A detailed still life painting of autumn produce. The scene is set on a wooden surface. In the upper right, several large, round pumpkins are piled together. To their left, a cluster of white onions sits on a bed of golden-brown autumn leaves. In the center, a large, ripe red apple is prominent. Below it, a clear, cut-crystal vase holds two more red apples. In the foreground, a single green apple sits on a bed of leaves. To the right, a woven wicker basket is filled with various nuts, including walnuts and hazelnuts. The background features a wooden wall with a small, round decorative object in the upper left corner. The overall color palette is warm, dominated by browns, oranges, and yellows, with the red and green of the apples providing contrast.

*La Cucina
di
Gennaro R. Visconti*

Recipes from Jerry's Kitchen

This cookbook is lovingly dedicated to my mother

*AMELIA VISCONTI
1917 - 2001*

“A mother is the truest friend we have, when trials, heavy and sudden, fall upon us; when adversity takes the place of prosperity; when friends who rejoice with us in our sunshine, desert us when troubles thicken around us, still will she cling to us, and endeavor by her kind precepts and counsels to dissipate the clouds of darkness, and cause peace to return to our hearts.”

— Washington Irving (1783-1859)

Window on Italy



The twenty regions of Italy are rich in a fascinating and diverse culinary history. Even the names of each region; Valle d'Aosta, Trentino-Alto Adige, Friuli-Venezia Giulia, Dardagna, Sicilia, Piemonte, Lombardia, Veneto, Liguria, Emilia-Romagna, Toscana, Umbria, Marche, Lazio, Abruzzo, Molise, Campania, Puglia, Basilicata and Calabria, evoke a sense of gustatory delight.

Food ingredients and recipes vary from region to region; from the rich cheese dishes in Valle d'Aosta and Milan to the thick marinara sauces, with lots of garlic, in Naples. A friend of mine, who was raised in Piacenza, notes that recipes even differ from one side of the river to the other, where local restaurants and families on each side have their own specialities.

The rich culinary history of Italy came to America along with the Italians when they immigrated to this country. In Rhode Island many Italians gathered together in communities like North Providence, Federal Hill, Johnston, the Charles Street area of Providence, Cranston and Westerly. They brought with them their "mother's

cooking" from the varied regions of Italy. Their homes were filled with the delicious scents of tomatoes, garlic and basil. Ask families in any of those cities and towns to give you a recipe for a marinara sauce (or "gravy", marinara sauce with meat, as we say in Rhode Island) and each will be a little different with its own unique regional flavor. The same is true in Rhode Island restaurants. Marinara sauce differs from restaurant to restaurant depending on the chef and their ancestry or origins from a city or town in various areas of Italy.

In the 1940's and 50's Sunday afternoon was always spent at the home of one of our grandmothers. The entire family gathered after church to walk into the house and smell the magnificent and magic aroma coming from the kitchen. A typical Sunday consisted of antipasto soup, macaroni, meatballs, braciola, chicken, salad, chestnuts, fruit, demitasse with anisette, plenty of wine and pastries. All of us would gather at the table in a true family tradition.

Growing up in an Italian-American household in the 1940's and 50's was an on-going feast of ethnic traditions and time-honored customs. The sights, sounds, and particularly the smells of those traditions and customs remain forever in our memories.

Aside from Sundays, home meals were a treat. Cereals for breakfast, great tuna fish sandwiches for lunch and evening meals were a gourmet delight. Spaghetti and meatballs, veal and peppers, meatloaf with carrots and potatoes, chicken, and even hot dogs and beans were part of the variety.

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ADDITIVES

Antipasti!



Squash Flowers

*From the Kitchen of
Amelia Visconti*

Ingredients:

Squash Flowers

Pick as many as you want, early in the morning before they close.

Olive Oil - just enough to cover the bottom of a fry pan

1 Egg

Flour - enough to make a thin batter

1/2 Tsp. Baking powder

Salt & Pepper to taste

Instructions:

Wash the squash flowers gently and pat dry with paper towels.

Mix the egg, flour, baking powder, salt and pepper; adding just enough of the flour to make a thin batter.

Heat the oil in the fry pan.

Dip the squash flower into the batter and saute both sides until lightly browned.



