

IL DOLCE



— CASSATA CAKE —  
(SICILIAN RICOTTA CHEESECAKE)

SUBMITTED BY ANN T

SOURCE: BONNIE STERN, TORONTO

CAKE BASE:

- 1 cup unsalted butter
- 1-½ cups sugar
- 5 eggs
- 2 cups cake flour
- ½ teaspoon salt
- 1 teaspoon vanilla
- 2 tablespoons lemon juice (*brandy, orange liqueur or Amaretto*)

Preheat oven to 325°F. Butter a 9 x 5 loaf pan. Cream butter until light and add sugar gradually. Beat eggs in one at a time. Add vanilla and flavourings. Stir or sift dry ingredients together and stir into egg mixture quickly. Pour into pan and bake 1-¼ or 1-½ hours.

*Note: This cake improves with age and freezes well.*

FILLING, ICING AND FINAL ASSEMBLY:

- 1 pound ricotta cheese
  - ⅔ cups sugar
  - 2 teaspoon vanilla
- 2 ounces of liqueur (*orange, Cognac, Amaretto, your choice*)
  - 2 ounce semisweet chocolate grated
  - ¼ cup candied fruit

ICING:

- 2 cups whipping cream
- ¼ cup sifted icing sugar
- 2 ounce liqueur (*use the same as above*)

Beat the sugar into the cheese. Add vanilla, liqueur, fruit and chocolate. Slice the cake into 3 or 4 layers and spread each with some of the cheese mixture reshaping the cake into a loaf as you proceed. Finish with a layer of cake.

The cake will keep, well wrapped, two days at this point.

A few hours before serving whip the cream until light and add the sugar and liqueur. Continue beating until quite stiff. Spread a coating of cream over the sides and top of the cake. Place the remaining cream into a piping bag and decorate the cake. It could be garnished with pistachio nuts, chocolate curls or strawberries. This cake is very rich so serve thin slices.

*MY NOTES: I usually add extra chocolate to the filling and leave out the candied fruit. Make sure you shift the grated chocolate before adding to the ricotta filling. This way the filling will stay white.*



— TIRAMISU —  
SUBMITTED BY ANN T

*This is my recipe. I have been making it this way for many years. Most Tiramisu recipes are made with raw eggs. This one starts with cooked custard.*

- 1 custard recipe (*follows*)
- 1 500g tub of mascarpone cream cheese
  - ½ cup whipping cream
- 1 cup fresh strong espresso
  - ¼ cup cognac or rum
  - 1 package ladyfingers
    - ground chocolate
- ½ pint whipping cream
- Crème Anglaise (*optional*)

CUSTARD:

- ½ cup sugar
- 3 tablespoons flour
  - ¼ teaspoon salt
- 1-½ cups hot milk
  - 3 egg yolks
- 1 tablespoon butter
- 1 teaspoon vanilla

Combine sugar, flour and salt in saucepan. Gradually stir in hot milk.  
Cook over low heat stirring until mixture comes to a boil.  
Continue cooking for 1 minute.

Beat egg yolks slightly. Gradually stir in about ½ of thickened sauce.  
Add this mixture back into saucepan with remaining sauce. Cook an additional  
2 to 3 minutes. Remove from heat and blend in butter and vanilla. Place  
plastic wrap on surface and refrigerate. Cool completely.

Beat Mascarpone cheese with whipping cream. Add cooled custard and mix well.

Dip ladyfingers into coffee and cognac mixture and place one layer in bowl  
of choice. Cover with half of cheese mixture. Repeat with another layer of  
ladyfingers and finish with cheese mixture. Prepare one day ahead. Before  
serving cover with whipping cream and ground chocolate.

TO SERVE:

Prepare a Crème Anglaise recipe and pour some on to plate, place  
two scoops of tiramisu on the sauce and drizzle with warm chocolate sauce.  
Add a few fresh strawberries or raspberries



— TIRAMISU —

SUBMITTED BY CINDY MAC

- 2 large eggs
  - 2 egg yolks
  - $\frac{2}{3}$  cup granulated sugar
  - 6 tablespoons sweet Marsala wine, divided
    - $\frac{1}{2}$  vanilla bean, split
    - 1- $\frac{1}{2}$  cups whipping cream, divided
    - 2 tablespoons powdered sugar, divided
    - 1 16-ounce package mascarpone
  - $\frac{3}{4}$  cup brewed espresso or any strong coffee
  - 1 large package ladyfingers (*found in cookie section*) or
  - 2 3-ounce packages ladyfingers (*found in frozen food section*)
- cocoa

Fill a medium saucepan with a little water.

Bring to a gentle boil.

In a medium stainless-steel bowl, whisk together the eggs, sugar, 3 tablespoons Marsala wine and vanilla bean to make the zabaglione. Set the bowl into the saucepan of boiling water so it fits snugly, but does not touch the water. Cook the zabaglione, whisking constantly for few minutes, until it is thick.

Cool completely. Discard vanilla bean.

