

Smith Family Cookbook

BY HENRY A. SMITH

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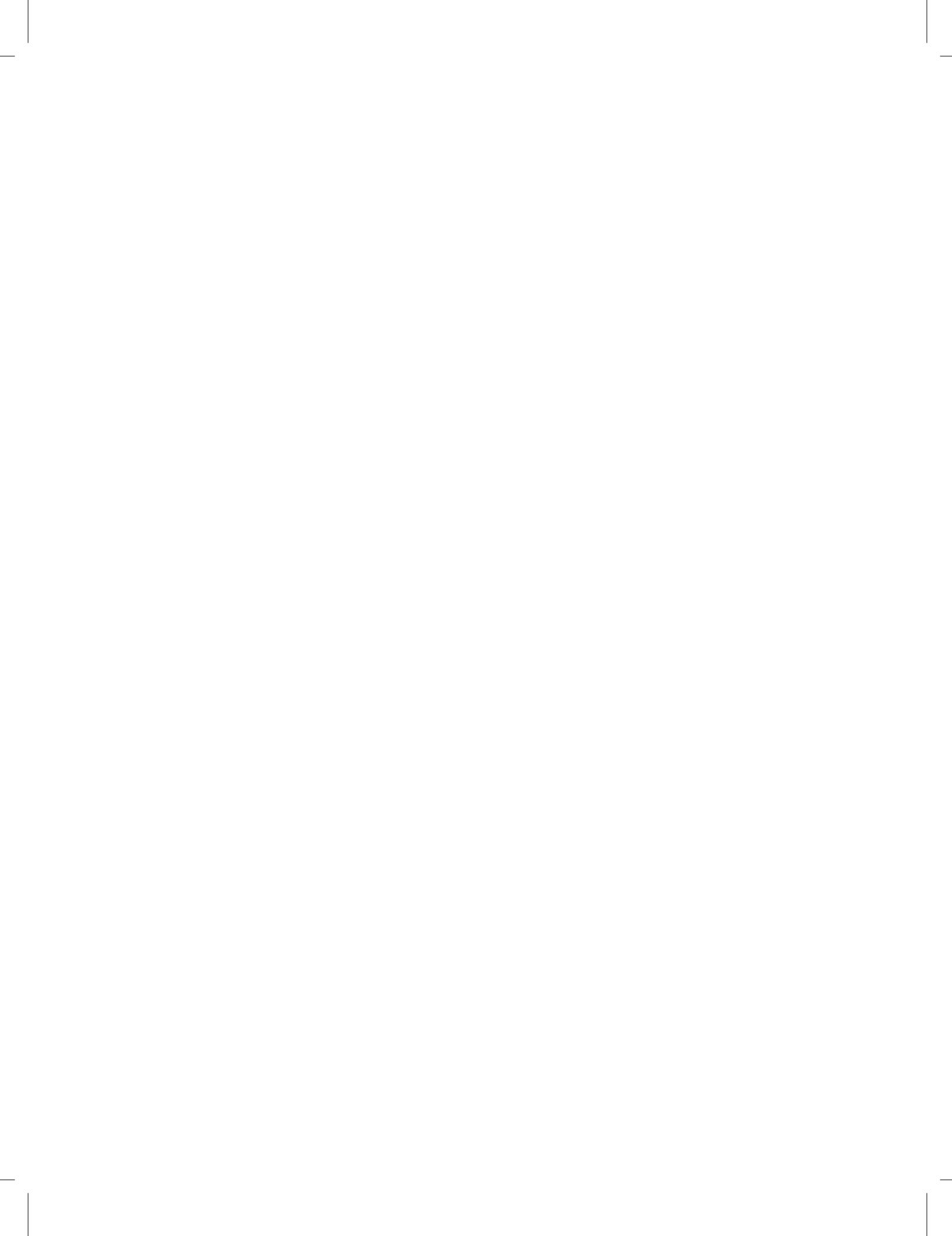
Printed by [printer name here], in the United States of America.

To my family. And possibly some other stuff.



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Preface

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A - Lemon Roasted Potatoes

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**2 pounds baby Dutch gold potatoes, washed and cut in half
½ cup water
¼ cup extra-virgin olive oil
4 cloves garlic, finely minced
½ teaspoon salt
Several grinds of black pepper
½ teaspoon dried oregano
½ teaspoon Pimentón**

**Juice and zest from 1 large lemon
½ cup chopped Italian parsley**

1. Preheat oven to 375° convection.  
2. In a 9 x 13-inch baking dish, combine all ingredients except parsley.
3. Roast for 30 minutes.
4. Stir potatoes and roast another 15 minutes or until well done.
5. Serve sprinkled with parsley.

