**Recipes Collected Over the Years**

**CHRISTMAS  EVE DINNER**

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ANTIPASTO

Cheese platter, Smoked salmon,  Grilled Bacon wrapped scallops

Risotto w/baked butternut squash

Branzino alla puttanesca

Salad

Panna cotta w/berries & cookies

crispi

TORRONCINO

​​​​​

1/4  c.  Honey

1 ½ c.   Sugar

1 lb.     Skinless slivered almonds, toasted

2 T.      Sesame seeds, toasted

1  t.​ Diced orange peel

•​Bring honey to a boil

•​Add sugar and stir until dissolved

•​Add orange peel and almonds and cook stirring for 2-3 min.

•​Pour mixture onto a cold wet marble surface  or a cutting board

•​Use a knife to form the mixture into an oval shape and to flatten

•​Cut into bite size pieces while still warm

•​Transfer to a glass plate

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​This recipe came from Adriana Scalora a former student of mine at LTHS.(1979-2003)

​I’ve made them for Christmas ever since she gave me the recipe in the late 80's.

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JAN HAGEL

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1 1/2 c. Flour​​​

​3/4  c.  Sugar, ​​​​

​½    t.   Cinnamon

​½    c.  Butter

​1          Egg,

​1          egg white

​½    c.  Slivered almonds

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•​In large bowl combine flour, ½ c. sugar and cinnamon

•​Cut in butter in small pieces and work mix with fingertips

​           until small crumbs form

•​Add egg and work until blended; shape into ball

•​Press evenly into well-greased 13x9x2 inch pan

•​Brush with beaten egg white; sprinkle with sugar and almonds

•​Bake in preheated 350 oven 18-20 min or until lightly browned

•​Cool and cut in 2x1 inch diagonal bars

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​Mom always made these for Christmas and everybody thought that they were Italian cookies, but I had found this recipe in a magazine when I was in high school and we always made them together.  It’s a Swedish cookie.​​

**CANTUCCINI**

* 2 cups+1 tablespoon) all-purpose flour *sifted*
* 3/4 cup + 1 tablespoon) granulated sugar
* 1 tablespoon honey
* 1 teaspoon baking powder
* 1 teaspoon grated orange zest *or lemon zest*
* 1 teaspoon amaretto or 1/2 teaspoon almond extract (optional)
* 2 eggs
* ½ cup raw unpeeled almonds

**Instructions**

1. Preheat the oven to 180 degrees C (356 degrees F).
2. In a large bowl, combine the dry ingredients.
3. Add the eggs, honey, orange zest, amaretto and mix all the ingredients.
4. Once you have a crumbly, soft mixture, add the almonds.
5. Transfer the dough on a lightly floured surface and roll it into 2 logs that are approximately 30 cm (12 inch) long, and 5 cm (2 inch) wide.

Wet your hands, it will be easier to shape the dough.

1. Place the logs on a baking sheet lined with parchment paper or with a silicone mat.
2. Bake for 30 minutes, until golden brown.
3. Remove the logs from the oven and let them cool for about 10 minutes before slicing.
4. Place a log on a cutting board and using a sharp, serrated knife, cut it diagonally into 1.5 cm (1/2 inch) slices.
5. Put the cookies back on the baking sheet and bake them for 10-15 minutes.
6. Remove the cantuccini from the oven and let them cool on a wire rack.
7. Store them in a sealed container for several weeks.

**‘NCICIRATA**

3 large eggs

2 tablespoons sugar

2 tablespoons oil I used canola

1 teaspoon pure vanilla extract

2 tablespoons grappa limoncello or rum are also good choices

1/2 cup milk

1/8 teaspoon fine sea salt

1 teaspoon baking powder

3 1/4 cups allpurpose flour approximately

vegetable oil for deep frying

#### Honey Mixture

1 cup honey

grated zest of a lemon

sprinkles of your choice

In a medium sized bowl whisk together the eggs, sugar, oil, vanilla extract, grappa and milk.

Stir in the salt, baking powder, 3 cups of the flour and the remaining 1/4 cup of flour only as much as you need to achieve a soft malleable dough.

Transfer the dough to a lightly floured work surface and with floured hands knead lightly for a minute.

Cover the dough with plastic wrap and allow to rest for a 1/2 hour.

Cut off small pieces of dough at a time and roll out into 1/2 inch thick ropes. If the dough feels sticky, dust your hands lightly with flour.

