughly browned, then remove from pan. Heat oil in pan and saute garlic until golden, then add tomatoes, mushrooms and spinach and cook together at a low simmer for about 10 minutes.

Add sausage slices and cover and simmer for 30 minutes. Cook pasta in boiling water until tender, drain and place in heated serving bowl. Pour sausage sauce over and top with Parmesan.

Serves 6 - 8.

## HOMEMADE NOODLES

Carrie Di Martino

12 eggs  
2 lb. farina

3 or 4 c. flour  
1 Tbsp. salt

Beat eggs; add farina and mix well. Next, add flour slowly and keep kneading until well blended. If dough is sticky, flour lightly.

Cut into small pieces and roll out about 1/8 inch thick. Flour flattened dough. Next, fold dough to cut into strips.

Noodle machine may be used.

## WILD RICE WITH CHICKEN LIVERS

Carmel Criscuolo

4 c. water  
2 Tbsp. butter  
1 container chicken liver,  
chopped fine

salt and pepper to taste  
1 1/2 c. wild rice  
2 chopped scallions  
2 Tbsp. parsley

Boil water; add rice. Stir with fork. Simmer (covered) for 25 minutes, until rice is tender. Drain; set aside. Keep warm.

Melt butter. Saute chopped scallions until wilted. Add chicken livers and saute 3 minutes. Add herbs, salt and pepper. Stir into rice; mix together. Serve hot.

Serves 6 to 8 people.

## RICE AND BEANS

Aileen Console

1 can beans  
1 lb. rice  
1 small can tomato sauce  
1 Tbsp. lard  
pepper

1/3 c. oil  
1 onion  
1 clove garlic  
salt  
basil leaves

Place lard, oil and garlic and onion in skillet and brown lightly. Add basil leaves, salt and pepper to 1 cup cooked rice, and then add to oil, garlic and onion mixture.

Then add tomato sauce, can of beans, and cook 10 minutes all together.

## SPANISH RICE

Josie Ellard

2 c. hot chicken broth  
1 c. rice

1/3 c. oil  
1/2 onion, minced

1/2 medium tomato, chopped  
1/3 c. green pepper, chopped

salt and pepper to taste

Heat oil; add rice and stir until rice is coated with oil and turns yellowish brown in color. Drain excess oil. Add onion, peppers and tomatoes. Cover and simmer for 20 minutes. Rice should not be mushy. Add more broth or water, if necessary. Sprinkle with grated cheese or lemon juice, if desired, when serving.

Pope John Paul II has highly praised this Spanish Rice!

### STRING BEAN CASSEROLE

Josephine Gargano

2 cans French style green  
beans or a bag of frozen  
French style green  
beans

1 can cream of mushroom  
(condensed) soup, diluted  
with milk  
1 can French fried onion rings

Mix all together. Put in a casserole dish and bake at 350° until completely heated.

### CHOPPED MEAT CASSEROLE

Phyllis Longobardi

1 lb. ground chop meat  
1 large can corn Niblets  
1 large can peas

5 or 6 large potatoes,  
mashed

Fry out chop meat with chopped onion, salt and pepper. Boil and mash potatoes with milk and butter.

Into casserole, put layer of cooked chop meat; add drained can of corn, and top with drained can of peas. Spread mashed potatoes over top, and bake in a 350° oven for 1 hour, or until potatoes turn golden brown.

### MEDITERRANEAN CASSEROLE

Louise Bartalone

1 eggplant (1 lb.), not peeled,  
cut in cubes  
3 small tomatoes, sliced or  
small can whole tomatoes,  
drained  
1 tsp. garlic powder  
2 (6 1/2 oz.) cans water-packed tuna

1 1/2 tsp. oregano  
1 onion, chopped  
1 (8 oz.) can sliced mush-  
rooms, drained  
1 c. shredded Mozzarella  
cheese

Drain the tuna and break into chunks. In a 2 quart, oven-proof casserole, combine the tuna with all ingredients, except cheese; mix lightly.

Bake in a preheated 350° oven for 30 minutes. Sprinkle with cheese and continue baking for 10 to 15 minutes more, until cheese is melted.

Makes 4 servings (259 calories each).

### ARTICHOKE CASSEROLE

Madelyn Capobianco

1 (15 oz.) can artichoke hearts	bread crumbs
1 (16 oz.) sliced mushrooms	minced garlic to taste
1 large can olives	grated cheese
	parsley

Place artichokes in center of ungreased Pyrex pie plate, arrange mushrooms around artichokes, then place the olives on top of mushrooms. Sprinkle with bread crumbs, garlic, chopped parsley and grated cheese. Sprinkle top with olive oil.

Cover with aluminum foil and bake for 30 minutes at 350° oven. Remove foil the last 5 minutes to allow topping to brown.

6 servings.

### MUSHROOMS IN CASSEROLE

Ann Marie Rubino

1 lb. mushrooms	chopped parsley
1 c. flavored bread crumbs	2 Tbsp. oil
1 clove garlic, chopped	salt to taste

Wash and drain mushrooms. Remove stems and combine chopped stems with balance of ingredients.

Place layer of mushroom caps and mixture alternately, leaving top layer of bread crumb mixture. Sprinkle oil over the top.

Cover and bake in 375° oven for 45 minutes.

### ESCAROLE AND CUTLET CASSEROLE

Dorothy Ruocco

1 - 1 1/2 lb. veal, pork or chicken cutlets, pounded thin	1/2 c. bread crumbs (flavored, if desired)
2 eggs, beaten with 1/4 c. water	frying oil (olive, peanut, blended, etc.)
	2 lb. escarole, parboiled

1/4 c. olive oil  
2 cloves garlic, cracked

1/2 lb. Mozzarella cheese,  
sliced  
1 c. tomato sauce

Prepare cutlets by dipping in egg, coating with bread crumbs, and frying until golden brown.

Saute garlic in olive oil until slightly browned, add escarole and stir-fry/saute just enough to flavor the escarole leaves.

Discard garlic and layer a casserole with escarole, then cutlets, then Mozzarella, then sauce.

Bake at 350° for 20 minutes or until cheese is nicely melted and serve.

### SPINACH CASSEROLE

Margaret Ruocco

6 eggs, beaten  
6 c. cooked rice  
2 pkg. frozen spinach,  
thawed

1 lb. Ricotta  
1 c. grated cheese  
salt and pepper to taste

Combine all ingredients, except eggs, in a large bowl.

Spoon spinach mixture into a casserole dish that has been well greased and liberally sprinkled with bread crumbs.

Pour beaten eggs over spinach mixture and bake at 350° for approximately 1/2 hour. Cool slightly and serve, fritatta style.

### SHRIMP AND RICE CASSEROLE

Judy Calabrese

1 pkg. chicken flavor  
Minute Rice  
1 lb. pkg. vegetables - broccoli and cauliflower

1 lb. shrimp

Cook Minute Rice according to directions. Cook vegetables according to directions. Saute cleaned shrimp in 1 tablespoon of oil, 2 tablespoons of butter. Season with garlic powder, salt and pepper to taste.

Combine all ingredients in a casserole dish and cook for 15 minutes at 325°.

Note: Scallops can be substituted for shrimp.

**RICE CASSEROLE**

1 stick butter  
1 onion  
1 c. rice (raw)

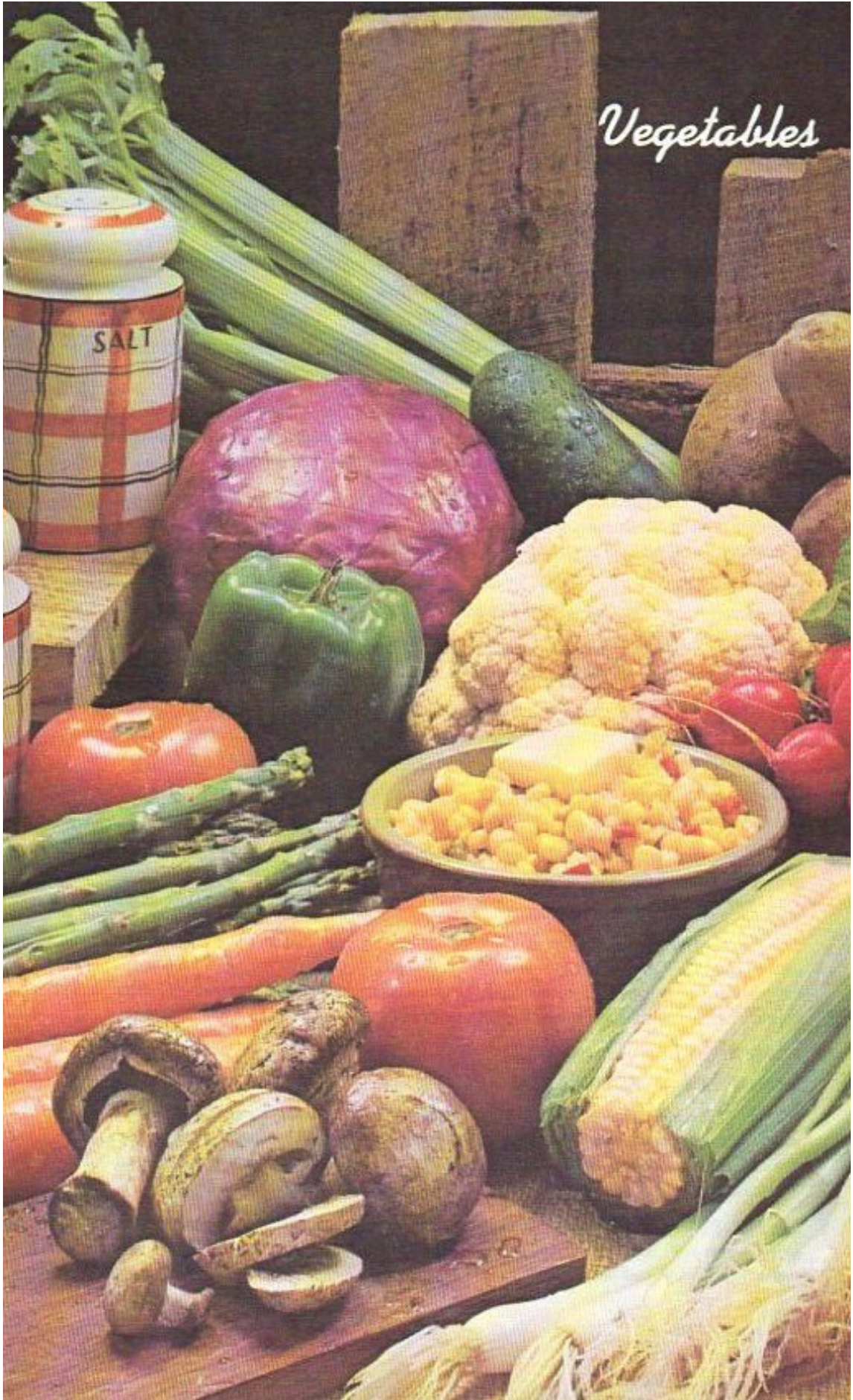
**Sister Anita Marie  
Principal, St. Michael School**  
2 cans light beef  
consomme

Saute butter and onion. Place in casserole. Add rice and mix thoroughly. Add beef consomme but do not stir.  
Cook in oven at 350° for 1 hour.

Write your extra recipes here:



*Vegetables*



## VEGETABLES

### POTATO PIE (Gatto)

Ida Mastroianni

- |                                      |                       |
|--------------------------------------|-----------------------|
| 5 lb. potatoes                       | 1 doz. eggs           |
| 1 lb. Mozzarella                     | 1/2 lb. grated cheese |
| 1/2 lb. cold ham cut in small pieces |                       |

In bowl, mash potatoes. Mix eggs, Mozzarella and grated cheese and ham. After mixed, place mixture in greased pan (9 x 11 pan). Sprinkle top with bread crumbs - bake 1 hour at 350°.

Serves 12.

### POTATO BROCCOLI BAKE

Lisa Calabrese

- |   |  |
|---|--|
| 4 c. frozen loose pack hash<br>brown potatoes, thawed | 1 (10 oz.) pkg. frozen chopped<br>broccoli, cooked and drained |
| 2 Tbsp. margarine                                     | 1/4 c. dry fine bread<br>crumbs                                |
| 2 Tbsp. flour   | 1/2 c. shredded process cheese                                 |
| 2 c. milk   |  |
| 1 (3 oz.) pkg. cream cheese, cubed                    |  |

Melt margarine, blend in flour, seasonings and milk. Cook until bubbly, stirring frequently. Add cheeses, stirring until melted. Add the potatoes.

Place one half the mixture in a 10 x 6 x 2 baking dish, add the broccoli layer, spoon the remaining mixture over the top.

Cover and bake at 350° for 35 minutes. Mix bread crumbs with 1 tablespoon of margarine, sprinkle on top, bake uncovered for 10 - 15 minutes.

### PATATE E FUNGHI (Potatoes and Mushrooms)

Michelina Buonocore

- |                                       |                                       |
|---------------------------------------|---------------------------------------|
| 2 lb. potatoes                        | 3 cloves garlic (use garlic<br>press) |
| 2 lb. fresh mushrooms                 | 1 Tbsp. crushed rosemary<br>sprigs    |
| 2 Tbsp. olive oil                     | salt                                  |
| 2 Tbsp. butter (or corn<br>margarine) | pepper                                |
| 2 Tbsp. minced Italian<br>parsley     | Parmesan cheese                       |

Peel and thinly slice potatoes; slice mushrooms a bit thicker. Cover roasting pan with oil/butter mixture. Arrange potato slices on bottom, then mushroom slices, then seasoning and herbs. Repeat until ingredients are finished. Add a little oil over the top.

Put in preheated 350° oven until potatoes are tender, about 1 hour or less. Remove pan and pour off any excess oil.

If cheese is soft enough, slice very thin and lay it over the top; if not, grate it. Return to oven for approximately 20 minutes, checking on it after 10.

### CAVATELLI (Potato)

Ida Scalia

4 large potatoes  
4 c. flour

1 egg

Wash and boil potatoes. Next, peel potatoes. Put potatoes through ricer. Cool and add flour, 1 cup at a time. Next, add 1 egg.

Roll dough into thin round strips by hand. Cut dough to desired length.

### PARMESAN AU GRATIN POTATOES

Nettie Muoio

2 Tbsp. margarine or butter  
2 Tbsp. flour  
1/2 tsp. salt  
dash of pepper

1 c. milk  
1/2 c. (2 oz.) Parmesan cheese,  
grated  
3 c. cooked potato slices

Melt margarine or butter in saucepan over low heat. Blend in flour and seasonings. Gradually add milk; cook, stirring constantly, until thickened. Stir in 1/4 cup cheese.

Combine sauce and potatoes; mix lightly. Spoon into 1 quart casserole; top with remaining cheese. Bake at 350°, 25 minutes.

4 to 6 servings.

### POTATO PUFFS

Joyce Sanseverino

1 c. cooked mashed potatoes  
(food milled or riced and  
firmly packed)  
2 large eggs, separated

1 c. fork-stirred all-purpose  
flour  
1 tsp. baking powder  
salt and pepper to taste  
1/2 to 3/4 c. milk

With a spoon, beat the egg yolks into the potatoes. Stir together the flour, baking powder and salt and pepper; stir into the potato mixture alternately with the milk, adding only enough milk to make soft mashed potato consistency. Beat egg whites until they hold stiff peaks and fold in.

Drop by heaping teaspoonfuls, without crowding, into deep fat heated to 350°. Fry, turning as necessary, until puffed and golden, 3 to 5 minutes. Drain on brown paper; keep hot in a warm oven. May be reheated in a very hot oven.

Makes 2 to 2 1/2 dozen.

### ORANGE HONEY CARROTS

Jeanne M. Deschamps

8 medium carrots  
3/4 c. water  
2 tbsp. sugar  
2 Tbsp. orange juice

2 Tbsp. butter  
1/4 c. honey  
1 tsp. salt

Cut carrots lengthwise, place in saucepan with water and sugar. Cover and cook for 10 minutes or until tender. Remove carrots from saucepan.

Combine 1/4 cup of the carrot liquid with remaining ingredients and boil for 5 minutes. Add carrots and simmer for 10 minutes. Make sure the carrots are covered with the syrup. Sprinkle with minced parsley when serving.

### SQUASH FLOWER FRITTERS

Antionette Argento

1 lb. squash flowers  
2 eggs  
2 Tbsp. oil  
3/4 c. flour

1 tsp. salt  
1 tsp. baking powder  
1/2 c. milk or water

Wash and trim squash flowers; remove center and leaves at base of flower.

Bring 2 quarts of water to a boil. Drop in the flowers and remove from heat. Drain well and cool.

Mix all the other ingredients, and dip flowers in this batter. Fry in oil in heavy fry pan.

### CACIOFI FRITTATA (Fried Artichokes)

Mary Cappezutto

Make batter as follows. Combine:

2 eggs  
2 Tbsp. oil  
1/2 tsp. salt

3/4 c. flour  
2/3 c. warm water

Set aside for about 1 hour. Slice canned artichokes lengthwise in strips and soak them in lemon juice for about 30 minutes.

When batter is ready, drain the artichokes on paper towel. Dip in batter and fry in a little oil. Serve with a dash of lemon.

### BOILED ARTICHOKE

Florence F. Violante

4 large artichokes.

#### Stuffing:

1 c. bread crumbs	3 cloves garlic, chopped
1/2 c. chopped parsley	1 tsp. salt, pepper to taste
1/2 c. Italian grated cheese	1 c. olive oil

Mix all together. Wash artichokes; cut off tips on top only. Cut off stem, then loosen leaves and stuff between leaves until all stuffing is used up.

Place in pan; add about 4 cups water; sprinkle a little more olive oil on top in centers.

Cover and let cook for about 1 hour.

### ARTICHOKE PIE

Fannie Vaccino

1 box frozen artichoke hearts	1 small Mozzarella, cubed
3 eggs	salt and pepper to taste, and parsley
1/2 grated cheese	1 frozen pie shell

Mix everything in a bowl and pour into pie shell.

Bake in a 350° oven for 30 to 40 minutes, or until golden brown.

### APPLE-SQUASH-VEGETABLE BAKE

Carmela Stellato

2 medium or 1 large yellow squash	3 medium apples
1 c. cooked rice	1/2 c. sugar
2 eggs, beaten	1 tsp. lemon or vanilla extract
2 Tbsp. butter	1/2 c. milk
cinnamon	salt to taste

Cook and mash squash. Combine butter with cooked hot rice; peel and core apples and chop fine, then mix all the ingredients together.

Pour into a well greased casserole. Sprinkle with cinnamon, and bake in a 350° oven for 30 minutes.

Serves 6 to 8. May be served warm or cold, as a vegetable with main dish, or as a pudding dessert.

### RATATOUILLE OR CHIAVOTTOLO

Theresa Argento

1 eggplant	5 ripe tomatoes or 18 oz.
2 zucchini	can plum tomatoes
3 peppers (red and green)	1/2 c. oil
4 onions	

Peel eggplant and cut in 1 inch cubes. Cut unpeeled zucchini lengthwise and cut in small 1 inch slices. Remove seeds and membrane from peppers and cut into thin strips. Peel and slice onions. Peel tomatoes and cut in pieces.

In a heavy fry pan, put oil. Add all the vegetables (except tomatoes). Brown over low heat. Add 1 minced garlic, salt and pepper to taste. Add tomatoes and simmer 30 minutes.

The above may be used over spaghetti or rice.

### FRIED ZUCCHINI

Fannie Bonanno

1 egg	1 Tbsp. milk
3 Tbsp. flour	1 tsp. salt
1 tsp. garlic salt	

Combine egg, milk, flour, salt, garlic salt in bowl. Mix to form batter. Dip each zucchini round in batter. Batter zucchini pieces when ready to fry so each piece is well coated.