Recipe courtesy of Rosalie D'Amico

Food for Thought

Add ½ cup pitted kalamata olives before roasting. The olives mellow out and add a nice salty note with the long roasting time.

Chefnotes

 If your oven has a convection roast option, use that.

B - Pumpkin Pancakes

Yield: 6 Pancakes

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**1½ cups all-purpose flour
2 teaspoons baking powder
½ teaspoon cinnamon
½ teaspoon ginger
½ teaspoon nutmeg
Pinch of cloves and allspice
¼ teaspoon salt
.....**

**½ cup canned solid pack pumpkin
2 tablespoons brown sugar or Maple Syrup
1 large egg
2 tablespoons oil
1 cup milk**

1. Mix dry ingredients in bowl. In another bowl, whisk pumpkin and remaining ingredients together until well mixed. Add to dry ingredients and fold together. Do not overmix.

Recipe courtesy of Rosalie D'Amico

C - Pesto

WITH SUCH A simple, uncooked sauce, it is important to use the freshest and highest-quality ingredients possible – a very good, extra-virgin olive oil, genuine Parmigiano-Reggiano cheese, American or Italian pine nuts. Avoid pine nuts from China. They can cause “pine mouth” syndrome, which can leave a bitter, metallic taste in your mouth for up to two weeks. Italian pine nuts are difficult to find and extremely expensive, so I generally use American grown pine nuts.

3 cups packed fresh basil leaves (washed, just shake water out, leaving a bit of water clinging to the leaves), roughly chopped

2 cloves garlic

2 tablespoons toasted pine nuts

¼ teaspoon salt

¾ cup olive oil divided ½ and ¼ cup

¼ cup chopped Italian parsley (optional)

½ cup grated Parmigiano-Reggiano cheese

1. Put pine nuts, garlic, salt, and ½ cup olive oil in food processor. Blend to combine and chop the garlic and pine nuts.
2. Add basil (and parsley if using) and remaining olive oil. Blend together until mixture is smooth and bright green.
3. Add Parmigiano. Blend until cheese is evenly dispersed. Adjust seasonings and consistency to your liking.
4. Transfer to a small bowl and cover the top with a drizzle of olive oil to prevent the pesto from darkening in color.

Recipe courtesy of Rosalie D'Amico

Let's Get Cheffy

To blanch or not to blanch the basil leaves.....

My personal conclusion: I'd skip the blanching if planning to serve (or consume) the pesto that same day. But if I'm going to store it in the refrigerator (or the freezer) for some time, where it will continue to oxidize (which degrades the flavor anyway), that's when I'd consider blanching first. I personally feel blanching takes away some of the flavor. If you do blanch, be sure to blanch for no more than 5 seconds and immediately immerse in an ice bath.

D - Pasta Genovese

(Pasta with Pesto, Potatoes and Green Beans)

Makes 4 to 6 servings

*A*CCORDING TO Marcella Hazan, there is no single dish more delicious in the entire Italian pasta repertory than *Pasta Genovese*. And my husband and I could not agree more!

Pasta with Pesto, Potatoes, and Green Beans is the classic Genovese pasta dish from Liguria, a small coastal region of north-western Italy. Liguria is considered to be the birthplace of pesto. Ask any Italian where the best basil in Italy is grown and they will tell you it comes from the area of Pra on the hills to the west of Genoa.

It may seem odd to have two starches in one dish, but it works. It is very easy to prepare since the green beans and potatoes cook in the same water as the pasta. Use any pasta you desire. Good choices are gemelli, linguine, or my favorite, gorganelli. Add more or less potatoes and green beans to your taste.

Pesto (one recipe – page 4)

8 ounce of pasta of your choice

3 cups green beans, cut into 2-inch pieces

**5 small red or Dutch gold potatoes, washed,
unpeeled and sliced into ¼-inch slices**

Parmigiano-Reggiano for serving

1. Bring a pot of salted water to a boil. You want the water nicely salted for flavor and also to maintain the shape of the potatoes and greenness of the beans.
2. Cook the potatoes first, just until they are done. Remove the potatoes with a strainer or slotted spoon and place in a bowl. *Do not throw away the water.*

3. Add the beans to the water and cook until they are done all the way. Remove with a slotted spoon and add to the bowl with the potatoes, keeping the cooking water.
4. Add the pasta to the boiling water and cook to al dente. When pasta is cooked, add the potatoes and beans and leave in the hot water for one minute just to re-heat them.
5. Reserve a cup or more cooking water before draining the pasta, potatoes and beans.
6. Add the pasta, potatoes and beans back to the pot you cooked them in. Add the pesto and mix together. Add a little of the pasta cooking water if you want it “saucier”. Serve with grated Parmigiano-Reggiano cheese.