Frittata



*From the Kitchen of
Christine Visconti*

Ingredients:

2 Potatoes

Extra Virgin Olive Oil - just enough to cover the bottom of skillet

1 Medium Onion - chopped

4 Eggs (one per person)

Milk - small amount

Salt & Pepper to taste

Instructions:

Peel the potatoes and slice as thin as possible. Put olive oil in a skillet on medium heat. Add sliced onions and saute until onions become soft, but not brown. Add the potatoes and seasonings and cook until potatoes are tender.

Beat the eggs in a bowl, add salt & pepper and a touch of milk.

When the potatoes have become tender, pour the eggs into the skillet. Cook uncovered, without stirring the eggs, until they have thickened. Once thickened, place skillet under the broiler until eggs are browned and there is no remaining liquid.

Note: Use a large non-stick skillet that can be placed in the oven.



Cousin Mary Jane's Chili

*From the Kitchen of
Mary Jane Solimine*

Ingredients:

- 1 Large Onion, chopped
- 2 Lbs. Hamburg, lean (can use 1/2 ground Turkey)
- 3 Cans (medium size) Stewed Tomatoes
- 2 Jars Heinz Chili Sauce
- 1 Package Durkee Chili Seasoning Mix
- 2 Cans Kidney Beans (rinsed and drained)

Instructions:

In Dutch oven or slow cooker, brown meat in a small amount of butter. Saute chipped onion with meat until onion is "soft". Do not drain.

Add all other ingredients, except the kidney beans, and simmer mixture for 2 1/2 to 3 hours (overnight in a slow cooker).

Just prior to serving, add kidney beans and heat through.

Serve with shredded cheddar cheese.

*Note: You can also add chopped green pepper and/or mushrooms.
This dish freezes well.*



Auntie Millie's Baked Artichokes

“Roman Style”

*From the Kitchen of
Amelia Visconti*

Ingredients:

Bread crumbs (Aunt Millie just used bread)
Minced Garlic or onion
Chopped Celery
Grated Parmesan cheese
Parsley
Salt
Chopped Olives
Chopped Pepperoni or cooked sausage



Instructions:

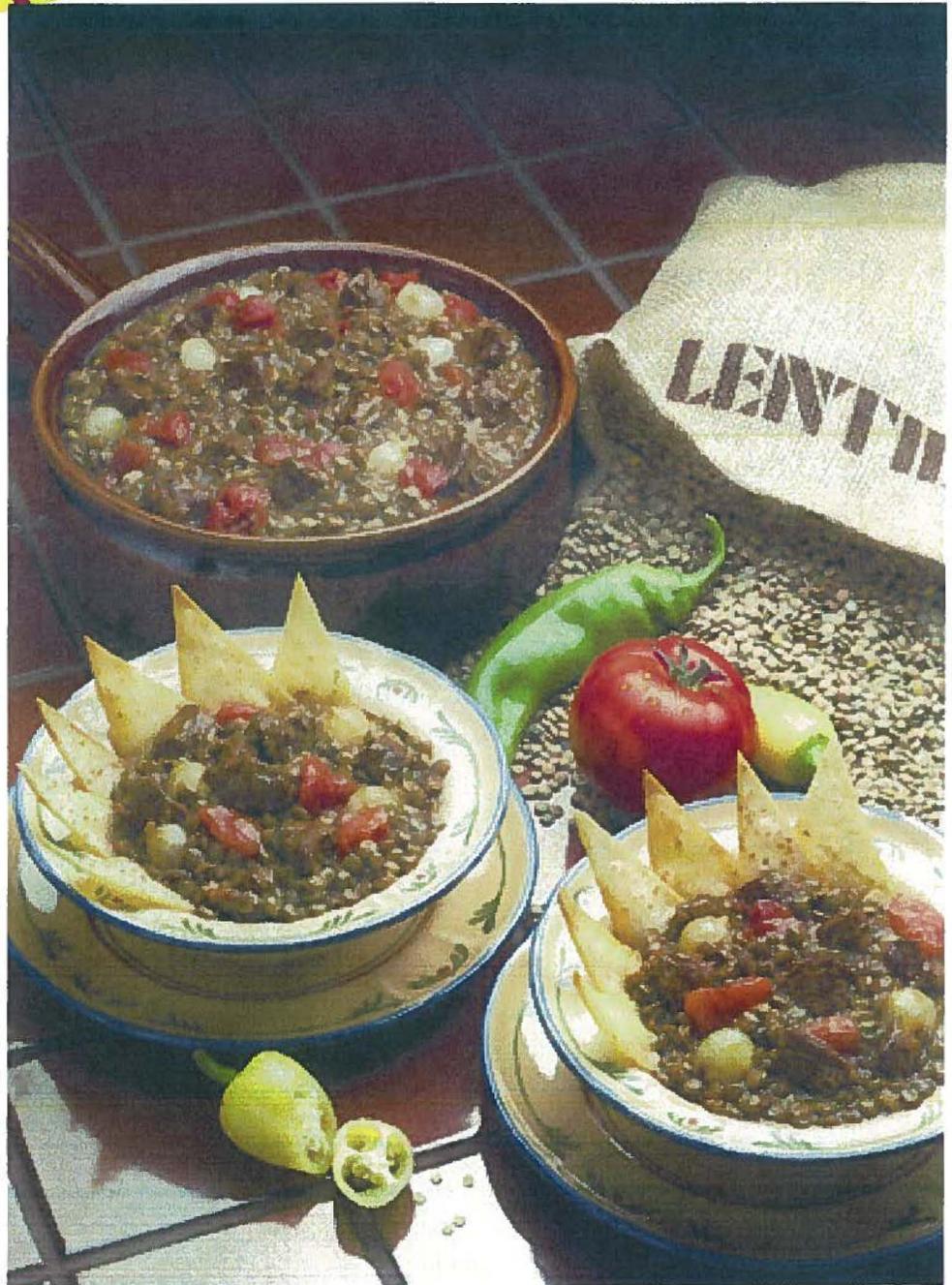
Clean, trim and blanch artichokes - roll artichoke on its side to loosen up. Take off dead leaves and clip tips of leaves around and in the center. Tip upside down and press down a little to gently open up leaves; this will make it easier for stuffing. After washing, wash again with lemon juice and drain well.