**CHRISTMAS DINNER**

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Affettati  Platter

Cheese   Platter

Ravioli w/Paolo's tomato sauce

Roast:  beef or pork

Insalata of celery, green apples, radicchio and parmigiano

Tiramisu & cookies

RAVIOLI

Per la pasta: mezzo chilo di farina, 4 uova, sale e acqua quanto basta.

**THANKSGIVING DINNER**

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TURKEY DRESSING

8 cups corn bread, cut into cubes and toasted

3 cups vegetable stock

1 Tbs. olive oil

1 yellow onion, finely chopped

1 celery stalk, finely chopped

1 carrot, finely chopped

Salt and freshly ground pepper, to taste

1 jar (14.8 oz.) French chestnuts, if using

3 Tbs. chopped fresh sage

3 Tbs. chopped fresh flat-leaf parsley

1 egg

Directions:

Preheat an oven to 350°F. Butter a 13-by-9-inch pan

In a fry pan over medium heat add the onion, celery and carrot to the pan and sauté until soft and translucent, about 5 minutes. Season with salt and pepper.

In a large bowl, combine the corn bread, onion mixture, chestnuts, sage and parsley. Whisk the egg into the stock mixture and add to the corn bread mixture. Season with salt and pepper and stir gently to mix.

Transfer the dressing to the prepared baking dish and bake until browned and crispy, about 1 hour. Serves 10 to 12.

BRUSSELS SPROUTS WITH PANCETTA

At their peak of freshness in autumn, brussels sprouts are a traditional vegetable for the Thanksgiving feast. They were first introduced to American cooks by Thomas Jefferson, who is reputed to have grown them in his garden at Monticello.

Ingredients:

1 1/2 lb. brussels sprouts cut in half

6 oz. pancetta, diced

3 Tbs. olive oil

Freshly ground pepper, and salt to taste

1T. Balsamic vinegar

Preheat oven to 400.  Place sprouts on a sheet pan.  Cut pancetta into 1/2 inch dice and add to pan.  Add olive oil, salt and pepper and toss.  Roast sprouts 20-30 min until pancetta is crisp. Remove from oven and toss with balsamic vinegar.

GREEN BEAN CASSEROLE

 2 (10.75 ounce) cans Campbell's® Condensed Cream of Mushroom Soup

 1 cup milk

 2 teaspoons soy sauce

 1/4 teaspoon ground black pepper

 8 cups cooked cut green beans

 2 2/3 cups French's® French Fried Onions

Directions

Stir soup, milk, soy sauce, pepper, beans and 1 1/3 cups onions in 3-qt. casserole.

Bake at 350 degrees F. for 25 min. or until hot. Stir.

Top with remaining onions. Bake for 5 min. more.

**BAKED SWEET POTATOES**

Sweet potatoes

Orange juice

Butter

Dice potatoes and place in a baking dish, add OJ, dot with butter and bake until done

**CRANBERRY SAUCE**

1lb. Cranberries

1 orange, diced

1 piece of candied ginger

1 stick of cinnamon

1/3 c. Sugar

1c.  Water

Place all in a saucepan and cover with water.  Bring to boil and cook until cranberries pop. Cool and serve.

**CRANBERRY RELISH**

1lb. Cranberries

1 orange, diced

1/3c. Sugar

Place in processor and process until well chopped

**MENU DI PASQUA-EASTER MENU**

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Antipasti

Fiori di Zucca

Zucchini blossoms filled with fresh mozzarella, anchovies dipped in a light batter and deep fried

Insalata di Carciofi

Arugula salad tossed thinly sliced raw baby artichokes, baby carrots in citrus vinaigrette topped with shaved Parmigiano

Torta Pasqualina

A traditional Italian Easter pie made with Swiss chard, eggs and ricotta cheese.

Acqua Cotta

Traditional Tuscan soup made with English peas, fava beans, carrots, leeks, Swiss chard, tomatoes, egg, pecorino cheese and toasted bread.

Primi Piatti

Spaghetti alla Chitarra al ragu d’Agnello

Very thin square spaghetti shaped pasta sautéed with a lamb ragu made with tomato, herbs and red wine topped with Parmigiano and Pecorino cheese

Quaglie con Risotto

Organic Carnaroli rice sauteed with white onion, fava beans, pancetta, finished with Pecorino Romano, Parmigiano, sweet cream butter and topped with a pancetta wrapped roasted quail

 Secondi Piatti

Carre d’Agnello in Crosta al Tartufo

Rack of lamb grilled and topped with a crust of walnuts, almonds, bread crumbs, black truffle pate and baked in the oven.

