

## I SECONDI



— MANZO ROTOLITA —  
(BRACCIOLE)

SUBMITTED BY SUSIE\_QUE (SUSIE)

- 8 eye round steaks pounded very thin
  - 8 slices pancetta
  - ½ cup finely diced onion
  - 1 clove finely chopped garlic
  - ¼ cup grated parmesan cheese
    - ¼ cup pine nuts
    - ¼ cup golden raisins
    - ¼ cup chopped parsley
    - ¼ cup bread crumbs
- 3 tablespoons extra-virgin olive oil

Place a slice of pancetta on each steak. Combine the remaining ingredients in a bowl and mix until well combined. Divide the mixture evenly and spread out over the meat. Roll up and either tie with butcher twine or use a long toothpick. Brown on all sides in a little extra-virgin olive oil and place in a pot of Sunday gravy and cook for 2 hours on low.

SUNDAY GRAVY:

- 2-28 ounce cans of whole tomatoes
  - 1 cup red wine
  - 1 cup chopped onion
  - 4 cloves of sliced garlic
  - ½ cup shredded carrot
- 2 tablespoons Italian parsley
  - 2 tablespoons thyme
  - 2 tablespoons oregano
  - extra-virgin olive oil
  - salt and pepper

In a saucepan, drizzle extra-virgin olive oil and sauté the onion, garlic and carrot until soft but not brown. Add the tomatoes, wine and herbs, bring to a boil, gently break up the tomatoes with a wooden spoon. Season with salt and pepper. Lower the heat to a bare simmer and cook for at least 4 hours. Taste and reseason if necessary.



— VEAL: ROASTED VEAL SHANKS —

SUBMITTED BY ANN T

*This is one of my favourite recipes and I would like to see it on the menu*

ADAPTED FROM LIDIA'S ITALIAN TABLE

- whole veal shank (3 to 3-½ pounds)
- salt and freshly ground black pepper
- 6 tablespoons extra-virgin olive oil
  - 1 large carrot, chopped
  - 1 small onion, sliced
  - 2 cloves of garlic, crushed
- 2 tablespoons fresh rosemary, chopped
  - 6 fresh sage leaves
  - 1 cup dry white wine
- 3 cups meat stock (*I use chicken*)

Preheat the oven to 500°F.

Pat the shanks dry with paper towels and season them generously with salt and pepper. Add ¼ cup oil to a roasting pan, and heat in the oven until hot. Add the Veal shank and roast turning often to brown on all sides. Reduce the heat to 425°F and add the chopped carrots, onions garlic, rosemary, and sage and stir until vegetables have softened. Tilt the pan and remove any excess oil. Pour into the wine and 2 cups of stock. Return pan to the oven, cover with lid or foil and roast for 2 to 2-½ hours or until meat is very tender.

Remove the shanks for the pan. Strain contents of the roasting pan into a bowl. With a wooden spoon, mash vegetables that remain in the sieve and force as much of them as possible through the sieve. (*Or put the vegetables through a food mill*). Skim all the fat from the surface of the liquid. Return the shanks and liquid to the pan. Roast, basting the meat with the sauce occasionally, until the sauce is syrupy and forms a rich glaze on the meat, 10 to 15 minutes.

To serve, hold shank by the bone with a kitchen towel and with a carving knife, cut ¼ inch thick slices parallel to the bone, turning the bone until all the meat is removed. Arrange slices on a platter and drizzle the sauce over them.

*Servings: 4*



## — ITALIAN MEATBALLS —

SUBMITTED BY ANN T

- 1 pound of ground beef
- 1 pound of ground pork
- 2 tablespoons chopped parsley
  - 2 to 3 eggs
- 3 cloves of minced garlic
- 2 slices of fresh bread crumbs soaked in milk
  - ½ cup fresh ground Parmesan cheese
- salt, pepper, rubbed sage, and basil to taste
- tomato sauce (*recipe follows*)

Mix two meats together. Add garlic, fresh parsley, salt, pepper, sage, basil. Squeeze some of the milk out of the bread and add to mixture along with parmesan cheese. Mix well with hands. Add eggs and mix again. Sauté a small piece of meat in pan, taste and adjust seasonings accordingly. Form meatballs and dip into dry bread crumbs and sauté until brown. Add to tomato sauce and continue to cook for 1 to 1-½ hours.

*NOTE: To increase recipe, add 1 egg for each pound of meat, and ¼ cup of parmesan for each pound of meat. Adjust other seasoning to taste.*

### TOMATO SAUCE:

- 1 chopped onion,
- 2 to 3 cloves of garlic
- 3 cans tomatoes processed in blender.

Season with salt, pepper, basil, fresh parsley, a bit of oregano. Sauté onions until tender in olive oil, add minced garlic and sauté for 1 minute, do not allow the garlic to colour. Add canned tomatoes and seasonings and simmer. Add the meatballs and continue cooking until meatballs are tender.

*NOTE: I like to take three or four meatballs and crush them into the sauce as well.*



— ITALIAN MEATBALLS WITH TOMATOES —  
SUBMITTED BY DANA (MARILYN)

*My Best Meatball Recipe*

- $\frac{3}{4}$  plus 1 cup fresh bread crumbs
  - $\frac{3}{4}$  cup milk
  - 1 pound ground beef
- 1 pound ground veal (*for tenderness*)
  - 1 onion, minced
- 2 cloves garlic, crushed or minced
- 1 tablespoon each, oregano, basil, parsley
  - salt and pepper to taste
- $\frac{1}{3}$  cup fresh grated parmesan cheese
  - 4 egg yolks
  - tomato sauce (*recipe follows*)

Combine  $\frac{3}{4}$  cup fresh bread crumbs with milk; let set for five minutes. Stir together meats, onion, garlic, oregano, basil, parsley, salt, pepper, Parmesan cheese and bread soaked in milk. Shape into  $\frac{1}{4}$  cup balls and roll in remaining bread crumbs. Place a rack inside a baking dish sprayed with Pam. Bake 30 to 35 minutes at 400° until they reach an internal temperature of 160°.

Do not over bake. These are very tender and juicy.

*NOTE: If desired, use ground pork in place of veal.*

TOMATO SAUCE:

- 28 ounce can Italian chopped tomatoes
  - 2 tablespoons olive oil
  - 8 ounce crimini mushrooms, sliced
  - kosher salt and fresh ground pepper
    - handful fresh basil; torn
- $\frac{1}{2}$  cup shredded smoked provolone cheese
  - $\frac{1}{2}$  cup shredded mozzarella cheese
  - parsley flakes to garnish

Prepare meat balls as directed above and place in a single layer in a baking dish. Sauté mushrooms in olive oil, salt and pepper until just tender. Add tomatoes with can juices and simmer for about 10 minutes. Stir in basil and pour tomato mixture over meatballs. Top with cheeses and sprinkle with parsley. Bake at 350° for 30 minutes until cheese is melted and sauce is bubbly. Serve hot.