Beat 1 cup whipping cream in chilled bowl for 2 minutes.

Add 1 tablespoon powdered sugar and continue beating 1- $\frac{1}{2}$  to 2 minutes more or until soft peaks form. Beat mascarpone and then add to the zabaglione, together with the whipped cream. Briefly mix.

Stir together espresso (*or strong coffee*) and remaining 3 tablespoons Marsala wine. Place a layer of ladyfingers on the bottom of an 8 x 8 inch baking dish. Drizzle half of the coffee-wine mixture over the ladyfingers. Spread half of mascarpone mixture over ladyfingers. Repeat layers: ladyfingers, coffee mix, mascarpone.

Beat remaining  $\frac{1}{2}$  cup whipping cream as above.

Add 1 tablespoon powdered sugar. Spoon over all. Sprinkle with cocoa.

Cover and chill for at least 4 hours or overnight.



## — APPLE PIZZA —

SUBMITTED BY ROGER\_Z7 (ROGER)

### CRUST:

- 2-<sup>3</sup>/<sub>4</sub> cups flour
- 1 package dry yeast
- 3 tablespoon sugar
- <sup>1</sup>/<sub>2</sub> teaspoon salt
- <sup>1</sup>/<sub>2</sub> cup water
- <sup>1</sup>/<sub>4</sub> cup milk
- <sup>1</sup>/<sub>4</sub> cup butter
- 1 egg

### APPLE TOPPING:

- 2 tablespoons butter
- 2 large cooking apples
- <sup>1</sup>/<sub>2</sub> cup sugar
- 2 tablespoons flour
- 1 teaspoon cinnamon

### CHEESE TOPPING:

- 4 ounce cream cheese
- 2 tablespoons sugar
- 1 tablespoon lemon juice
- <sup>1</sup>/<sub>4</sub> teaspoon nutmeg

### STREUSEL TOPPING:

- <sup>1</sup>/<sub>3</sub> cup flour
- <sup>1</sup>/<sub>3</sub> cup sugar
- <sup>1</sup>/<sub>4</sub> cup soft butter

Blend 1-<sup>1</sup>/<sub>2</sub> cup flour, yeast, sugar and salt in a large mixing bowl.

Heat water, milk and butter until very warm; add to flour mixture and beat three minutes. By hand, stir in enough flour to make a soft dough. Cover and let rise 15 minutes. Pat dough onto a large oiled pizza pan, forming a rim around the edge. Mix the cheese topping and spread it on, then apple topping over cheese (*see directions below*). Mix the streusel topping and sprinkle it over the top. Cover and let rise for 15 minutes. Bake at 375°, 25 to 30 minutes. Serve warm or cold.

### APPLE TOPPING INSTRUCTIONS:

Peel and slice apples. Melt butter in skillet; add apples, sugar, flour, cinnamon. Simmer 15 minutes, and then cool.



## — AMARETTO CHEESECAKE —

SUBMITTED BY CANARYBIRD (SHARON)

SOURCE: *I've Got to Have That Recipe*, VICTORIA, B.C. ©1986

### CRUST:

- 2 cups graham wafer crumb
- $\frac{1}{4}$  cup sugar
- $\frac{1}{3}$  cup butter, melted

### FILLING:

- 1- $\frac{1}{2}$  pounds. cream cheese, softened
- $\frac{3}{4}$  cup sugar
- 4 eggs
- 1- $\frac{1}{2}$  teaspoon almond extract
- $\frac{1}{4}$  cup amaretto

### TOPPING;

- 1 cup sour cream
- 2 tablespoons sugar
- $\frac{1}{2}$  teaspoon almond extract
- 1 tablespoon amaretto
- $\frac{1}{2}$  cup sliced almonds, toasted

### CRUST:

Mix together all ingredients and press into a 9 inch spring form pan.

Bake at 350°F for 5 minutes. Cool.

### FILLING:

Beat cream cheese and sugar together until well blended. Beat in eggs, one at a time, until mixture is light and fluffy. Add flavourings and beat again. Pour into prepared crust and bake at 350F for 40 to 45 minutes or until firm to touch.

### TOPPING:

While cake is baking, mix together topping ingredients. When cake is done, remove from oven and spoon on topping . Bake an additional 5 to 10 minutes. Remove from oven and sprinkle with toasted almonds. Let stand until well cooled. Refrigerate 8 hours or overnight before serving.

*Serves: 10 to 12*



— **FRAGOLE AL BALSAMICO** —

SUBMITTED BY CHASE (SHARON)

- 1 quart strawberries
- 4 to 5 tablespoons sugar
- 2 tablespoons best quality balsamic
- ½ cup heavy cream, whipped

Clean strawberries and slice in half. Sprinkle with sugar and allow to sit at room temp for 30 minutes. Add balsamic and stir again. Allow to sit another 20 minutes. Serve in small bowls with the syrup drizzled over top. Garnish with whipped cream.