Fry in hot oil 2 - 3 minutes or until crisp and golden brown. Drain on paper towel. Serve hot.

### ZUCCHINI PATTIES

Fannie Vaccino

1 c. flour	1 Tbsp. grated cheese
1 egg	1 Tbsp. garlic powder
1 tsp. baking powder	salt and pepper
1/2 c. chopped basil and parsley	3 small zucchini

Slice zucchini into thin slices, mix with mixture of eggs, flour, et. Spoonful into hot oil and fry until golden brown.

If batter is too dry, add extra eggs.

### PEASANT FRIED ZUCCHINI

Louise Del Preto

2 medium size zucchini  
oil for frying

grated cheese (Parmesan)  
fresh ground black pepper

Wash and slice zucchini in rounds. Heat oil in a heavy skillet. Fry zucchini rounds in hot oil - turn once until light brown. Drain on paper towels.

Place a layer of fried zucchini, grated cheese and sprinkle with pepper, in a casserole dish. Continue until all the zucchini are used. Sprinkle with 2 tablespoons of vinegar and refrigerate. To be eaten cold.

### FRIED ZUCCHINI WITH BATTER

Fannie Bonanno

2 medium zucchini, sliced  
in rounds  
1 beaten egg  
1 Tbsp. milk

3 Tbsp. flour  
garlic powder, salt and  
pepper to taste

Combine all ingredients to form a batter. Dip zucchini rounds in batter. Heat oil for frying until hot. Fry each piece about 2 - 3 minutes until crisp and golden brown. Drain on paper towels. Serve hot.

### ZUCCHINI AND TOMATO SKILLET

Louise Sanseverino

2 tsp. vegetable oil  
1/2 c. chopped onion  
1 tsp. minced garlic  
4 medium unpeeled zucchini  
(about 1 lb. total), in 1/2  
inch thick slices

2 large tomatoes, peeled  
and chopped  
1/2 tsp. salt (or to taste)  
1/4 tsp. each: pepper, dried  
oregano

Heat oil in large skillet over medium heat. Add onion and garlic, cook and stir occasionally for 5 minutes or until onion is tender. Reduce heat to low; add remaining ingredients. Cover and cook for 10 minutes or until zucchini is crisp-tender. Makes 4 servings, 70 calories each.

### STUFFED ZUCCHINI

Carmel Criscuolo

4 small zucchini  
1/2 c. grated cheese

1/2 tsp. salt  
1/2 tsp. garlic powder

1/2 tsp. pepper  
1 c. bread crumbs

1/2 c. melted oleo  
1/2 lb. Ricotta cheese

Trim off both ends of zucchini. Parboil for 5 minutes in salted water; drain and cool.

Cut lengthwise; scoop out seeds. Mix all ingredients in a bowl. Stuff zucchini with mixture.

Place under broiler rack and broil for 6 minutes. Serve with steak or chops.

Serves 8.

### ZUCCHINI PARMIGIANA

Tina Mansi

Cut 4 good sized zucchini squash in half, and slice thin lengthwise. Fry in deep fat until golden brown. Drain on paper towel.

6 hard boiled eggs

1 lb. American cheese or  
1 Mozzarella, if preferred

Make tomato sauce with:

2 cans tomato paste

4 cans water

Add basil leaves, salt and pepper to taste; simmer in 2 tablespoons oil about 1/2 hour.

Into 13 x 9 inch baking dish, cover bottom of dish with sauce; add layer of zucchini. Sprinkle a little cracker meal and Parmesan cheese; cover with sauce. Then add a layer of cheese and then a layer of eggs. Cover with squash and repeat again for the second layer, covering the top layer of squash with sauce and Parmesan cheese.

Bake 3/4 hour in 350° oven.

### ZUCCHINI IN LEMON

Patricia Gagne

1 onion, peeled, sliced  
and sauteed in butter until  
soft

1 lemon, thinly sliced  
juice of 1 lemon

6 zucchini, peeled and sliced  
lengthwise  
salt and pepper  
1/2 c. dry white wine

In a large shallow casserole, make a layer of cooked onion. On top, put 1/2 of the lemon slices. Season zucchini; put slices in one layer on top.



Cook (covered) on a low flame until half cooked. Pour lemon juice over; add 1/2 cup water. Cover with remaining lemon slices. Cook (uncovered) for a few minutes.

Add the wine and continue cooking until liquid is absorbed, but zucchini is still firm.

### STUFFED PEPPERS, NEAPOLITAN STYLE

E. Golia

4 large peppers	1 Tbsp. chopped parsley
1/2 c. oil	1 Tbsp. chopped basil
1 c. toasted bread crumbs	2 Tbsp. capers
3 Tbsp. seedless raisins	1/2 tsp. salt
12 black olives, pitted and cut into pieces	1/2 tsp. pepper
6 anchovy fillets, cut into small pieces	4 Tbsp. olive oil
	1/2 c. tomato sauce

Wash peppers thoroughly. With sharp knife, cut all around the stem, removing it together with all the seeds inside, then leaving an opening through which stuffing may be pushed.

Mix together olive oil, bread crumbs, olives, raisins, anchovies, parsley, basil, capers, salt and pepper. Mix very well and if stuffing seems too dry, add more oil.

Stuff peppers and place them standing up in deep baking dish. Pour oil over peppers and top each with 1 tablespoon tomato sauce.

Bake in moderate oven at 375° for 1 hour. May be served either hot or cold.

Serves 4.

### ROASTED PEPPERS CASSEROLE

Carrie Di Martino

1 jar or 15 oz. red or green roasted peppers	8 oz. fresselle, chopped or grated
1 c. cooked rice	1 or 2 oz. grated Parmesan or Romano cheese
1 can pitted olives, chopped	3 Tbsp. olive oil

Alternate layers of peppers, rice, olives and fresselles in shallow casserole. Top with grated cheese and oil.

Bake at 350° for approximately 20 to 30 minutes.

### MEATLESS STUFFED PEPPERS

Carmel Marcucci

- |                                    |                                 |
|------------------------------------|---------------------------------|
| 6 medium peppers (red or green)    | 1/2 tsp. salt                   |
| 12 slices stale bread              | 1/4 c. grated Italian cheese    |
| 1 small can mushrooms (juice also) | 6 eggs                          |
| 2 slices cubed American cheese     | chopped parsley                 |
| 1/4 c. salad oil                   | tomato sauce                    |
|                                    | 1 small can sliced black olives |

Cut peppers lengthwise. Crumble bread and combine all ingredients, except the sauce. Mix well. Fill pepper halves.

Put oil in frying pan; brown peppers on both sides. Remove and put in baking pan, and pour tomato sauce over all. Cover and bake 1/2 hour.

They may be put under broiler instead of frying.

### EGGPLANT AND MUSHROOMS

Mary Di Pino

Put in saucepan:

- |                |                       |
|----------------|-----------------------|
| 1 Tbsp. butter | 1 large onion, minced |
|----------------|-----------------------|

Cook until soft. Add 1 pound fresh mushrooms (cut in slices). Cover and cook 5 minutes. Add:

- |  |  |
|--|--|
| 1 medium size eggplant, peeled and cubed | 1 bouillon cube, dissolved in 1/2 c. hot water |
| 1 clove garlic, minced                   | salt to taste                                  |

Cover and cook slowly about 1 hour.

### STUFFED EGGPLANTS

Agatha Zichichi

- |                   |                                      |
|-------------------|--------------------------------------|
| 4 small eggplants | 2 Tbsp. coarsely chopped ripe olives |
| 6 Tbsp. oil       | 1 1/2 c. fresh bread crumbs          |
| 3 cloves garlic   | 8 thin slices tomatoes               |
| 8 anchovies       | salt and pepper to taste             |
| chopped parsley   |                                      |

Cut eggplants in half lengthwise. Scoop out pulp, leaving 1/2 inch shell. Chop the pulp fine.

Heat 2 tablespoons oil; add eggplant pulp, cooking about 1 minute. Add chopped garlic, anchovies and parsley, then olives and bread crumbs and 3 tablespoons oil. Stir to blend.

Fill eggplant shells with mixture; top each filled shell with thinly sliced tomatoes; dribble balance of oil on top.

Place on baking sheet or shallow baking pan and bake for 30 minutes in 350° preheated oven.

### ROLLED EGGPLANT

Vinnie Criscuolo

1 medium size eggplant  
1/2 c. cooking oil  
1 c. flavored bread crumbs  
1/2 tsp. oregano  
1 crushed garlic bud  
3/4 c. Mozzarella cheese,  
shredded

1 Tbsp. chopped fresh parsley  
1 Tbsp. basil  
1 egg  
salt and pepper to taste  
tomato sauce  
grated Parmesan cheese

Cut eggplant into slices lengthwise. Fry slices in oil until brown on both sides. Remove from pan; drain on paper towel.

In the meantime, mix bread crumbs, oregano, garlic, Mozzarella cheese, parsley, basil, egg, salt and pepper in a bowl.

Place stuffing on each slice of eggplant. Roll up each slice; secure with a toothpick. Place slices in a baking dish, side by side. Pour tomato sauce over slices; sprinkle with grated cheese.

Bake in 325° oven for 3/4 hour.

### STUFFED EGGPLANT SLICES

Helen Carrano

1 medium sliced eggplant,  
sliced lengthwise  
1 beaten egg, seasoned for  
dipping eggplant  
frying oil for eggplant

Italian grated cheese  
1/2 lb. Ricotta cheese  
1 Mozzarella cheese, sliced  
approx. 1 1/2 c. Italian  
tomato sauce

Fry eggplant until golden brown. Place 1 teaspoon Ricotta cheese on top of sliced eggplant; add slice of Mozzarella cheese to form stuffing; sprinkle Italian grated cheese over slices. Secure ends of eggplant together in center of slice with toothpicks.

Place stuffed slices in shallow baking pan. Pour sauce over eggplant and sprinkle with more Italian grated cheese.

Bake at 325° for 30 minutes.

### EGGPLANT AU GRATIN

Rose Marcucci

1 eggplant  
1/2 lb. can mushrooms  
juice of 1 lemon  
1 1/2 Tbsp. flour  
3/4 c. milk  
1/4 tsp. nutmeg

1 egg, slightly beaten  
2 Tbsp. bread crumbs  
2 Tbsp. grated cheese  
pepper to taste and salt  
butter

Cut eggplant in cubes. Drop in boiling salted water. Cook for 5 minutes. Drain well.

Saute mushrooms in 1 teaspoon lemon juice. Melt 1 1/2 tablespoons butter in saucepan. Add flour and milk; stir constantly until smooth. Add salt and pepper, remaining juice and nutmeg. Add eggplant and mushrooms; stir in egg.

Place entire mixture in baking dish. Sprinkle top with bread crumbs and grated cheese. Dot with butter.

Bake for 30 minutes in 350° oven. Place under broiler for a few minutes to brown.

### EGGPLANT ROLLATINE

Rose Marcucci

1 medium size eggplant  
1 lb. Ricotta cheese (mix  
with 2 eggs)

1/2 lb. Mozzarella cheese  
2 c. tomato sauce

Cut eggplant lengthwise about 1/8 inch thick and salt. Fry eggplant in 1/4 cup oil. Drain on absorbent paper.

Place egg and Ricotta mixture on fried eggplants and roll. Place a layer of sauce in baking dish, then place rolled eggplants; top with balance of sauce and Mozzarella cheese. Sprinkle with grated cheese.

Bake until sauce is bubbling, about 15 minutes.

### EGGPLANT PARMESAN

Mrs. Harry Bonanno

1 medium eggplant  
2 eggs  
1/4 c. water  
1/3 c. all-purpose flour  
1 c. fine dry bread crumbs

cooking oil  
8 oz. sliced Mozzarella  
cheese  
1/4 c. grated Parmesan cheese  
Italian tomato sauce

Cut unpeeled eggplant crosswise into 1/4 inch slices. In medium bowl, beat together eggs and water. Coat eggplant slices in flour; dip in egg mixture, then coat with bread crumbs.

In large skillet, cook eggplant slices in a small amount of hot oil till lightly browned, turning once. Drain on paper toweling.

In bottom of 10 x 6 x 2 inch baking dish, spread 1/2 cup of the sauce. Layer half of the eggplant slices, half the cheese and half of the remaining sauce. Repeat layers. Sprinkle with Parmesan cheese.

Bake (uncovered) in 350° oven for 20 to 30 minutes.

Serves 6 to 8.

### STUFFED MUSHROOMS

Maria Cacace

1 lb. fresh mushrooms (large)	1 c. bread crumbs
1 small chopped onion	1/2 tsp. salt
1 lb. sausage (without casing)	1/4 tsp. pepper
	1 egg
	1 tsp. butter

Cook sausage and mushroom stems, and drain excess grease. Place bread crumbs, onion, egg, salt and pepper in bowl; mix well.

Fill mushroom caps with mixture. Pour melted butter over mushrooms and bake in 350° oven for 45 minutes.

### SICILIAN STRING BEANS

Toni Salvo

1 lb. cooked string beans	grated cheese
1/2 c. bread crumbs	2 Tbsp. olive oil

Brown garlic in oil; add bread crumbs. Toast slightly and add cooked string beans. Toss with bread crumbs; sprinkle with grated cheese.

Serve hot.

### CAULIFLOWER AND OLIVES

Madeline Simone

Break flowerettes and cook until tender. Spoon into baking dish and top with a cup of chopped or sliced olives. Sprinkle with buttered bread crumbs and bake about 10 minutes.

**BROCCOLI OR SPINACH PIE****Florence Violante**

4 slices American bread	1/4 c. oil
1 pkg. frozen broccoli or spinach	salt and pepper to taste
1/2 c. grated Italian cheese	4 slices American cheese
	8 eggs, well beaten

Place 4 slices of bread in a well greased baking dish, then mix vegetable, oil, grated cheese, salt and pepper together and spread over the slices of bread. Beat eggs; pour over. Cover with the slices of cheese.

Bake in oven at 350° for 30 minutes.

**BAKED LIMAS****Vivian Zichichi**

1 lb. lima beans	1/4 lb. salt pork
1/3 c. brown sugar	1/3 c. molasses

Soak 1 pound large lima beans overnight. Boil beans until tender. Bake with the sugar, salt pork and molasses at 325° for 1 to 2 hours. The salt pork should have a steak of lean.

**STUFFED ITALIAN FRYER PEPPERS****Madeline Simone**

Cut tops of peppers and dice. Brown in oil with mushrooms. Soak 2 bags frezelles in water and squeeze dry. Add:

garlic powder	diced pepperoni
chopped olives	diced sharp cheese
grated cheese	chopped celery
pepper	chopped onion

Add browned peppers and mushrooms and mix well. If too moist, add Italian style bread crumbs.

Stuff each pepper and place in large baking dish. Top with Marinara sauce and grated cheese. Cover with foil and bake at 350° about 30 - 40 minutes or till done.

**SPINACH BARS****Angie Maluk**

2 pkg. frozen chopped spinach, cooked and drained	8 eggs
	1/2 c. grated cheese
	8 oz. pkg. shredded Mozzarella cheese

1/2 c. bread crumbs  
1 stick pepperoni, chopped

dash pepper and garlic salt

Beat 4 eggs and 1/4 cup grated cheese. Add spinach, bread crumbs, pepperoni and Mozzarella cheese. Pour into 9 x 13 inch greased pan.

In a bowl, beat 4 eggs and rest of cheese, pepper and garlic salt. Poke holes into mixture in pan, and pour egg mixture over.

Bake at 350° for 30 to 35 minutes.

### BEANS AND ESCAROLE

Carmel Criscuolo

1 c. Cannellini beans (dry)  
2 lb. escarole  
1 stick pepperoni

3 Tbsp. oil  
1 clove garlic

Wash beans and cook in 1 quart of water, adding pepperoni (cut up in small pieces). Cook until beans are tender.

In the meantime, wash and cook escarole; boil until cooked. In a medium size pan, saute the garlic in the oil until light brown; add a dash of red pepper, then add to the beans the sauteed garlic and cooked escarole; mix well.

### ESCAROLE WITH CHICK PEAS

Dolly Esposito

1 lb. escarole, cleaned  
and cut in bite size  
1 can chick peas  
2 Tbsp. oil

small pieces salt pork, chopped  
1 clove garlic, chopped  
1 Tbsp. parsley, chopped  
salt and pepper to taste

In large skillet, heat oil with salt pork, garlic and parsley; add boiled escarole and seasoning; add chick peas with liquid, and blend all ingredients.

### SPINACH BAKE

Verna Zichichi

1 pkg. frozen chopped,  
strained spinach  
12 eggs

8 oz. shredded Mozzarella  
cheese  
1 stick pepperoni, chopped  
small

Beat eggs, mix all ingredients. Pour into 13 x 9 inch pan (slightly buttered). Bake in 350° oven for 30 to 40 minutes. Cut into 1 inch squares.

## RICE STUFFED PEPPERS

Grace Marriott

1/2 lb. raw ground meat	1 small onion, chopped
4 large peppers	1/2 c. sliced mushrooms
3/4 c. diced celery	2 c. cooked white or brown rice
3 Tbsp. Parmesan cheese	1 Tbsp. oil
1 1/2 c. tomato sauce	

Brown ground meat in 1 tablespoon oil. Set aside.

Slice tops of peppers and clean out seeds. In sauce simmer onion, celery, mushrooms and meat until vegetables are tender; add remaining ingredients.

Place rice mixture in peppers and place peppers in baking dish with 1/2 inch hot water in the bottom. Bake at 375° for 35 - 45 minutes.

Serves 4.

## SWEET POTATO PIE (So. Carolina Recipe)

Debby Duffy

4 or 5 medium sweet potatoes	1 tsp. vanilla
1/4 c. milk	1 tsp. lemon extract

Boil, skin and mash sweet potatoes. Add milk. More milk may be added to make potatoes creamy. Next add vanilla and lemon extract.

### Crumb Topping:

2 Tbsp. butter or margarine	1 c. brown sugar, packed
1 Tbsp. flour	1 c. chopped pecans

Combine butter and margarine, sugar and flour in pan; cook over low heat until sugar melts and stirring constantly. Add pecans and little water to spread mixture over potatoes.

Bake in 400° oven 30 to 40 minutes.



*Breads, Rolls,  
Pies, Pastries*



## BREADS, ROLLS, PIES, PASTRY

### ST. ANTHONY'S BREAD

Eleanor Tynan

And what would this bread be without a special prayer to St. Anthony!

O Holy St. Anthony, gentlest of Saints, your love for God and charity for His creatures, made you worthy, when on earth, to possess miraculous powers. Miracles waited on your work, which you were ever ready to speak for those in trouble or anxiety. Encouraged by this thought, I implore of you to obtain for me (your request). The answer to my prayer may require a miracle, even so, you are the Saint of Miracles.

O gently and loving St. Anthony, whose heart was ever full of human sympathy, whisper my petition into the ears of the Sweet Infant Jesus, who loved to be folded in your arms; and the gratitude of my heart will ever be yours.

Bake this bread when you are blue and need to get those aggressions out.

1 envelope active dry yeast	1 Tbsp. rye flour
1 1/2 c. very warm water (115° F.)	1 Tbsp. olive oil
2 tsp. coarse salt or 1 1/2 tsp. table salt	

#### Glaze:

1 egg beaten with 1 tsp. water	sesame seeds for topping
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In a medium bowl dissolve the yeast in the water; add salt, rye and stir in enough of white flour as can be absorbed. When it becomes hard to stir, turn the dough out and let rest while you wash the bowl.

