

L I S T E A L P H A B É T I Q U E D E S R E C E T T E S

***I.* Beef Parmesan with Garlic Angel Hair Pasta**

***II.* Cailles en Sarcophages**

***III.* Linguine Pescadoro**

***IV.* Ricotta Pie**

***v.* Zuppa Inglese**

Voir aussi les informations nutritionnelles

Beef Parmesan with Garlic Angel Hair Pasta

- 1.5 pounds of beef cube steak
- 1 onion, sliced into thin rings
- 1 green bell pepper, sliced in rings
- 1 cup of Italian seasoned bread crumbs
- 0.5 cup of grated Parmesan cheese
- 2 tablespoons of olive oil
- 1 jar of spaghetti sauce
- 0.5 cup of shredded mozzarella cheese
- 12 ounces of angel hair pasta
- 2 teaspoons of minced garlic
- 0.25 cup of butter

α. **Preheat oven to 350 degrees F (175 degrees C).**

β. **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.**

γ. **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.**

δ. **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!**

Cailles en Sarcophages

■ pastry

- 15 ounces of chilled unsalted butter
- 3 cups of flour
- 1.5 teaspoons of salt
- 0.75 cup of ice water

- α. *In a large bowl, cut 6 tablespoons of the butter into the flour with a pastry blender until the butter is more or less incorporated. Now coarsely cut the remaining butter into the flour mixture, leaving many visible pieces of butter (about 1/4 inch in diameter should be fine).*
- β. *Dissolve the salt into the ice water. Slowly drizzle the salted water into the flour mixture while tossing gently with a fork. When all the water has been evenly distributed, there will remain many dry crumbs. Don't worry.*
- γ. *Empty the dough out onto a large piece of plastic wrap. By folding up the four sides of the wrap and pressing, form a rectangle of dough. Roll the dough out just a bit and fold the sides over the middle, forming a piece one third the former size. Repeat, this time folding the top and bottom to the middle. The butter and flour will not yet be working in harmony, so you will probably have to use the plastic wrap to aid you in the first few folds.*
- δ. *Puff pastry requires a somewhat Calvinist submission of the will and a confidence that layers will appear. Roll the dough out again and repeat the folding, lightly dusting with flour between every layer. Discard the plastic wrap as soon as the dough holds together on its own.*
- ε. *The dough will become progressively softer as you work on it, with an almost springy texture. After 6 or 10 repetitions of the folding and rolling, cut the dough into 18 equal pieces. Wrap each well in plastic wrap and let rest in the refrigerator for at least 2 hours.*

■ filling

• baked chicken

• marinated chicken

- 3 small chickens, cut up
- Herbes de Provence
- 1.5 cups of dry white wine
- 0.5 cup of orange juice
- 4 teaspoons of minced garlic
- truffle oil

α. *Place the chicken legs and thighs in one baking dish, the chicken breasts in another. Rub herbes de Provence under the skin of these chicken parts.*

β. *Combine the wine with the orange juice, garlic and a liberal sprinkling of truffle oil. Chop the onion half and add it.*

γ. *Pour over the chicken parts, cover and refrigerate overnight.*

• stock

- chicken wings, giblets, and kidney
- 1.5 onions, peeled
- 5 carrots, peeled and cut lengthwise
- 2 ribs of celery, cut lengthwise
- 1 bay leaf
- 1 small bunch parsley
- 0.5 teaspoon of whole peppercorns
- salt

α. *Place the chicken parts in a large stockpot, cover with cold water and bring to a boil. Skim off the foam that rises to top.*

β. *When the liquid is relatively clear, add the carrots, celery, whole onion, bay leaf, parsley, peppercorns and salt. Reduce the heat, cover and let simmer at least 2 hours to make a hearty stock.*

γ. *Strain, discard the solids, and refrigerate the stock.*

α. *Preheat the oven to 350 degrees. Skim any fat off the stock and pour enough over the marinated chicken to cover. Bake the chicken until it's tender and the juices run clear, about 25 minutes for the breasts, a little longer for the legs and thighs.*

β. *Reserve the juices from one of the baking dishes, skimming the fat off the top. Skin, bone and chill the chicken.*

• sauteed mushrooms

- 2 pounds of white button mushrooms
- 0.25 cup of butter
- 0.25 cup of dry white wine
- 3 teaspoons of minced garlic
- 3 minced shallots