— MELONI AL MARSALA —

SUBMITTED BY CHASE (SHARON)

*A Biba Caggiano recipe. You can start or end your meal with this dish.*

- 2 cups strawberries, hulled and sliced
- 3 small cantaloupes, cubed or scooped with a melon baller  
(shells reserved)
  - 1 cup sugar
  - 1 cup good quality Marsala

Mix fruit with  $\frac{1}{2}$  cup sugar and the Marsala.  
Sprinkle the shells with the other  $\frac{1}{2}$  cup sugar and refrigerate.  
When ready to serve fill the shells with the fruit. Serve chilled.



— SPUMONI ICE CREAM—

SUBMITTED BY CANARYBIRD (SHARON)

- 2 pints pistachio ice cream
- 2 pints strawberry ice cream
  - 2 chocolate ice cream
- 1 cup heavy whipping cream
  - $\frac{1}{4}$  cup powder sugar
- $\frac{1}{4}$ - $\frac{1}{3}$  cup candied cherries, chopped
  - $\frac{1}{4}$ - $\frac{1}{3}$  cup pecans, chopped

Line a 2- $\frac{1}{2}$  to 3 quart ice cream mold, loaf pan, or bowl with foil.

*(Foil will help the Spumoni come out easier).* Place mold in freezer.

In a large bowl, beat pistachio ice cream until smooth—but not melted. Spread ice cream in bottom and up sides of chilled mold. Return mold to freezer and freeze until firm. Repeat process with strawberry ice cream.

Whip cream and sugar until stiff. Fold chopped cherries and nuts into whipped cream. Fill mold with cream mixture. Freeze.

Beat chocolate ice cream until smooth, but not melted.

Spread chocolate ice cream on top of whipped cream.

Return to freezer and freeze until firm.

To serve, invert mold on serving dish. Remove foil or plastic wrap from surface. A spatula dipped in hot water may be used to smooth creases in surface. Cut in slices and serve.



— FRUIT WITH CANNOLI CREAM —

SUBMITTED BY RUTHANNA

- 1 cup part-skim ricotta cheese
  - $\frac{1}{3}$  cup sugar
  - $\frac{3}{4}$  teaspoon orange zest
  - 3 tablespoons orange juice
- 2 tablespoons mini chocolate chips
- 1 apple, cored and cut into 8 wedges
- 1 pear, cored and cut into 8 wedges
- 1 plum, pitted and cut into 8 wedges
  - 1 pint strawberries, hulled

In a blender or food processor, combine the cheese, sugar, orange peel and orange juice and process until smooth. Transfer the mixture to a bowl and fold in 1 tablespoon of the chocolate chips. Place the fruit on a platter and spoon the ricotta mixture over it. Sprinkle with remaining chocolate chips, and serve.

*NOTE: You can also arrange the fruit in four large goblets or wine glasses and top each portion with some of the sauce and chips. Other fresh fruits can be substituted. Apricots, raspberries and blueberries are all good in this recipe.*



## — CANNOLI FILLING —

SUBMITTED BY BROWNSTOESTOO (EILEEN)

- 1 cup ricotta cheese
  - 1 cup mascarpone cheese
- (If you want to be extravagant, use 2 cups mascarpone cheese and omit the ricotta.)*
- $\frac{3}{4}$  cup sifted confectioners sugar
  - $\frac{1}{2}$  teaspoon almond extract or 1 tablespoon Amaretto

### FOR GARNISH:

$\frac{1}{2}$  cup unsalted pistachio nuts, coarsely chopped  
confectioners sugar, for dusting tops of cannoli

### FILLING:

Thoroughly drain ricotta in a strainer, discarding the liquid.  
Put ricotta in a processor and process until smooth.

Combine ricotta, mascarpone, powdered sugar and almond extract or Amaretto in a medium bowl and beat at medium speed with an electric mixer until light and fluffy. Place in the refrigerator and chill.

Pipe, or spoon filling into shells. Cover exposed filling at ends of shells with pistachio nuts. Dust shells with remaining powdered sugar.  
Do not fill shells until just before serving. Shells will become soggy.

*I do not make my own shells, I buy them. However, if you wish to make them, here is a recipe:*

### CANNOLI SHELLS:

- 2 cups sifted all-purpose flour
- 1 tablespoon granulated sugar
- $\frac{1}{4}$  teaspoon ground cinnamon
- 1 egg
- 1 teaspoon vanilla extract
- $\frac{1}{2}$  cup Marsala wine
- 1 egg white, slightly beaten
- vegetable oil for frying shells

— RECIPE CONTINUED ON NEXT PAGE —

— CANNOLI CONTINUED —

Sift flour, sugar, and cinnamon together on a work surface.