Knead the dough, adding more flour as necessary until it is smooth and bouncy, about 8 - 10 minutes. Return it to the bowl and brush the top with olive oil, letting a little run down the sides. Cover the bowl with plastic wrap and let the dough rise slowly until almost triple in volume - about an hour or so.

Turn the dough out and deflate it thoroughly. Roll it out into a long, thick roll almost a yard long. Leaving a 12 inch base, start twisting the dough around that base, looping it around about 4 times. Place dough on a greased baking sheet and with a sharp knife, make a deep 1/4 inch slash the length of the loaf. Cover with a kitchen towel and let rise until doubled in size, about 50 minutes.

Brush the top and the gash where it has opened up with egg glaze and sprinkle sesame seeds all over. Bake in a preheated hot oven (425° F.) for 40 minutes, then lower heat to moderate 375° F. and bake 15 - 20 minutes more until crusty. Cool on rack.

Makes 2 loaves.

**PANETTONE, HAZELNUT WITH BITTERSWEET CHOCOLATE  
GLAZE** **Patricia Gagne**

1 1/2 c. milk	3/4 c. and 1 Tbsp. granulated sugar
1 c. ground hazelnuts	1 tsp. salt
3/4 c. golden raisins	grated rind and juice of a large orange
1/2 c. diced candied orange peel	2 large eggs
1/2 c. diced candied citron	6 large egg yolks
3 Tbsp. hazelnut liqueur or dark rum	1 1/2 tsp. vanilla extract
1 pkg. and 1 tsp. active dry yeast	approx. 5 c. unsifted flour
1/3 c. warm water (heated to 105 - 110° F.)	honey glaze (recipe follows)
1 tsp. sugar	bittersweet chocolate glaze (recipe follows)
2 sticks butter or unsalted margarine, melted and cooled	whole hazelnuts (optional)

In a heavy 2 quart saucepan heat milk with hazelnuts, bring slowly to a boil; simmer 5 minutes. Remove from heat and let stand until cool. Strain milk into a fine sieve pressing on solids, you should have 1 cup hazelnut milk.

In a medium size bowl combine raisins, candied orange peel and citron, toss with liqueur or rum and set aside, covered.

In a large bowl combine yeast, water and sugar; let stand 5 minutes until yeasty and foamy. Add the next 7 ingredients, 3 cups flour and reserved hazelnut milk. Beat at medium speed for 3 minutes until mixture is smooth.

Loosely cover bowl and set aside 1 hour in a draft-free area. Stir batter down and beat in 1 1/2 cups flour, set aside another 20 minutes, loosely covered. Add dried fruits and raisins and remaining flour a bit at a time until dough is smooth and leaves the side of the bowl.

Turn out dough onto a lightly floured surface and continue to knead 10 minutes until dough is shiny and soft to the touch.

Generously grease an 8 inch spring form pan and a 6 or 7 cup fluted or charlotte mold. Sprinkle inside of pans with finely ground hazelnuts shaking out excess. (Nuts should coat pans completely.)

Divide dough in half and place in prepared pans, smoothing dough with your knuckles so that dough is evenly spread out. Loosely cover dough with greased plastic wrap and set aside for 1 1/2 - 2 hours in a draft-free area. Bake in preheated 375° oven for 45 - 60 minutes or until dough is golden brown and fragrant.

While breads are still warm brush with honey glaze. Turn out of pans and cool completely. If desired, frost with chocolate glaze and decorate with whole hazelnuts. Yields 2 breads.

### Honey Glaze:

In a small saucepan heat:

4 Tbsp. butter

2 Tbsp. honey

When butter is melted add 2 tablespoons hazelnut liqueur or dark rum. Use while warm.

### APPETIZER STUFFED BREAD

**Isabelle Infantino**

1 lb. frozen bread dough,  
thawed according to pkg.  
directions  
1 lb. mild or hot Italian  
sausages (or a combination)  
4 - 5 red or green sweet  
peppers, or a combination  
olive oil

Dijon mustard  
lemon juice  
5 - 6 cloves garlic, bruised  
salt and pepper to taste  
pinch sugar  
crushed red pepper flakes  
Parmesan cheese (optional)

In a large saute pan, add 1/4 cup olive oil and garlic cloves, cook until very golden brown over moderate, discard garlic. Cut peppers into thick strips, add them to the garlic oil with

1/4 teaspoon sugar, 1/2 teaspoon salt, a good pinch black pepper, and a good squeeze lemon juice. Cook the peppers, partially covered, until they are soft, not browned. Reserve pan juices and peppers and set aside.

In another pan prick sausages and cook over low heat, let them cook in their own fat until they are almost cooked through. Meanwhile, roll dough out into a large rectangle on a lightly floured surface. Flour a baking sheet, this prevents soggy undercrust when the juices seep out of the bread. Brush dough generously with Dijon mustard and sprinkle with crushed red pepper to taste and Parmesan cheese, if desired.

Place peppers down the middle, top with sausages cut in half lengthwise, spoon a little pan juices from peppers and sausages. Bring up one flap of bread dough lengthwise over the pepper/sausage mixture, then bring the other side of dough slightly overlapping. Pinch seams and place with the seam side down onto prepared sheet. Let rise in draft-free area for 40 minutes, brush with a little olive oil or beaten egg and, if desired, sprinkle with sesame or poppy seeds.

Bake at 375° for 40 - 45 minutes. Serve hot or cold.

Serves 6.

### SAVORY SPINACH BREAD

Josephine Farricielli

1 lb. fresh or frozen bread  
dough  
1 pkg. chopped spinach,  
thawed  
1 clove garlic, minced  
2 Tbsp. oil

1 Tbsp. butter  
1/4 tsp. salt  
1/4 tsp. black pepper  
1/4 c. grated Parmesan cheese  
1/2 c. shredded Mozzarella  
cheese  
1 c. Ricotta cheese

Roll out dough, in the shape of a rectangle. Heat oil and lightly brown the garlic. Add spinach, salt and pepper and simmer for 5 minutes - drain well. Add butter.

Spread spinach mixture on dough, then the Ricotta, sprinkle with grated cheese and top with shredded Mozzarella cheese. Roll up jelly roll fashion.

Bake on greased cookie sheet for 40 minutes or until golden brown, in 350° oven.

### IRISH BREAD

Mary Cohen

3 c. flour	1 c. milk
1 egg	2 tsp. baking powder
1/2 tsp. baking soda	1/2 c. light raisins
1 stick oleo	3/4 c. sugar

Combine all dry ingredients, add oleo, cut into dry ingredients. Add egg, milk, soften raisins. Add to batter.

Bake 350° for 1 hour in a greased and floured pan.

### EASTER TEA BREAD

Antoinette Salvo

1 c. sugar	1 c. shortening (half Crisco, half margarine)
1 c. orange juice	4 eggs (add 1 at a time)
4 c. flour	6 tsp. baking powder
2 tsp. lemon extract	

Mix all the above ingredients; mix well. Grease and flour pan (French loaf pan, if possible).

Bake in 350° oven for 35 minutes, and glaze with confectioners' sugar glaze and sprinkles.

### SURPRISE BREAD

Yolanda D'Amato

1/2 c. milk	1/2 c. finely chopped walnuts
1/2 tsp. baking soda	1 apple, thinly sliced
3 tsp. cinnamon	8 chopped maraschino cherries
2 eggs	3/4 c. semi-sweet chocolate morsels
1/2 c. salad oil	1/4 c. coconut
2 c. flour	

Combine all ingredients in a bowl. Mix with a hand mixer.

Place concoction in a greased and floured loaf pan. Bake at 350° for 1 hour.

### EASTER OR CHRISTMAS BREAD

Carrie Di Martino

1/4 c. milk	1/3 c. warm water (not hot)
1/3 c. granulated sugar	1 pkg. or 1 cake yeast
1/2 tsp. salt	2 eggs
3 Tbsp. butter or margarine	3 1/2 c. flour

Scald milk; stir in sugar, salt and butter. Cool. Put water and yeast in bowl; add milk mixture. Stir in beaten eggs alternately with flour. Let rise until double.

Turn on floured surface. Knead and shape into greased loaf pans. Let rise again in warmed oven.

After rising, turn oven to 375° for approximately 30 minutes.

### CORN BREAD

Dolores Ceritto

1 c. yellow stone ground cornmeal	2 tsp. baking powder
1 c. whole wheat flour	2 eggs, beaten
1/2 c. non-fat dry milk	1 c. buttermilk
	3 Tbsp. oil

Combine cornmeal, flour, dry milk and baking powder. Make a well in the flour and add the remaining ingredients. Mix only until combined or wet.

Pour into an 8 x 8 inch well oiled pan or glass dish. Bake at 350° for 30 minutes, or until browned.

To test for doneness, insert toothpick in center. If done, toothpick will come out clean.

### TWO HOUR ROLLS

Minnie Pisani

1 pkg. yeast	1 c. warm <sup>milk</sup> water
1 egg	1 tsp. salt
1/2 c. warm water	3 Tbsp. oil
3 Tbsp. sugar	4 c. flour

Mix yeast in warm water. Mix in egg, salt, milk, oil and sugar. Add flour; let rise.

Make into rolls. Let rise again. Bake at 350° for 20 minutes.

### DATE NUT BREAD

Helene Zichichi

1 egg	1 c. boiling water
3/4 c. brown sugar	1 c. chopped dates
1 1/2 c. flour	1/4 tsp. salt
1 tsp. baking powder	1 tsp. vanilla
1 tsp. baking soda	1/2 to 1 c. nuts

Sprinkle baking soda over dates. Add boiling water. Let stand until cool.

Separate egg; beat yolk and brown sugar. Add date mixture,

then flour, baking powder and salt (sifted). Add nuts. Fold in beaten egg white, in which vanilla has been added.

Bake in greased loaf pan at 350° for 50 to 60 minutes.

### CRESICA

Mrs. William Abbagnaro

2 yeast packets, diluted  
in 1/4 c. warm water  
6 eggs  
1 stick margarine or butter  
at room temperature  
2 Tbsp. Spry (heaping)

1 1/2 c. grating cheese  
1/4 lb. American cheese,  
cubed  
1/2 c. lukewarm milk  
1 tsp. pepper  
3 1/2 c. flour

Let rise 3 hours in greased pan you are going to bake it in. Bake at 325° for 1 hour.

### BASIC WHITE BREAD

Agnes Z. Cornwall

Scald 1 cup milk. Add and stir in:

2 Tbsp. sugar  
2 tsp. salt

2 1/2 Tbsp. shortening

Cool to lukewarm. Measure into bowl 1 cup lukewarm water and sprinkle or crumble 1 package or cake of yeast (dry or compressed). Let stand until dissolved, then stir. Add lukewarm mixture. Add and stir in 3 cups sifted all-purpose flour. Beat until smooth. Add and stir in 3 cups sifted all-purpose flour (about).

Turn dough out on lightly covered floured board. Knead and place in greased bowl. Brush lightly with melted shortening. Cover with clean towel. Let rise in warm place, free from draft, until doubled in bulk, about 55 minutes.

Bake in moderate oven at 400° about 50 minutes.

Makes 2 loaves.

### SWEET EASTER BREAD

Theresa Argento

To serve on Easter morning . . .

2 pkg. dry yeast  
1 c. milk  
2 tsp. salt  
1 1/2 c. sugar

1 1/2 c. warm water (not hot)  
butter or margarine  
6 eggs  
8 or 9 c. flour



Sprinkle yeast into the water in large bowl. Scald milk; add 1/2 cup butter and the salt, and cool to lukewarm.

Meanwhile, beat eggs and sugar until light. Add milk mixture and eggs, then stir into yeast. With wooden spoon, gradually beat in 3 cups flour. Stir in enough additional flour to make a soft dough that leaves side of bowl.

Turn out onto floured surface and knead, adding additional flour as necessary, 8 to 10 minutes or until smooth and elastic. Put in greased bowl, turning to grease top. Cover with plastic bag and let rise in warm place, free from draft, 1 to 2 hours, or until doubled. Punch down, then let rest 10 minutes.

Divide dough in thirds and shape each third in smooth ball. With hands, flatten to 8 or 9 inches in diameter. Press in 2 greased round 9 inch layer pans. Cover and let rise in warm place or until doubled.

Bake in preheated 350° oven for 30 minutes. Brush with melted butter while still hot. Cool before slicing.

### PIE CRUST

Theresa Argento

1 1/2 c. flour  
1/4 c. milk

1/2 c. vegetable oil  
pinch of salt

To make a bottom crust, place flour in center of a deep 10 inch pie dish. Place milk, oil and salt around the flour. With hands, work flour into other ingredients until a soft ball is formed. With fingers, mold the ball to conform to sides and bottom of pie dish.

If bottom crust is to be prebaked, place it in the oven at 350° for 20 minutes.

To make a top crust, use the same amount of ingredients and repeat directions for forming a soft ball. Then place ball between two pieces of waxed paper (the same size as the pie dish) and roll out the dough. Then gently remove top piece of waxed paper. Reverse other piece of waxed paper (with dough on it) on top of pie. Then remove waxed paper and pinch top and bottom crusts together.

### FRITTER DOUGH

Ann Ferraro

3 eggs, separated  
6 Tbsp. flour  
4 Tbsp. vegetable oil

1 tsp. salt  
water

Mix together the egg yolks with 1 tablespoon oil. Mix in flour and salt and just enough water to make a thick, creamy mixture. (This dough can be used with a variety of foods, such as drained spinach, corn Niblets, sweetened sliced apples, etc.) Stir in whatever choice of filler is wanted.

Beat egg whites until stiff. Blend in a small amount to the batter, then fold in balance of egg whites.

Heat remaining 3 tablespoons oil in frying pan and drop batter by tablespoon. Brown well on both sides; drain on paper towels.

### PIZZA DOUGH

Mary Simeone

1 pkg. dried yeast	1 tsp. salt
1 1/3 c. lukewarm water	4 c. sifted flour
2 Tbsp. olive oil	

Dissolve yeast in mixing bowl with lukewarm water. Add oil; sift flour and salt and add yeast to mixture. Knead until smooth (about 10 minutes). Cover bowl with cloth or waxed paper and put in warm place until double in bulk, about 2 hours.

Place dough on 2 greased round pizza pans (12 inch) or on greased cookie sheet. Flatten and stretch with oiled fingers. Spread sauce evenly over dough. Sprinkle with cheese and oregano, and bake at 425° about 20 minutes until crispy.

Sausage, hamburger, anchovies or Mozzarella cheese may be added on top of dough.

### PIZZA DOUGH

Angela Naclerio

5 lb. flour	3 pkg. dry yeast
3 Tbsp. salt	about 1 qt. warm water (or more)

Make well with flour and salt. Add yeast in center of well; gradually add warm water. With 1 hand, squeeze yeast into water and flour as other hand pours water, working in all flour and water until soft dough forms. Knead well.

Place in greased bowl; cover. Keep in warm place. When double in bulk, punch down; let rise again. It is ready for use.

Fry for pizza, or make own pizza in oven. May be separated in plastic bags and frozen until ready for use.

## FLOUR TORTILLAS

Josie Ellard

2 c. flour  
1/3 c. shortening  
1 tsp. salt

1/4 tsp. baking powder  
tepid water

Mix the dry ingredients. Cut in the shortening and mix well. Add enough water to form a soft dough.

Turn onto a lightly floured board and knead a few times. Divide into 7 balls the size of an egg; cover with a cloth and let stand 20 minutes. Roll out the balls into flat patty (pancake shape).

Cook in an ungreased skillet over a moderate flame; turn once. Serve with butter or filling.

## KULICH

Margaret Di Noia

1 1/2 pkg. active dry yeast  
1/2 c. lukewarm water  
3/4 c. sugar  
1 1/2 sticks unsalted butter  
or margarine  
1 c. milk  
1/2 tsp. salt  
5 large egg yolks  
2 Tbsp. vodka  
grated rind of a large lemon  
1/2 tsp. freshly grated nutmeg

about 5 1/2 c. King Arthur  
flour  
1/4 c. chopped crystallized  
ginger  
3/4 c. golden raisins  
1/2 c. candied lemon peel  
1/2 c. candied orange peel  
1/2 c. glazed cherries, chopped  
butter and cake or bread  
crumbs for coating the  
inside of the forms (baking  
cans)

Proof the yeast with the lukewarm water and a pinch sugar and set aside until foamy. Melt the butter over low heat, add the milk, salt and whisk in the sugar until dissolved.

In a large mixing bowl blend together the yeast sponge and the cooled butter and milk mixture. Add the egg yolks, vodka, lemon rind and 3 cups flour and mix until ingredients are blended. Cover with a damp towel and set aside 1/2 hour.

Meanwhile, toss the dried fruits with 2 tablespoons flour then gradually stir in the remaining flour with the dried fruits until dough is soft and cleans the side of the bowl. Turn the dough out onto a lightly floured surface and knead for as long as 10 minutes.

Place the dough in a large buttered bowl, cover with a dampened tea towel and let rise in a warm place until doubled in bulk, about 1 - 2 hours.

(If desired, cover the bowl with plastic, then a dampened tea towel and refrigerate overnight, just bring to room temperature before proceeding with recipe.)

After the dough has risen, take it out of the bowl and knead for a couple of minutes and divide into 2 equal pieces. Place in 2 (1 pound) cleaned coffee cans or similar forms which have been generously greased and sprinkled with dried cake or bread crumbs. Loosely cover with buttered plastic wrap and let rise for another 50 - 55 minutes.

Remove the plastic wrap and bake in a preheated 375° oven for 45 - 50 minutes until tops have risen over the rim and are golden. If the tops brown too quickly, cover with a piece of foil. Let cool in the forms until lukewarm, then remove and continue to cool wrapped in a towel. If desired, sprinkle with powdered sugar and garnish with small tea roses.

Makes 2 coffee cakes.

### SOUR CREAM COFFEE CAKE

Mary Ellen Waddell

1 stick butter  
1 c. sugar  
2 eggs  
2 c. flour, sifted  
1 tsp. baking powder

1 tsp. baking soda  
1 tsp. salt  
1 tsp. almond or vanilla  
extract  
1/2 pt. sour cream

#### Topping:

2 tsp. cinnamon  
1/2 c. sugar

1/2 c. chopped nuts

Cream butter and sugar, add eggs and beat well. Add dry ingredients and sour cream.

Pour 1/2 of batter into tube pan, then 1/2 of topping. Alternate and bake at 350° oven 35 to 40 minutes.

### COFFEE CAKE (SOUR CREAM)

Celia Agnellino

Cream together:

1/2 lb. butter

2 c. sugar

Add 4 eggs, one at a time. Sift together and add:

4 c. flour  
2 tsp. baking powder

2 tsp. baking soda  
1 tsp. salt

1 pt. (16 oz.) sour cream                      2 tsp. vanilla

Alternate dry ingredients and sour cream; add vanilla.

**Filling:**

2 tsp. cinnamon                                      1/2 c. brown sugar  
1 c. walnuts

Sprinkle 1/2 filling on bottom of pan, 1/2 batter, remainder of filling and remainder of batter.

Bake at 325° for 1 hour and 15 minutes.

Variation: Nuts may be put into batter.

**JEWISH COFFEE CAKE**

**Toni Ellard**

1/2 c. shortening                                      1 c. sugar  
2 eggs    1 tsp. vanilla  
2 c. flour    1 c. sour cream  
1 tsp. baking powder                              1 tsp. baking soda  
1/4 tsp. salt

Cream shortening; add eggs and balance of ingredients. Use ungreased angel food pan.

Put 1/3 batter in pan. Spread 1/2 topping over batter. Add rest of batter and spread remaining topping.

Bake at 350° for 45 minutes. Cool in pan, then remove.