*NOTE: Use high quality tomatoes in this. I like Red Gold which is a good mid-west brand.*



— ITALIAN MEAT SAUCE WITH MEATBALLS AND SAUSAGE —  
SUBMITTED BY BUBBESKITCHEN (RENEE A)

*Look, as any good home cook knows, if something is very time consuming to make, and it can be frozen, it pays to make a lot of it at once. This sauce freezes well. Keep in mind the size of your freezer and adjust recipe accordingly. Always cool, then refrigerate until cold, before freezing. When ready to use, thaw out in refrigerator for a day if possible. Otherwise, thaw partially on countertop but not completely, to prevent bacteria. Reheat over low flame; don't boil.*

*Accompaniments: The obvious...Pasta. I like linguine fini (favorite brand is De Cecco #8)*

*Prep. and cooking time: a few hours.*

FOR SAUCE:

- extra-virgin olive oil (*use a very good grade*)
- 2 center-cut pork chops (*or 2 racks of lean pork spareribs [Jan 03]*)
- 12 or so links good Italian sausage (*I use half sweet and half hot*) from the butcher.
  - 2 to 3 yellow onions, diced, about 1-½ cups
  - 4 cloves very fresh garlic, sliced, with center sprout removed
- ¼ cup chopped fresh flat-leafed (*Italian*) parsley, or 1-½ tablespoons dried
  - ⅛ cup chopped fresh oregano, or 2 teaspoon dried
  - ½ teaspoon dried red pepper flakes (*optional*)
  - 2 carrots, peeled and coarsely shredded
- 7 or so 28 to 32-ounce cans of whole Italian plum tomatoes (*imported authentic San Marzano preferred such as Asti® or any high quality brand. NOTE: Its okay if can contains basil*). 4 cans coarsely chopped in food processor; 3 cans drained and coarsely chopped.
  - 2 tablespoons. tomato paste (*I like the one that comes in a tube*)
  - 1 cup good red wine
- kosher salt and freshly ground black pepper

FOR THE MEATBALLS:

- 1 28 to 32-ounce can of Italian plum tomatoes, drained and crushed by hand
  - 3 pounds ground beef (*50% each of sirloin and chuck ground together*)
    - 1 to 2 yellow onions, diced fine (*a generous ½ cup*)
    - ½ green sweet pepper, diced fine (*about ½ cup*)
    - 1 clove garlic minced
- 1 tablespoon chopped fresh flat-leafed (*Italian*) parsley, or 1 teaspoon dried
  - 1 tablespoon fresh oregano chopped or ½ teaspoon dried oregano
- 2-½ cups day-old fresh bread, such as Italian, crust removed, cubed and crumbled
  - 1-½ cups dried plain breadcrumbs for rolling meatballs
  - 1 egg
- kosher salt and freshly ground black pepper

INSTRUCTIONS:

Heat a large, heavy skillet, over medium-high heat. Add 3 tablespoons olive oil and the pork chops, wiped dry first. Brown well on both sides. (*NOTE: let rest at least two minutes before moving to caramelize well*). Remove to a large platter.

—ITALIAN MEAT SAUCE WITH MEATBALLS AND SAUSAGE CONTINUED —

Repeat with the sausages, turning as necessary and piercing with a knife to remove some of the fats. Cook about 10 minutes. Remove to plate.

Remove excess fats from pan but don't disturb the browned bits. (*NOTE: Alternately, brown the chops, ribs, and sausage in the oven for 25 minutes at 350°*). Drain fat and deglaze pan. Cook onions separately, proceed as below

Lower flame slightly; add 2 or more tablespoons olive oil. When hot, add onions and cook until wilted, scraping down the brown bits. If using dried herbs, add now.

Put onion mixture in large (*at least 14 qt. tall stockpot*). Add the processed tomatoes, sliced garlic, 2 teaspoon kosher salt, ½ teaspoon black pepper and bring just to the boiling point. Add the pork chops, the sausage, and lower heat to a simmer.

Wipe out large skillet. Save for browning meatballs unless roasting them in oven

**MAKE THE MEATBALLS:**

Mix meat with onion, pepper, garlic, herbs, crushed tomatoes, salt and pepper to taste (about ½ teaspoon salt and ¼ teaspoon pepper). Use your hands. Moisten bread cubes with water until just moist but not wet. Its a real "feel-thing." Add to meat mixture. Mix again. Add slightly beaten egg. Mix again.

Now, in the large skillet, heat a little oil. Take a small amount of meatball mixture, make a patty about the size of a half-dollar and fry it until done.

Taste it. Correct seasoning in meatball mixture if necessary. Proceed.

Form meatballs (an ice cream scoop helps) rounding with damp hands, in batches that will fit in large skillet without crowding, roll in dried breadcrumbs and fry in large non-stick skillet in batches until browned on all sides. Don't burn them.

Be gentle so they don't break. Add to Saucepot as they brown. Alternately, brown in the oven in a lightly oiled pan at 350° for 25 minutes.

Raise heat under saucepot. Add herbs if using fresh. When sauce returns to a simmer, cook ½ hour, add wine, carrots, and tomato paste, and red pepper flakes. Stir gently to blend

Cook at a simmer for 1 hour more or until pork chops are tender.

Serve at once over pasta. Store reserved as noted above

*NOTES ON PASTA: The very best way to make pasta is to cook to al dente, drain, and add to a pot with sauce already in it and cook for two minutes. Serve.*

Figure 1 quart of plain sauce for each pound of pasta used. Meats displace liquids in container so you'll need to revise amount; say almost two quarts to a pound.

*Serves: An army or at least 12 servings*



— FRESH FISH PICCATA —

SUBMITTED BY RUTHANNA

*This recipe works best with thin fillets. My favorites are striped bass (not the thick Chilean sea bass), rockfish, red snapper or flounder. Sole or tilapia would also be good prepared this way.*

- 1 tablespoon extra-virgin olive oil
- $\frac{3}{4}$  pound thin ( $\frac{1}{4}$  to  $\frac{3}{8}$  inch) slices of filleted fish
- 1 small lemon, peeled and sliced, each slice cut into 8 to 12 pieces
  - $\frac{1}{8}$  teaspoon salt
  - $\frac{1}{8}$  teaspoon freshly ground white pepper
- 1- $\frac{1}{2}$  teaspoon small capers, well rinsed and dried
- 2 tablespoons finely chopped flat-leaf parsley

Heat the oil in a skillet, add the fillets and cook over medium-high heat only about 1 minute on each side.

Remove to a heated platter

Add the lemon pieces, salt, pepper, and capers to the skillet and when hot, pour over the sautéed fish.

Sprinkle with parsley and serve immediately with Champagne Risotto

*(you can find Ruthanna's recipe for Champagne Risotto in the Primi section of the cookbook)*



— CHICKEN SALTIMBOCCA —

SUBMITTED BY BROWNSTOESTOO (EILEEN)

- 4 large boneless, skinless chicken breasts, cut in half
  - 8 slices of provolone
  - 8 slices of prosciutto
    - rubbed sage
  - ground white pepper
- ¼ cup unsalted butter (*½ stick*), a bit more if needed
  - 1 cup dry vermouth

Pound the chicken breasts until ¼ thick and able to stick to itself.

On each chicken breast half place a slice of provolone and a slice of prosciutto. Roll up the chicken breast from the short side. The chicken should stick to itself and stay rolled. If it does not, use a toothpick to secure it (*remove after cooking*).

Sprinkle each rolled up breast with sage and ground white pepper. Do not salt as the provolone and prosciutto add enough salt to the chicken. Sauté in melted butter in heavy pan over medium heat until browned and chicken is cooked through. Remove from pan and keep warm.