Push dressing down around the leaves and fill center with dressing

Pour a little olive oil over them, place them on a rack in a baking dish and cover the bottom of the dish with 1 inch of boiling water or stock. Bake for 1 hour.

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Minestrone



Millie's Summer Garden Stew

*From the Kitchen of
Amelia Visconti*

Ingredients:

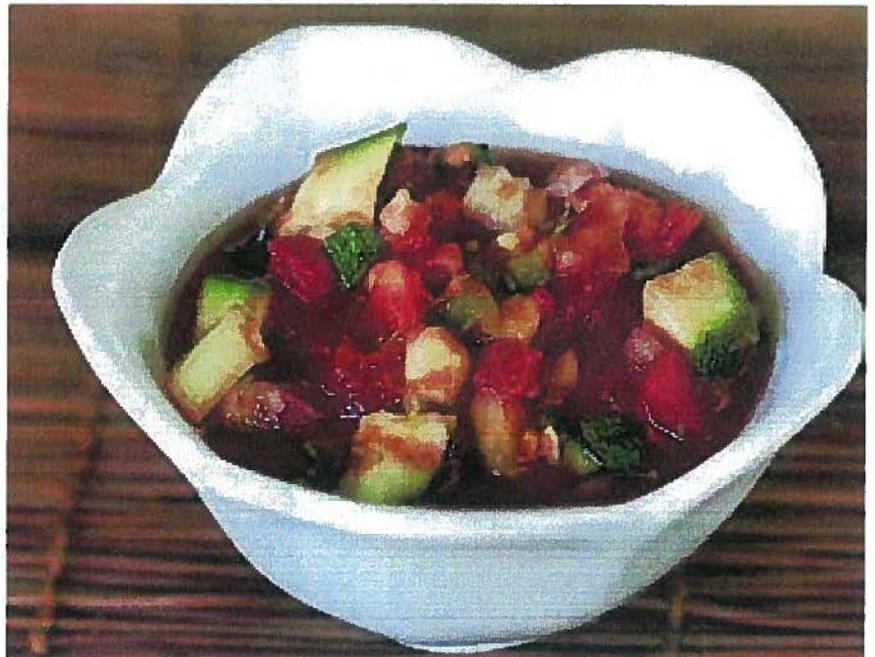
1 or 2 fresh Zucchini, cut into 1" cubes
1 or 2 Potatoes, cut into 1" cubes
1 or 2 fresh Summer Squash, cut into 1" cubes
1 Onion, diced
1/2 Lb. Fresh String Beans
1 Large can Pastene Kitchen Ready Tomatoes
1/4 C fresh chopped Parsley
Salt & Pepper to taste
Olive Oil - enough to cover bottom of pan
Grated Parmesan Cheese

Instructions:

Saute onions until translucent.