**Topping:**

1/2 c. chopped nuts                                      1 tsp. cinnamon  
1/4 c. sugar

**SOUR CREAM COFFEE CAKE**

**Vinnie Criscuolo**

1/4 lb. butter or margarine                              1 c. sugar  
1/2 pt. sour cream (1 c.)                                      2 eggs  
2 c. flour    1/2 tsp. baking powder  
1/8 tsp. baking soda

Cream butter and sugar well. Add sour cream. Add eggs, blending well. Add flour, baking powder and soda (sifted).

Grease tube pan, and put enough batter to cover bottom. Make mixture of:

1/4 c. sugar  
1/4 c. chopped nuts

1 Tbsp. cinnamon

Spread some over batter. Add more batter; repeat procedure. Cut and swirl with knife. Bake at 350° for 1 hour.

Makes a small ring cake. Double for larger one.

### BABKA, LEMON-SCENTED CHRISTMAS OR EASTER

#### SWEETBREAD

Eleanor Tynan

1 envelope active dry yeast  
1 tsp. sugar  
1/4 c. water heated to  
100 to 115° F.  
1/3 c. plus 2 Tbsp. granulated  
sugar  
1 large egg and 2 egg yolks,  
beaten  
1/3 c. sour cream  
1/2 tsp. salt

1/2 tsp. ground mace  
1 - 2 Tbsp. rum or brandy  
(optional)  
1 tsp. vanilla extract  
6 Tbsp. unsalted butter or  
margarine, softened  
2 tsp. freshly grated lemon  
peel  
2 1/2 to 3 1/4 c. bread flour

#### Filling:

1 (7 1/2 oz.) pkg. Farmer's  
cheese  
1 (3 oz.) pkg. cream cheese,  
softened  
2 egg yolks, beaten  
1 tsp. grated lemon peel  
1/4 c. plus 1 Tbsp. sugar

1 Tbsp. rum or brandy (optional)  
1/2 tsp. vanilla extract  
pinch salt (optional)  
2 heaping Tbsp. sour cream  
1/2 c. chopped walnuts or  
pecans  
2 Tbsp. fresh lemon juice

#### Streusel Topping:

1/2 c. flour  
1/4 c. light brown sugar

1/2 tsp. ground cinnamon  
4 Tbsp. melted butter

Dissolve the yeast with the sugar and water and set aside for 5 minutes until it foams and has a slight yeasty aroma.

In a large bowl, beat the sugar with the egg, egg yolks, sour cream, salt, mace, brandy, vanilla, butter and lemon peel with 1 cup of flour for 3 minutes.

Next, stir in yeast mixture, add another cup of flour and beat it until smooth. (At this point the dough can be set aside for a half hour.) Gradually add enough flour to make a soft dough and turn it out onto a lightly floured surface.

Knead the dough until it is soft and smooth, then place it in a large greased bowl, turn the dough to coat it, and let it rise in a draft-free area until it has doubled in bulk, about 50 minutes. Punch the dough down and let it rise for another 45 minutes.

Meanwhile, preheat oven to 375°, make the filling and topping.

For filling: Combine all ingredients in a bowl and beat them using a mixer, or puree in food processor or blender until smooth.

For streusel topping: Combine the flour, sugar and cinnamon, then stir in the melted butter.

To assemble the bread: Generously butter a 12 cup Bundt pan and sprinkle with dry bread crumbs, shake out excess. Roll out dough to a large rectangle and spread filling to within an inch of the sides. Roll up the dough lengthwise, jelly roll fashion and press the seam together.

Place the roll in the prepared pan, seam side down. Gently press the dough with your hands so that it will be evenly distributed in the pan, then spread the streusel topping all over. Let this rise in loosely covered for 50 - 60 minutes until it is doubled in bulk.

Bake in a preheated oven for 45 - 55 minutes or until it is lightly browned and fragrant. Let cool in pan for 10 minutes on a cake rack. Invert the bread onto the cake rack and then invert it once again, so the streusel is on top. Dust the loaf with confectioners' sugar. A lovely rich bread that mellows nicely over a day.

Makes 1 large loaf.

## RICE RICOTTA PIE

Antoinette Salvo

### Crust:

2 c. flour	1/4 c. milk
2 1/2 tsp. baking powder	1/2 c. melted Crisco
2 eggs, beaten	1/2 tsp. vanilla
1/3 c. sugar	

### Filling:

1/3 c. cooked rice	pinch salt
1/2 c. sugar	1/2 Tbsp. vanilla
5 eggs	1/4 c. milk
1 lb. Ricotta	

Bake for 1 hour at 300° and 325° for 15 minutes more.  
Makes 1 (10 inch) pie.

**CALSONE (Italian Easter Pie)**

**Toni Ellard**

Dissolve together:

1 envelope yeast                                  1/4 c. warm water

Add 2 tablespoons sugar; let stand 10 minutes. Put 4 cups flour in pan; add 1 teaspoon salt. Make hole in flour; add:

1 c. warm water                                  2 beaten eggs  
1/2 c. melted shortening

Add yeast mixture. Mix thoroughly; let rise until double in bulk, about 2 hours. Take from pan; knead and let rise again about 1/2 hour.

**Filling:**

1 lb. boiled or cooked ham                  1 small Mozzarella cheese  
1 lb. Italian sausage, fried                5 Tbsp. grated cheese  
(remove from casing)                      5 hard cooked eggs  
1/2 lb. Provolone cheese

Put above ingredients through large knife of the food chopper (or chop fine by hand). Add 5 raw eggs; mix thoroughly.

Makes 2 (10 inch) double crust pies. Make slits in top pie crust. Bake at 375° for 30 minutes or until light brown.

**SAUSAGE AND SPINACH PIE**

**Rose Di Cerbo**

1 lb. sweet sausage                              1 lb. Mozzarella cheese  
6 eggs    1/2 tsp. salt  
2 (10 oz.) pkg. frozen chopped        1/2 tsp. garlic powder  
spinach, thawed and well               1/2 c. grated cheese (optional)  
drained    1/2 tsp. pepper  
1 lb. Ricotta cheese

Remove sausage from casing and cook until well browned. Combine remaining ingredients in large bowl. Add sausage and drained spinach. Pour into pie crust. Brush with egg yolks.

Bake at 375° for 1 hour and 15 minutes.



### Crust:

3 to 4 c. flour	1 1/2 tsp. black pepper
3 Tbsp. Crisco or lard	3 eggs
2 tsp. baking powder	1 c. water

Cut in shortening with dry ingredients. Make a well and add eggs and water. Knead on floured board until smooth. Cover with cloth and let dough rest for 15 minutes.

Roll 1/2 dough to fit pie plate. Fill with ingredients; cover with other half of rolled crust.

### APPLE PIE MUFFINS WITH ICE CREAM BUTTER

Verna Zichichi

2 c. all-purpose flour	1/3 c. vegetable oil
1/2 c. granulated sugar	3/4 c. milk
3 Tbsp. light brown sugar	1 tsp. vanilla
1 Tbsp. baking powder	1 c. diced or chopped unpeeled apple
1/2 tsp. salt	1 Tbsp. lemon juice
1 1/2 tsp. cinnamon, divided	ice cream butter (recipe follows)
3/4 c. walnuts	
1 large egg	

Preheat oven to 400° and generously grease 12 (2 1/2 inch) muffin cups. In a large bowl sift together the flour, granulated sugar, brown sugar, baking powder, salt and 1 teaspoon cinnamon

Combine the walnuts and remaining cinnamon in a small bowl, set aside.

In another bowl, whisk together the egg, oil, milk and vanilla until blended and toss the apple with the lemon juice. Working quickly, pour the egg mixture over the sifted dry ingredients and fold lightly 3 or 4 times with a rubber spatula to partially combine. Add the apple and distribute evenly using as few strokes as possible.

Divide the batter among the muffin cup tins filling not quite 3/4 full. Bake the muffins in the middle of the oven for 20 - 25 minutes or until muffins are slightly puffed and golden. Cool on racks 5 minutes before removing from cups. Serve warm or at room temperature with the ice cream butter.

Makes 12.

### Ice Cream Butter:

Heat 4 tablespoons dark rum in a small saucepan. Standing well away and using a long match, ignite. Smother flames with a cover and cool.

In a bowl beat 1 1/2 sticks unsalted butter with rum. Gradually beat in 2 heaping tablespoons softened maple walnut or vanilla ice cream, a little at a time (mixture will be slightly curdled), until ingredients are combined. Remove to a small bowl and using a small spatula, smooth the surface and sprinkle with nutmeg. Chill an hour before serving. (May be done ahead of time.)

Makes about 3/4 cup.

### WHEAT PIE

Agnes Zichichi

#### Crust:

4 c. flour	2 eggs
1 c. sugar	2 egg yolks
4 tsp. baking powder	1 tsp. vanilla
1/2 lb. margarine - less 2 Tbsp.	

#### Italian Cream:

3/4 c. sugar	2 c. milk
3 egg yolks	1 tsp. vanilla
1/2 c. flour	

Cook over double boiler until thick; cool.

#### Filling:

1 lb. Ricotta cheese	1 c. uncooked wheat
1 c. sugar	1 tsp. cinnamon
6 eggs	2 tsp. orange peel

Cook wheat in 3 cups water until tender and water is absorbed. Cool. Combine all ingredients to filling, including the Italian cream.

Make crust and add filling. Make lattice top crust. Brush with egg or milk.

Bake at 375° for about 45 minutes and crust is brown.

Makes 2.

### ITALIAN CREAM PIE

Theresa Argento

#### Crust:

2 c. flour	2 eggs
------------	--------

2 Tbsp. Spry  
1/2 c. sugar

1 tsp. vanilla

Mix and roll (crust).

**Filling:**

6 egg yolks  
1 1/2 c. sugar  
1 c. flour  
1/2 tsp. salt

1 qt. milk  
1/2 tsp. vanilla  
1/2 tsp. lemon

Beat egg yolks; add sugar, flour and salt. Beat 5 minutes. Add milk, 1/4 at a time. Stir well and cook in double boiler until thick. Add vanilla and lemon.

If half chocolate is desired, divide in equal parts; add 1 square bitter chocolate to 1/2 and cool.

Pour into pastry shell. Cover with top crust, rubbing crust with beaten egg yolk. Top with confectioners' sugar when cool.

Temperature: 350°; time: 30 minutes.

**BLUEBERRY CREAM CHEESE PIE WITH PRETZEL CRUST**

Mary Sullivan

**Crust:**

1/2 stick butter or margarine      1/4 c. sugar  
3/4 c. crushed pretzels

Combine and press into bottom of 8 inch or 9 inch cake pan. Bake 12 minutes at 350°.

**Filling:**

8 oz. pkg. cream cheese      9 oz. container Cool Whip  
1 c. sugar

Soften cream cheese. Mix in 1 cup sugar. When well blended, fold in Cool Whip. Put filling in crust. Top with about 1/2 can blueberry pie filling.

### SPINACH PIE

**Antionette Locorontondo**

2 pkg. frozen spinach  
1 1/4 lb. Italian sausage  
2 c. bread crumbs (plain)  
2 eggs

8 oz. shredded Mozzarella  
cheese  
1/2 c. grated Parmesan cheese  
season to taste

Boil and drain frozen spinach. Remove casing from sausage; fry and drain. Mix spinach, sausage, bread crumbs and Mozzarella cheese.

Place in 9 inch greased pie shell. Beat eggs with grated cheese. Place on top of mixture.

Bake at 350° in oven for 30 minutes.

### ITALIAN RICE PIE

**Ruby Proto**

1/2 c. uncooked rice  
1 qt. milk  
6 eggs  
grated lemon rind (optional)

1 Tbsp. lemon juice  
1 1/2 c. sugar  
1 lb. Ricotta

Cook rice and milk together very slowly until milk is completely absorbed. Stir occasionally, remove from fire and cool.

While rice is cooling mix together with egg beater, eggs, cheese, sugar, lemon juice and rind. Add to cooled rice mixture and mix together.

Pour into pie shell. Bake at 300° for 1 1/2 hours. Change heat to 325° for the last 15 minutes of baking.

### LEMON BREAD

**Donna Planeta**

1 c. sugar  
6 Tbsp. margarine  
rind of 1 lemon  
2 eggs  
1 1/2 c. flour  
1/2 tsp. salt

1 tsp. baking powder  
1/2 c. milk  
1/2 c. nuts, chopped (pecans  
or walnuts)  
1/4 c. sugar  
juice of 1 lemon

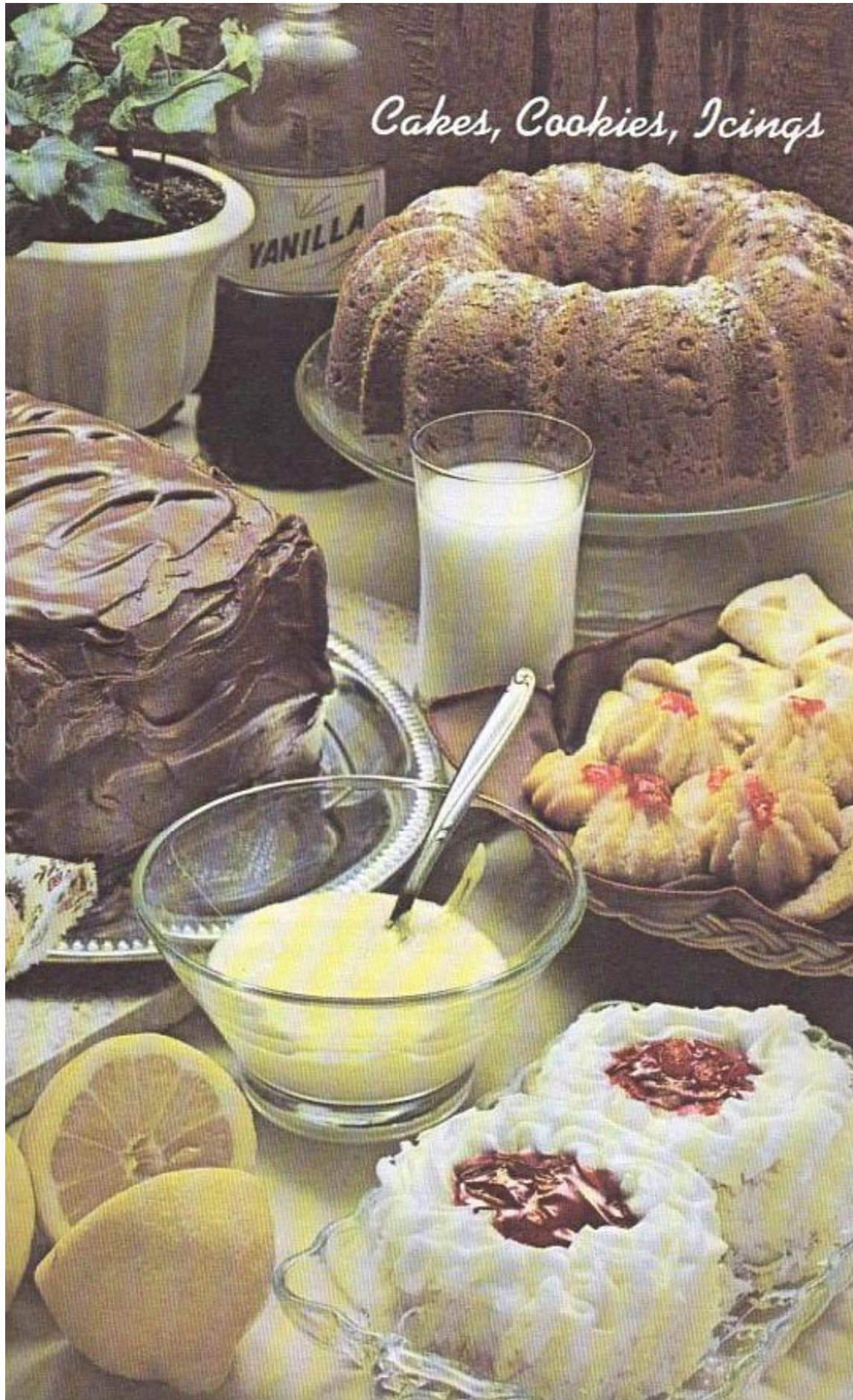
Cream sugar and margarine. Add lemon rind. Beat in eggs. Sift together salt, flour and baking powder and add alternately with milk to sugar mixture beginning and ending with flour. Stir in nuts.

minutes or until tester comes out clean.

Topping: Dissolve 1/4 cup sugar in lemon juice and pour over hot bread. Allow to cool in pan.

Write your extra recipes here:

*Cakes, Cookies, Icings*



## CAKES, COOKIES, ICINGS

### CHEESE CAKE

Joann Votto

4 (8 oz.) pkg. cream cheese,  
room temperature  
1 c. sugar

4 eggs  
1 pt. sour cream

Combine all ingredients and beat about 5 minutes. Then add:

4 Tbsp. flour  
1 Tbsp. vanilla

3/4 c. milk

Mix well, put in greased and coated 9 inch spring pan. Line pan with graham cracker crust. Then coat with above combo.

Bake 1 hour at 375° oven. Turn oven off and let stand in pan until cool (in oven). Refrigerate.

### THE PERFECT CHEESE CAKE

Anna Mulvey

2 lb. cream cheese  
2 pt. sour cream  
2 c. sugar  
6 eggs

1 tsp. vanilla  
graham cracker crumbs  
1 can pie filling (optional)

Let cream cheese soften a couple of hours at room temperature. Blend cream cheese and sugar, add one egg at a time, beating until smooth after each addition. Add vanilla, fold in sour cream.

Pour into buttered 10 inch spring form pan, lined with graham cracker crumbs.

Bake at 350° for 45 minutes - leave in the oven with the door closed for 45 minutes - open oven door and let cool to room temperature.

Refrigerate for at least 12 hours. Serve plain or with pie filling for topping.

### CREAM CHEESE CUPCAKES

Connie DeLaurentis

1 1/2 c. graham cracker crumbs  
1/4 c. melted butter

1/4 c. sugar  
1 tsp. vanilla

2 (8 oz.) pkg. cream cheese  
3/4 c. sugar

2 eggs  
fruit topping (strawberry,  
blueberry, cherry)

Combine 1 1/2 cups graham cracker crumbs, butter and sugar. Mix well and press in bottom of paper cupcake cups.

Mix cream cheese and 3/4 cup sugar, 2 eggs and 1 teaspoon vanilla. Place on top of crumb mixture.

Bake at 325° for 12 - 15 minutes. When cool top with favorite fruit topping.

### CHOCOLATE OR LEMON CREAM CHEESE CAKE

Angie Maluk

#### Crust:

1 1/2 c. flour  
3/4 c. margarine

1 1/2 c. chopped nuts (walnuts)

Cream together and press into a 9 x 13 inch pan. Bake at 350° for 20 minutes. Let cool.

#### Filling:

1 (8 oz.) pkg. cream cheese  
1 c. confectioners' sugar

1 c. Cool Whip

Mix together and spread on top of cool crust.

Mix 2 packages instant lemon pudding or chocolate pudding with 3 cups of milk. Beat until thick. Spread on the top of cheese. Top with whipped cream.

### PINEAPPLE-COCONUT SQUARES

Nancy Schwarzkopf

1/2 c. soft butter or  
margarine  
3/4 c. sugar  
1 1/4 c. sifted all-purpose  
flour  
1 can (1 lb. 4 oz.) crushed  
pineapple, well drained

1 egg, well beaten  
1 Tbsp. butter or margarine,  
melted  
1/2 tsp. vanilla extract  
1 can (3 1/2 oz.) flaked coconut

Preheat oven to 350° F. In small bowl of electric mixer, at medium speed, cream butter with 1/4 cup sugar until light and fluffy. Gradually beat in flour, to form a soft dough.