α. *In a large skillet, saute the mushrooms over medium-high heat in the butter and the wine with the shallots and garlic. Spoon out and reserve the mushrooms.*

• sauce

- chicken juices
- mushroom juices
- 0.25 cup of sherry
- 0.25 cup of flour
- 0.25 cup of butter

α. *Add to the mushroom juices in the pan the chicken juices and sherry. Cook until reduced by half.*

β. *In a medium saucepan, melt the butter over low heat and sprinkle in the flour. Cook and stir until light brown. Add the reduced juices and cook until very thick. (This should yield about 1 1/2 cups.)*

α. *Combine the sauce with the chicken and mushrooms.*

■ 0.5 package of package phyllo dough

■ 3 egg whites, lightly beaten

α. *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.*

β. *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.

- γ. **Preheat the oven to 450 degrees. Brush the pastry with egg white and bake for 15 minutes, or till golden brown. 18 servings.**

Linguine Pescadoro

- 16 ounces of linguini pasta

- sauce

- 2 tablespoons of olive oil
- 2 minced cloves of garlic
- 0.5 teaspoon of Italian seasoning
- 0.25 teaspoon of dried thyme
- 0.25 teaspoon of crushed red pepper flakes
- 1 can of crushed tomatoes
- 6 ounces of black olives, drained
- 10 ounces of whole baby clams
- 6.5 ounces of minced clams, with juice
- 0.25 pound of small salad shrimp
- 0.25 pound of scallops
- 2.5 teaspoons of lemon zest
- salt
- ground black pepper

α. **In** a heavy saucepan over medium heat saute garlic in olive oil until garlic softens.

β. **Add** Italian seasoning, thyme, crushed red pepper flakes, crushed tomatoes, black olives, and the juice from both cans of clams. Simmer for 15 minutes.

γ. **Mix in** canned clams, shrimp, scallops, lemon zest, and salt and pepper to taste.

δ. **Simmer** for an additional 15 minutes or until shrimp and clams are cooked.

α. **In** a large pot of boiling salted water cook linguini until al dente. Drain.

β. **Toss** cooked and drained linguine pasta over seafood sauce. Serve warm.

Ricotta Pie

■ filling

- 3 pounds of ricotta cheese
- 12 eggs
- 2 cups of white sugar
- 2 teaspoons of vanilla extract
- 0.25 cup of semisweet chocolate chips

α. ***Beat the 12 eggs, 2 cups sugar and vanilla extract together. Stir in the ricotta cheese and the chocolate chips. Set aside.***

■ dough

- 4 cups of flour
- 5 teaspoons of baking powder
- 1 cup of white sugar
- 0.5 cup of shortening
- 4 eggs, lightly beaten
- 1 teaspoon of vanilla extract

α. ***Combine the flour, baking powder, and 1 cup of the sugar together. Cut in the shortening and mix until the mixture resembles coarse crumbs. Mix in 4 of the eggs and 1 teaspoon of the vanilla. Divide dough into 4 balls and chill (if needed).***

■ milk

α. ***Preheat oven to 325 degrees F (165 degrees C). Grease two deep dish pie plates.***

β. ***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.***

γ. ***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.***

δ. ***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.***

Zuppa Inglese

- 4 egg yolks
- 2.5 cups of milk
- 21 Savoiardi biscuits
- 0.75 cup of sugar
- 1 cup of Alchermes liquor
- lemon zest
- 0.5 cup of flour
- fresh whipping cream

- α. **Warm up the milk in a nonstick sauce pan**
- β. **In a large bowl beat the egg yolks with the sugar, add the flour and combine the ingredients until well mixed.**
- γ. **Add the milk, a little bit at the time to the egg mixture, mixing well.**
- δ. **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.**
- ε. **Stir the cream now and then so that the top doesn't harden.**
- ζ. **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.**
- η. **Spread 1/3 of the cream and repeat the layer with lady fingers. Finish with the cream.**

Informations nutritionnelles

Recette	Calories	Gras	Glucides	Proteines	Alcool
Beef Parmesan with Garlic Angel Hair Pasta	1167	23%	45%	32%	—
Cailles en Sarcophages	8892	33%	28%	39%	—
Linguine Pescadoro	532	12%	59%	29%	—
Ricotta Pie	349	18%	64%	18%	—
Zuppa Inglese	612	49%	45%	4%	2%