Branzino alla Primavera

Fresh striped bass sautéed with garlic, white wine, baby artichokes, asparagus, fava beans, heirloom cherry tomatoes

**CUCULI DI PASQUA ALL’ANICE**

5 uova + 3 per decorare

150 ml di latte

150 gr di zucchero

200 ml di liquore all’anice

100 ml di olio di semi

1 cubetto di lievito di birra

scorza grattuggiata di 2 limoni

farina qb (circa 1 / 1,2 kg)

 PROCEDIMENTO

Versate 1 kg di farina in una ciotola capiente o direttamente sulla spianatoia, formate un buco al centro e versatevi 4 uova intere ed un tuorlo (tenete l’albume da parte per spennellare i cuculi prima di infornarli). Incorporate le uova sbattendole con una forchetta, poi aggiungete lo zucchero, l’anice, l’olio, la scorza dei limoni (vi consiglio di utilizzare limoni biologici non trattati, ma in mancanza lavate per bene la buccia) ed infine il latte nel quale avrete sciolto il lievito di birra. Amalgamate il tutto ed impastate fino ad ottenere un panetto liscio ed omogeneo (se l’impasto risulta appiccicoso aggiungete ancora un po’ di farina).

Riponete l’impasto in una ciotola leggermente infarinata e ricoperta di pellicola trasparente, poi avvolgete la ciotola con una coperta, come facevano una volta le nostre nonne, e mettetela a riposare per circa 2 ore a temperatura ambiente in un luogo caldo e privo di correnti d’aria.

Dopo due ore suddividete l’impasto in tre panetti e stendeteli formando con ognuno un serpentone lungo, largo circa 4/5 cm, intrecciatelo partendo dal centro e facendo passare le estremità una sull’altra. Come vuole tradizione, potete anche decorare il treccione con un uovo, avendo cura di lavare per bene il guscio: posizionate l’uovo al centro del serpentone e poi avvolgetelo intrecciando le estremità.

Riponete i cuculi in una teglia ricoperta di carta forno ben distanziati tra loro e lasciateli lievitare, sempre coperti, per altre due ore.

Preriscaldate il forno a 150°, spennellate i cuculi con l’albume tenuto da parte e cuoceteli per circa 40 minuti, fino a quando la superficie diventerà dorata.

**INSALATA RUSSA**

1lb frozen peas

1lb frozen cubed carrots

2 large potatoes boiled and cubed

Mayonnaise

Mix all together. Shape into oval and decorate with Olives, gerghins, capers, anchovies

**TORTA VERDE**

3 cups flour

1 cup warm water

3/4 cup oil

1 T salt

Mix until smooth dough forms

Roll out 2 sheets to fit pan top and bottom

Oil pan and add cornmeal then add bottom sheet and have some hang over

2 big bunches Swiss chard chopped and steamed

4 zucchini shredded

1/2 bag frozen or 2 cans artichokes chopped fine

3 eggs

1 cup Parmesan cheese

Handful of rice

Mix all together add to pan, put top dough on and fold over edges to form crust

Top generously with olive oil and bake until golden brown 35/40 min. 350-400\*

**SCALLOPED POTATOES** (bake 350 for 1 hr.)

In a baking pan, place one layer

4c. Potatoes sliced thinly

Meanwhile in a saucepan mix

3T. Butter

3T. Flour

11/2 c. Milk

1t. Salt

Top the first layer with the sauce, top with more potatoes, sauce and

1c. Sharp cheddar

Top with

1/2c. Grated cheese

Paprika

Bake

**MARDI GRAS DINNER**

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\*PAT O'BRIANS HURRICANE

1oz vodka

1/4oz grenadine

1oz gin

1oz light rum

1/2oz 151 rum

1oz amaretto

1oz triple sec

Grapefruit juice

Pineapple juice

\*Emeril's **ESSENCE** Creole Seasoning (also referred to as Bayou Blast):

2 1/2 tablespoons paprika

2 tablespoons salt

2 tablespoons garlic powder

1 tablespoon black pepper

1 tablespoon onion powder

1 tablespoon cayenne pepper

1 tablespoon dried oregano

1 tablespoon dried thyme

**CREOLE SHRIMP SKEWERS**

Creole Shrimp Skewers

2 tablespoons Creole Seasoning

6 tablespoons unsalted butter, melted

1 pound medium shrimp (30/40) peeled and deveined

Preheat the oven to 425 degrees F.