Deglaze pan with vermouth and reduce vermouth over medium-high heat until half its original volume.

Serve chicken with reduced vermouth sauce.

*Serves 4*



## — PORK CACCIATORE —

SUBMITTED BY RUTHANNA

- 1 pounds. boneless pork, cut in  $\frac{1}{2}$  inch cubes
  - 2 tablespoons olive oil
  - 1 medium onion, chopped
  - 2 cloves garlic, minced
  - 1 stalk celery, finely chopped
    - 1 carrot, shredded
  - $\frac{1}{4}$  pounds mushrooms, sliced
  - 1 (1 pound) can tomatoes, diced
    - $\frac{1}{3}$  cup dry red wine
- $\frac{3}{4}$  teaspoon dried rosemary, crushed
  - $\frac{1}{2}$  teaspoon dried basil leaves
    - $\frac{1}{2}$  bay leaf

Heat olive oil in large skillet. Add pork and cook pork over medium heat until brown on all sides. Remove and set aside. Add onions, garlic, celery and carrot to same skillet. Cook, stirring frequently, until onions are soft, about 5 minutes. Add pork and remaining ingredients, stir well, cover, and simmer 10 to 15 minutes. Remove bay leaf and serve over hot cooked pasta.

We like rotini or gemelli shapes best with this recipe. Unless you are a big fan of rosemary, you may want to start with less than the recipe calls for.



— MEATBALLS (NEAPOLITAN STYLE) —

SUBMITTED BY CHASE (SHARON)

- 3 cups day old bread, cut into 1 inch cubes
  - 1 cup milk
  - $\frac{3}{4}$  pounds ground veal
  - $\frac{3}{4}$  pounds ground pork
  - 3 eggs, beaten
- 1 cup parmesan, pecorino, or asiago cheese, grated
  - 4 cloves garlic, crushed
- 1 bunch flat-leaf parsley, finely chopped to yield  $\frac{1}{4}$  cup
  - salt and freshly ground black pepper
  - 6 tablespoons extra-virgin olive oil
  - tomato sauce (*recipe follows*)

In a shallow bowl, soak the bread cubes in the milk for a few minutes. Using your hands, break the bread into small pieces.

In a large bowl, combine the veal, pork, eggs, bread and milk, cheese, garlic, parsley, salt, and pepper. Form meatballs about the size of a golf ball, maybe a bit bigger. In a large, heavy-bottomed skillet, heat the oil over medium heat.

Add the meatballs and, working in batches if necessary to avoid overcrowding the pan, cook until deep golden brown on all sides, about 10 minutes. Simmer meatballs in tomato sauce *recipe follows*.

TOMATO SAUCE:

- 6 tablespoons extra-virgin olive oil
  - 1 large red onion
- 3 tablespoons chopped fresh thyme, or 1 tablespoon dried
- 2 (28-ounce) cans peeled whole tomatoes, crushed by hand.
  - salt and freshly ground black pepper

In a 3-quart saucepan, heat the olive oil over medium heat. Add the onion and cook until soft. Add the thyme, tomatoes, and juice and bring to a boil, stirring often. Lower the heat and simmer for 30 minutes until as thickened Season with salt and pepper.

Add the meatballs and simmer for 45 minutes to an hour.



— PARMESAN FRIED FLOUNDER WITH TOMATO-BASIL BUTTER —

SUBMITTED BY RUTHANNA

SOURCE: ADAPTED FROM A RECIPE IN *Frog Cookbook*

*My two favorite Italian entrées are with fish and I was trying to decide which to post but since they don't taste similar, I'll add the second one.*

TOMATO BASIL BUTTER:

- 1 tablespoon olive oil
- 1-½ cups peeled, seeded and chopped tomatoes (*about 1 pound*)
  - 2 teaspoon minced garlic
  - ½ cup sweet butter softened
  - 2 teaspoon grated lemon rind
    - ½ teaspoon salt
    - ⅛ teaspoon pepper
  - ¼ cup minced fresh basil

Heat the olive oil in a small skillet. Add the tomatoes and garlic and sauté, stirring occasionally, for about 10 minutes or until the tomatoes form a purée that will mound. Let cool. Put the butter in a mixing bowl and beat in the tomatoes and remaining ingredients. Can be made up to 2 days ahead and refrigerated but best served at room temperature so that it will melt quickly over the fish.

FISH:

- ½ cup flour
- ¾ teaspoon salt
- ½ teaspoon pepper
- ¾ cup dry bread crumbs
- ¾ cup grated Parmesan cheese
  - 2 eggs, beaten
  - ¼ cup butter
  - ¼ cup olive oil
- 1 pound flounder fillets

— RECIPE CONTINUED ON NEXT PAGE —

— PARMESAN FRIED FLOUNDER WITH TOMATO-BASIL BUTTER CONTINUED —

Combine flour, salt and pepper in shallow bowl or pie tin.

Mix the crumbs and cheese in another bowl or pie tin. Have the eggs ready in a third shallow dish. Since the fish needs to cook in a single layer, use one very large skillet or 2 slightly smaller ones. Heat the butter and olive oil in the skillet. Dip the fish in the seasoned flour and shake off the excess. Then dip in the egg and let the excess drip off. Finally coat completely with the Parmesan crumbs. Sauté the fillets over medium heat for 2 minutes on each side, pat off any excess oil with paper towels and serve at once topped with Tomato-Basil butter.

*NOTE: Fish fillets can be breaded and refrigerated for a couple of hours before cooking but bring to room temperature first. If you have any leftover Tomato-Basil Butter, its good on cooked green beans or grilled shrimp.*

*Serves 4*



— GRILLED LEMON BASIL VEAL CHOPS —

SUBMITTED BY WOODIE

- 4 veal rib or loin chops, cut 1 inch thick
- 2 red bell peppers, each cut in half
- 2 teaspoons olive oil

SEASONING:

- 3 tablespoons finely chopped fresh basil
- 3 tablespoons finely chopped fresh parsley
- 1 teaspoon grated lemon peel
- 1 clove garlic, crushed

In small bowl, combine seasoning ingredients; mix well.

Brush peppers with oil. Reserve 1 tablespoon seasoning; press remaining into both sides of veal chops and peppers. Place chops and peppers on grill over medium, ash covered coals.

Grill, uncovered, 12 to 14 minutes until veal is medium doneness and peppers are tender, turning occasionally.

Sprinkle reserved seasoning on chops; season with salt and pepper as desired.

Cut pepper halves into 3 pieces for serving.



— VEAL CHOP WITH TOMATO BLACK OLIVE SALSA —

SUBMITTED BY ANN T

- 4 veal chops
  - garlic
  - rosemary
- salt and pepper

Prepare chops by rubbing with garlic and rosemary and sprinkle with salt and Pepper. Grill to medium rare and serve with Tomato Black Olive Salsa.

TOMATO BLACK OLIVE SALSA

- 3 or 4 tomatoes, seeded
  - 1 clove minced garlic
  - 1 finely chopped shallot
- ½ cup pitted and chopped Kalamata olives
  - zest from lemon (*to taste*)
  - 2 tablespoons olive oil
  - salt and pepper to taste

Chop tomatoes and add minced garlic, shallots, olives, lemon zest, olive oil, and salt and pepper.