Add vegetables, potatoes, parsley & tomatoes and simmer until tender (a small amount of water can be added if necessary).

Serve topped with grated cheese.



Pasta E Fagioli

*From the Kitchen of
Girard R. Visconti*

Ingredients:

2 Tbs. Chopped Onion
1/4 C Olive Oil
2 Tbs. Chopped Celery
1/8 Lb. Chopped Prosciutto
1 Small Can Chopped Plum Tomatoes
1 Can Cannellini Beans, drained
3 C Chicken Broth (or water)
Salt & Pepper to taste
6 oz. Pasta, elbows or small tubular
2 Tbs. Grated Romano or Parmesan Cheese

Instructions:

Saute the celery and onions in oil until the celery is clear. Add salt & pepper.

Add the chopped plum tomatoes, including the liquid from the can, and simmer on low heat for 15 minutes.

Add the Cannellini beans and broth, cover and cook on medium heat until broth starts to boil.

Cook pasta in a separate pan with salt and water. When cooked, drain and add to soup. Add the Prosciutto and continue cooking for 5 minutes.

ZUPPA DI LENTICCHIE

Lentil Soup

*From the Kitchen of
Girard R. Visconti*

Ingredients:

1 Medium Chopped Onion
4 Cloves of Garlic, chopped
9 Tbs. Virgin Olive Oil
3 Tbs. Finely Chopped Celery
2 Tbs. Finely Chopped Carrots
4 oz. Chopped Prosciutto (or unsmoked ham)
1 Can (16 oz.) Plum Tomatoes, cut in quarters
3/4 Lb. dried lentils
8 C Water or Chicken Broth
Salt & Pepper to taste
1 Bay Leaf
2 Tbs. Freshly Chopped Basil
1/4 C Elbow Macaroni

Instructions:

Coat stock pot with oil. Heat the oil and saute onion and garlic (removal of garlic after sauteing is optional). Add celery and carrot and continue sauteing for 2-3 minutes.

Add tomatoes, water/broth and boil at low heat for 20-30 minutes, uncovered.

Add lentils, salt, pepper and bay leaf. Cover pan and bring to a boil. Reduce heat and cook until lentils are tender, 30-45 minutes. Keep pot covered.

Add Prosciutto during last 10 minutes of cooking. Then add Basil during last 5 minutes of cooking.

In a separate pot, boil water and cook elbow macaroni. Drain and add to soup during last 3 minutes of cooking.

Turn off heat and remove Bay leaf. Keep pot covered.

If Soup becomes too thick, add more water or broth.

Old Fashioned Method: Italians soak the lentils 10-12 hours ahead of time instead of boiling.

Best Results for Taste: Serve 2 - 3 days after cooking.

It is traditional to make Lentil Soup on New Years Day to bring good luck for the rest of the year.



Tortellini Soup

*From the Kitchen of
Joyce Visconti-Cimino*

Ingredients:

2-3 Cloves of Garlic, minced
1 Tbs. Olive Oil
1 Package Chopped, Frozen Spinach
1 Can Chicken Broth
1 Cube Chicken Bouillon
3/4 to 1 Lb. Tortellini (small)
2 Tbs. Grated Parmesan Cheese

Instructions:

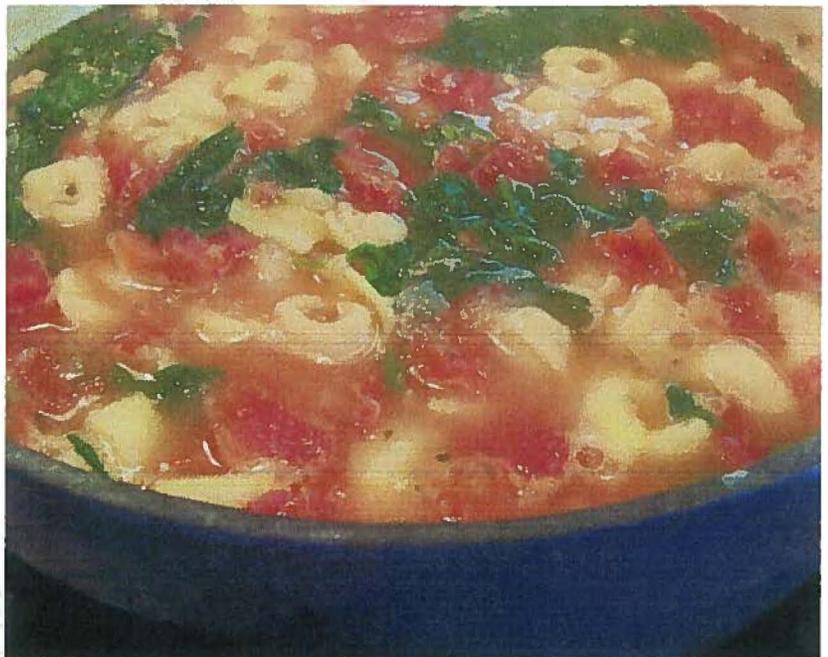
In a large soup pan, saute the defrosted spinach with the minced garlic in olive oil.