Combine the Creole Seasoning and melted butter in a medium bowl. Whisk to combine. Place 3 tablespoons of this mixture in a shallow dish and reserve the remaining mixture for later.

Skewer the shrimp on small 6 inch skewers, using 2-3 shrimp per skewer. Lay the skewers in the butter mixture in the shallow dish and coat both sides with the seasoning. Place the skewers on a parchment-lined baking sheet. Once all the shrimp have been skewered, place the baking sheet in the oven and let the shrimp bake for about 12-15 minutes until opaque throughout. Remove the skewers and place on a platter for serving.

Serve immediately with the remaining melted Creole butter and some crusty bread to dip in the butter.

**JAMBALAYA**

12 medium shrimp, peeled, deveined and chopped

4 ounces chicken, diced

1 tablespoon Creole seasoning, recipe follows

2 tablespoons olive oil

1/4 cup chopped onion

1/4 cup chopped green bell pepper

1/4 cup chopped celery

2 tablespoons chopped garlic

1/2 cup chopped tomatoes

3 bay leaves

1 teaspoon Worcestershire sauce

1 teaspoon hot sauce

3/4 cup rice

3 cups chicken stock

5 ounces Andouille sausage, sliced

Salt and pepper

Directions

In a bowl combine shrimp, chicken and Creole seasoning, and work in seasoning well. In a large saucepan heat oil over high heat with onion, pepper and celery, 3 minutes. Add garlic, tomatoes, bay leaves, Worcestershire and hot sauces. Stir in rice and slowly add broth. Reduce heat to medium and cook until rice absorbs liquid and becomes tender, stirring occasionally, about 15 minutes. When rice is just tender add shrimp and chicken mixture and sausage. Cook until meat is done, about 10 minutes more. Season to taste with salt, pepper and Creole seasoning.

\***CENCI**

1 3/4 cups (225 g) flour

2 tablespoons unsalted butter

1/3 cup confectioners sugar

2 eggs

1 tablespoon brandy

A pinch of salt

More confectioner’s sugar for dusting

Oil for deep frying

Preparation:

Make a fairly stiff dough with these ingredients, kneading it thoroughly, and adding more flour if it comes out too soft. Flour it and let it rest, covered tightly with plastic wrap, for about an hour.

Roll the dough out into an eighth-of-an-inch (3 mm) thick sheet, and use a serrated pastry wheel to cut it into strips as long as your palm and two fingers wide.

Make a cut down the middle of each cencio (so as to obtain two strips joined at the ends), twist the side strips without breaking them, fry them in hot oil or lard, and dust them with confectioners sugar when they’re cool.

This recipe, Artusi says, is sufficient to make a platterful. He finishes up with, "Should the dough have formed a crust while it sat, knead it again before you roll it out."

\***KING CAKE**

1 roll frozen bread dough, thawed

8 ounces cream cheese, softened

1 cup powdered sugar

1 teaspoon lemon extract

For the Icing:

1-1/2 cups confectioner’s sugar

3 tablespoons milk (more if needed but stir this amount first, you’ll be surprised how far this goes!)

1 tsp clear butter or vanilla flavoring

On floured surface, roll out your dough to a rectangle of about 10 x 18 inches. It doesn’t have to be exact, close enough works!

In a mixing bowl, combine cream cheese, powdered sugar, and extract and mix until creamy and well blended. Spread over dough to within an inch of each side. Roll up longways (to make a long log) and brush the final edge with water before pressing it into the log to seal.

Take log and form into a circle, pressing the ends into each other and brushing with water if needed to seal together. Spray top lightly with cooking spray and cover with plastic wrap. Set in warm place to rise for 45 minute to an hour.

Remove plastic wrap and bake in 350 degree oven for 30-35 minutes. Allow to cool.

Mix confectioner’s glaze and drizzle over top of cake with a spoon. Immediately sprinkle colored sprinkles over glaze if desired. Allow to sit until glaze hardens.