Mix well and serve at room temperature.

*Servings: 4*



— MEATBALLS AND OTHER MEATS FOR SAUCE (GRAVY)—

SUBMITTED BY COOKINGRV (SUE)

*Heres Dad's recipe which makes wonderfully tender meatballs. I included his sauce recipe too.*

- 3 pounds chopped meat
- 14 slices white bread
- 1-<sup>1</sup>/<sub>4</sub> cup grated Romano cheese
- 3 eggs add a 4th egg if mixture is too dry
- <sup>1</sup>/<sub>4</sub> cup garlic powder—or 3 cloves garlic, minced
- 2 tablespoons fresh-ground pepper
  - <sup>1</sup>/<sub>3</sub> cup parsley, dry
  - olive oil
- 2 medium onions, sliced
- 6 garlic cloves, whole

OPTIONAL:

- 6 Italian sweet sausage (*10 links*)
- 6 country pork ribs
  - 4 neck bones
- Dads Gravy (*sauce*)

Grate bread leaving some pieces as large as a quarter (*grate manually and allow some larger pieces*).

Mix first 7 ingredients together (*chopped meat thru parsley*) using hands.

Shape into balls (*larger than a golf ball, smaller than a tennis ball*).

Be careful not to pack them too tightly.

Heat large 12 inch fry pan. Add <sup>1</sup>/<sub>4</sub> inch of olive oil; heat. Lightly brown 3 garlic cloves and 1 of the onions (be careful not to burn). Brown sausage, pork, and meatballs thoroughly. As they brown, begin sauce preparations. As meat finishes browning, set aside in bowl. Refresh onions and garlic halfway through browning, reserving used garlic and onion. When all meat is browned, pour off half of the oil. The other half will be used to further flavor the sauce (*optional*).

— RECIPE CONTINUED ON NEXT PAGE —

— MEATBALLS AND OTHER MEATS FOR SAUCE CONTINUED —

DAD'S GRAVY (SAUCE):

- 2 or 3 garlic cloves
- 1 tablespoon olive oil
- 1 medium onion, chopped
- ¼ cup basil, dried
- 4 large cans canned tomatoes, whole, plum, Red Pack or Trader Joe's
- 6 ounce tomato paste
- salt and pepper

MEATBALLS AND OTHER MEATS FOR SAUCE (GRAVY):

Put garlic, onion, oil, and 1 can of plum tomatoes in blender; blend until smooth. Pour into large saucepan. Blend remaining 3 cans of tomatoes. Add to saucepan. Simmer sauce while meat browns

When all meat is done browning add tomato paste plus 3 cans hot water (18 ounces), and reserved onions and garlic to blender. Blend until smooth.

Add mixture to remaining oil in browning pan (*optional*);  
deglaze pan over medium-high heat.

Add mixture and browned meat to saucepan.  
Simmer uncovered for 1-½ hours or more, stir occasionally.

*NOTE: The meat is what gives the sauce most of its flavor.*

*Sauce can be frozen in air-tight container.*



— CHICKEN SORENTINO —

SUBMITTED BY COOKINGRV (SUE)

- 6 boneless, skinless chicken breasts, pounded very thin
  - 2 tablespoon butter
- 1 eggplant, peeled and sliced into ½ inch diagonal slices
  - 1 egg, beaten
  - ⅔ cup flour
  - 1 cup seasoned breadcrumbs
  - cooking spray
  - 1 cup sherry
- 1 cup chicken stock (*or canned broth*)
  - 6 slices prosciutto
  - 6 slices mozzarella

Preheat oven to 375° F.

Lightly coat a jelly roll pan (cookie sheet) with oil.  
Coat eggplant slices with flour, then dip into egg, then breadcrumbs.  
Place on cookie sheet and bake for 25 to 30 minutes

While eggplant is cooking. Heat large skillet and melt butter.  
Brown the chicken cutlets for a few minutes until golden brown.  
Remove from skillet, set aside and keep warm.

When eggplant slices are golden brown, remove from oven and set aside.

Over medium-high heat, add sherry and chicken broth to skillet, scraping up all brown bits (*deglazing the pan*). Cook for about 2 minutes, reducing sauce somewhat. Add chicken cutlets back to pan and top with a piece of prosciutto and a piece of eggplant. Spoon some sauce over the top and cover for 2 minutes, over medium-high heat. Remove cover and top with mozzarella slices. Cover and heat over medium heat for 1 minute or until mozzarella melts.



— CHICKEN CUTLET PARMESAN —

SUBMITTED BY COOKINGRV (SUE)

- 10 boneless, skinless chicken breasts
  - 1 cup mayonnaise
  - 1 cup flavored breadcrumbs
- 2 cup panko (Japanese breadcrumbs)
  - ¼ cup grated Parmesan cheese
  - 2 teaspoon garlic powder
  - fresh ground pepper.
  - 2-½ cups Tomato sauce

Pound cutlets until they're of even thickness.

Mix flavored breadcrumbs, panko, Parmesan cheese, garlic powder, and pepper in a large flat dish. Taking cutlets one at a time, coat each cutlet with mayonnaise and then dip into breadcrumb mixture and place in baking pan.

Bake at 350° for 45 minutes or until deep golden.

Take out of oven and spoon ¼ cup tomato sauce over each. Top each cutlet with one slice of mozzarella. Return to oven for 5 minutes, or until cheese is melted.

**MAKING AHEAD:**

Cutlets can be prepared ahead and refrigerated until ready to use. Remove from refrigerator 30 minutes before baking and cook as directed above.



— LEMON CHICKEN —  
(DOMINICK'S)

SUBMITTED BY COOKINGRV (SUE)

*My sisters father-in law was born and raised in Italy, and is a fabulous cook. This is his recipe.*

- 2 pounds. chicken breasts, skinless, boneless
  - $\frac{3}{4}$  cup flour
  - 4 tablespoons butter
  - $\frac{1}{4}$  cup canola oil
  - 1 cup dry white wine
  - juice of  $\frac{1}{2}$  lemon
- 1 cup chicken broth (*canned or home made*)
  - 8 lemon slices
  - fresh parsley for garnish

Pound chicken cutlets to  $\frac{1}{4}$  or  $\frac{1}{3}$  inch thick.  
Cut into 2 x 2 inch pieces. Lightly coat with flour.

Heat butter in large skillet. When bubbly, add oil.

When oil is hot, add chicken pieces in batches so only one layer of chicken is in pan at a time, brown lightly on both sides. Remove chicken and reserve in a baking dish. When all pieces are browned and removed from pan, add wine and lemon juice to pan. Scrape up bits on bottom of pan (deglaze). Bring to a boil, and reduce liquid over high heat, for 3 minutes. Add chicken broth and reduce for another 3 minutes. Return chicken to pan. Top with lemon slices. Simmer for 5 to 6 minutes. Garnish with fresh parsley and additional lemon slices.