In a separate pan, boil enough water to cook the Tortellini. Add the bouillon cube and cook the Tortellini until just done (al dente). Do not drain.

Add the Tortellini, with the water, to the spinach and garlic.

Add the chicken broth and cheese and simmer until the Tortellini is tender.

Season to taste, adding water or bouillon cubes if needed.



Panni

Bread and Pizza

Jerry's Bread

*From the Kitchen of
Girard R. Visconti*

Ingredients:

1 lb. Bread Dough

Buy this at the grocery store. A pound of dough costs about 50 cents, as opposed to \$2.00 for a pre-made loaf.

Instructions:

Place the dough in a bowl with just enough oil to keep the dough from sticking. Place a cloth (moppine) over the bowl for at least 3 or 4 hours to allow the dough to rise.

Lightly oil a pizza pan. Place the dough on the pan and mold into whatever shape you would like as the final product.

Pre-heat the oven to 350 degrees and cook for 15 to 20 minutes. Test bread with a knife to see if the knife comes out clean. If so, the bread is ready.



Jerry's Pizza

*From the Kitchen of
Girard R. Visconti*

Ingredients:

1 lb. Bread Dough
1 Can Kitchen Ready, Crushed Tomatoes
1 - 2 Cloves Garlic, chopped
Salt & Pepper to taste
Oregano to taste

Instructions:

Begin with the same process as for making Jerry's Bread.

When the dough rises, spread the dough on a large pre-oiled tray.

In a separate bowl, add the tomatoes, oregano, garlic, salt & pepper.

Spread the tomato mixture on top of the dough.

Add toppings of your choice, such as cheese (mozzarella or grated parmesan*), pepperoni, mushrooms, olives, etc

Pre-heat oven to 500 degrees and bake for about 20 minutes, checking bottom of pizza to make sure it does not burn.

* the cheese should be added just a few minutes before the pizza is done.

Pizza Dough

*From the Kitchen of
Robert Piacitelli*

Ingredients:

1 Package Yeast
1 1/2 C Water
1 Tsp. Salt
1/2 Tsp. Sugar
2 Tbs. Olive Oil
3 1/2 to 4 C All Purpose Flour (unbleached)

Instructions:

Proof yeast in 1/2 cup warm water (110 degrees) and the sugar. Let it sit 10 minutes.

Mix proofed yeast in a bowl with the balance of the water, salt and oil.

Gradually add 3 cups of flour to the mixture with a spatula or wire whisk.

Knead in the remaining flour with your hands until the desired consistency is reached.

The dough should be only slightly tacky while kneading.

Let the dough rise for 2 - 3 hours then coat it with oil or flour and cover with a cloth until ready to use.



Sausage Calzone

*From the Kitchen of
Girard R. Visconti*

Ingredients:

1 Lb. Bread Dough
Chopped Garlic to taste
1/2 Lb. Italian Sausage, sweet or hot

Instructions:

Roll out dough. Chop Garlic onto dough.

Separate sausage links and either saute in a pan with a little oil or grill. chop sausage into thin pieces and line the pieces across the dough.

Add Jerry's pizza sauce and roll dough to cover sausage.

Add another layer of sausage and pizza sauce and keep adding until roll is completed.

Place roll on a lightly oiled pizza pan and bake for 20 minutes at 500 degrees.



FIRST COURSE

Primi

Pasta Preparation

*From the Kitchen of
Girard R. Visconti*

Ingredients:

1 Lb. Pasta
1 Tbs. Olive Oil (optional)
Salt to taste
Large Pan of Boiling Water

Instructions:

Bring pan of water to a fast boil. Add salt or oil (or both). Add pasta and cook until tender as desired.