Mardi Gras 2014

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\*Hurricanes

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Muffolattas

Giardiniera

Eggplant

Cheeses

Artichoke dip

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Jambalaya w/rice

Corn bread

Green beans

Salad

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\*King cake

\*CENCI

\*Biscotti w/limoncello

EULIANO LECTURE RECEPTION

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Caponata

Cheese plate w/grapes, jellies

Artichoke dip w/chips

Pork roast baked and sliced

Ratatouille

Sliced French bread

Dessert

Euliano reception 2016

Caponata with sliced tortas

Hummus with pitachips

Cheese with crackers

Mini muffulettas

Penne with mushrooms,chicken,sour cream

Tuxedo cake and Colomba

**RATATOUILLE**

1 can (28 ounces) whole peeled tomatoes

6 tablespoons extra-virgin olive oil

1 large eggplant (1 pound), cut into 1-inch

Coarse salt and ground pepper

2 large yellow onions (1 pound total), diced

1 head garlic, cloves smashed and peeled

2 bell peppers (any color), seeded and diced

2 large zucchini (1 pound total), diced large

1 bay leaf

1 tablespoon fresh marjoram or oregano

2 to 3 tablespoons red-wine vinegar

Preheat oven to 350 degrees. Place tomatoes and juices on a rimmed baking sheet and use your hands to break tomatoes into 3/4-inch pieces. Drizzle with 2 tablespoons oil and bake until thickened, 30 minutes, stirring every 10 minutes.

Meanwhile, in a colander, toss eggplant with 1 1/2 teaspoons salt. Let sit 20 minutes, then squeeze out excess liquid. In a large Dutch oven or heavy pot, heat 4 tablespoons oil over medium. Add onion and cook, stirring occasionally, until translucent, 5 minutes. Add garlic and cook until onions and garlic are soft, 5 minutes. Add peppers and cook, stirring, until crisp-tender, 4 minutes. Season with salt and pepper.

Add tomatoes, eggplant, zucchini, bay leaf, and marjoram to pot. Cook, stirring occasionally, until mixture comes to a simmer. Reduce heat to medium-low, partially cover, and cook at a gentle simmer until vegetables are tender but not mushy, 15 minutes. Season to taste with vinegar, salt, and pepper. Remove bay leaf before serving.

**RAVIOLI**

2 cups all-purpose flour, plus more for dusting

1 teaspoon salt

3 large eggs, plus 1 for egg wash

2 tablespoons extra-virgin olive oil

Cornmeal, for dusting

FILLING

1lb chopped, frozen spinach, microwaved and squeezed almost dry

1lb ricotta

1 egg

1/2 c. grated cheese

Salt, pepper

Dash of nutmeg

Directions

Combine the flour and salt on a flat work surface; shape into a mound and make a well in the center. Add the eggs and 1 tablespoon of the olive oil to the well and lightly beat with a fork. Gradually draw in the flour from the inside wall of the well in a circular motion. Use 1 hand for mixing and the other to protect the outer wall. Continue to incorporate all the flour until it forms a ball. Sprinkle some flour on work surface, knead and fold the dough until elastic and smooth, this should take about 10 minutes. Brush the surface with the remaining olive oil and wrap the dough in plastic wrap; let rest for about 30 minutes to allow the gluten to relax.

Cut the ball of dough in 1/2, cover and reserve the piece you are not immediately using to prevent it from drying out. Dust the counter and dough with a little flour. Press the dough into a rectangle and roll it through a pasta machine, 2 or 3 times, at widest setting. Pull and stretch the sheet of dough with the palm of your hand as it emerges from the rollers. Reduce the setting and crank the dough through again, 2 or 3 times. Continue tightening until the machine is at the narrowest setting; the dough should be paper-thin, about 1/8-inch thick (you should be able to see your hand through it.). Dust the sheets of dough with flour as needed.

Beat 1 egg with 1 tablespoon of water to make an egg wash. Dust the counter and sheet of dough with flour, lay out the long sheet of pasta, and brush the top surface with the egg wash, which acts as a glue. Drop tablespoons of your favorite filling on 1/2 of the pasta sheet, about 2-inches apart. Fold the other 1/2 over the filling like a blanket. With an espresso cup or fingers, gently press out air pockets around each mound of filling. Use a sharp knife to cut each pillow into squares and crimp the 4 edges with the tins of a fork to make a tight seal. Dust the ravioli and a sheet pan with cornmeal to prevent the pasta from sticking and lay them out to dry slightly while assembling the rest.

Cook the ravioli in plenty of boiling salted water for 4 minutes; they'll float to the top when ready, so be careful not to overcrowd the pot. Lift the ravioli from water with a large strainer or slotted spoon. Bath the ravioli in your favorite sauce to lightly coat and serve.