*NOTE: If making ahead, store in a baking dish and reheat covered, in oven for 30 minutes at 300° or in a chafing dish.*



— STUFFED CHICKEN CUTLETS —  
(CHEESE, HAM AND ASPARAGUS)

SUBMITTED BY COOKINGRV (SUE)

- 4 boneless, skinless chicken cutlets
  - 1 tablespoon parsley—dried
  - 1 cup grated Jarlsberg cheese
    - 4 slices ham
    - 12 asparagus stalks
  - 1 egg, beaten
  - 2 cup chicken stock (*or broth*)
    - $\frac{3}{4}$  cup white wine
    - 2 tablespoons butter
    - 2 tablespoons flour

Pound chicken cutlets so they're of even thickness.

Layer parsley, Jarlsberg, ham, asparagus. Season with salt and fresh ground pepper. Roll up cutlet and tie with kitchen string (*be sure to tie the ends tight so that filling isn't lost during cooking*).. Brush with egg and roll in seasoned breadcrumbs or panko (*Japanese breadcrumbs*). Lay chicken rolls seam side down in baking pan that fits the rolls so they're not crowded. Add chicken stock and wine to pan (*should come up about  $\frac{1}{2}$  inch*).

Bake at 350° for 45 to 60 minutes Remove chicken rolls from pan and keep warm. Melt 2 tablespoons butter in small sauce pan over medium-high heat. Add flour and stir until lightly golden. Carefully add the baking pan liquids to the sauce pan and whisk until thickened.

Serve chicken and pass the gravy.

*NOTE: Any type of filling can be used such as bread stuffing. Also consider using any type of cheese like goat cheese, herbed cream cheese, Fontina, etc. Additionally, spinach leaves can be used as well as any kind of meat such as prosciutto.*



— **FISH PROVENÇAL** —  
SUBMITTED BY COOKINGRV (SUE)

- 3 tablespoons olive oil
- 3 garlic cloves—chopped
- 10 Kalamata olives—sliced or chopped
- 1-½ tablespoons capers
- 2 tomatoes—chopped
- 1 tablespoon butter—optional

Heat pan and add oil. When oil is heated, add garlic and sauté over medium heat for a minute or two. Add chopped olives and capers, sauté for 3 minutes. Add tomatoes and toss. Remove from heat and add butter, swirling to melt.

Top baked, grilled, or pan-cooked fish with olive topping.  
Works well with mild fish such as tilapia, swordfish, flounder, etc.

*NOTE: Can mix olives like kalamata and black, or green and kalamata*

FOR MORE RUSTIC FARE



— SAUSAGE, PEPPERS, AND ONIONS —

SUBMITTED BY COOKINGRV (SUE)

- 5 pork sausage links, 1 pinwheel or 5 links
  - ¼ cup olive oil
- 3 green peppers cut into thin strips (*red, yellow, or orange peppers work fine too*)
  - 2 large onions, sliced in half, then sliced thin
    - 1-½ teaspoon salt
- 1 Italian bread, cut into 5 sections, then cut each lengthwise

Heat large, deep skillet, then add olive oil. Add sliced peppers and onions, and salt; toss. Sauté, tossing often, until softened (*about 10 minutes*) and tender, not mushy. Remove onions/peppers from skillet and set aside. Add 2 tablespoons olive oil to skillet. When oil is heated, add sausage. Let cook over medium heat for 5 minutes, then cover. Cook 5 to 10 minutes more; carefully turn sausage over. Cover and cook about 10 minutes more. When sausage is cooked, remove from pan and set aside.

Add onions and peppers back to pan, and toss.

Serve sausage, peppers and onions with Italian bread.

*NOTE: By cooking the sausage covered, it allows juices to collect in the pan. These juices give the final product a lot of flavor. If browned sausage and veggies are desired, cook over medium-high heat uncovered.*



— EGGPLANT PARMESAN WITH PANKO —

SUBMITTED BY COOKINGRV (SUE)

- 1-½ cup panko, can substitute seasoned breadcrumbs
  - 1 ounce grated Parmesan cheese
- 2 teaspoon dried basil (*eliminate if using seasoned breadcrumbs*)
  - 3 egg whites
  - juice of 1 lemon
  - ½ teaspoon salt
- 2 medium eggplant—peeled and sliced into ¼ inch rounds
  - olive oil cooking spray
  - 1-½ cup tomato sauce
- 4 ounce shredded part-skim mozzarella

Preheat oven to 400°.

Spray 2 cookie sheets with olive oil. In shallow bowl, combine panko, parmesan cheese, and basil. In another shallow bowl, combine egg white, lemon juice, and salt. Working one at a time, dip eggplant slices into egg white, then panko.

Place slices on baking sheet, spray tops with oil.

Bake at 400° for 15 minutes.

Remove from oven, turn them over, spray again with olive oil. Return to oven and bake for 15 minutes more. To assemble casserole, layer ½ eggplant in 9 x 13 inch baking dish. Spoon ½ the sauce, then ½ the grated mozzarella. Layer remaining eggplant, sauce, and mozzarella.

Cool at 400° uncovered for 20 minutes or until cheese is melted.

Can assemble, then freeze or refrigerate for another day.



— STUFFED LEG OF LAMB —  
SUBMITTED BY COOKINGRV (SUE)

- 5 pounds leg of lamb, butterflied
  - salt and pepper to taste
- 2 heads garlic, roasted and puréed
  - ½ cup chopped fresh parsley
- 1 cup grated Romano cheese, (*Locatelli brand is best*)
  - 3 cup dry red wine
  - 2 cup chicken broth
  - 3 tablespoons canola oil
  - 3 tablespoons butter
  - 3 tablespoons flour

Have butcher debone lamb and butterfly for stuffing.  
Make several shallow slits in meat (*don't go through to the other side*)  
and season with salt and pepper.

Spread ½ the garlic paste on the inside portion of the lamb then cover with parsley and grated cheese. Roll up lamb roast and tie with string every inch or so. Sprinkle roast with salt and pepper.

Heat oil in large skillet and brown roast on all sides. You can prep to this point a few hours ahead or the day before. Refrigerate if doing the day before, take out of the fridge 2 hours before oven time so it gets to room temp.

TO COOK:

To a roasting pan, add the wine and beef or chicken broth. Place the lamb on a rack in the roasting pan. Rub the outside of the roast with the remaining garlic purée. Roast at 375° for approximately 1 hour or until internal temperature is 160° for medium. Remove to a cutting board and let sit for 15 minutes.

While meat is cooking, add butter to a small sauce pan and heat until bubbly, add flour and whisk until lightly golden. Set aside.

In meantime, spoon off some of the fat collected in the roasting pan, and pour the contents into a skillet (*aides in reducing the liquid faster*). Reduce over high heat until thickened slightly. A tablespoon at a time, add the roux and whisk over medium heat. After a minute or so, test if it has reached a consistency to your liking. If not, add another tablespoons of roux.

Slice lamb and serve immediately with gravy on the side.



— — PORKETTA WITH OVEN ROASTED VEGETABLES — —

SUBMITTED BY SUSIE\_QUE (SUSIE)

- 1 4-pound pork loin
- 1 box frozen chopped spinach drained
  - 16 ounce tub ricotta cheese
- ¼ cup chopped sun dried tomatoes
- ½ pounds bacon cooked and crumbled
  - 2 tablespoons chopped rosemary
  - extra-virgin olive oil
  - salt and pepper

Have your butcher double butterfly the pork loin.