Make a well in the center of the dry ingredients, mix in the egg, the Marsala wine, and the vanilla extract, mix well. Knead dough until smooth and stiff, about 15 minutes. If dough feels wet and sticky, add more flour, if too dry, add a little more wine. Cover dough and let stand for 2 hours in a cool place, or refrigerate for 30 minutes. Roll out the dough very thin, about  $\frac{1}{8}$  of an inch thick, and cut into 5 inch circles and wrap the dough circles around metal cannoli forms. Fold the dough around each cannoli form loosely, so that  $\frac{1}{4}$  of the form sticks out on both ends. Seal dough edges together by brushing with beaten egg white, and fry two cannoli at a time in 4 inches of vegetable oil in a deep fry pan, or an electric frying pan. Fry until shells are medium golden brown on both sides. Carefully lift the shells out of the pan with slotted spoon or tongs. Drain shells on paper towels to cool. Fill with cannoli cream when shells have cooled completely, or store shells in an airtight container.

*Makes approximately 12 cannoli shells.*

**SPECIAL EQUIPMENT:**

4 metal cannoli forms  
a very deep, large frying pan



— ITALIAN LOVE CAKE —

SUBMITTED BY CRAFTYRN (DIANE)

*This is made with a mix but its soooooo good and so easy—very, very rich—only need a tiny piece. Last time I made it I used a lemon cake mix instead of the marble—comes out equally good with a pistachio mix (just change the chocolate pudding to either lemon or pistachio.*

*Cant remember where I got the recipe originally*

1 box fudge marble cake mix

2 pounds ricotta cheese

1 cup sugar

4 eggs

1 teaspoon vanilla

1 box instant chocolate pudding (3-<sup>3</sup>/<sub>4</sub> ounce)

1 cup milk

8 ounces whipped cream or thawed non-dairy whipped topping

Preheat oven to 350°. Prepare cake as directed on box and pour into greased and floured 9 x 13 pan. In separate bowl, combine ricotta, sugar, eggs, and vanilla; mix well. Spoon over unbaked cake. Bake cake for 1 hour. Cool.

Mix instant pudding with milk; fold in whipped topping.

Spread over cake;

refrigerate.



— RASPBERRY GRANITA —

SUBMITTED BY ANN T

*This is not a tried and true recipe. At least not by me.  
It is one that I have been saving in my "to try" file. Thought it would be a nice  
light dessert after a heavy Italian dinner.*

- 3 cups water
- 1 cup sugar
- 4 cups fresh raspberries (*frozen can be used in a pinch*)
- 1 tablespoon lemon juice
- 1/3 cup Chambord black raspberry liqueur

Heat 1 cup of water and sugar in a saucepan until sugar dissolves.

Remove from heat and allow to cool. Place raspberries, lemon juice, the remaining 2 cups of water, and Chambord in a blender and blend until smooth. Stir in sugar syrup and mix well. Place in a freezer-safe container and freeze until firm; usually overnight. Remove from freezer 15 minutes before serving and place in individual glasses.

*NOTES: Chambord is very expensive and may be hard to find, any blackberry or raspberry liqueur can be substituted, but Chambord is the best. Use that if its in the budget.  
You can also substitute any berry with a corresponding flavor of alcohol.*



## — BISCOTTI —

SUBMITTED BY BROWNSTOESTOO (EILEEN)

*I found this recipe as part of an article on biscotti by Corby Kummer in the June 1987 issue of New Yorker magazine. The author goes into great deal about his quest for biscotti di Prato. He is particularly taken with the version made by Bonnie Tempesta of San Francisco. These are very crunchy and made without shortening. He perfected a recipe that is very close to his ideal. I find them to be superior because they are very fresh when I eat them as opposed to having languished in a jar on a deli counter. This is his published recipe. I have omitted much of his editorializing.*

- 1 cup whole unblanched almonds
  - 2 cups unsifted flour
    - 1 cup sugar
  - 1 level teaspoon baking soda
    - a pinch of salt
    - 3 large eggs
    - ½ teaspoon vanilla

Roast the almonds for 10 to 15 minutes in a 350° oven until lightly browned. Watch closely as they burn easily. Set the nuts aside to cool completely. Butter and flour a large cookie sheet. Lower the oven to 300°.

Stir the dry ingredients together in a bowl just to mix. Set aside half a cup of the mixture. In a small bowl lightly beat the eggs and vanilla. Make a well in the flour mixture and pour in the eggs. Stir in the flour from the sides. When too stiff to stir, turn out the gobs of dough onto a surface floured with some of the dry ingredient mix set aside. With floured hands fold the dough over itself until it coheres. Use the rest of the dry ingredient mix to keep the dough from sticking to your hands and work surface.

Press the nuts into the dough and keep folding it over itself until they are evenly distributed. Let the dough rest for a few minutes so that the flour will absorb the liquid and make it less sticky.

Divide the dough into three equal pieces. Rolling with your hands, elongate each piece into a strip about an inch wide and from twelve to fourteen inches long. When cut these will produce about four dozen cookies about three inches long. Place the strips on the baking sheet, leaving at least four inches between them.

Bake at 300° for 50 minutes. Check your oven to make sure the temperature is correct and not hotter than you think.