Drain pasta, *but do not rinse.*



Mom's Marinara

*From the Kitchen of
Amelia Visconti*

Ingredients:

1 Can (28 oz.) Kitchen Ready Tomatoes (Progresso or Pastene)
6 Cloves Garlic, chopped fine
3 Tbs. Olive Oil
6 Leaves Basil
Salt & Pepper to taste
Pinch of Oregano (optional)

Instructions:

Coat bottom of sauce pan with oil (not too much!).

Add garlic and saute until lightly browned, but not burned (removal of garlic is optional)

Turn pan away from stove and add tomatoes. Season with salt, pepper and oregano.

Cook at low heat for 20 minutes. Add Basil leaves and simmer for 10 minutes.

Note: For best taste results, serve one day after cooking.



Meatballs

*From the Kitchen of
Amelia Visconti*

Ingredients:

1 Lb. Lean Ground Beef
1 Egg
1/2 C Bread Crumbs or day old stale bread, broken up and wet slightly
1 Tsp. Garlic, chopped
1 Tsp. Parsley, chopped
Salt & Pepper to taste

Instructions:

Mix all ingredients together and form into balls.

Saute lightly to brown the meatballs, then add to marinara sauce and let boil for about 20 minutes.

(You can also add the meatballs directly to the sauce without sauteing them first, however, cook for about 40 minutes)

Meatballs with Raisins

*From the Kitchen of
Amelia Visconti*

Ingredients:

1 Lb. Ground Beef
1 Egg
1/2 C Bread Crumbs
2 Cloves Garlic, chopped fine
1/4 C Raisins (or to taste)
Salt & Pepper to taste

Instructions:

Mix all ingredients together and form into oval meatballs (to distinguish from regular meatballs).

 22 Saute meatballs lightly in oiled skillet or put directly into sauce to cook.

Alla Carbonara

*From the Kitchen of
Girard R. Visconti*

Ingredients:

Olive Oil to coat bottom of pan
2 Tbs. Butter
4 oz. Pancetta (or prosciutto)
3 Large Egg Yolks
1/3 Cup Dry White Wine
3 Tbs. grated Parmesan Cheese
1 Tbs. grated Pecorino Romano Cheese
1 Tbs. Parsley, chopped
Salt & Pepper to taste
1 Cup Light Cream
1 Lb. Pasta (Linguini, Fettuccine or Spaghetti)

Instructions:

Heat butter and olive oil in a skillet on medium heat; when butter and olive oil are merged, add the pancetta and cook until well browned. Add white wine and reduce.

In a separate bowl (which will be used for the pasta), lightly beat egg yolks and light cream and add the grated cheeses, parsley, salt & pepper.

When the pasta is cooked and drained, briefly reheat pancetta in skillet and add pasta to egg mixture. Toss, then add pancetta and toss again.

All'Arrabbiata

*From the Kitchen of
Girard R. Visconti*

Ingredients:

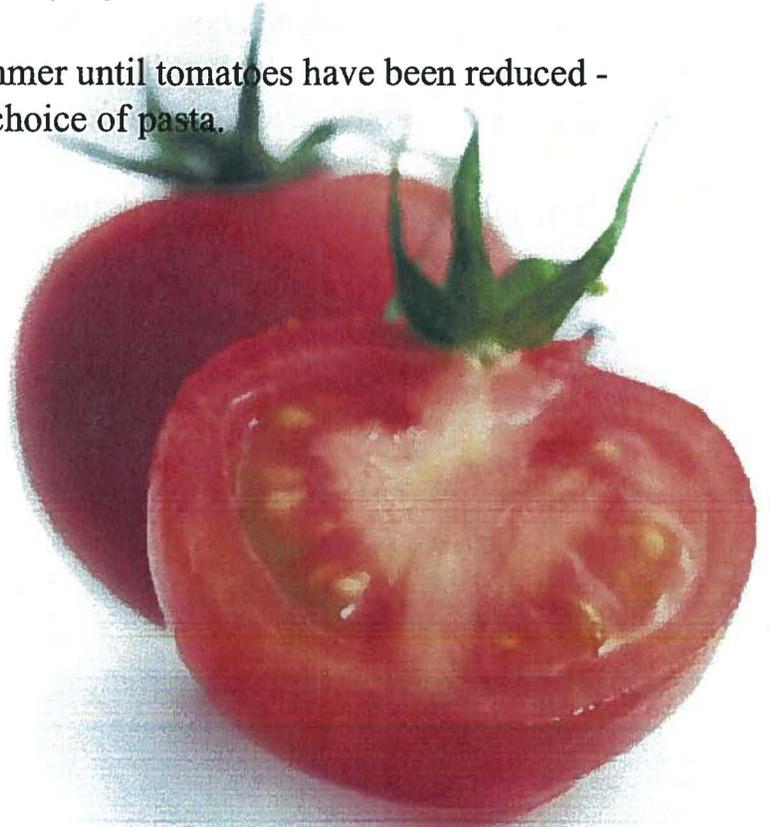
Olive Oil to coat skillet
1/2 tsp. finely chopped Garlic
4 oz. Pancetta, cut very thin
3 Cups Whole Peeled Tomatoes, with juice
1/4 tsp. Red Pepper Flakes
Salt to taste
Basil to taste
2 Tbs. Grated Romano Cheese
1 Lb. Pasta