MEAT

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**CHICKEN PICCATA**

* 2 large boneless and skinless chicken breasts, halved horizontally to make 4
* 2 tablespoons flour (all purpose or plain)
* 2 tablespoons finely grated fresh Parmesan cheese
* 1 teaspoon salt
* Cracked pepper

**For The Sauce:**

* Light spray of cooking oil
* 1 tablespoon olive oil
* 2 teaspoons butter (or oil)
* 2 tablespoons minced garlic
* 1¼ cup chicken broth (stock)
* ½ cup milk (full fat or 2% -- or use reduced fat cream or heavy cream)
* ⅓ cup finely grated fresh Parmesan cheese
* 2 tablespoons capers (plus 2 tablespoons extra to garnish)
* 1 teaspoon cornstarch (cornflour) mixed with 1 tablespoon of water
* 2-3 tablespoons lemon juice -- juice of 1 lemon (adjust to your tastes)
* 2 tablespoons fresh parsley

1. Lightly spray pan/skillet with a light coating of cooking oil spray and heat over medium-hight heat. In a shallow bowl, combine the flour and parmesan cheese. Season the chicken with salt and pepper; dredge in the flour mixture; shake off excess and set aside.
2. Heat the 1 tablespoon of oil and 2 teaspoons butter in a large skillet over medium-high heat until butter has melted and pan is hot. Fry the chicken until golden on each side and cooked through and no longer pink (about 3-4 minutes, depending on the thickness of your chicken). Transfer onto a warm plate.
3. Add the garlic to the oil in the pan (spray with a light coating of oil if needed) and fry until fragrant (about 1 minute). Reduce heat to low-medium heat, add the broth and milk (or cream). Bring the sauce to a boil; season with salt and pepper to your taste; add in the parmesan cheese and capers and allow sauce to simmer for about 2 minutes until thicker. (If the sauce is too runny for your liking, add the cornstarch/water mixture into the centre of the pan and mix through fast to combine into the sauce. It will begin to thicken immediately).
4. Pour in the lemon juice, allow to simmer for a further minute to combine. Add the chicken back into the pan to serve, or serve over steamed vegetables, zucchini noodles or cooked pasta with the sauce. Top with extra capers to garnish, lemon slices and parsley.

## Italian pear cake

* 9 Tbsp unsalted butter at room temperature
* 9 Tbsp white sugar
* 2 large eggs
* 7 Tbsp all-purpose flour
* 3.5 oz ground almonds
* 1/2 tsp baking powder
* 3 medium pears ripe, peeled, cored and halved
* 1.7 oz flaked almonds
* Icing sugar for garnish
* Pre-heat oven to 375° F.
* Grease an 8-inch springform pan and line the bottom with a round of parchment paper. Set aside.
* Prepare pears, by peeling, coring and cutting in half. Set aside.
* In a large bowl with an electric mixer, or in the bowl of a stand mixer, beat the butter and white sugar together until pale and fluffy.
* Add the eggs, one at a time, beating well after each addition. Using a spatula, fold in the flour, ground almonds and baking powder. Spoon batter into the prepared springform pan and use a palette knife to even out the mixture. (Batter will be thick and fill the pan only about an inch thick).
* Arrange the pear halves over the top of the cake and bake in pre-heated 375° oven for 25 minutes. Remove cake from oven and sprinkle the flaked/sliced almonds over the top. Return to the oven for a further 8-10 minutes. The cake is ready when a skewer inserted into the centre of the cake comes out clean.
* Leave the cake to cool in the tin, then run a knife around the outside and carefully remove the ring and base. Dust with icing sugar before serving with
* Optional Mascarpone, Marsala and Orange Cream: Whisk the grated rind of 1 orange and 2 Tbsp. of freshly squeezed orange juice in a bowl. Add 2 tablespoons sweet Marsala and 100 g (3 1/2 oz.) of mascarpone cheese. Sweeten with icing sugar to taste.

## Creamy Polenta with Mushroom Ragù

* 2 pounds mixed mushrooms, such as cremini, shiitake, and oyster
* 1 medium yellow onion
* 1 medium carrot
* 3 cloves garlic
* 2 tablespoons olive oil
* 1 teaspoon kosher salt, divided
* 1/4 teaspoon freshly ground black pepper
* 1/4 cup dry white wine
* 2 tablespoons tomato paste
* 1 (28-ounce) can diced tomatoes
* 1/2 cup water
* 1 bay leaf
* 2 sprigs  fresh thyme
* 1 sprig  fresh rosemary
* 1/4 teaspoon red pepper flakes
* 1 teaspoon balsamic vinegar

Beet Salad

Bed of arugula

Sliced beets of different color

Topped with candied walnuts and goat cheese

## SARDENAIRA

4cups flour

2cups of warm water

1pk of yeast

3 T. oil

1T. salt

1 t. sugar

Mix the above together and let rise. Place dough in a pan and top with the following

1 can peeled tomatoes

Origano

Garlic in their peel

anchovies

 Olives

 Capers

Oil

Bake in a hot oven (475) until done(15 min)

**CASTAGNACCIO**

500 g di farina di castagne  
1 litro di acqua  
50 g di zucchero di canna biologico (facoltativo)  
150 g di uvetta  
20 g circa di pinoli italiani  
½ cucchiaio di semini di finocchietto  
5 cucchiai di olio extravergine di oliva ligure  
sale fino marino

Sciacquate l'uva passa, e lasciatela in ammollo circa 30 minuti in acqua tiepida.