Recipe courtesy of Rosalie D'Amico

E - Lemon Roasted Potatoes

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2 pounds baby Dutch gold potatoes, washed and cut in half	Juice and zest from 1 large lemon
$\frac{1}{2}$ cup water	$\frac{1}{2}$ cup chopped Italian parsley
$\frac{1}{4}$ cup extra-virgin olive oil	
4 cloves garlic, finely minced	
$\frac{1}{2}$ teaspoon salt	1. Preheat oven to 375° convection. 
Several grinds of black pepper	2. In a 9 x 13-inch baking dish, combine all ingredients except parsley.
$\frac{1}{2}$ teaspoon dried oregano	3. Roast for 30 minutes.
$\frac{1}{2}$ teaspoon Pimentón	4. Stir potatoes and roast another 15 minutes or until well done.
	5. Serve sprinkled with parsley.

Recipe courtesy of Rosalie D'Amico

Food for Thought

Add $\frac{1}{2}$ cup pitted kalamata olives before roasting. The olives mellow out and add a nice salty note with the long roasting time.

Chefnotes

 If your oven has a convection roast option, use that.

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F - Lasagne with Meat Sauce

Makes one 9x13-inch Baking Dish or two 8x8-inch Baking Dishes

Tomato Meat Sauce

3 tablespoons olive oil or butter
2 ounces pancetta, finely chopped
1 medium onion, finely chopped
3 ribs celery, leaves included
2 small carrots, peeled and finely chopped
3 cloves garlic
Chili pepper flakes to taste (not traditional)
8 ounces ground veal
8 ounces ground pork
8 ounces ground beef
2 tablespoons tomato paste
1 cup red wine
1½ cups chicken or beef stock
1 (28 ounce) can crushed Italian tomatoes in purée
¼ teaspoon ground nutmeg
Salt and pepper to taste

1. Sauté the pancetta and vegetables for about 10 minutes, stirring frequently.
2. Add chili pepper flakes along with the meats and cook, breaking meat into small pieces with a wooden spoon, until meat is in very small pieces.
3. Stir in the tomato paste and wine. Cook and reduce by half.
4. Add stock, tomatoes, salt, pepper and nutmeg. Bring to a boil, reduce heat and simmer very slowly partially covered for 45-60 minutes, stirring occasionally.

Béchamel

4 tablespoons butter
4 tablespoons flour
¼ teaspoon nutmeg
4 cups milk, heated
Salt and pepper to taste

1. Melt the butter over medium-low heat.
2. Sprinkle with the flour and nutmeg and whisk until smooth.

3. Cook 5 minutes on low heat, whisking frequently. Do not let the butter brown. But do cook for the full time to cook off the raw flour.
4. Gradually whisk in the HOT milk. Bring to a slow bubble until sauce thickens and continue cooking on low heat for 5 minutes.
5. While béchamel is cooling, whisk every few minutes to prevent a “skin” from forming. But don’t be concerned if that happens. Just whisk it before using.

Assembly

9-ounce box of no-boil lasagne noodles (my favorite brand is Barilla)

Béchamel sauce

Tomato meat sauce

4 cups grated Italian cheese (a combination of Parmigiano and Mozzarella or other Italian cheese of your choice)

¼ cup fresh parsley, chopped
¼ cup fresh basil, chopped

1. Preheat oven to 375° convection. 
2. Have the pasta, sauce, béchamel and cheese at hand. Spray the pan with non-stick cooking spray.
3. Cover the no-boil pasta sheets in hot tap water for 5 minutes. Lay on paper towels or a kitchen towel before using to remove excess water.
4. Spread a very thin layer of meat sauce in the bottom of the baking dish. Cover with lasagne sheets in a single layer. Spread a thin layer of béchamel over the pasta and then spoon some sauce on top of the pasta. Sprinkle with cheese, fresh parsley, and basil. Repeat the layers, ending with a nice layer of meat sauce and generous sprinkling of cheese.
5. Cover with foil (coat the foil with non-stick cooking spray to keep it from sticking to the cheese). Bake about 30-45 minutes. Remove the foil for the last 15 minutes. Let the Lasagne rest 10 minutes before cutting. Garnish with chopped parsley and basil.

Recipe courtesy of Rosalie D'Amico

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G - Potato Salad with Sherry Shallot Vinaigrette

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Vinaigrette

- 1 tablespoon Dijon mustard**
 - 1 tablespoon sherry vinegar**
 - ½ teaspoon salt**
 - ¼ cup olive oil**
 - 1 tablespoon finely chopped shallots**
 - 1 tablespoon finely chopped fresh thyme**
 - Black pepper to taste**
1. Whisk mustard, vinegar, and salt together. Drizzle in olive oil while whisking until emulsified.
 2. Stir in shallots and thyme.
 3. Add black pepper to taste.