Combine all the ingredients except olive oil, salt and pepper and spread evenly over the open roast. Roll up tightly and tie with butchers twine. Rub roast with extra-virgin olive oil and season with salt and pepper. Meanwhile cut into large chunks 1 pounds red potatoes, ½ pounds carrots, 1 pounds red onion. Coat with olive oil, salt and pepper and minced garlic.

Arrange the vegetables in a large baking dish and place the roast on top.

Place in a pre-heated 450° oven for 20 minutes.

Lower the oven to 350° and cook for about 1-½ hours longer.

Allow to cool slightly before carving.

*NOTE: Double butterfly means to butterfly like a book and then open each page into another flap. Just be sure not to cut the first butterfly too deep.*



— OSSOBUCO —

SUBMITTED BY GINGER ST THOMAS RECIPE (GINGER)

*This is the one I make because I like the lemon zest in it.*

*Tried and true several times. I serve it with risotto.*

- 3 whole shanks of veal, cut into 3 inch pieces
  - flour for dredging
  - ½ cup olive oil, approximately
    - 1 onion, sliced thin
    - 1 bay leaf
  - 2 small carrots, sliced thin
    - 1 celery stalk, diced
    - ½ cup dry white wine
- 2-½ cups canned tomatoes, undrained
  - 1 teaspoon tomato paste
- 1-½ tablespoons chopped parsley
  - 1 garlic clove, crushed
  - 1 tablespoon grated lemon zest
  - salt and pepper to taste

Dredge the shanks in flour. Heat the oil in a skillet, add the shanks and brown on all sides. Remove to a warm platter. If necessary, add more oil to the skillet. Add the onions, bay leaf, carrots and celery and cook over medium heat 5 minutes. Add the wine and simmer until all the wine has evaporated. Add the shanks, tomatoes and tomato paste, cover and simmer until tender, about 1-½ hours. If necessary, add a small amount of wine or water during cooking.

Remove the shanks from the skillet and strain the sauce. Place the meat and sauce back in the pan and stir in the parsley, garlic, lemon zest, salt and pepper. Simmer 5 minutes longer.

*Serves 6*



— VEAL PARMIGIANA —

SUBMITTED BY CHASE (SHARON)

- 4 veal cutlets (*boneless chicken breasts may be substituted*)
  - 2 eggs
  - salt and freshly ground pepper
  - 1 cup dry breadcrumbs
- 6 tablespoon freshly grated parmesan cheese
  - ¼ cup butter
  - 4 slices prosciutto
- 4 slices mozzarella or provolone
- fresh tomato sauce (*recipe follows*)

Pound the cutlets thin. Beat eggs with salt and pepper.  
Combine the bread crumbs and parmesan cheese on a plate.  
Dip cutlets in egg and then coat with the bread crumbs. Press the mixture into the cutlets. Let the cutlets stand 10 minutes.

Heat the butter in a sauté pan, when it foams add the cutlets.  
Cook over medium heat 2 minutes on each side. Cutlets should be golden.

Remove the cutlets to an oven proof dish. Top each cutlet with a slice of prosciutto and a slice of provolone. Cover with tomato sauce and cook in a 350° oven for 5 to 10 minutes, just until cheese starts to melt

Serve with your choice pasta or rosemary roasted potatoes and a vegetable.

TOMATO SAUCE:

- 6 tablespoons extra-virgin olive oil
  - 1 large red onion
- 3 tablespoons chopped fresh thyme, or 1 tablespoon dried
- 2 (28-ounce) cans peeled whole tomatoes, crushed by hand.
- salt and freshly ground black pepper

In a 3-quart saucepan, heat the olive oil over medium heat.  
Add the onion and cook until soft. Add the thyme, tomatoes, and juice and bring to a boil, stirring often. Lower the heat and simmer for 30 minutes until as thickened. Season with salt and pepper.



— TUSCAN CHICKEN —

SUBMITTED BY CANARYBIRD (SHARON)

SOURCE: *The New Basics Cookbook*

JULEE ROSSO AND SHEILA LUKINS © 1989

- 1 chicken (3 to 4 pounds), well rinsed, patted dry, trimmed of excess fat, and cut into 8 pieces
  - $\frac{3}{4}$  cup Chianti or other dry red wine
  - 3 ribs celery, cut into 1- $\frac{1}{2}$  inch pieces
    - 6 shallots, peeled and quartered
      - 15 oil-cured olives, pitted
        - $\frac{1}{3}$  cup golden raisins
        - $\frac{1}{4}$  cup capers, drained
  - 2 teaspoons dried sage leaves, crumbled
  - 2 teaspoons dried rosemary, crumbled
    - 1 teaspoon salt
  - freshly ground black pepper to taste
    - 1 tablespoon olive oil
- $\frac{3}{4}$  cup homemade beef stock or canned broth
  - $\frac{1}{4}$  cup tomato paste

In a large bowl combine the chicken pieces, wine, celery, shallots, olives, raisins and capers. Sprinkle with 1 teaspoon of the sage, 1 teaspoon of the rosemary,  $\frac{1}{2}$  teaspoon of the salt, and pepper. Mix well, cover, refrigerate and marinate overnight.

Preheat the oven to 350° F

Heat the oil in a heavy ovenproof skillet. Lift the chicken from the marinade, and sauté over medium heat until golden. Reserve the marinade.

While the chicken is sautéing, stir together the reserved marinade, the stock, tomato paste, remaining 1 teaspoon sage, 1 teaspoon rosemary,  $\frac{1}{2}$  teaspoon salt, and pepper to taste. When the chicken is browned, pour this mixture over it and bring to a boil.

Transfer the skillet to the oven and, basting and degreasing twice, bake 45 minutes. (*Degrease by using a large metal spoon to carefully skim off any accumulated fat*).

Bring the skillet to the table and serve immediately.

4 portions.



— CAPRETTO ALLA ROMANO —  
(BAKED BABY GOAT ROMAN STYLE)

SUBMITTED BY CANARYBIRD (SHARON)

SOURCE: *The New Basics Cookbook*

JULEE ROSSO AND SHEILA LUKINS © 1989

- 1 rack of young goat
- ½ cup dry white wine
  - juice of 1 lemon
- ¼ cup extra-virgin olive oil
- 2 cloves garlic, minced
  - 1 sprig rosemary
  - 1 sprig sage
- salt and freshly ground pepper to taste

Cut the ribs of the goat individually,  
approximately 2 inches thick or have  
the butcher do this for you.

Mix the remaining ingredients in a large bowl, add the meat,  
and marinate at room temperature for at least 30 minutes,  
but no more than 4 hours.

Preheat the broiler.

Arrange the meat on a rack in a broiling pan, and broil until  
browned, approximately. 3 minutes on each side. Serve immediately.

*(This can also be cooked on an outdoor grill).*

*4 portions.*



— VEAL PICCATA —

SUBMITTED BY ANN T

- 4 veal scallopini, pounded thin
- flour seasoned with salt and pepper
  - olive oil
  - garlic
- 1 cup chicken broth
  - lemon zest
  - juice of one lemon
- capers or green peppercorns
- ¼ cup fresh chopped parsley

Bring chicken broth to a boil and add peppercorns if using. Allow to sit for 10 or 15 minutes to soften. Heat oil in skillet. Dip veal into seasoned flour and sauté one or two at a time, quickly on each side. Remove from pan.