Let them cool for 5 minutes. Remove from baking sheets with a spatula and transfer them to a cutting board. Using a sharp knife and decisive downward strokes, cut diagonal bars every half inch. Lay the cookies on their sides on two cookie sheets and put them back in the oven to toast for 35 to 50 minutes, depending on how dark you want them.

Cool on a rack.



— CARRIES ALMOND APRICOT BISCOTTI —

SUBMITTED BY WOODIE

*These are quite rich and flavorful.*

- 2-<sup>3</sup>/<sub>4</sub> cups flour
- 1-<sup>1</sup>/<sub>2</sub> cups sugar
- <sup>1</sup>/<sub>2</sub> cup chilled unsalted butter, cut into pieces
  - 2-<sup>1</sup>/<sub>2</sub> teaspoon baking powder
  - 1 teaspoon salt
  - 1 teaspoon ginger
- 3-<sup>1</sup>/<sub>2</sub> ounce white chocolate, cut into pieces
  - 1 <sup>2</sup>/<sub>3</sub> cup toasted almond slivers
  - 2 large eggs
- <sup>1</sup>/<sub>4</sub> cup plus 1 tablespoon apricot brandy
  - 2 teaspoon almond extract
  - 6 ounce dried apricots, diced

Butter and flour cookie sheet. Combine first six ingredients in food processor until fine meal. Add chocolate, chop fine, then add almonds. Beat eggs, brandy and extract in large bowl. Add flour mixture and apricots, stir until moist dough. Moisten fingers. Form into three 12 x 2 inch logs. Refrigerate for 30 minutes, then bake on center rack at 350° for 30 minutes. Transfer sheet to cooling rack and cool completely. Reduce heat to 300° and cut logs into <sup>3</sup>/<sub>4</sub>" slices. Arrange on sides on cookie sheet. Bake 10 minutes, then turn over and bake 10 minutes more. Cool completely. Store in airtight container.



— DECOBABES LIMONCELLO —

SUBMITTED BY SYLVIA

*Decobabe posted this awhile back (maybe a year?)  
and it is really delicious and worth the trouble*

- 15 thick-skinned lemons (*Eureka, Lisbon or Citron*)  
organically grown will be best
- 2 bottles (750 ml each) of the best 100 proof Vodka
  - 4-½ cups sugar
  - 5 cups water

Wash the lemons in hot water before you start.

Remove the peel with a vegetable peeler, removing all white pith on the back of the peel by scraping with a knife, and put the peels in a 4-quart Mason jar. Add 1 bottle of Vodka and stir. Cover the jar, date it, and put it to rest in a dark cabinet at room temperature.

After 40 days, take out the lemon-Vodka mixture. In a sauce pan set over high heat, stir the sugar and water together and boil for 5 minutes. Let the sugar syrup cool completely in the pan, about 10 minutes. Add the sugar syrup to the lemon-Vodka mixture along with the second bottle of Vodka.

Stir well to combine. Replace the cover on the jar and note the finish date. Return it to the dark cabinet and store for 40 more days.

At day 80, remove the Limoncello from the cabinet.

Strain the mixture and discard the lemon peel. Pour into clean, unused bottles with caps or decorative corked bottles. Store the bottles in the pantry, but put one bottle at a time in the freezer until ready to use. Makes approximately 3 quarts.



## — PIGNOLI COOKIES —

SUBMITTED BY SOLSTHUMPER

SOURCE: DEBORAH MELE

- 1 (8 ounce) can almond paste
  - ½ cup granulated sugar
  - ½ cup powdered sugar
  - ¼ cup all-purpose flour
- 2 to 3 medium egg whites, lightly beaten
  - 8 ounces pine nuts
- extra powdered sugar to finish

Preheat oven to 300°F. Prepare two baking sheets with parchment paper, or use silicone linings.

Place the pine nuts in a bowl.

In a food processor, break up the almond paste into small pieces, and pulse with the two sugars and the flour. Once the mixture is finely ground, begin to add the egg whites a little at a time, just until the dough comes together. Depending on the humidity or the size of your egg whites, sometimes you may need all of the egg whites, while other times you won't.

Using a spoon and slightly wet hands, scoop a small spoonful of the dough, and place this into the bowl of pignoli. Roll the cookie around until it is lightly coated, and then place it on the prepared baking sheet.

Continue forming the cookies in this manner, placing them 2 inches apart on the baking pan.

Bake the cookies 20 to 25 minutes, and then cool.

Dust lightly with powdered sugar before serving.



— **FRUIT PIZZA** —

SUBMITTED BY COOKINGRVC (SUE)

*Made this once as a dessert for my niece and nephew.*

*Was surprised that adults ate it too.*

- premade cookie dough
- 8 ounces cream cheese
  - ½ cup sugar
- 2 teaspoons vanilla extract
  - strawberries
  - blueberries
  - raspberries
  - peaches

Preheat oven to 350°.

Press dough into ungreased pizza pan. Bake for 8 to 10 minutes, or until lightly browned; cool. In a large bowl, beat cream cheese with

½ cup sugar and vanilla until light. Spread on cooled crust.