In una terrina molto capiente versate tutta la farina di castagne setacciandola, in modo da non creare grumi. Aggiungete lo zucchero, un pizzico di sale fino e l'acqua a filo poco per volta, lavorando delicatamente con una frusta. Quando il composto diventerà omogeneo e morbido, coprite la terrina con un canovaccio e fate riposare tre ore.

Aggiungete nel composto che si sarà addensato i semini di finocchietto, due cucchiai di olio e incorporate bene mescolando con un cucchiaio di legno. Ungete una teglia rettangolare (25 x 35) e antiaderente con l'olio rimasto, e versatevi la crema di farina di castagne ottenuta. Terminate distribuendo uniformemente sulla superficie l'uvetta scolata e strizzata, e poi i pinoli.

Cuocete nel forno preriscaldato a 180°C per circa un’ora. Il castagnaccio è pronto quando si stacca dalle pareti della teglia e la parte superiore assume un bel colore dorato, con le caratteristiche crepe

**TORTA DELLA NONNA**

1 stick unsalted butter, softened

1 1/3 cups sugar

1 cup full-fat ricotta

1 teaspoon vanilla

Zest from 1 organic lemon

3 eggs, room temperature, separated

3 tablespoons limoncello

2 1/2 cups almond flour

1 teaspoon baking powder

1/3 cup sliced almonds

Powdered sugar, for dusting

Preheat oven to 325 degrees Fahrenheit. Butter a 9-inch springform pan. Line the bottom of the pan with parchment paper.

Using an electric mixer, beat the butter and sugar together until incorporated. Mix in the ricotta, vanilla and lemon zest.

Scrape down the sides of the bowl, then add the egg yolks, one at a time, continuing to beat until very light and creamy. Add in the limoncello, almond flour and baking powder and beat to combine.

In a separate clean chilled bowl, beat the egg whites with an electric mixer until stiff peaks form. Gently fold the egg whites into the cake mixture. (Don’t worry if white streaks remain – they will disappear once in the oven.)

Pour the mixture into the prepared springform pan. Smooth the top with a spatula or spoon. Sprinkle with the sliced almonds. Bake for 40-45 minutes or until firm yet slightly springy to the touch.

Allow to cool completely. (It will fall slightly.) Dust with the powdered sugar and serve!

**TUSCAN KALE SOUP**

Cook together until soft

1 medium yellow onion, chopped

2 large carrots, peeled and thinly sliced into rounds

2 celery stalks, chopped

½ bulb of finocchio, chopped

4 cloves garlic, thinly sliced

Kosher salt, black pepper, crushed red pepper

Add the rest

4 c. low-sodium vegetable broth

2 c. water

1 tbsp. Italian seasoning

1 bunch kale, ribs removed, leaves torn into 2" pieces

2 (15.5-oz.) cans white beans, rinsed and drained

Freshly grated Parmesan cheese, for serving

#### Wild Mushroom Ragú

* 1/3 cup 80 ml extra virgin olive oil
* 4 cups 280 g mixed wild mushrooms, chopped
* Salt and freshly ground black pepper
* 2 cloves garlic, minced
* 1 shallot, minced
* 1 tsp dried rosemary
* 1 tsp dried oregano
* 1/2 cup 120 ml tomato sauce
* 1/4 cup 60 ml red wine
* 1/2 cup 120 ml vegetable broth
* 1 tbsp 15 g non-dairy butter
* 1/8 cup 15 g fresh parsley leaves,

Serve over polenta

**BRAZILIAN STEW**

Cook until soft

1 tablespoon canola oil   
 1 medium onion, chopped   
 2 cloves garlic, minced   
 2 sweet potatoes, peeled, diced   
 1 large red bell pepper, diced

Add  
1 cans diced tomatoes   
1 hot green chili pepper, diced   
2 cups vegetable stock plus 1 1/2 cups of water   
2 cans black beans