If the drippings in the pan are too brown, clean out pan before continuing. Heat tablespoon butter and add minced garlic, sauté for 30 seconds, do not brown. Add chicken broth with peppercorns and simmer until reduced. Add lemon zest and lemon juice. Place the meat back into pan and simmer until reheated. If using capers instead of peppercorns, add now. Sprinkle with fresh chopped parsley

Serve with either a side of pasta or with potatoes and vegetables.

*Servings: 4*



— CHICKEN VERMICELLI FROM THE  
BLACKSHOP RESTAURANT IN CAMBRIDGE —

SUBMITTED BY CHASE (SHARON)

- 1/3 cup toasted bread crumbs
- 1 pounds vermicelli or spaghetti
- 1/3 cup extra-virgin olive oil
- 3 medium boneless, skinless chicken breasts cut in 1/2 inch cubes
  - 6 slices pancetta sliced into 1/2 inch strips
  - 7 cloves of garlic crushed
    - pinch of pepper
- 6 medium portobello mushrooms, sliced 1/2 inch thick
  - 2 cups chicken stock
  - chopped fresh herbs

Cook pasta until al dente, drain and set aside.

While pasta is cooking, heat oil in a large skillet.

Cook chicken and pancetta until chicken is golden. Add garlic and pepper, sauté until garlic is light golden and chicken is no longer pink. Add mushrooms and stock. Cook over high heat for 1 minute to reduce stock. Add pasta and toss. Serve garnished with bread crumbs and fresh herbs.



— SALMON WITH JULIENNE VEGETABLES —

SUBMITTED BY ANN T

*This recipe was adapted from a recipe by Umberto Menghi.  
I saw him prepare something similar on the cooking show that he had back in  
the late 70s. Umberto owns a number restaurants including an Italian Villa  
and Cooking School (Villa Delia Cooking School) in Tuscany.*

- 1 large carrot
- 1 stalk of celery
  - 1 lemon
- 2 cloves garlic
- 1 large shallot
  - parsley
  - white wine
- chicken broth (*optional instead of white wine*)
- olive oil

Place salmon filets in a shallow oven proof dish.

Julienne carrots, celery, lemon zest, chop parsley, mince garlic chop shallots. Mix together and spread over top of the salmon. Pour a little white wine, or chicken broth over the salmon and a squeeze of lemon juice.

Drizzle with olive oil. Sprinkle with salt and Pepper

Butter a piece of foil and place loosely on top of fish.  
Do not seal. Bake in a 400° to 450° oven for approximately  
10 to 20 minutes, depending on the thickness of salmon.

To serve place a piece of salmon on plate keeping some  
of the julienne vegetables on top.

*Servings: 4*



— CHICKEN PICCATA —

SUBMITTED BY WOODIE

*This is the way I make chicken piccata, adapted from a newspaper article a few years ago. Maybe not very Italian, but we like this with mashed potatoes!*

- 4 chicken breast halves, boned and skinned
  - salt and pepper
  - flour (*enough for coating*)
  - 3 tablespoons butter
  - juice of 1 lemon
- 1-½ cups chicken broth
  - ½ cup white wine

Fresh chopped parsley, to garnish. Put a piece of waxed paper on the counter and place chicken on top. Use a meat pounder, the side of a saucer, the unsharpened side of a heavy knife or other object to pound the breast into a thin piece that's uniformly thick (*about an inch*). Salt and pepper the chicken generously, then coat with flour. Melt butter in a large skillet and brown chicken on both sides.

Remove chicken from skillet. Add lemon juice, chicken broth and wine. Boil down until its about one-half cup. Place chicken back in skillet, cover and cook 3 minutes. Remove cover and serve. Garnish with fresh chopped parsley.



— BRACIOLE —  
(BREE-ZSHOLE)

SUBMITTED BY BUBBESKITCHEN (RENEE A)

*I watched an older friend make this when I was just in my twenties and have refined it over the years. Braciole is a wonderful addition to sauce along with meatballs, etc.*

*Equipment: non-stick skillet, kitchen string, meat pounder*

- 1 pounds top round steak or sirloin sliced ¼-inch thin across the grain.  
Best done when meat is just slightly frozen.
  - ½ cup bread crumbs
  - ½ cup flat-leaf parsley chopped.
  - ⅓ cup pignoli nuts (*pine nuts*), optional
  - ¼ cup freshly grated Parmesan cheese
    - 2–3 cloves garlic minced
    - freshly ground black pepper
    - kosher salt
  - tomato sauce, homemade of course.

Pound meat between pieces of waxed paper until thin rectangle sized 3 x 7 inches. Trim as necessary. Save scrapes for adding to sauce.

Make the filling by mixing all of the ingredients together. Place an equal amount of filling on each slice of meat, spreading out to within 1-inch of the edges. Roll up tightly from the short ends and secure firmly with about 3 pieces of kitchen string

Meanwhile bring enough tomato sauce up to a simmer in a pot large enough to hold the braciole and any other meats being added. Brown on all sides in oil until seared. Add to sauce and simmer until tender, about 2 hours or so.

*Notes: Thick rolls will take longer to cook so make sure the meat is thin.*

*Serves 8*



— **BEEF: BRACIOLE** —

SUBMITTED BY ANN T

SOURCE : ETHNIC RECIPE RING.

*I have two recipes that I use for Braciole. My other one is almost identical to Renee's with the exception that I add a slice of Prosciutto to each piece of meat. Here is the other one that I like. In this one the meat can be left in one large piece and then sliced or done in individual size.*

- 1 (2 to 2-½ pounds) round steak, butterflied or for individual servings cut into 6 to 8 slices and pounded thin.
  - 1 lemon, grated rind
  - salt and pepper
  - 2-½ teaspoons oregano
- ¼ pound prosciutto, thinly sliced
  - 2 cups bread crumbs
- ¼ pound Parmigiano-Reggiano cheese, grated
  - ½ cup chopped parsley
  - ½ teaspoon rosemary
    - ½ cup flour
    - ¼ cup olive oil
- 4 cloves garlic, finely chopped
  - 1 small onion, diced
  - ½ cup dry red wine
- 2 cups chopped canned pear
  - tomatoes with their juice

If leaving whole, Open the butterflied steak and, with waxed paper covering it, pound evenly with a meat mallet until approximately ¼ inch thick. Rub the lemon rind, salt, pepper, and 1-½ teaspoon oregano into the meat. Lay the prosciutto slices evenly on the steak. Sprinkle the bread crumbs, grated Parmesan, and parsley evenly over the prosciutto slices. Roll the braciole tightly, taking care while rolling to tuck in both ends so as to hold in the filling while cooking. Tie the roll with strings at 1-½ to 2 inch intervals.

— RECIPE CONTINUED ON NEXT PAGE —

—BEEF: BRACIOLE CONTINUED —

Rub the rosemary between your palms to break it up.  
Season the flour with the rosemary, remaining oregano, and salt and pepper.  
Rub this mixture onto the surface of the beef roll.

In a pan large enough to hold the roll, heat the olive oil over moderately high heat. Add the beef roll, turning to brown the entire surface. Add the garlic and onion and cook until the garlic begins to turn golden brown. Add the wine and cook for one minute. Add the tomatoes with their juice and salt and pepper to taste. Cover the pan and simmer over low heat for 1 to 1-½ hours or until very tender when pierced with a fork. If liquid appears to be diminishing during the cooking, splash a bit more wine into the pan.