Press dough evenly on bottom and 1/2 inch up sides of 9 x 9 x 1 3/4 inch ungreased pan. Bake 15 minutes, or until golden brown. Let cool.

Spread pineapple evenly over crust. Add rest of sugar to egg; beat just until blended. Add melted butter, vanilla, coconut. Spread mixture over pineapple.

Bake 20 minutes, or until top is golden brown. When cool, cut into 1 1/2 inch squares.

Makes 3 dozen.

### ALMOND COOKIES

**Toni Marsico**

1 c. lard  
1 c. sugar  
2 eggs  
1 tsp. almond extract

3 c. flour  
1/2 tsp. salt  
1 tsp. baking soda  
sesame seeds

Cream lard and sugar together until light. Add one egg, almond extract, flour, salt and soda.

Shape dough into 1 inch balls, then flatten them with palm of hand. Brush tops of cookies with a beaten egg and sprinkle with sesame seeds.

Bake at 375° for 10 minutes on ungreased cookie sheet.

### FILLED COOKIE SQUARES

**Josephine Gargano**

4 c. flour  
2 c. sugar  
1 lb. margarine  
4 egg yolks  
2 c. chopped walnuts

1 Tbsp. baking powder  
1 tsp. vanilla  
strawberry jam  
powdered sugar

Mix flour, baking powder and sugar. Add margarine and blend. Add egg yolks and blend, then add walnuts and vanilla. Mix dough well with hands.

Pat 1/2 of dough in bottom of 15 x 13 inch pan. Spread strawberry jam on top of dough, then pat rest of dough on top of that layer.

Bake at 325° for 50 to 55 minutes. Let cool, sprinkle with powdered sugar, then cut into squares.

## ITALIAN COOKIES

Ruby Proto

1 1/2 c. sugar  
8 extra large eggs  
1/2 lb. margarine

1 Tbsp. vanilla extract  
5 c. flour  
5 tsp. baking powder

### Icing:

3/4 box confectioners' sugar  
1/2 stick margarine

whole milk  
2 Tbsp. vanilla or lemon  
extract (optional)

Sift flour and baking powder together; set aside.

Cream margarine and sugar together, mixing well. Add eggs, one at a time, mixing well; then, add vanilla.

Combine two mixtures, adding a little of the flour mixture at a time to the margarine/egg mixture. (If the dough seems too soft, add a little more flour - sometimes the eggs are a little too big.)

Drop dough in tablespoon-size pieces onto cookie sheet. Bake at 400° for 10 minutes. Let cool and ice.

Icing: Cream margarine, then gradually add milk and sugar, beating well. (If you want a thinner icing, add more milk.)

After cookies have cooled, dip them into icing, then sprinkle with candy sprinkles.

Yield: about 6 dozen cookies.

## EASY PEANUT BUTTER COOKIES

Lois Flynn

1 (14 oz.) can sweetened  
condensed milk  
3/4 c. peanut butter

2 c. Bisquick  
1 tsp. vanilla

In a large bowl, beat milk and peanut butter until smooth. Add Bisquick and vanilla. Mix well.

Shape into small balls; roll in granulated sugar. Place 2 inches apart on ungreased cookie sheet. Flatten with fork.

Bake 6 to 8 minutes, or until lightly brown. Cool.

## ANGELA'S COOKIES

Evelyn Scaramella

6 eggs  
3/4 lb. butter  
3 c. sugar  
6 tbsp. baking powder

3/4 c. milk  
3 tsp. vanilla  
6 c. flour  
1 c. chopped nuts

Cream butter, eggs and sugar. Add dry ingredients alternately with vanilla and milk; add nuts.

Make small loaves and bake on a greased cookie sheet for 25 minutes in a 350° oven. Cool; cut in small slices.

Frost with a thin icing and coat with sprinkles.

### PIGNOLI COOKIES

Theresa Argento

1 lb. almond paste  
2 c. granulated sugar  
2 Tbsp. flour

4 egg whites  
1/2 lb. pignoli nuts

Mix all ingredients well. Roll out. Cut finger size. Roll into the pignoli nuts.

Bake on greased cookie sheet or greased aluminum foil in slow oven at 250° for 12 to 20 minutes.

### BISCOTTI

Mrs. Alphonse Abbagnaro

Beat 4 eggs for 5 minutes, add:

1 c. sugar  
2 tsp. vanilla  
3/4 c. oil

1 1/2 c. flour  
2 tsp. baking powder

Bake in 3 buttered ice cube trays in a 350° oven for 30 minutes. Slice, then place on cookie sheet.

Bake for 5 to 10 minutes (be careful not to burn).

### SESAME COOKIES

Antoinette Salvo

3 c. flour  
4 eggs  
3 tsp. baking powder

3/4 c. sugar  
3 Tbsp. melted Crisco  
1 tsp. lemon or vanilla

Mix all ingredients, roll in sesame seed, place on greased pan and bake 10 minutes at 425°.

### ITALIAN CHOCOLATE COOKIES

Carmel Consiglio

1 Tbsp. cinnamon  
1 Tbsp. cloves  
1 c. water  
4 c. flour

2 c. sugar  
1 1/2 Tbsp. baking powder  
1 c. cocoa  
1/2 c. oil

Mix all ingredients and knead until thoroughly blended. Form loaves and bake on greased sheet for 15 minutes, 375° oven or until done. Cool and slice diagonally. May be frosted.

### DATE CREAM CHEESE ROLL UPS

Louise Esposito

2 sticks butter or margarine	1/4 tsp. salt
1/2 lb. cream cheese	confectioners' sugar
2 c. sifted flour	pitted dates

Cream butter and cream cheese together. Blend in flour and salt. Chill for several hours, or until firm enough to roll.

Roll into 1/8 inch thickness on board sprinkled with confectioners' sugar. Cut in 1 x 3 inch strips with pastry wheel.

Put 1/2 date in center of each strip and roll up. Put folded side down on cookie sheet.

Bake in moderate oven at 375° for about 15 minutes.

### STRUFFOLI CHRISTMAS COOKIES

Theresa Argento

6 eggs	pinch salt
3 tsp. baking powder (heaping)	2 c. flour
1 1/2 c. sugar	small jar honey (4 oz.)
2 Tbsp. Spry	tangerine skin

Make well after mixing flour, sugar, Spry, salt and flour. Add eggs, one at a time; mix well.

Roll into long "ropes" and cut into 1/4 inch pieces. Fry in hot oil until light brown. Cool in colander.

Cook honey in 2 tablespoons cooking oil. When it comes to boil, remove from heat and add tangerine skin.

Cover cookies with warm honey mixture.

### ANGINETTES

Louise Sanseverino

6 eggs	1 c. orange juice
1 c. oil	5 tsp. baking powder
1 c. sugar	1 tsp. baking soda
speck of salt	flour

Mix oil, sugar and then add eggs, orange juice and salt. Add dry ingredients, as much flour as it will take to make a soft, pliable dough.

Knead on floured board for 5 minutes. Roll out and make love knots. Bake in a 375° oven for 10 minutes. Do not over-bake, or use too much flour.

Frost with a light frosting of confectioners' sugar, lemon juice and water.

### FROZEN STRAWBERRY SQUARES

Dorothea Schwarzkopf

1 c. flour	1 (10 oz.) pkg. frozen straw-
1/4 c. packed brown sugar	berries, partially thaw -
1/2 c. chopped nuts	or 2 c. sliced fresh straw-
(walnuts or almonds), etc.	berries
1/2 c. melted butter or	2 Tbsp. lemon juice
margarine	1 c. whipping cream (whipped)
2 egg whites	- or 4 1/2 oz. carton Cool
3/4 c. granulated sugar	Whip

In a bowl stir together first 4 ingredients. Spread evenly in a 13 x 9 x 2 baking pan. Bake 350° F. oven - 20 minutes. Stir occasionally. Remove from oven and cool.

In a very large bowl of mixer combine 2 egg whites, sugar, berries and lemon juice. Beat low speed (about 2 minutes) until mixture begins to thicken, then beat at high speed until peaks form that stand up straight, 10 - 12 minutes.

Fold in Cool Whip or whipped cream. Spoon over crumb mixture in pan. Cover with foil tightly and put in freezer 6 hours or overnight.

Cut in squares and trim with fresh berries.

Servings: 12 - 15.

### DUTCH NUT STRIPS

Nancy Schwarzkopf

1 c. sifted all-purpose flour	1 tsp. vanilla extract
1/8 tsp. salt	1/2 c. finely chopped
1/2 c. soft butter or	walnuts or pecans
margarine	
1/2 c. light brown sugar, firmly packed	

Preheat oven to 375° F. Sift flour with salt; set aside.

In large bowl, using wooden spoon, beat butter, brown sugar and vanilla until smooth and fluffy. Add flour mixture, mixing until well combined. Stir in nuts.

With palms of hands, pat dough evenly onto an ungreased cookie sheet to form a rectangle 10 inches wide and 15 inches long.

Bake 10 to 12 minutes, or until golden brown. Immediately cut hot cookies, with sharp knife, into strips 1 inch wide and 2 1/2 inches long. Remove to wire rack; cool immediately.

Sprinkle with powdered sugar if you desire.

Makes 5 dozen.

### ANGINETTES WITH RICOTTA

Annette Fraulo

1 3/4 c. sugar	4 c. flour
2 sticks margarine or butter, softened	1 tsp. salt
3 eggs	2 tsp. almond extract
1 lb. Ricotta	1 tsp. baking powder
	1 tsp. baking soda

Cream margarine with sugar. Beat in eggs one at a time. Add Ricotta and almond. Mix dry ingredients in 1 cup at a time.

Drop by teaspoonful onto greased cookie sheet. Bake at 350° for 10 minutes. When cool, frost.

Yield: about 130 cookies.

### ZEPPOLE WITH RICOTTA

Margaret Ruotolo

2 1/2 lb. flour	1 Tbsp. vanilla
4 eggs	2 lb. Ricotta cheese
2 pkg. dry yeast	milk, as needed

Mix flour and yeast together. Add Ricotta cheese, vanilla and eggs, one at a time. Beat after each egg. Add milk, a little at a time. The dough has to be soft, almost like a cake dough.

Fry in deep oil. Drop 1 tablespoonful at a time in hot oil. Drain on towel paper.

### ZEPPOLE

Theresa Argento

2 c. warm water or milk	1 egg
1 pkg. yeast	flour as needed
1/2 tsp. salt	

Mix all ingredients. Add flour gradually until dough may be handled without too much sticking. Cover and place in warm room until doubled.

Fry in deep oil. Top with honey. Above Zeppole are used for Christmas holidays.

### WHOOPIE PIES

Mary Taft

6 Tbsp. shortening	2 c. flour
1 c. sugar	1 1/2 tsp. baking soda
1 egg	5 Tbsp. dark cocoa
1 c. milk	1 tsp. salt
1 tsp. vanilla	

Cream shortening and sugar, add milk and vanilla. Blend in the flour, baking soda, cocoa and salt.

Drop by spoonfuls on ungreased cookie sheet. Bake for 7 minutes in 425° oven.

#### Filling;

1 stick margarine	1 tsp. vanilla
7 Tbsp. Crisco	1 c. milk
1 c. sugar	5 Tbsp. flour

Cook milk and flour constantly stirring to prevent lumps over low heat until it thickens - cool - in the meantime mix all the other ingredients and add to cooled milk mixture. Mix thoroughly and spread between two Whoopie Cookies. (Home made Devil Dogs.)

### CHINESE NOODLE COOKIES

Ida Zingarella

2 sticks butter or margarine	2 c. Chinese noodles
1 1/4 c. brown sugar	1 tsp. baking soda
2 eggs	1/2 tsp. salt
1/2 c. sugar	12 oz. bag chocolate morsels
2 c. oats	
2 c. flour	

Mix all ingredients thoroughly. Drop by teaspoonful on greased cookie sheet. Bake for 15 minutes at 350°.

### ALMOND BISCOTTA COOKIES

Fannie Vaccino

1 c. brown sugar (dark)	3 eggs
1 c. confectionery sugar	3 tsp. baking powder
1 c. sliced almonds, toasted	1 small bottle almond flavor extract
1 c. oil	4 1/2 c. flour

Mix all together. Roll into small balls. Bake in a 350° oven on a greased sheet. Roll in confectionery sugar while still warm.

### FRUIT-FILLED SQUARES

Libby Adams

1 egg	1/2 c. sugar
2 c. flour	pinch of salt
2 tsp. baking powder	1/2 c. shortening
1 tsp. vanilla	1 can fruit pie filling

Beat egg with fork. Mix in flour and baking powder, vanilla, sugar and salt. Cut in shortening until crumbly. Spread 1/2 of this mixture in 8 1/2 x 11 inch pan (2 quart) - press gently. Spread fruit filling over layer.

Top with remaining crumb mixture. Dot with butter. Sprinkle with brown sugar and cinnamon.

Bake 350° oven - 35 to 40 minutes. Sprinkle with confectioners' sugar before cutting.

### WINE BISCUITS

**Carmela Esposito**

2 1/2 c. flour	1 egg
1/2 c. sugar	1/2 c. oil (vegetable)
2 1/2 tsp. baking powder	1/2 c. white wine
1/2 tsp. salt	

Mix dry ingredients in bowl, add beaten egg with fork. Add oil and wine. Knead a few minutes in bowl.

Take a piece of dough in your hands and roll about 5 inches long, circle and pinch ends. Place on slightly greased cookie sheet.

Bake 350° oven 20 - 30 minutes.

Makes about 50.

### TASTY PASTRIES

**Mary Jewell**

Dissolve a package of dry yeast in 1/2 cup warm water. Add:

1 Tbsp. sugar	1 egg yolk
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Mix well. Add to 1 box (2 sticks) pie crust mix. Mix thoroughly. Make 36 balls on ungreased baking sheet and make thumb impression in center. Spoon strawberry preserves (or your choice) in depression. Let rise in draft-free, warm place for 1 hour.

Bake 12 - 15 minutes at 375°. Let cool slightly and drizzle with frosting of:

1 c. confectioners' sugar	1 Tbsp. milk
1/2 tsp. vanilla	



### PFEFFERNUSSE COOKIES

Ruby Proto

1 pt. molasses  
3 tsp. baking soda  
3/4 c. sugar  
1 1/2 tsp. ginger  
anise flavor

1 c. milk  
7 1/2 c. flour  
3/4 c. Spry  
pinch salt

Mix well and roll on board. Roll in size of marbles and bake 15 minutes in 350° oven. When cool, glaze cookies.

#### Glaze:

1 part water to 2 parts sugar. Mix in another bowl in confectionery sugar.

Will make over 200 cookies.

### BUD COOKIES

Guisseppina Ragusa

3 eggs  
1 c. oil  
lemon rind, grated  
3 tsp. baking powder

2 c. flour (more to make  
dough)  
1 c. sugar  
juice of 1 orange  
1 tsp. baking soda

Roll in 1 inch thick pieces and flatten. Shape by curving. Bake at 350° for 10 minutes.

### SPONGE MUZZETTI

Ruby Proto

1 fresh orange with skin,  
pureed in blender  
5 eggs

1 c. oil  
1 c. sugar

Blend all together in blender.  
In a large bowl:

5 c. flour  
1/2 tsp. baking soda

5 tsp. baking powder

Pour liquid batter into dry ingredients and mix together with hand mixer. Dough must be sticky.

Take by spoonful and dust with flour. Shape loaves on greased cookie sheet. Bake 350° oven 15 - 20 minutes. When cool cut loaves into diagonal slices.

### PINEAPPLE COOKIES

Mary Gargano

6 eggs  
5 c. flour  
5 tsp. baking powder  
1 c. crushed, drained pineapple (save juice for frosting)

1 1/2 c. Spry  
1 1/4 c. sugar

Mix together, form ball, bake 350° oven for 15 minutes on a lightly greased cookie sheet.

### CREAM CHEESE BROWNIES

Jo Guidone

2 pkg. (4 oz.) Baker's German's  
sweet chocolate  
10 Tbsp. butter  
1 pkg. (8 oz.) cream cheese  
2 c. sugar  
6 eggs  
2 Tbsp. all-purpose flour

3 tsp. vanilla  
1 tsp. Calumet baking powder  
1/2 tsp. salt  
1 c. unsifted all-purpose  
flour  
1 c. coarsely chopped nuts  
1/2 tsp. almond extract

Melt chocolate and 6 tablespoons butter over very low heat, stirring constantly. Cool.

Cream 4 tablespoons butter with cheese. Gradually add 1/2 cup sugar; cream until light and fluffy. Blend in 2 eggs, 2 tablespoons flour and 1 teaspoon vanilla. Set aside.

Beat 4 eggs until light in color. Gradually add 1 1/2 cups sugar, beating until thickened. Add baking powder, salt and 1 cup flour. Blend in chocolate, nuts, almond extract and 2 teaspoons vanilla.

Spread half the chocolate batter in a greased 13 inch pan. Spread evenly with cheese mixture. Then top with remaining chocolate batter. Zigzag a spatula through batter to marble.

Bake at 350° for 35 to 40 minutes, until top springs back when lightly pressed. Cool. Cut into small bars or squares.

If the brownies are kept refrigerated, the chocolate has a tendency to become deliciously fudgy.

### COCONUT PECAN ICEBOX COOKIES

Jeanne M. Deschamps

1 c. sugar  
1 c. butter  
3 1/2 c. flour  
1 tsp. vanilla  
1 c. coconut

1 c. pecans  
1 c. brown sugar  
2 eggs  
1 tsp. soda  
1/4 tsp. salt

Cream butter, add sugar - mix until blended. Add dry ingredients and eggs, mix thoroughly.

Make rolls and wrap in waxed paper. Can be frozen or just refrigerated.

When ready to use slice and place on cookie sheet and bake in 375° oven till golden brown.

### MRS. SETTE'S POUND CAKE

Antoinette Muolo

1/2 c. margarine	2 egg yolks
1/2 c. Spry	3 c. flour
1 1/2 c. sugar	1 1/2 tsp. baking powder
1 tsp. vanilla	1 c. milk
2 whole eggs	

Cream margarine, Spry and sugar; add eggs. Blend flour and baking powder. Alternate this mixture with milk. Add vanilla.

Bake in a greased and floured tube pan at 350° in oven for 45 minutes to 1 hour.

### HAWAIIAN CARROT CAKE

Cathy Cummins

Preheat oven to 350°. Grease and flour a 9 x 11 pan. Mix all ingredients together.

2 c. flour	1 c. nuts, chopped
2 c. sugar	3 eggs
2 tsp. cinnamon	2 tsp. vanilla
2 tsp. baking soda	2 small jars carrots (strained baby food)
1 tsp. salt	
1 1/2 c. oil	
1 can (20 oz.) crushed pineapple, drained	

Fold in 1 (5 ounce) package coconut.

#### Frosting:

1 stick margarine	1 (8 oz.) cream cheese
1 box confectioners' sugar	2 tsp. vanilla

### CASSATA (A Holiday Dessert)

Theresa Argento

1 (9 inch) sponge cake	1/2 c. chopped walnuts
1 1/2 lb. Ricotta cheese	8 Tbsp. rum
1/2 c. sugar	1 1/2 c. heavy cream
2 tsp. vanilla	
1 oz. unsweetened chocolate, grated (or 1/2 c. mini chocolate semi-sweet bits)	

Combine Ricotta cheese, sugar and vanilla in large bowl, and beat until fluffy. Mix in grated chocolate and walnuts.