Arrange desired fruit on top of filling; chill.



— LEMON, ORANGE, TANGERINE GELATO  
IN CHILLED FRUIT SHELLS—

SUBMITTED BY MQMOI

*This is about presentation rather than recipe.*

*We made this for Springfest dessert last year. It was sherbet then;  
I'm renaming it gelato for our trattoria. I think they are basically the same.*

*Save the fruit for another use, such as breakfast the day after.*

One, two, or three fruit shells per person.

Cut fruit in half. Hollow out both halves and chill.

Pack sorbet/gelato into one half and top with the lid.

Garnish with fresh raspberries or sprigs of mint.

Or, when serving, a few spoonfuls of champagne. Or, garnish  
with purchased chocolate-covered lemon leaves.



— LEMON BISCOTTI —

SUBMITTED BY BROWNSTOESTOO (EILEEN)

HARVEY STEIMAN, *San Francisco Examiner*, APRIL 28, 1991

- 2 cups almonds, toasted and ground
  - 1 lemon
  - 3 cups flour
  - 2 cups sugar
- 1 teaspoon baking powder
  - ¼ teaspoon baking soda
  - ¼ teaspoon salt
- ½ cup butter, at room temperature
  - 2 beaten eggs

Toast the almonds on a cookie sheet at 375° F for 10 to 15 minutes. Pulverize in a food processor, but be careful not to make them nut butter.

Butter a baking sheet and heat the oven to 325° F.

Using a paring knife or vegetable peeler, pare the zest from the lemon, taking only the yellow portion. Put it in a food processor. Run the processor until the zest is finely chopped. Add the flour, sugar, almonds, baking powder, soda, and salt to the food processor. Blend them, then blend in the butter until it is thoroughly incorporated. Blend in the eggs and the juice of half the lemon. The mixture will be like damp corn meal.

Form the dough into two long loaves about 3 inches wide and no more than 1 inch thick. Place them on the baking sheet. Bake for 30 minutes.

Let cool for a few minutes, then cut the loaves into ½ slices with a sharp knife. Place the cookies on their sides on the baking sheet, leaving space between them. Bake them 15 minutes longer, or until they are golden brown.

Transfer to racks to cool. Store in an airtight container.

*Makes about 3 dozen.*



## — FROSTY CAPPUCINO TORTE —

SUBMITTED BY WOODIE

*This is the only dessert that Ken has ever requested! It's nice out on the front porch after dinner on a summer night.*

- 2 packages (3 ounces each) ladyfingers
  - 3 tablespoons hot water
  - 2 teaspoons instant espresso powder
- 1 pint vanilla ice cream slightly softened
- 1 pint coffee ice cream, slightly softened
  - 1 tablespoon rum extract
- 2 squares (1 ounce each) semisweet chocolate, at room temperature

Spray a 9 inch spring form pan with non-stick cooking spray; set aside. From one package of ladyfingers, remove one cookie and set aside. Place remaining ladyfingers flat side down on a cutting board and trim to 2 inches, reserve trimmings with the one set-aside ladyfinger. Arrange ladyfingers, trimmed end down with flat side toward inside of pan. In a cup, stir together hot water and coffee powder; brush half the mixture on the ladyfingers.

Arrange the second package of ladyfingers flat side up in the bottom on the pan. Crumble the trimmings and remaining cookie over ladyfingers in bottom of pan. Brush with the remaining espresso.

In a large metal bowl, whisk vanilla ice cream with rum extract. Pour into prepared pan and smooth with metal spatula; freeze 10 minutes. Meanwhile, in a large metal bowl, whisk coffee ice cream until smooth. Pour over vanilla ice cream; smooth with a metal spatula and return to freezer.

Using a vegetable peeler, shave chocolate onto a piece of wax paper. Remove torte from freezer, top with chocolate shavings. Return to freezer at least 10 minutes or until serving. Use a knife dipped into water to cut and serve.

*12 Servings*

*Work time: 10 minutes*

*Total time: 30 minutes*



— RICOTTA CHEESE COOKIES —

SUBMITTED BY WOODIE

SOURCE: GOOD HOUSEKEEPING MAGAZINE

*These cookies are like soft, little pillows. They're on my Christmas cookie list, sprinkled with red or green sugar and on the Easter menu with pink or light green tinted frosting. The dough is very heavy and a Kitchen Aid mixer is great for this recipe.*

- 2 cups sugar
- 1 cup margarine or butter (2 sticks) softened
  - 1 container (15 ounces) ricotta cheese
    - 2 teaspoons vanilla extract
    - 2 large eggs
    - 4 cups all-purpose flour
    - 2 tablespoons baking powder
      - 1 teaspoon salt
  - 1-½ cups confectioners sugar
    - 3 tablespoons milk
    - colored sugar crystals

Preheat oven to 350°. In large bowl, with mixer at low speed, beat sugar and margarine or butter until blended. Increase speed to high; beat until light and fluffy, about 5 minutes. At medium speed, beat in ricotta, vanilla and eggs until well combined.