Remove from pan and place on a heated platter. Remove the strings, cut into ½ inch thick slices, pour the tomato mixture over the slices and serve.

*NOTE: If serving cold, place the bracirole on a platter, pour the sauce over it, cover tightly with plastic wrap or foil, and refrigerate. Before serving, bring to room temperature, remove the strings, and cut into slices as mentioned previously. The slices can be served on a bed of lettuce, accompanied by freshly baked bread.*



— SICILIAN CHICKEN —

SUBMITTED BY BUBBESKITCHEN (RENEE A)

- 1 4-pound chicken cut into 8 pieces
- 8 cloves garlic, roughly chopped
- ¼ cup chopped Italian parsley
- 2 yellow onions halved and sliced lengthwise
- 2 lemons, 1 juiced the other sliced
  - extra-virgin olive oil
  - freshly ground black pepper
  - ¼ teaspoon red pepper flakes
  - salt
  - olives, optional
  - red wine vinegar

Preheat oven to 375°.

Rinse and dry chicken. Put in a glass dish with ¼ cup olive oil, the garlic, onion and lemon juice. Let stand for no longer than 15 minutes.

Heat a large, ovenproof skillet over medium high heat. Add some oil. Pick up chicken draining liquid a little and add to skillet and brown on all sides. Do in batches if necessary. Add the marinade, sliced lemons, pepper (*red and black to taste*), salt and olives if using. Bring to boil, sprinkle with ½ of the parsley and remove to oven.

Bake until cooked through, about 30 minutes.  
Add a splash of red wine vinegar if desired for the last 10 minutes of cooking.  
Stir. Garnish with the rest of the parsley, correct seasoning.

Serve with risotto or other starch if desired.

*Servings: 4*



— ITALIAN ROASTED CHICKEN —

SUBMITTED BY ANN T

*This recipe can be made with small roasting chickens but I prefer to use the Cornish game hens. It is my version of a dish served in an Italian restaurant in Sault Ste. Marie, Ontario. It was always served with Pasta Aglio e Olio.*

- 2 Cornish game hens
- 2 sprigs of rosemary
- 2 to 3 cloves of garlic
  - salt, pepper
- juice from one lemon
  - lemon zest
- hot red pepper flakes (*optional*)
  - ½ cup olive oil

Split game hens in half. Remove back bone.

With a mortar and pestle, crush garlic, rosemary, pepper corns, and salt with the olive oil. Spread mixture over the outside and inside of the Cornish hens. Place in a Ziploc bag and add the lemon zest and the lemon juice. Marinate at least one hour. You can marinate this over night, but do not add the lemon juice until an hour before. Lemon will “cook” the chicken, changing the texture.

Heat oven to 450 to 500°F.

Place hens in a shallow roasting pan.

Roast for 30 to 45 minutes, basting once or twice.

Serve with a side order of Pasta Aglio e Olio.

*Servings: 4*



— GINGERED SCAMPI WITH SHALLOTS —

SUBMITTED BY LORIJEAN44 (LORI)

THIS RECIPE IS OUT OF *La Cucina Italiana*, HOLIDAY ISSUE—DECEMBER 2002:

- 1-<sup>3</sup>/<sub>4</sub> pounds jumbo shrimp
- 1 tablespoon, minced
- 2 tablespoons extra-virgin olive oil
- 5 shallots
- Granny Smith apple, cored and chopped
  - salt
  - brandy
  - <sup>1</sup>/<sub>2</sub> cup heavy cream
  - 1 cup vegetable broth
  - 2 cups rice pilaf

With shells on, slice down the length of the shrimp, and butterfly (*press them open like a book*). Sprinkle with ginger, and set aside to marinate for a couple of hours. In a non-stick skillet over medium-high heat, warm olive oil, and add shallots, apple and shrimp. Sauté for a minute and season with salt to taste. Turn heat to high, and add a dash of brandy to deglaze the pan. Scrape up the browned bits on the bottom of the pan with a spoon. Add cream and broth, and reduce over medium-heat. Serve with rice pilaf.

*Serves 4*



— SHRIMP SCAMPI —

SUBMITTED BY COOKINGRV (SUE)

- 1 pounds jumbo shrimp, approximately 16 to 20, peeled and deveined
  - 2 teaspoons cooking oil
  - 6 tablespoons unsalted butter, melted
    - 1 tablespoon parsley
    - 4 garlic cloves
    - 1 ounce sherry
    - 1 ounce white wine
    - lemon juice

Preheat oven to 400°.

Coat baking dish with oil. Place shrimp in baking dish.

Mix remaining ingredients and pour over shrimp.  
Bake for 10 minutes or until shrimp are cooked through



— MEATBALLS —

SUBMITTED BY LORIJEAN44 (LORI)

- $\frac{3}{4}$  pound ground chuck
- $\frac{1}{4}$  pound ground pork
- 1 cup fine bread crumbs
- $\frac{1}{3}$  cup grated Parmesan
- 1 tablespoon minced parsley
  - 1 clove garlic, minced
    - $\frac{1}{2}$  cup milk
    - 2 eggs, beaten
    - 1- $\frac{1}{2}$  teaspoons salt
    - $\frac{1}{8}$  teaspoon pepper

Mix all ingredients. Form into golf ball-sized meatballs.  
Place on baking sheet and bake at 350 F. for 30 minutes.  
Add to pot of sauce and simmer for at least 30 minutes.



— VEAL SCALLOPINI —  
SUBMITTED BY LORIJEAN44 (LORI)

*My mother has made this dish for the last 30 years or so.*

- 2 pounds veal cutlet
- 2 tablespoons olive oil
- 1 tablespoon butter
- 3 medium onion, sliced
- 2 tablespoons tomato paste
- 1 clove garlic, crushed
  - 1 tablespoon flour
  - 1 cup water
  - salt and pepper
  - white wine and water
- 2 cups sliced mushrooms, sautéed

Cut meat into rather small serving pieces and pound until very thin. Brown meat in olive oil and butter heated in a heavy skillet and transfer to medium casserole dish. Sauté onions in same skillet, stir in tomato paste, garlic, flour, and water, stirring until smooth. Season to taste, heat to a boil, and pour over veal in casserole. Add enough water and wine so that meat is just covered with liquid. Cover casserole and place in 450°F. oven. As soon as sauce begins to bubble (*about 5 to 10 minutes*), lower oven temp. to 300°F and continue to bake about 1 hour, or until veal is very tender. Stir in mushrooms halfway through cooking.

Serve with pasta.



— CHICKEN CACCIATORE —

SUBMITTED BY LORIJEAN44 (LORI)

- 1 chicken, cut up
- 2 tablespoons oil
- 1 cup onion, thinly sliced
- 1-½ teaspoon fresh rosemary, chopped
  - 2 garlic cloves, sliced
  - ½ cup white wine
- 1-½ cup chopped tomatoes
  - salt and pepper

Sauté onions in hot oil. Brown chicken with garlic and rosemary.  
Add wine and tomatoes and cover pan. Simmer over low heat  
and cook 40 minutes until chicken is tender.