Cut the sponge cake in 3 layers. Place bottom layer on a serving dish and sprinkle with 2 tablespoons rum. Spread with half the Ricotta mixture. Cover with the second layer. Sprinkle with rum and the rest of Ricotta mixture. Add third layer and sprinkle with rum. Wrap in paper and chill at least 2 hours.

Before serving, whip the cream and spread top and sides of cake.

### APPLE CAKE

Judy Bartley

2 sticks soft butter	1 c. sugar
3 eggs	3 c. sifted flour
1/2 tsp. baking soda	3 tsp. baking powder
1 c. sour cream	1 tsp. vanilla

Mix thoroughly with beater.

#### Filling:

1/2 c. sugar	1 large greening apple
2 tsp. cinnamon	1/4 c. chopped walnuts
2 large sweet apples	1/4 c. chopped macadamia nuts

(Core, peel and cut in pieces the apples.) Mix all together.

Pour half of the batter in an ungreased pan, then pour half the filling and then remainder of batter. Top with rest of filling mixture and bake 350° for 1 hour. Cool 15 - 20 minutes.

### BANANA LOAF CAKE

Toni Ellard

3 ripe bananas, mashed	1 c. sugar
1/2 c. shortening	1/2 tsp. baking soda

1/4 tsp. salt  
1/2 tsp. nutmeg  
1 tsp. baking powder  
1 1/2 c. sifted flour

2 eggs, separated  
1/2 tsp. vanilla  
1/2 c. chopped nuts

Cream shortening and sugar; add well beaten egg yolks and mashed bananas. Add sifted dry ingredients. Fold in beaten egg whites, vanilla and nuts.

Pour in greased loaf pan. Bake for 1 hour at 350°.

### RUM FRUIT CAKE (White)

Madeline Mansi

2 c. flour, sifted  
3 tsp. baking powder  
1 c. sugar  
1/4 tsp. salt  
1/3 c. shortening  
2 eggs  
3/4 c. milk

1 tsp. vanilla extract  
2 Tbsp. rum  
1/2 c. walnuts  
1/2 c. or 3/4 c. Dromedary  
cut up fruit  
1/2 c. raisins  
1/2 c. currants

Cream shortening; add sugar and eggs. Mix alternately the dry ingredients with milk. Add rum and vanilla. Before adding fruit and nuts, flour them, sifting excess flour. Then add to batter.

Grease and flour 10 inch tube pan. Bake in 375° oven 1/2 to 3/4 hours.

When recipe is doubled, it will make 3 loaf pans, 10 1/4 x 3 5/8 x 2 5/8 inches.

### HOT MILK SPONGE CAKE

Mary Taft

1 c. milk  
1/2 c. margarine or butter  
4 eggs

2 c. sugar  
2 c. flour  
1 tsp. baking powder

Bring the milk to a boil, add butter or margarine, put to one side.

Beat eggs in mixer until thick, add the sugar. Add the flour and baking powder - then add milk mixture. Mix thoroughly.

Pour in an ungreased tube pan in 350° oven for 45 minutes. Sprinkle cooled cake with powdered sugar.

## ITALIAN RUM CAKE (Zuppa Inglese)

Linda Saracco

This is one of Italy's most popular desserts.

fruit salad, see below  
zabaglione, see below  
12 oz. pound cake, cut into  
medium thin slices

1/2 c. rum  
fresh strawberries, grated  
chocolate

### Fruit Salad:

5 c. any prepared fruit  
in season  
1/2 c. chopped candied fruit

2 Tbsp. rum  
3 Tbsp. sugar

### Zabaglione:

8 egg yolks  
1/2 c. sugar

1/3 c. rum  
1 c. whipping cream

Prepare fruit salad and zabaglione. Arrange slices of pound cake in a large glass bowl. Sprinkle a little rum over each slice. Cover cake with a layer of fruit salad. Cover fruit salad with generous amount of zabaglione. Continue layers until bowl is filled. Refrigerate overnight.

Before serving, decorate with fresh strawberries and/or grated chocolate. Serve chilled.

Makes 10 to 12 servings.

Fruit Salad: Combine fresh fruit, candied fruit, rum and sugar in a medium bowl. Refrigerate until ready to use. Fruit salad can be prepared several hours before.

Zabaglione: In a large bowl or the top part of a double boiler, beat egg yolks and sugar until pale and thick. Set bowl or top part of double boiler over simmering water. Do not let water boil. Gradually add rum, beating constantly. Continue beating until zabaglione has doubled in volume and is soft and fluffy, 4 to 6 minutes.

Remove from heat and set pan or bowl container mixture over a bowl full of ice water. Stir with a whisk until mixture is warm. Whip cream and fold it into warm mixture.

Zabaglione can be prepared several hours ahead and set over a bowl of ice water until needed.

### WHISKEY CAKE

Sharon La Velle

1 box yellow cake mix	2 Tbsp. sour cream
1 box instant vanilla pudding	1/2 - 3/4 c. whiskey
5 eggs	1/2 c. chocolate bits
3/4 c. Crisco oil	1 c. chopped nuts or cherries

Combine all ingredients in above order.

Bake in tube pan at 350° for 1 hour.

### SPUMONI CAKE

Jo Guidone

1 pkg. yellow cake mix	2 to 4 drops green food color
4 eggs	1/2 tsp. almond extract
3/4 c. cooking oil	8 oz. maraschino cherries, drained and coarsely chopped
8 oz. sour cream	2 to 4 drops red food color
1 small pkg. instant vanilla pudding	2 oz. unsweetened chocolate, melted
1 c. walnuts	

Prepare yellow cake by combining cake mix, eggs, oil, sour cream and dry pudding mix. Beat 2 minutes at medium speed. Divide batter into three bowls. To one bowl add walnuts, green food coloring and almond extract. (Extract is optional but adds flavor.)

To bowl two add drained cherries and red food coloring.

To bowl three add melted chocolate. Mix each well.

Pour green batter into well greased tube or Bundt pan, then add pink batter, then chocolate. DO NOT SWIRL.

Bake in preheated 350° oven 50 to 60 minutes, until cake tests done. Cool, then turn out on cake plate so that green layer is on top. Cover with Dream Whip frosting.

#### Dream Whip Frosting:

1 envelope Dream Whip	1 1/2 c. cold milk
1 pkg. vanilla instant pudding	

Whip for 10 minutes. Cover whole cake.

### LEMON CAKE

Jeanne Deschamps

1 pkg. lemon cake mix	3/4 c. vegetable oil
1 pkg. lemon Jello	1 lemon
4 eggs	1 c. confectioners' sugar
3/4 c. water	

Mix together well in a bowl the cake mix, Jello, eggs and water. Slowly add and beat in the oil.

Pour into a 9 x 13 greased pan and bake 350° 35 or 40 minutes. Remove from the oven and prick the entire top of the cake with a fork. Mix lemon juice with confectioners' sugar and pour over the cake.

### GALLIANO "HARVEY WALLBANGER" CAKE

Mary Ellen Waddell

1 pkg. yellow cake mix	1/4 c. vodka
1 pkg. vanilla instant pudding	1/4 c. Galliano
1 c. cooking oil	3/4 c. orange juice
4 eggs	

Mix all ingredients together and beat 4 minutes. Pour batter into well greased and lightly floured Bundt pan. Bake at 350° oven for 45 to 50 minutes. Sprinkle with confectionery sugar.

### FRESH FRUIT CAKE

Jean Emond

2 oranges, unpeeled	3/4 c. finely chopped nuts
2 cooking apples, unpeeled	1 stick butter or margarine
2 ripe bananas	3 c. all-purpose flour
2 large eggs	1 Tbsp. baking powder
1 1/2 c. sugar	3/4 c. golden raisins
2 tsp. baking soda	

Cut orange into pieces, remove seeds. Chop in food processor or blender. Repeat with apples, add to oranges. Mash banana, add to other fruits.

In a large bowl, beat eggs, add sugar gradually beating until thick and smooth. Beat in butter, add fruits.

Mix flour with baking powder and soda. Beat into fruit mixture. Stir in raisins and walnuts.

Grease and flour 2 (9 x 5) loaf pans, bake at 350° for 1 hour. (I bake it in 10 greased and floured soup cans at 350° for 45 minutes or until done.)



## UKRAINIAN HONEY CAKE

Helene Zichichi

2 Tbsp. dark rum	2 Tbsp. melted butter
1/3 c. currants	2 tsp. vanilla extract
1 c. honey, preferably Wildflower or Golden Blossom	1 c. sour cream, room temperature
1 tsp. cinnamon	3 c. all-purpose flour, unsifted
1/2 tsp. ground ginger	1 1/2 tsp. baking powder
1/4 tsp. each: ground nutmeg, cloves, allspice and carda- mon	1/2 tsp. baking soda
5 large eggs, separated	1/2 tsp. salt
2/3 c. granulated sugar	3/4 c. strained raspberry preserves, warmed (optional)
1 Tbsp. freshly grated orange rind	

Combine rum and currants in small bowl, set aside. Simmer honey over low heat, removing from the heat several times so that it will not boil over. Add spices and cool completely.

Cream egg yolks with sugar over a pot of boiling water and beat with mixer at medium speed for 5 - 7 minutes until mixture begins to be very light and lemony in appearance. Add cooled honey, melted butter, sour cream, orange rind, vanilla and currant mixture. Mix until smooth.

Sift together flour, baking soda and salt and stir into honey mixture. Beat egg whites until fairly stiff peaks form and fold into honey and flour mixture.

Grease a 9 x 13 inch baking pan with shortening and dust with flour. Pour cake mixture into prepared pan, spreading with a spatula. Bake at 350° for 30 - 40 minutes until golden.

If desired when cooled, spread with jam and sprinkle the edges with slivered almonds.

Makes 8 - 10 servings.

## BOTTOMS-UP CARROT CAKE

Teresa Falcigno

8 oz. can pineapple slices (juice pack)	1/2 tsp. baking powder
1 Tbsp. margarine or butter	1/2 tsp. baking soda
2 Tbsp. brown sugar	1/2 tsp. ground cinnamon
1 c. whole wheat flour	1/2 c. finely shredded carrot
1/2 c. packed brown sugar	1/3 c. cooking oil
	2 eggs

Drain pineapple, reserving juice. Halve pineapple slices. Melt margarine in 9 x 1 1/2 inch round baking pan. Stir in 2 tablespoons brown sugar and 1 tablespoon reserved pineapple juice. Arrange pineapple in pan; set aside.

In a large mixer bowl stir together flour, 1/2 cup brown sugar, baking powder, soda and cinnamon. Add carrot, oil and eggs. Beat with an electric mixer on medium speed until combined. Beat 2 minutes more. Gently spoon batter evenly into pan over pineapple mixture.

Bake in 325° oven about 35 minutes or until a wooden toothpick inserted near the center comes out clean. Cool 5 minutes in pan. Invert onto serving plate. Serve warm.

Makes 8 to 10 servings.

Flip this cake over to get to the bottom of things - the pineapple topping that doubles for frosting.

### APPLE WALNUT CAKE

Angela Carrano

4 c. chopped apples	2 eggs
2 c. sugar	2 tsp. vanilla
1/2 c. vegetable oil	2 tsp. baking soda
2 c. flour	2 tsp. cinnamon
1 c. chopped nuts	1 tsp. salt

Combine apples and sugar; let stand. Beat eggs slightly; beat in oil and vanilla. Mix and sift dry ingredients. Stir into egg mixture alternately with apple-sugar mixture. Stir in nuts.

Grease 13 x 9 x 2 inch pan. Bake 1 hour at 350°.

### PUMPKIN CAKE AND ICING

Yolanda D'Amato

1 c. oil	2 c. sugar
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Add:

2 tsp. baking powder	4 eggs (one at a time, beating well)
1 tsp. salt	2 tsp. vanilla
2 tsp. baking soda	1 c. chopped nuts
2 c. pumpkin	1 c. raisins
1 tsp. baking allspice	1 small can crushed pineapple, well drained
3 tsp. baking cinnamon	
2 c. flour	

Grease tin (10 inch tube). Bake 1 1/2 hours at 325°.

**Icing:**

1 box XXX sugar  
1 (8 oz.) pkg. cream cheese

1 tsp. vanilla  
milk

Mix sugar and oil together well, then add baking powder, salt, allspice, cinnamon together; again, mix well. Then put flour, then next add baking soda, pumpkin, then eggs. Last, put in vanilla, crushed pineapple, nuts and raisins.

**PECAN TASSIE**

**Donna Planeta**

**Dough:**

4 oz. cream cheese  
3/4 c. margarine

1 1/2 c. flour

Soften cream cheese and margarine to room temperature. Mix ingredients well. Chill 1 hour.

After chilling shape into 36 (1 inch) balls, and place in ungreased mini muffin tins. Press into sides and bottom of cups.

**Filling:**

2 eggs  
dash of salt

1 1/8 c. brown sugar  
1/2 tsp. vanilla

Mix well and add 1 cup chopped pecans. Place filling into cups 3/4 full.

Bake 325° F. - 25 minutes, until filling is set. Cool before removing from pan.

**NO BAKE CHOCOLATE COOKIES**

**Sister Anita Marie**

1 pkg. sweet Nestle's  
chocolate  
3/4 c. Rice Krispies

**Principal, St. Michael School**  
1/2 c. chopped nuts  
1/2 c. small marshmallows  
1 spoon peanut butter

Melt chocolate in double boiler. Add peanut butter. Stir well. Add Rice Krispies, marshmallows and nuts and stir well. Drop with fork on cookie tray. Refrigerate for an hour or two.

### SOFT CHOCOLATE FROSTING

Catherine Covino

1 c. sugar	1/2 tsp. salt
1/4 c. cornstarch	1/4 c. butter
1 c. boiling water	2 tsp. vanilla
2 squares unsweetened chocolate	

Mix sugar, chocolate, butter and vanilla. Cook over medium heat and when melted, add salt, water and cornstarch, stirring constantly until thick. Spread on cake while hot.

### SUGARLESS DATE COFFEE CAKE

Teresa Falcigno

A sweet coffee cake filled with chopped dates.

1/3 c. mashed banana (mash ripe banana with a fork)	3 c. unbleached white flour
1/2 c. butter, softened	1 tsp. baking soda
3 large eggs	2 tsp. baking powder
1 tsp. vanilla extract	1 1/2 c. chopped dates
1 1/4 c. water	

#### Topping:

1/3 c. chopped dates	1/3 c. flaked coconut
1/3 c. chopped walnuts	

Beat together mashed banana and butter until creamy. Add eggs, vanilla extract and water; beat. Measure in flour, baking soda and baking powder, and beat well. Stir in 1 1/2 cups chopped dates. Spoon batter into an oiled and floured 9 x 13 inch baking pan. Spread batter evenly in pan.

Combine topping ingredients and sprinkle over batter. Bake at 350° for 20 to 25 minutes or until a knife inserted comes out clean. Cool on wire rack.

Serves 8 to 10.

### BISCOTTI

Sister Anita Marie

Principal, St. Michael School

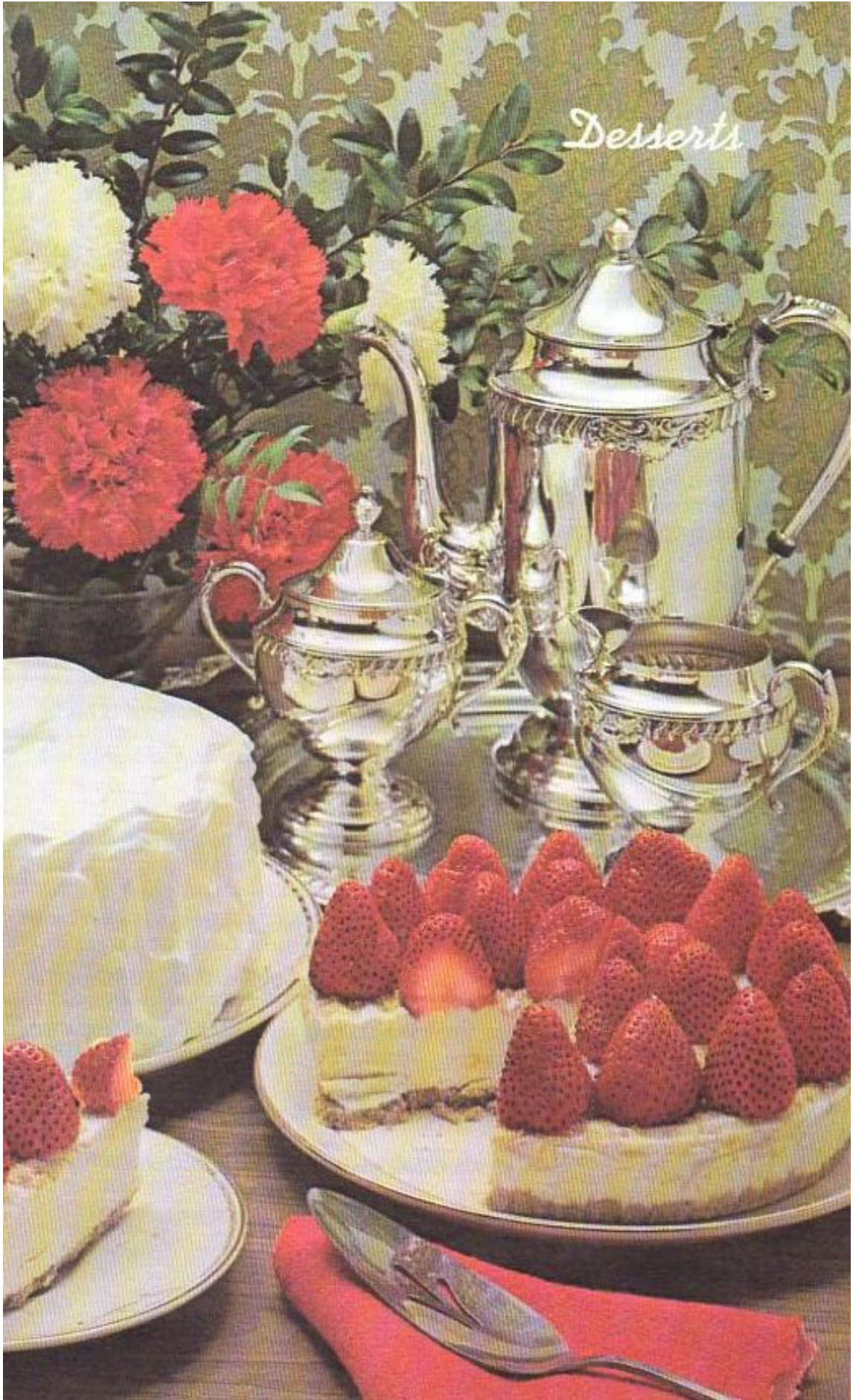
2 sticks butter	1/2 tsp. salt
6 eggs	8 tsp. baking powder
7 c. flour	2 c. sugar
2/3 c. milk	

Make two flat thin loaves on a cookie tray. Bake for 1/2 hour at 350°.

Remove, cut into 3/4 inch slices. Bake for 5 minutes until brown on both sides.

Write your extra recipes here:

*Desserts*



## DESSERTS

### ROBERT REDFORD FAVORITE DESSERT

Diane Viola

1 c. chopped nuts	1 (8 oz.) container Cool Whip
1 (8 oz.) pkg. cream cheese, softened	2 pkg. instant pudding (any flavor)
1 1/2 c. flour	1 c. confectionery sugar
1 stick butter, softened	
1 (12 oz.) container Cool Whip	

Mix 1/2 cup nuts, butter and flour; press in the bottom of 9 x 13 pan. Bake 350°, 20 minutes.

1st layer: Mix cream cheese, 8 ounces Cool Whip and confectionery sugar, spread on bottom layer.