Reduce speed to low. Add flour, baking powder and salt; beat until dough forms.

Drop dough by level tablespoons, about 2 inches apart, onto ungreased large cookie sheet. Bake about 15 minutes or until cookies are very lightly golden, cookies will be soft. With pancake turner, remove cookies to wire rack to cool. Repeat with remaining dough.

Mix remaining ingredients and frost the cookies.  
Sprinkle colored sugar on them while the icing is still soft.



— PANNA COTTA —

SUBMITTED BY CANARYBIRD (SHARON)

*I saw this one being made on TV on an Italian cooking show—so I scribbled it down quickly. It looks so simple and delicious but haven't tried it out yet:*

- 1 liter whipping cream
- 2 heaping tablespoons icing sugar
- 2 squares gelatin

Put together in pot until gelatin melted—then bring to boil.  
Take off stove and put into bowls and refrigerate a minimum of 2 hours.

SAUCE:

- 4 squares good quality bittersweet chocolate
- ½ liter milk

Put milk and chocolate in pot and melt on stove.  
Spoon over the now cold cream mixture in bowls. Serve.



— QUARESIMALI —  
(BISCOTTI)

SUBMITTED BY BUBBESKITCHEN (RENÉE)

SOURCE: *Cookies Unlimited*, NICK MALGIERI, HARPER COLLINS PUB, ©2000

*Preparation and Cooking Time: about 1 hour and 15 minutes*

*RA'S NOTES: These are a very dry and crunchy biscotti. The name means Lentens, and these cookies are eaten by Italians during the 40 days of Lent. I needed to use an extra egg white*

- 1-½ cups all-purpose flour
  - 1 cup sugar
- ¼ teaspoon salt (*sea salt preferred*)
  - 1 teaspoon baking powder
  - 1 teaspoon ground cinnamon
- 10 ounces (*about 2-½ cups*) whole hazelnuts, toasted and skins rubbed off
  - 2 large egg whites
  - 2 tablespoons vegetable oil
- 1 cookie sheet or jelly roll pan with parchment or foil

Set a rack in the middle level of the oven and preheat to 350°

In a medium bowl, combine the dry ingredients; stir well to mix.

Stir in the hazelnuts. In a small bowl, whisk together the egg whites and oil. Use a rubber spatula to scrape the egg white mixture into the dry ingredients, then continue to stir with the same spatula until the mixture forms a dough. The dough is somewhat dry; if it doesn't come together after stirring, use your hands to squeeze and knead the dough into a coherent mass.

Divide dough in half and roll each half into a log the length of your pan (*14 to 18 inches*). Place each log on the prepared pan and flatten slightly. Bake for 30 minutes, until well risen and firm. Cool the logs on the pan on a rack.

Using a sharp serrated knife, slice the baked logs diagonally about ½ inch thick. Return the biscotti to the pan, cut side down, and bake up to 20 minutes longer, or until they are dry and crisp.

Store cooled biscotti between wax paper or parchment sheets in a tin or plastic container with a tight lid.

*Yield: about 48 small biscotti*



## — ZUPPA INGLESE —

SUBMITTED BY BUBBESKITCHEN (RÉNEE)

SOURCE: DANIEL ROGOV

### FOR THE ZABAGLIONE CREAM:

- 8 egg yolks
- $\frac{1}{4}$  cup sugar
- 4 teaspoon potato starch or flour
- 1 cup dry or sweet Marsala wine

### FOR THE CAKE:

- 1 round or rectangular sponge cake, cut in 3 layers
  - 1 cup rum
  - 3 tablespoons glazed fruits
  - 3 egg whites, beaten stiff
  - 4 tablespoons sugar
- 1 cube of sugar soaked in brandy for serving

### TO MAKE THE ZABAGLIONE CREAM:

Place the egg yolks in a glass bowl and add the sugar and potato starch. Stir with a wooden spoon, always stirring in the same direction, until the sugar is completely dissolved and the egg yolks are a light golden color. Slowly add the Marsala, mixing constantly, and then transfer the contents of the bowl to the top part of the double boiler.

Put water in the bottom of the double boiler and bring to a boil. Once the water is boiling, insert the top part and stir continuously with a wooden spoon, always stirring in the same direction. Continue stirring just until the mixture is on the verge of boiling and then immediately remove from the heat. Under no circumstances should the mixture be allowed to boil. Stir for 2 to 3 minutes longer and then pour the zabaglione into a glass bowl to cool (*about 1 hour*).

### TO ASSEMBLE THE CAKE:

Place the bottom layer of the sponge cake in an oven-proof serving dish and over this pour  $\frac{1}{3}$  of the rum and spread  $\frac{1}{2}$  of the Zabaglione cream. Add the second layer and repeat the process with  $\frac{1}{3}$  of the rum and the remaining cream. Cover with the third layer of cake and pour over the remaining rum. Over this distribute the glazed fruits.