Serve and top with  
1 mango, peeled and diced   
1/4 cup chopped fresh cilantro   
1 lime

#### *BARBAJUAN*

#### *Per il ripieno:*

* + 500 g di zucca
  + 200 di ricotta
  + 50 g di parmigiano
  + 2 uova
  + 50 g di bietola

#### *Per la sfoglia:*

* + 200 g di farina
  + 1/2 bicchiere di vino bianco secco
  + 1 cucchiaio di olio extravergine di oliva Ligure
  + Acqua tiepida q.b.
  + Sale i pizzico
  + Olio di arachidi per friggere

**TORTA GENOVESE**

* 250 gr. farina di grano tenero tipo “00”  
  250 gr farina tipo “Manitoba”  
  3 cucchiai di olio extravergine di oliva  
  10 gr sale  
  300 ml acqua circa  
  1 chilo di bietole2 vaschetta di ricotta da 250 gr + 500 gr di yogurt intero  
  olio extravergine di oliva  
  sale  
  due cucchiai di farina   
    
  [ ]**STUFFED PEPPERS**
  + 1 cup quinoa or rice (thoroughly rinsed and drained)
  + 2 scant cups [*vegetable stock*](https://minimalistbaker.com/easy-1-pot-vegetable-broth/) (sub water, but it will be less flavorful)
  + 4 large red, yellow, or orange bell peppers (halved, seeds removed)
  + 1/2 cup [*salsa*](https://minimalistbaker.com/easy-red-salsa/) (plus more for serving)
  + 1 Tbsp [*nutritional yeast*](https://aax-us-east.amazon-adsystem.com/x/c/QupHUusXpvPZ71U-x_orPOMAAAFjjnW7lwEAAAFKAfeT5h4/https:/www.amazon.com/Bragg-Nutritional-Yeast-Seasoning-Premium/dp/B002863BIW/ref=as_at/?creativeASIN=B002863BIW&imprToken=SdjvNmOFGURtdnxHQcztoQ&slotNum=14&ie=UTF8&qid=1461084690&sr=8-2&keywords=nutritional+yeast&linkCode=w61&tag=minimalistbaker-20&linkId=12fe6e68ab29a48c6d7eb87837ef3c4b)(optional)
  + 2 tsp cumin powder
  + 1 1/2 tsp chili powder
  + 1 1/2 tsp garlic powder
  + 1 15-ounce can black beans (drained // if unsalted, add 1/4 tsp sea salt per can)
  + 1 cup whole kernel corn (drained)

#### TOPPINGS *optional*

* + 1 ripe avocado (sliced)
  + Fresh lime juice
  + [*Hot sauce*](https://minimalistbaker.com/spicy-habanero-hot-sauce/)
  + Cilantro (chopped)
  + Diced red onion
  + [*Creamy Cilantro Dressing*](https://minimalistbaker.com/mexican-quinoa-salad-cups-with-creamy-cilantro-lime-dressing/)
  + [*Chipotle Red Salsa*](https://minimalistbaker.com/chipotle-red-salsa/) (or your favorite salsa)

FRIZZULI   
flour-one handful per person

2eggs

Water  
  
  
RASCHIATELLI   
Flour one handful per person   
Water

**CRISPI**

2-4 cups of flour

1 package of yeast

1T. salt

1-2 cups water

Oil for frying

Mix as you would for making a pizza. This dough will be a lot stickier

Let rise until doubled

Dip your hands into a bowl of oil, shape a bit of dough into a round doughnut like and drop into a pan full of very hot oil until golden brown. Eat warm topped with either salt or sugar

Nel periodo natalizio:

?crisp' (pasta lievitata cui si dà la forma di un fusillo pieno circolare; viene cotto in olio bollente);

?panzaròtt' (panzerotti ripieni con ricotta);

?rusètt' (sfoglia di pasta a forma di rosa cotta in olio bollente e poi ricoperta di zucchero);

?cannarìcuwi (pasta arrotolata della lunghezza di un pollice cotta in olio bollente e ricoperta di miele);

?tiràll' (taralli; vengono impastati con finocchio selvatico).

**JEWISH BUTTER CAKE**

2 cups flour

1 cup butter

1 cup sugar

1 small beaten egg

Pinch of salt

1/3 cup shaved almonds

Knead all ingredients into a smooth paste (use ½ of beaten egg)

Butter a pie pan or a springform pan

Press the dough into it

Brush the rest of egg on top

Decorate the top with almonds

Bake for 30 min. in 350 degree oven