Salad

- 1 pound small yellow gold potatoes**
 - 2 slices bacon, ¼-inch dice**
 - 2 hardboiled eggs diced**
 - Fresh parsley finely chopped**
1. Boil potatoes in salted water (1 teaspoon per pound) and 2 teaspoons vinegar until tender.
 2. As soon as you can handle the potatoes, peel and slice into thick coins or cut into quarters. Do not let them get cold.
 3. Toss in a little of the dressing while warm.
 4. Meanwhile, cook bacon over medium heat in a skillet until brown and crisp. Drain on paper towels.
 5. Toss potatoes with bacon, eggs, fresh parsley, and more dressing if needed to your taste.

Recipe courtesy of Rosalie D'Amico

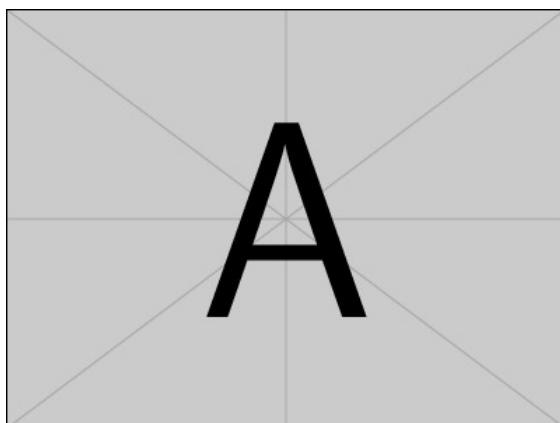
Food for Thought

Double the dressing recipe and save half for a green salad the next day. Romaine lettuce, bacon, and hard-boiled egg with this dressing is yummy.

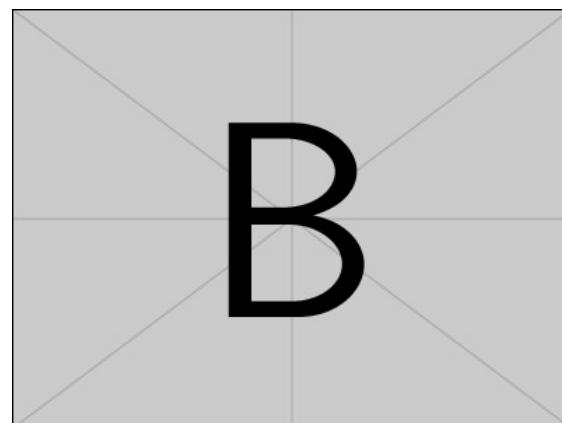
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H - Chicken Scarpriello

SCARPIELLO is *shoemaker* in Italian. *Shoemaker's chicken* may refer to Neapolitan shoemakers making delicious food in the little time they had at the end of the day.

**½ pound Italian sausage, links or bulk
6 boneless, skinless chicken thighs
1 large yellow onion diced small
½ large red bell pepper diced small
6 cloves finely minced garlic
1 cup dry white wine
1 cup chicken broth
½ cup diced pickled Peppadew peppers*
¼ cup white wine vinegar
3 sprigs fresh rosemary
Italian parsley for serving**

1. Brown sausage in skillet with a little oil for 6-8 minutes (they will not be fully cooked). If using links, slice before cooking. Transfer to a plate.

2. Salt and pepper the chicken and dredge in flour. Cook in same skillet until nice and brown and remove from skillet (it will not be fully cooked). Transfer to plate with sausage.
3. Cook onions, bell pepper and garlic in same skillet for 8 to 10 minutes, adding a bit more oil if necessary.
4. Add wine and cook about 5 minutes until slightly reduced.
5. Add broth, peppers, vinegar, and rosemary and bring to a boil.
6. Add chicken and sausages to skillet and cook until chicken is cooked through, about 10 to 15 minutes.
7. Garnish with chopped parsley and serve with steamed rice.

Recipe courtesy of Rosalie D'Amico – Adapted from Bon Appetit

Food for Thought

* Peppadew is the brand name for the pickled grape-size red pepper known as Juanita. They are available on Amazon or can be found bulk in "Olive Bars" in many grocery stores.

J-Pumpkin Pancakes

Yield: 6 Pancakes

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Dry Ingredients

1½ cups all-purpose flour
2 teaspoons baking powder
½ teaspoon cinnamon
½ teaspoon ginger
½ teaspoon nutmeg
Pinch of cloves and allspice
¼ teaspoon salt

Wet Ingredients

½ cup canned solid pack pumpkin
2 tablespoons brown sugar or Maple Syrup
1 large egg
2 tablespoons oil
1 cup milk

1. Mix dry ingredients in bowl. In another bowl, whisk pumpkin and remaining ingredients together until well mixed. Add to dry ingredients and fold together. Do not overmix.

Recipe courtesy of Rosalie D'Amico

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