Instructions:

Coat skillet with olive oil. Add chopped garlic and saute on medium heat until garlic is lightly browned. Add Pancetta and saute until lightly browned.

Add the rest of the ingredients and simmer until tomatoes have been reduced - approximately 45 minutes. Serve over your choice of pasta.

Note: The "Angry" sauce - very spicy.



Puttanesca

*From the Kitchen of
Girard R. Visconti*

Ingredients:

4-6 Anchovies
3 Cloves Garlic, chopped
3 Cups Whole Peeled Tomatoes, with juice
8-15 Black olives, pitted
1 Tbs. Capers
Salt to taste
Oregano to taste
1 Lb. Pasta

Instructions:

Coat skillet with olive oil. Add anchovies and cook over low heat until anchovies are dissolved.

Add garlic and cook until lightly browned. Increase heat to medium and add rest of ingredients. After the sauce has come to a boil, reduce heat and simmer for 30 minutes.

Serve over your choice of pasta.

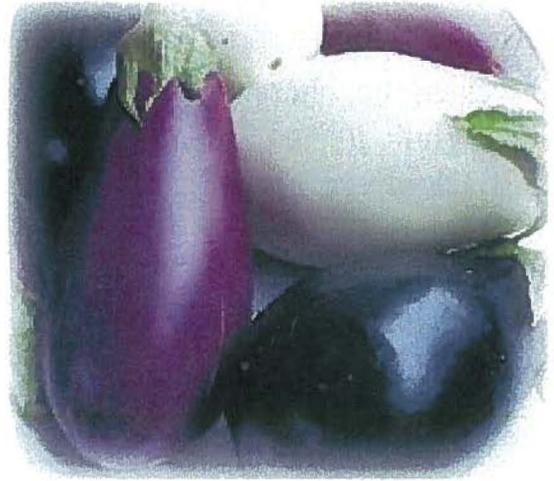
Note: *In Italy, a Puttana is a prostitute. This is the sauce they use to seduce their clients.*

Eggplant Gravy

*From the Kitchen of
Barbara Singh*

Ingredients:

1/2 Cup Olive Oil
2 Eggplants, medium, cubed
1 Clove Garlic, minced
1 Onion, medium, chopped
1 Cup Plum Tomatoes, chopped
1/4 Cup Capers
1/2 tsp. Kosher Salt
1 Tbs. Basil
1/4 Cup Balsamic Vinegar
Gorgonzola Cheese
1 Lb. Pasta



Instructions:

Peel eggplant and cut into 1/2 inch cubes. Heat oil in a large skillet. Saute garlic and eggplant in olive oil until eggplant is slightly browned. Remove eggplant from skillet carefully.

Add onions to skillet and saute until tender. Add tomatoes and simmer for 5 minutes.

Drain capers and add eggplant, capers, vinegar, basil and salt to skillet. Simmer 5 more minutes.

Serve over pasta and top with Gorgonzola (or other favorite) cheeses.

Millie's Lasagna

*From the Kitchen of
Amelia Visconti*

Ingredients:

1/2 Lb. Hamburg
1/2 Lb. Italian Sausage (can be removed from casing if desired)
3 - 28 oz. Cans Crushed Tomatoes
5-6 Cloves Garlic, chopped
1/2 Lb. Ricotta Cheese (seasoned with salt, pepper & parsley)
1/2 Lb. Scarmozza * Cheese (can substitute Mozzarella)
2/3 Cup Parmesan Cheese, freshly grated
2 Tbs. Olive Oil
Salt & Pepper to taste
Oregano, Basil and Chopped Parsley to taste
1 Egg
1 Lb. Lasagna sheets

Instructions:

Prepare sauce - Saute chopped garlic in oil; add crumbled hamburger and sausage (either crumbled or sliced), saute. Drain the oil. Add tomatoes and seasonings to taste. Cook approximately 40 minutes.