2nd layer: Mix pudding as per directions and spread on 1st layer.

Top layer: Spread the 12 ounce Cool Whip, sprinkle with remaining nuts. Refrigerate.

### STRAWBERRY BAVARIAN CREAM

Ann Ferraro

1 qt. strawberries, washed, hulled and sliced	1/4 c. cold water
3/4 c. sugar	1 Tbsp. lemon juice
1 envelope unflavored gelatin	2 c. heavy cream, whipped
	1 (3 oz.) pkg. lady fingers, halved

Heat strawberries. Add sugar; stir until dissolved. Soften gelatin in cold water. Add to berries and stir until dissolved. Remove from heat. Add lemon juice. Chill. When almost set, fold in whipped cream.

Place in 2 quart mold which has been lined with lady fingers. Chill thoroughly.

Unmold to serve, or serve in individual dessert dishes.

### FOUR-LAYER DESSERT

Irene Di Tallo

First layer:

1 c. flour	1/2 c. nuts, finely chopped
1/2 c. melted oleo	

Mix and pat into 9 x 13 pan. Bake at 350° for 15 minutes. Allow to cool.

Second layer:

1 c. Cool Whip  
1 c. powdered sugar

8 oz. cream cheese

Beat together and spread on first layer.

Third layer:

2 pkg. instant lemon (or  
chocolate) pudding  
3 c. cold milk (minus 1 Tbsp.  
in the case of lemon pudding)

(1 Tbsp. lemon juice plus  
3 drops lemon extract)

Beat together and allow to thicken slightly. Pour over the two layers, and for the fourth layer top with Cool Whip. Refrigerate for several hours or overnight.

### BANANA SPLIT CAKE

Ernestine Vegliante

5 bananas  
2 c. rolled vanilla wafers  
2 c. powdered sugar  
1 large container Cool  
Whip  
3 sticks margarine

2 eggs  
1 can (#2) drained crushed  
pineapple  
4 oz. walnuts  
1/2 small jar maraschino  
cherries

Mix 1 stick of margarine with wafer crumbs. Pat in the bottom of 13 x 9 deep dish. Cream together the 2 sticks of margarine, the eggs and the powdered sugar. Spread this mixture over the crust. Next cover with sliced bananas, spread the crushed pineapple. Cover with Cool Whip. Sprinkle with nuts and top with cherries. Refrigerate until ready to serve.

### LEMON DELIGHT

Angie Del Vecchio

1 pkg. lemon pudding and  
pie filling  
1 sponge cake (store bought)

1 container Cool Whip  
1 large bowl

Make the pudding as directed on package. Cut or break sponge cake into bite size pieces. Set aside.



When pudding is cooked, pour a little (about 1/2 cup) into the bowl. Add the cake pieces, then pour the rest of the pudding all over the cake. Stir all together in bowl and smooth the top. Refrigerate overnight.

Invert on dish; frost with Cool Whip. Slice and serve.

### STRAWBERRY GELATIN SUPREME

Josephine Manzi

2 (3 oz.) pkg. strawberry flavored gelatin	1 (13 1/2 oz.) can crushed pineapple (1 1/2 c.)
2 c. boiling water	2 fully-ripe bananas, cut into small pieces
2 (10 oz.) pkg. frozen strawberries	1 c. dairy sour cream

Dissolve gelatin in boiling water. Add berries, stirring occasionally, until thawed. Add pineapple and bananas.

Pour half of the mixture into Jello mold. Chill until firm; spoon sour cream over chilled gelatin, spreading into an even layer. Pour remaining gelatin over this, and chill until firm.

Yield: 8 portions.

### SOUR CREAM JELLO MOLD DESSERT

Catherine Covino

2 small pkg. Jello (any flavor)	2 c. sour cream
	2 c. nuts (walnuts)

Dilute first package of Jello as directed on box. Combine Jello mixture with 1 cup sour cream and 1 cup nuts. Refrigerate until it thickens.

### STRAWBERRIES - SWEETS

Rose Manzi

2 pkg. strawberry Jello	1 c. nuts, chopped fine
1 c. fine coconut	3/4 c. condensed milk

Mix all together and refrigerate overnight. Using approximately 1 teaspoon for each berry, form a ball, then shape a strawberry. Roll in red sugar and then put green sugar in indentation on top.

Yield: about 50.

**ORANGE SALAD DESSERT****Catherine Covino**

1 (3 oz.) box orange Jello  
1 small carton cottage  
cheese  
1 small carton Cool Whip

1 medium can crushed  
pineapple  
1 can mandarin oranges,  
drained

Mix all together lightly; do not beat. Let set 2 to 3 hours.

**AUNT TON'S COMPANY JELLO****Agnes Zichichi**

2 (6 oz.) pkg. Jello (any  
flavor)  
1 c. coarsely chopped walnuts

1 c. raisins  
1/2 c. currants

Prepare Jello as per directions. Refrigerate for 1/2 hour,  
or until slightly set. Add raisins, nuts and currants. Refrigerate  
until set.

Serve with whipped cream or just plain.

**ENGLISH PUDDING****Connie Fraulo**

Beat:

2 eggs

2/3 c. sugar

Add:

5 Tbsp. cracker crumbs  
2 tsp. baking powder

1/2 lb. dates, chopped  
1 c. chopped walnuts

Bake 20 to 30 minutes in 350° oven. When cooled, top  
with whipped cream or ice cream.

**APPLE PUDDING****Mary Simeone**

2 eggs

3/4 c. sugar

Beat eggs and sugar together. Add:

2/3 c. unsifted flour  
1 tsp. baking powder

1/2 tsp. salt  
1 tsp. vanilla

Add 3 cups raw chopped apples (coarse). Add 1/2 cup chopped nutmeats (coarse).

Bake in buttered pan at 350° for 30 minutes. Serve with lemon sauce or whipped cream.

### ITALIAN RICE PUDDING WITH RICOTTA

Agnes Zichichi

1/2 lb. rice	4 eggs, slightly beaten
1/2 lb. Ricotta cheese	1 tsp. vanilla
1/2 c. sugar	milk
cinnamon	

Cook rice until almost cooked; drain and put hot rice in greased cookie dish.

In hot rice, add sugar, slightly beaten eggs, Ricotta cheese and vanilla. Then cover with milk and top with cinnamon.

Bake at 350° until set.

### RICE PUDDING

Ann Montagna

To 2 cups cooked rice, add 1/2 cup water, then add and boil gently with 2 cups milk and cook for 5 minutes. Remove from heat and slowly add the following mixture:

2 eggs, well beaten	1/2 c. sugar
pinch of salt	1 tsp. vanilla

Pour into 2 quart casserole dish (or equivalent). Sprinkle with nutmeg.

Heat oven to 350°. Put oblong baking pan with 1 inch of water into oven. Place casserole dish into this pan.

Bake approximately 45 minutes, or until silver knife comes out clean when pudding is tested for doneness.

### CREAMY RICE PUDDING

Fannie Bonanno

1/2 c. sugar	3 Tbsp. cornstarch
1/4 tsp. cinnamon	2 c. milk
1 well beaten egg	1 tsp. butter
1 tsp. vanilla	1 c. cooked white rice

Combine sugar, cornstarch and cinnamon in a saucepan. Add the milk and cook over medium heat stirring until mixture bubbles and thickens. Cook for 2 minutes and remove from heat.

Stir a little of the hot mixture, return to heat. Cook, stir a minute longer until very thick. Remove from heat. Stir in butter and vanilla and add rice.

Makes 4 servings.

### BAKED EGGNOG CUSTARD

Lucy Corso

4 eggs  
1/4 c. sugar  
1/4 tsp. salt

3 c. dairy eggnog  
1 tsp. vanilla extract

Preheat oven to 350°. Combine eggs, sugar and salt. Gradually stir in eggnog and vanilla. Pour into 6 (6 ounce) custard cups. Set custard cups in shallow pan on oven rack; pour hot water in pan around cups to depth of 1 inch.

Bake 40 - 45 minutes or until knife inserted near center comes out clean. Remove cups from water; cool and refrigerate several hours before serving.

### APPLE DESSERT

Lena Gesino

5 - 7 apples  
1/2 c. sugar  
1/2 c. melted butter or  
margarine  
1/2 c. flour

1/2 c. rolled oats  
1/4 tsp. salt  
1 c. brown sugar  
1/2 tsp. cinnamon  
dash of nutmeg

Peel, core and slice apples, put in a shallow baking dish. Cover with 1/2 cup sugar and sprinkle with cinnamon and nutmeg. Mix remaining ingredients of brown sugar, margarine, flour, oats and salt and cover apples evenly.

Bake at 325° for 20 minutes or until apples are done.

### GLAZED BAKED APPLES

Vinnie Buonocore

1 large or 2 small  
cooking apples\*  
raisins, if desired  
1 Tbsp. butter or margarine, melted

1 Tbsp. brown sugar  
1/8 tsp. cinnamon

\*Golden Delicious, Jonathan or McIntosh.

Cut apples crosswise into halves. Remove cores, stuff cavities with raisins if desired. Carefully place apples, cut side down, in baking dish.

Combine brown sugar, butter or margarine and cinnamon; spoon over apples. Add 2 tablespoons water to dish.

Bake in moderate oven (350° F.) 30 to 40 minutes or until done. Invert apples; spoon syrup in dish over cut surface of apples.

Makes 2 servings.

# Candy & Frosting Chart

230 degrees - 234 degrees	Thread
234 degrees - 240 degrees	Soft Ball
244 degrees - 248 degrees	Firm Ball
250 degrees - 266 degrees	Hard Ball
270 degrees - 290 degrees	Soft Crack
300 degrees - 310 degrees	Hard Crack

## Birthdays

Monday's child is fair of face,  
 Tuesday's child is full of grace,  
 Wednesday's child is loving and giving,  
 Thursday's child works hard for a living,

Friday's child is full of woe,  
 Saturday's child has far to go,  
 But the child that is born on the Sabbath day  
 Is brave and bonny, and good and gay.

## PERPETUAL CALENDAR

SHOWING THE DAY OF THE WEEK FOR ANY DATE BETWEEN 1700 AND 2499

Table of Dominical Letters				Month					Dominical Letter											
Year of the Century	Centuries			Month					A	B	C	D	E	F	G					
	1700, 2100	1800, 2200	1900, 2300	1700, 2100	1800, 2200	1900, 2300	2000, 2400	January, October	February, March, November	January, April, July	May	June	February, August	September, December	Su	Sa	F	Th	W	Tu
0	28	56	84	C	E	G	A	1	8	15	22	29	Su	Sa	F	Th	W	Tu	M	
1	29	57	85	B	D	F	B	2	9	16	23	30	M	Su	Sa	F	Th	W	Tu	
2	30	58	86	A	C	F	A	3	10	17	24	31	Tu	M	Su	Sa	F	Th	W	
3	31	59	87	G	B	D	B	4	11	18	25		W	Tu	M	Su	Sa	F	Th	
4	32	60	88	E	G	A	C	5	12	19	26		Th	W	Tu	M	Su	Sa		
5	33	61	89	D	F	B	A	6	13	20	27		F	Th	W	Tu	M	Su		
6	34	62	90	C	E	G	B	7	14	21	28		Sa	F	Th	W	Tu	M		
7	35	63	91	B	D	F	A													
8	36	64	92	G	B	D	E													
9	37	65	93	F	A	C	D													
10	38	66	94	E	G	B	C													
11	39	67	95	D	F	A	B													
12	40	68	96	B	D	F	A													
13	41	69	97	A	C	E	B													
14	42	70	98	G	B	D	E													
15	43	71	99	F	A	C	D													
16	44	72		D	F	A	B													
17	45	73		C	E	G	A													
18	46	74		B	D	F	B													
19	47	75		A	C	E	A													
20	48	76		F	A	C	D													
21	49	77		E	G	B	C													
22	50	78		D	F	A	B													
23	51	79		C	E	G	A													
24	52	80		A	C	E	F													
25	53	81		G	B	D	E													
26	54	82		F	A	C	D													
27	55	83		E	G	B	C													

### EXPLANATION

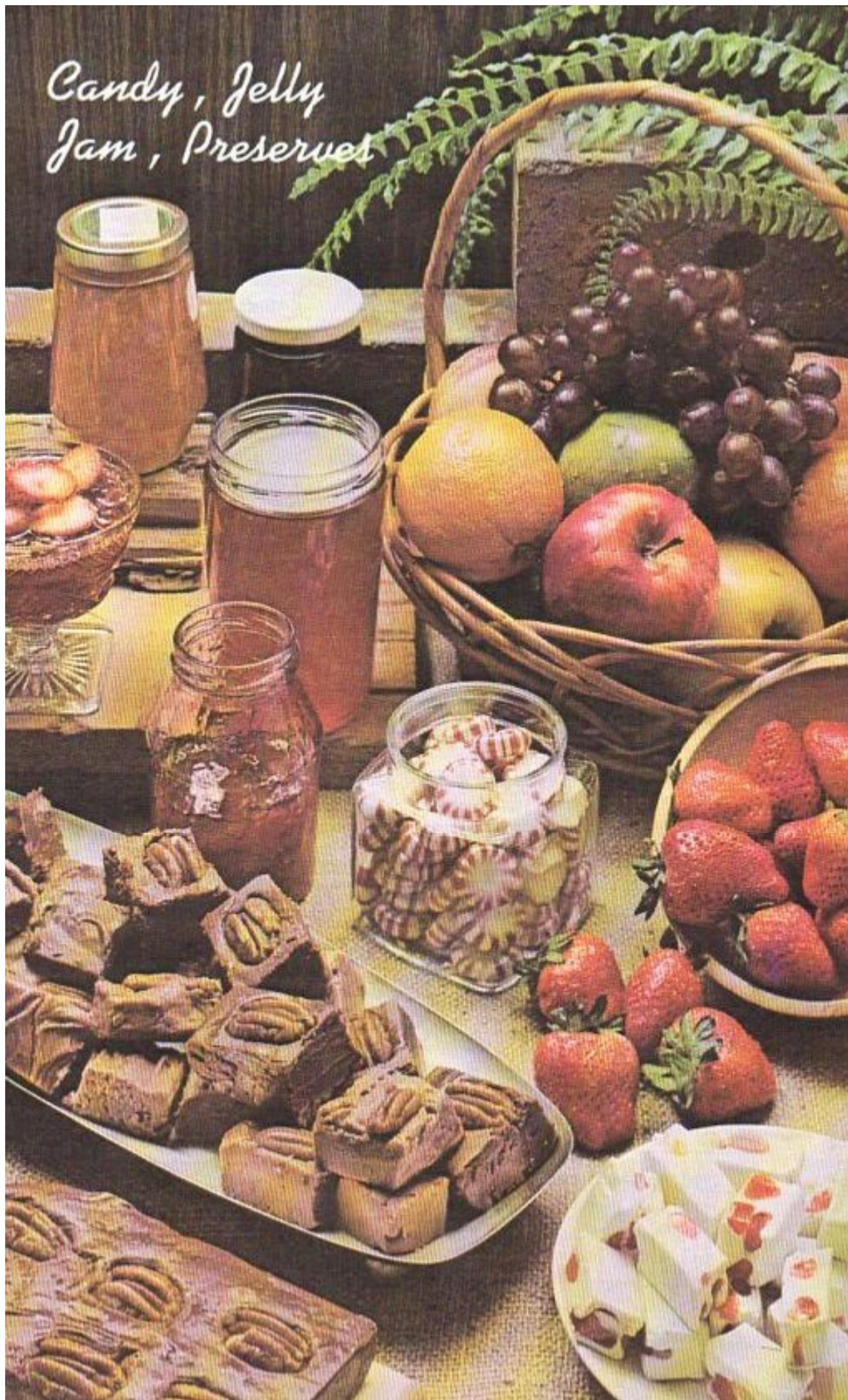
Find first the *Year of the Century* and in line with that figure at the right, in the proper column under the heading *Centuries*, will be found the *Dominical Letter* of the year. Then in the table headed *Dominical Letter* and in line with the proper *Month* find the letter previously determined. Run down this column until you are in line with the proper *Day of the Month* and at the intersection you will find the *Day of the Week*.

In *Leap-Years* the *Dominical Letters* for *January* and *February* will be found in the lines where these months are printed in *italics*.

### EXAMPLES

On what day of the week did *January 5, 1891*, fall? For 1891 the *Dominical Letter* is "D." After finding this letter opposite *January* in the upper right hand table, and running down that column until you are opposite 5 (the day of the month), you will find *Monday*. For *January 1, 1876*, the *Dominical Letter* is "A." Under "A," and in line with 1 is *Saturday*.

*Candy, Jelly  
Jam, Preserves*



## CANDY, JELLY, JAM, PRESERVES

### CANDIED ORANGE-LEMON-GRAPEFRUIT PEELS

Teresa Falcigno

Peels can be frozen until you collect enough to process.

peelings of 4 each fruit	1/4 c. corn syrup
1 c. water	2 c. sugar

Bring the water, syrup and sugar to a boil, simmer for 30 minutes.

Cook peels in strips if they are to be chocolate covered - or dice if to be used in cakes, etc.

Add peels to the above syrup and cook 55 to 60 minutes until all the syrup has been absorbed.

Lay out on waxed paper and sprinkle liberally with sugar. Melt 12 ounce package of chocolate morsels. Dip the strips and let them set on waxed paper. If diced, when syrup is absorbed place in jar and refrigerate for later use.

### CANDIED CHESTNUTS

Rae De Mayo

1 lb. dry chestnuts	1/2 tsp. salt
1 c. honey	1 orange rind
1/2 c. granulated sugar	1 cinnamon stick
1/2 c. brown sugar	5 or 6 broken walnuts
1/2 c. white wine or Marsala	

Rub and wash chestnuts; cover with water and set to boil for 3/4 hour. Add all other ingredients and simmer for 1 hour, or until tender. Stir occasionally.

### CREAMY SURE FUDGE

Julia Gaudio

2/3 c. (small can) evaporated milk	1/4 c. butter
16 marshmallows	1 (12 oz.) pkg. chocolate morsels
1 1/3 c. granulated sugar	1 tsp. vanilla
1/4 tsp. salt	1 c. coarsely chopped walnuts

Mix first 5 ingredients in saucepan. Heat to boiling point, stirring constantly; boil for 5 minutes. Remove from heat; add chocolate morsels and stir until they are melted. Add vanilla and walnuts.



Spread in 9 inch square buttered pan. Cool until firm.  
Cut in squares.

Yield: 2 pounds fudge.

### CREAMY CHOCOLATE FUDGE

Nettie Muoio

2 Tbsp. butter	1 c. evaporated milk
3 c. sugar	1/4 tsp. salt
1/4 c. corn syrup	
3 squares chocolate or 3 Tbsp. cocoa	

Put butter in saucepan, allowing it to become a golden brown. Add all other ingredients.

Cook until soft ball stage (when dropped into cold water, a soft ball forms). Cool until lukewarm, beating in a sink full of cold water. Add:

1 tsp. vanilla	1 c. nuts
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Pour into buttered pan. Let set. Cut in small squares.

### MOCHA RUM BALLS

Josephine Guidone

1/4 c. Maxim 100% freeze-dried coffee	1 c. chopped walnuts
1/4 c. rum	3 Tbsp. light corn syrup
1 Tbsp. water	1 c. sifted confectioners' sugar
2 Tbsp. cocoa	dash of salt
	2 c. fine vanilla wafer crumbs

Dissolve coffee in rum and water in a bowl. Add remaining ingredients and mix thoroughly. Roll into balls, using a rounded teaspoon of mixture for each.

Store in tightly covered container for several days. Then roll in additional confectioners' sugar.

Makes about 4 dozen rum balls.