To the beaten egg whites add the sugar and beat again. Pile the egg whites on the cake and bake in an oven that has been preheated to  $150^{\circ}\text{C}$  ( $300^{\circ}\text{F}$ ) for 20 minutes. Allow to cool. Serve with a lump of sugar soaked in brandy on top and flame the sugar cube.

*Serves 6 to 8*



— **RICOTTA BALLS** —

SUBMITTED BY LORIJEAN44 (LORI)

*These are deep-fried, and though we don't eat a lot of fried foods anymore, they are very good—very light:*

- 6 eggs, beaten
- 1 pound ricotta
- 2 cup cake flour
  - ¼ cup sugar
- 1 teaspoon vanilla

Mix all ingredients with electric mixer.

Drop by teaspoonfuls into hot oil and deep-fry (*like doughnuts*).

Serve hot, sprinkled with confectioners sugar.



— TARALLA —  
(ANISE COOKIES)

SUBMITTED BY LORIJEAN44 (LORI)

*My girlfriend's Italian mother made mounds of these cookies,  
piled onto platters and placed them on all bridal and family tables when I got married.*

*This is one of my all-time favorite cookies:*

- 1 cup butter or margarine
- 6 eggs
- 6 teaspoons baking powder
- 1 tablespoon anise extract flavoring (*or vanilla or almond extract*)
- 4 to 4- $\frac{1}{2}$  cups flour
- 1 cup sugar

Mix all ingredients together, adding flour last, and knead dough until smooth and easy to handle. Roll walnut-sized pieces of dough into rope-like pieces and coil into little mounds. Place on cookie sheet and bake at 350°F, 15 to 20 minutes, or until barely golden.

When cool, ice with confectioners sugar glaze (*confectioners sugar, few drops of vanilla or almond extract, and enough milk to make a smooth consistency*). Decorate with colored sprinkles.

*Makes 4 dozen cookies*



— JOSIE'S CHEESECAKE —

SUBMITTED BY LORIJEAN44 (LORI)

CRUST:

- $\frac{2}{3}$  box of graham crackers, crushed
- $\frac{3}{4}$  cup melted butter or margarine

Mix graham cracker crumbs and melted butter or margarine together and press into bottom of spring form pan. Set aside.

FILLING:

- 16 ounces cream cheese
  - 1 cup sugar
  - 6 eggs, separated
  - 1 pint sour cream
- 2 teaspoons vanilla extract
- 2 teaspoons lemon juice

Beat cream cheese until smooth; add sugar and mix thoroughly.

Beat egg yolks until fluffy. Add to cream cheese and sugar mixture.

Mix in sour cream, vanilla, and lemon juice.

Beat egg whites until stiff; fold into cream cheese mixture.

Pour over crust in spring form pan.

Bake at 350 F. for 10 minutes. Turn oven down to 300° F, and bake for additional 1 hour. Then, turn oven off, but leave cake in oven for 1 more hour.

Top with cherry pie filling or fruit filling of choice.



— AUNT MARGARET'S STROUFFLES —

SUBMITTED BY LORIJEAN44 (LORI)

*This is my Italian girlfriend's great-aunt's recipe for Strouffles (pronounced STROO-fa-la);  
when DF's Dad was alive, he always made a batch of these for me when I visited NY.*

- 6 eggs
- 4 cups flour
- 2 teaspoons baking powder
- 1 teaspoon salt
- 3 tablespoons white wine
- ¼ cup oil
- honey
- non-pareils (*colored sprinkles*)

Mix all ingredients, adding more flour if needed.

Shape into small balls (*about ½ to ¾ inch*). Fry until golden brown.

Heat honey in saucepan; add strouffles, a few at a time, to coat evenly.

Remove strouffles from saucepan and place on platter.

Sprinkle with non-pareils.



— TARTUFFO —

SUBMITTED BY MITCHDESJ (MICHELE)

*My favorite Italian dessert, aside from tiramisu, is Tartuffo—  
a preformed ball of vanilla and chocolate gelato or ice cream, heavily dusted with dark cocoa.*

*Italian delis in Montreal sell them ready made and restaurants serve those—  
in Italy some restaurants made their own version. After all the spices of Italian food,  
I have to have that at the end of the meal.*



— ZABAGLIONE AL BAROLO —

SUBMITTED BY ANN T

SOURCE: LA CUCINA DI LIDIA

*This is also nice served over fresh fruit, like Strawberries or peaches and then placed under the boiler until golden. Or use a blow-torch.*

- 6 egg yolks
- 6 tablespoons sugar
- $\frac{3}{4}$  cup superior Barolo wine

In a copper or stainless-steel bowl, whisk all three ingredients together. Set the bowl over gently simmering water and whisk mixture constantly for 2- $\frac{1}{2}$  to 3- $\frac{1}{2}$  minutes, until it is very light and frothy, and warmed through. Serve immediately in parfait glasses.

*NOTE: Substitute another wine, such as Marsala or, Moscato.*

*Option: Add some lemon zest.*