

# Five Recipes for the Lecture.

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# Beef Parmesan with Garlic Angel Hair Pasta

## Preparation

1. Preheat oven to 350 degrees F (175 degrees C).
2. Cut cube steak into serving size pieces. Coat meat with the bread crumbs and parmesan cheese. Heat olive oil in a large frying pan, and saute 1 teaspoon of the garlic for 3 minutes. Quick fry (brown quickly on both sides) meat. Place meat in a casserole baking dish, slightly overlapping edges. Place onion rings and peppers on top of meat, and pour marinara sauce over all.
3. Bake at 350 degrees F (175 degrees C) for 30 to 45 minutes, depending on the thickness of the meat. Sprinkle mozzarella over meat and leave in the oven till bubbly.
4. Boil pasta al dente. Drain, and toss in butter and 1 teaspoon garlic. For a stronger garlic taste, season with garlic powder. Top with grated parmesan and parsley for color. Serve meat and sauce atop a mound of pasta!

# Ricotta Pie

## Preparation

1. Preheat oven to 325 degrees F (165 degrees C). Grease two deep dish pie plates.
2. Roll out 2 of the balls to fit into the pie pans. Do not make the crust too thick as it will expand during cooking and get too thick. Do not flute the edges of the dough. Roll out the other 2 balls of dough and cut each into 8 narrow strips for the top of the crust. Alternately you can use cookie cutters and place the cutouts on the top of the pies.
3. Pour the filling evenly into the pie crusts. Top each pie with 8 narrow strips of dough or cookie cut-outs. Brush top of pie with milk for shine. Place foil on the edge of crust.
4. Bake at 325 degrees F (165 degrees C) for 20 to 30 minutes then remove foil. Continue to bake for another 25 or 30 minutes or until a knife inserted in the center comes out clean.

# Linguine Pescadoro

## **Preparation**

1. In a large pot of boiling salted water cook linguini until al dente. Drain.
2. Toss cooked and drained linguine pasta over seafood sauce. Serve warm.

# Zuppa Inglese

## Preparation

1. Warm up the milk in a nonstick sauce pan
2. In a large bowl beat the egg yolks with the sugar, add the flour and combine the ingredients until well mixed.
3. Add the milk, a little bit at the time to the egg mixture, mixing well.
4. Put the mixture into the sauce pan and cook it on the stove at a medium low heat. Mix the cream continuously with a wooden spoon. When it starts to thicken remove it from the heat and pour it on a large plate to cool off.
5. Stir the cream now and then so that the top doesn't harden.
6. Dip quickly both sides of the lady fingers in the liquor. Layer them one at the time in a glass bowl large enough to contain 7 biscuits.
7. Spread 1/3 of the cream and repeat the layer with lady fingers. Finish with the cream.

# Cailles en Sarcophages

## Preparation

1. Cut the stack of phyllo sheets in half and lay between two damp, clean towels. Lightly dust with flour and roll each of the 18 pieces of dough to a diameter of 6 to 8 inches. Set aside. Place about 1/2 cup of the chicken mixture into a half sheet of phyllo and wrap like an egg roll into a neat, tight package. Place the phyllo-wrapped chicken on the rolled dough, and brush the egg white around it.
2. Fold the bottom of the dough up onto the phyllo to form the foot of the coffin. Then fold up the sides and top of the dough, pinching it together to make a cross shape on the top. Repeat for each sarcophagus. Cover and chill in the refrigerator for 1 hour.
3. Preheat the oven to 450 degrees. Brush the pastry with egg white and bake for 15 minutes, or till golden brown. 18 servings.