### BUCKEYES

Teresa Falcigno

1 1/2 c. confectioners' sugar	1 (6 oz.) pkg. semi-sweet chocolate pieces
1 1/4 c. chunky peanut butter	1 tsp. shortening
4 Tbsp. margarine, softened	walnut halves

In medium bowl mix confectioners' sugar with peanut butter and margarine until blended, kneading with hands if necessary. Shape mixture into 1 inch balls and insert a walnut half into center of ball, leaving part of walnut sticking up.

Place balls on pan, cover and refrigerate about 2 hours.

When balls are firm, heat chocolate pieces and the 1 teaspoon shortening until melted and smooth, stirring occasionally. Remove saucepan from heat and let cool slightly.

Remove half of peanut butter balls from refrigerator and using exposed walnut as a handle, carefully dip into chocolate mixture making sure to leave small amount of peanut butter mixture showing on top. Place chocolate coated balls on wax lined cookie sheet. Refrigerate until coating is firm. Repeat with remaining balls.

Makes 3 1/2 dozen. Store in covered container in refrigerator.

### CHOCOLATE NUT PUFFS

**Ann Cofrancesco**

1 1/2 c. chocolate chips  
1/2 c. chunky style peanut  
butter

2 Tbsp. butter  
36 large marshmallows  
1/2 c. chopped nuts

In a heavy saucepan, combine chocolate chips, peanut butter and butter; heat, stirring occasionally, until melted.

Place marshmallows in 8 inch square pan. Pour chocolate mixture over marshmallows; sprinkle with nuts. Chill until firm. Cut into squares.

Makes about 36 puffs.

### NO COOK CHOCOLATE BALLS

**Catherine Covino**

1 c. chopped walnuts  
1/2 c. cocoa  
1 1/2 c. XXX sugar

1/2 c. condensed milk  
1 Tbsp. vanilla  
1/4 tsp. salt

Mix cocoa and XXX sugar. Add salt, nuts and mix again; add vanilla and condensed milk, mix well.

Then form into balls and roll into a mixture of:

1/2 c. XXX sugar

1/2 c. cocoa

**PEANUT BUTTER BON BONS****Charlotte Gambardella**

2 c. powdered sugar  
1 c. graham crackers  
3/4 c. chopped nuts  
1/2 c. flaked coconut

1/2 c. butter  
1/2 c. peanut butter  
1 1/2 c. semi-sweet chocolate  
3 Tbsp. Crisco

Melt butter and peanut butter together. Add to dry ingredient. Make 1 inch balls. Melt chocolate and shortening. Dip the balls into melted chocolate and put on waxed paper until hardened.

**LUSCIOUS CHOCOLATE CRISPIES****Mary Guidone**

1 1/4 c. nuts  
3/4 c. brown sugar  
1/4 c. butter  
3 oz. semi-sweet chocolate bits

1 egg, beaten  
1 tsp. vanilla extract  
1/4 tsp. almond extract

Cook sugar and butter together over low heat, stirring constantly, 3 minutes. Stir in chocolate bits. Cool 5 minutes.

Add egg, extract and nuts. Drop by 1/2 teaspoon, 2 inches apart on greased cookie sheets.

Bake at 375° oven 8 to 10 minutes, cool completely, then remove from cookie sheet.

**CHOCOLATE DIPPED FRUIT****Carmel Criscuolo**

2 c. milk chocolate morsels      1/2 c. vegetable shortening

Melt morsels and shortening in double boiler over hot (not boiling) water. Remove from heat but keep over hot water, stir until smooth.

The following can be used - strawberries, grapes, sliced bananas, apple slices, pineapple chunks, etc.

Dip in melted chocolate and place on foil covered cookie sheet. Chill for 10 to 15 minutes. Will peel off foil.

**FROZEN ANGEL CAKE DESSERT****Theresa Argento**

Ideal for summer dessert!

1 angel food cake      ice cream (favorite flavor)

Cut angel food cake into 3 layers. Spread favorite ice cream (softened) between layers. Wrap in aluminum foil. Freeze. Serve frozen.

### RICOTTA-LADY FINGER FREEZE

Angela Carrano

2 lb. Ricotta cheese	1/4 c. chocolate chips
1 2/3 c. sugar	1/4 c. candied fruit (optional)
1 tsp. vanilla	4 pkg. lady fingers
1/4 c. creme de cacao	maraschino cherries

Crush the chocolate chips and chop candied fruit. Beat the sugar and cheese at medium speed for 10 minutes. Add liqueur and vanilla, and beat 1 minute longer. Stir in the fruit and chips.

Line 2 loaf pans with waxed paper (makes lifting our cake easier). Line the bottom and sides of pans with lady fingers. Pour mixture into pans and cover top with more lady fingers. Decorate with cherries.

Refrigerate for 4 hours, then freeze. Serve frozen, sliced.

### POPPYCOCK POPCORN

Fannie Bonanno

1 1/2 c. sugar	1/2 c. light corn syrup
1 c. butter or margarine	1 tsp. vanilla
1 1/2 c. nuts	

Place popped corn in large buttered bowl or pan.

Combine sugar, corn syrup and butter in 1 1/2 quart saucepan, stir constantly over medium heat for 10 - 15 minutes until candy thermometer is 290°. Remove from heat, stir in vanilla, nuts.

Pour over popped corn. Stir to coat. When cool, break apart and store in tightly covered container.

### OLGA'S STRAWBERRY JAM

2 qt. fresh strawberries	1 (6 1/2 oz.) can crushed
7 c. sugar	pineapple
1 Tbsp. lemon juice	1 pouch Certo

Remove caps from strawberries. Crush in small amounts until all are crushed. To berries mix sugar, lemon juice and crushed pineapple. Bring to full rolling boil on medium heat stirring constantly. Boil 5 minutes.

Open Certo and quickly stir into fruit mixture. Return to full rolling boil stirring constantly. Boil for 1 minute. Remove from heat and skim off foam with large metal spoon.

Fill 8 to 10 jars (depending on size) to within 1/4 inch of top. Pour melted paraffin on top. Seal with covers.

## STRAWBERRY PRESERVES (Favorite!)

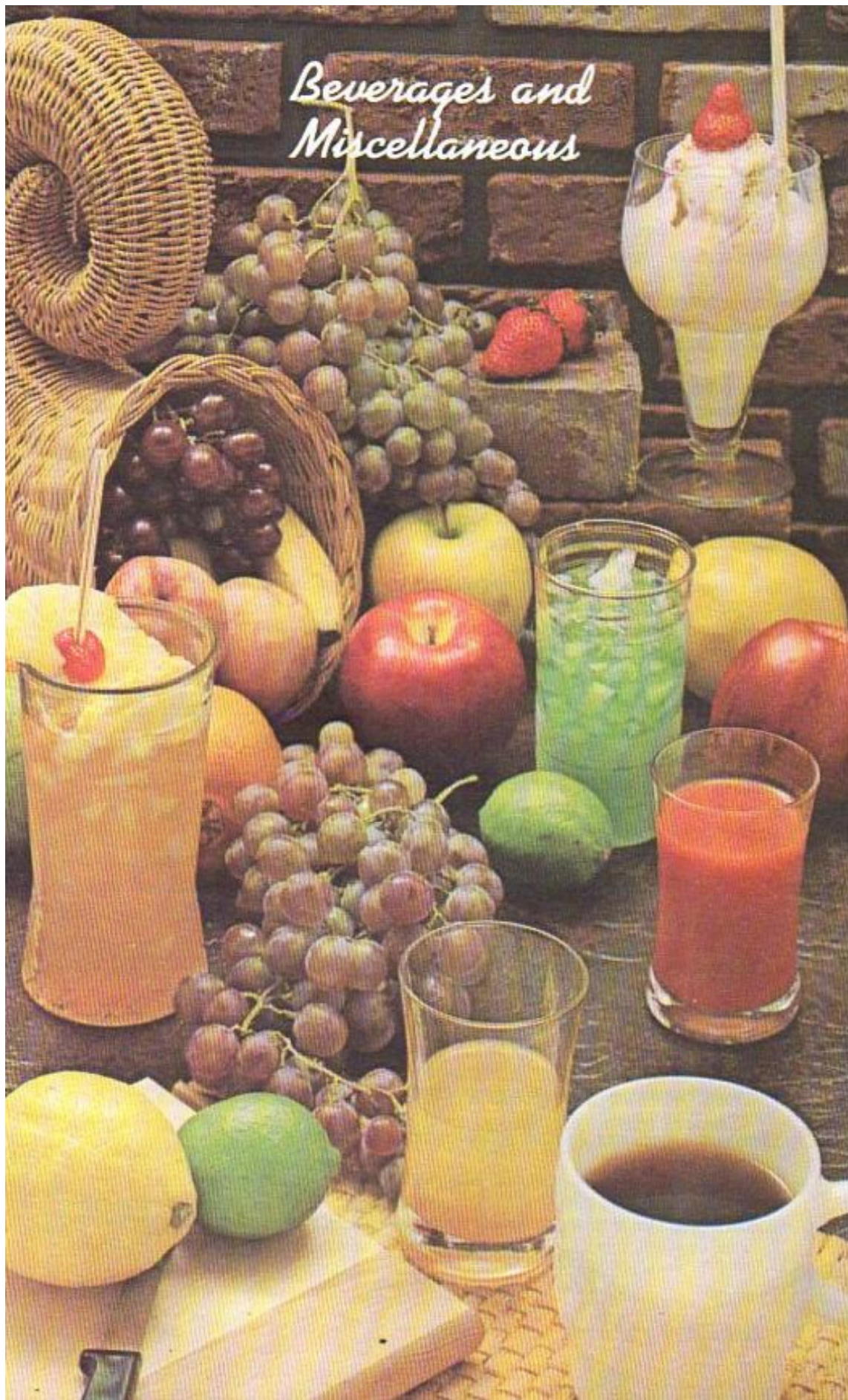
1 qt. hulled strawberries

5 c. sugar

Cook fruit without sugar for 3 minutes. Add 3 cups sugar and cook for 3 more minutes. Add 2 cups sugar and cook 3 minutes longer. Pour into earthenware crock or enamel pan. Stir occasionally. In 3 days pack in sterilized jars and seal cold.

Write your extra recipes here:

*Beverages and  
Miscellaneous*



## BEVERAGES, MISCELLANEOUS

### FRESELLE (Italian Pepper Cookies)

Teresa Zichichi

3 1/2 c. flour  
3/4 c. oil  
2 Tbsp. baking powder  
1 1/4<sup>+</sup> tsp. black pepper  
1/2<sup>+</sup> Tbsp. salt  
1 c. cold water

Mix all the ingredients. Roll into long strips (about 2 inches wide) and cut into small slices on a slant.

Place on ungreased cookie sheet and bake in a 400° oven 10 minutes on lower shelf, then 10 minutes on upper shelf.

### PINEAPPLE FILLING

Mary Larice

1 small can crushed pineapple  
1 tsp. lemon juice  
1 heaping Tbsp. cornstarch  
1 Tbsp. sugar

Mix cornstarch and sugar; add to pineapple and lemon juice. Cook until thickened.

### ORANGE FILLING

Mary Larice

2 Tbsp. butter  
1/4 c. sugar  
2 beaten eggs  
1/2 c. orange juice  
1 Tbsp. grated orange rind  
1 Tbsp. lemon juice

Combine all ingredients; mix well. Cook over hot water, stirring constantly, until well thickened (about 10 minutes). Chill well before spreading on cake.

### TURKEY STUFFING

Lucy Corso

May be baked in casserole or as turkey or chicken stuffing.

1 lb. pork sausage meat  
1 medium onion  
1 c. thinly sliced carrots  
1 c. chopped celery  
6 eggs  
1 1/2 tsp. poultry seasoning  
5 c. cubed American bread (about 7 slices)

Brown sausage and onion; add remaining ingredients. Mix well. Bake in casserole, or use as stuffing.

If baked in casserole, bake for 1 hour in 300° oven. If used as stuffing, cook required time for the poultry.

### OLIVE NUT-CHEESE SPREAD

Rose Mansi

6 oz. cream cheese  
1/2 c. mayonnaise  
1/2 c. chopped pecans

1 c. salad olives  
2 Tbsp. olive liquid  
dash of pepper

Mash cream cheese with fork. Add mayonnaise; mix well. Add balance of ingredients. It will be mushy. Put in pint jar and refrigerate for 24 to 48 hours. It will be ready to serve.

Serve on very thin toast, crackers, melba toast, etc.

### ZABAGLIONE FOR TWO

Mary Berardesca

2 egg yolks  
1 oz. sugar

1/4 c. Marsala or cream  
sherry

Put egg yolks and sugar in top of double boiler and beat together lightly. Add the Marsala or sherry.

Over hot water, beat the mixture as it heats and becomes foamy and increases in volume.

Remove from heat. Serve as is, or over fruit, or chill and serve later.

### TIPSY PRUNES

Ann Z. Ferraro

10 oz. pkg. pitted prunes  
(about 30)  
4 strips (each about 4 inches  
long and 3/4 inch wide) orange rind (colored part only)

1 c. homemade or commercial  
tea liqueur

Into a 12 ounce jar, pack the prunes and orange rind strips. Add tea liqueur. Press down prunes so they are covered with liqueur. Let stand at room temperature for at least several days, pressing prunes under liquid several times before using. Store in refrigerator.

Note: To make homemade tea liqueur, dissolve 1 table-spoon instant tea and 1/4 cup honey in 1/4 cup boiling water and cool. Stir in:

1 c. plus 2 Tbsp. 80 proof  
vodka

6 Tbsp. 80 proof brandy



Cover tightly and store at room temperature. Before using, shake vigorously and allow foam to subside.  
Makes 2 cups.

### CHILI SAUCE

From "Here and There"

30 large ripe tomatoes	1 green pepper
6 pears	4 c. white sugar
6 peaches	1 pt. vinegar
6 onions	1 tsp. cloves
2 c. chopped celery	1 tsp. cinnamon
1 red pepper	1/4 tsp. allspice

Chop all vegetables and fruit fine. Combine all ingredients and boil 2 hours, or until thick. Can in pint jars.  
Makes 11 pints.

### PEPPER RELISH

Mary Berardesca

4 large stalks celery	12 onions
36 peppers (red and green)	

Wash the above ingredients and chop same (not with food chopper). Put in salt brine overnight. Drain off brine.

Dilute 1 quart water with 3 quarts vinegar. Add 5 cups sugar. Heat until it comes to a boil.

Pour over chopped ingredients while hot, and put in jars. Seal immediately.

### PICKLED EGGPLANTS

Rose Laudano

Peel and cut eggplants and cut in strips. Place in layers in pan and salt. Cover with a dish and place a weight on same. Let stand 24 hours. Squeeze out all the brine.

Boil 1 gallon vinegar and pour over the eggplants. Let stand for 24 hours. Squeeze with hands. Add oregano and mix.

Put a little oil in the bottom of jar; add some eggplants, then pieces of cherry peppers (sliced thin), clove garlic, more eggplants, until jar is filled. Add oil to cover.

## PICKLED MUSHROOMS

Grace Grozansky

**Note:** When washing the mushrooms, squeeze juice from 1/2 lemon into the water. This will prevent them from turning dark. Cook mushrooms by boiling in salted water. Take mushrooms and drain and let them air dry.

In large frying pan, put in enough oil to quickly fry the mushrooms, less than 1/4 inch. Let oil get hot, then add the mushrooms. Saute quickly and constantly stir to prevent burning.

Remove mushrooms from pan with tablespoon and place in jar or container. If more oil is needed in pan, add a little and add the following:

1 clove garlic  
rosemary  
bay leaf

salt and pepper  
oregano, if desired

Let this mixture simmer a few minutes. Then add white vinegar to taste. Stir until mixed. Strain this mixture into container with mushrooms. When mushrooms have cooled, taste - if more vinegar is desired, it can always be added. Store in refrigerator.

Tastes best if made a few days in advance.

## PICKLED EGGS

Mary Jane Celentano

2 c. white or cider vinegar  
1 tsp. dry mustard

1 tsp. salt  
dash pepper

Bring ingredients to boil and cool. When cool, add 6 - 8 hard boiled eggs. Place in glass jar (covered) and refrigerate for 7 days, stirring every day.

## DANDELION WINE

Teresa Falcigno

1 qt. dandelion blossoms  
3 lb. sugar  
2 oranges, sliced (not peeled)

1 lemon, sliced (not peeled)  
1/2 cake yeast  
1 gal. water

Boil 1 gallon water; pour over blossoms. Let stand at least 2 hours, then strain through cheesecloth. Add sugar and boil liquid for 3 minutes. Let it stand until lukewarm. Add the yeast cake, oranges and lemon. Let stand for 24 hours. Then strain through a cloth and bottle.

At least 6 weeks aging is necessary; the longer it stands, the better it is!

### ORANGE WHIP

1 small can frozen orange juice concentrate	1 c. milk
12 cubes of ice	1/2 c. sugar
1 c. water	1 tsp. vanilla

Blend all ingredients in a blender. Serve.

### SWISS MOCHA

3/4 c. instant coffee	2 1/2 c. powdered coffee creamer
2 1/2 c. Nestle Quik	
1/2 c. powdered sugar	

Mix ingredients together. To serve, mix 1 heaping tablespoon in a cup of hot water.

### EGG NOG

**Grace Grozansky**

6 eggs	2 c. milk
1 c. sugar	bourbon or whiskey (optional)
2 c. heavy cream	nutmeg

Beat egg yolks until light and fluffy. Gradually beat in 1/2 of the sugar. Beat egg whites until fluffy; gradually beat in the remaining sugar. Fold the egg whites into yolk mixture. Add chilled cream and milk and liquor; stir well to combine. Serve in a punch bowl; sprinkle with nutmeg.

### HOLY COFFEE

**Father Terry**

Use white wine instead of water. Proceed to brew demi-tasse coffee in usual manner. Drink with a squeeze of lemon.

### CHOCOLATE FROSTY FLOAT

**Dolores Ceritto**

2 c. cold milk	3/4 c. chocolate syrup
1 pt. vanilla ice cream, softened	

Place milk, 1 cup ice cream and syrup in blender at medium speed for 15 seconds, or until smooth. Pour in tall glasses and top with scoops of remaining ice cream. Use your imagination - such as peaches instead of syrup with peach ice cream, etc.

### FREEZER PESTO

Antoinette Salvo

2/3 c. olive oil  
1/2 tsp. salt  
2 c. packed fresh basil or parsley leaves

4 large cloves garlic  
1/4 c. pine nuts

In a food processor, process all ingredients until it becomes a paste. Makes 1 cup and freeze.

Before serving, thaw and stir in 1/2 cup grated cheese. At serving time, cook 1 pound spaghetti, drain and toss with pesto sauce.

### MARINADE FOR BEEF

Joyce Sanseverino

This is especially effective when used with flank steak. Combine the following:

3/4 c. oil  
1/4 c. soy sauce  
1/2 c. honey  
2 Tbsp. onion, minced

2 Tbsp. white vinegar  
1/2 tsp. ground ginger  
1 clove garlic, minced

Marinate at least 2 days.

### PLAY DOUGH FOR CHILDREN

2 c. flour  
1 c. salt

3/4 to 1 c. water  
food coloring

Mix together the flour and salt. Slowly add the water. Knead together like bread dough until it looks plastic. Food coloring may be added for a color effect. Store in an airtight container when not in use to prevent drying.

Objects can be made from this material, left to harden, and then can be painted.

### COUGH SYRUP

1/4 tsp. anise seed  
1/4 tsp. thyme

2 c. water  
1 c. honey

Simmer anise seed and thyme in water for 15 minutes. Add honey. Refrigerate.