Partially cook lasagna sheets in boiling water, with a drop of oil added to the water. Drain and cover with cold water to stop cooking. Drain again and lay flat on paper towels.

Whip the egg into the Ricotta cheese and season with a little salt, pepper and parsley.

Lightly coat lasagna pan with sauce. Use a 9x12 deep dish pan or rectangular pyrex baking dish. Place a layer of lasagna sheets in bottom of pan, overlapping one another. Spread about 1/4 to 1/3 ricotta mixture over the noodles (go by the depth of the pan for number of layers you will have. Add slices of scarmozza then ladle meat/sausage sauce over top to cover. Sprinkle grated Parmesan over sauce.

Continue layering until you are close to the top of the pan, ending with a layer of noodles. Cover the noodle layer with reserved tomatoes topped with grated Parmesan.

Bake at 350 degrees for about 45 minutes, uncovered, or until bubbly. If lasagna seems to be drying out cover with foil for the rest of the cooking time.

Farfalle a la Joyce

*From the Kitchen of
Joyce Visconti-Cimino*

Ingredients:

3 Cloves Garlic, chopped
3-4 Tbs. Olive Oil
3 Tomatoes (medium), chopped
1 Can Chick Peas (with juice)
4 oz. Chicken Broth
1 tsp. Dried Parsley
Salt & Pepper to taste
Parmesan Cheese
1 Lb. Farfalle (bow ties) Pasta

Instructions:

While water is boiling for the pasta, in a large pan lightly saute garlic in olive oil. Add tomatoes and parsley and continue sauteing until soft.

Add beans and let cook 2 to 3 minutes, then add broth. Allow to simmer for 8 minutes and cook the pasta.

Add the cooked pasta to the mixture and toss to cover. Add salt and pepper to taste and serve topped with grated Parmesan cheese.



Basil Pesto Sauce

*From the Kitchen of
Christine Visconti*

Ingredients:

1 Cup Basil, firmly packed fresh leaves
3 Tbs. Parmesan Cheese, freshly grated
2 Tbs. Romano Cheese, freshly grated
3 Tbs. Pine Nuts
2 Cloves Garlic, peeled
1/2 Cup Extra Virgin Olive Oil
1/2 tsp. Salt
1 Lb. Pasta

Instructions:

In a blender or food processor chop basil with salt for a few seconds. Add cheeses, pine nuts, garlic and olive oil. Process until smooth and creamy.

Serve over your choice of pasta.

Note: *Can be served with chopped tomatoes and/or roasted peppers as a presentation.*

You can freeze this sauce for use later. Place amount in a small container and slightly top with oil. Close container and freeze.

To freeze basil leaves, wipe off leaves with a paper towel and cover with wax paper (flat), place wax paper in aluminum foil and lay flat in the freezer.

Spaghetti a' Olio

*From the Kitchen of
Amelia Visconti*

Ingredients:

3 Tbs. Olive Oil
2 Cloves Garlic, chopped
2 Tbs. Parsley, chopped fresh or dried
1/2 Cup Black Olives, sliced
1 Can Anchovies (optional)
Salt & Pepper to taste
Red Pepper Flakes to taste
3/4 Lb. Pasta

Instructions:

Cook pasta in salted boiling water

In a large skillet heat oil. (If you include the anchovies in your recipe, let the anchovies dissolve in the heated oil.) Add garlic and saute until lightly browned. Add olives, salt, peppers and parsley.

Drain pasta, leaving about 1/4 Cup water. Add the pasta to the heated oil mixture and toss to cover.

Spaghetti Seafood

*From the Kitchen of
Christine Visconti*

Ingredients:

6 Cloves Garlic, chopped fine
Olive Oil to cover the bottom of the pan
2 Cups Chicken or Seafood Broth
1/4 Cup White Wine
8 Scallops
8 Clams (in the shell)
8 Shrimp
Salt & Pepper to taste
Parsley to taste
1/2 Lb. Spaghetti or Linguine

Instructions:

While the pasta water is boiling, saute the garlic in the oil until lightly browned. Add 1/2 Cup of broth and allow to come to a slight boil. Add the white wine.

Add the clams (do not remove from shell). When they begin to open, add scallops and shrimp. Add remainder of broth and simmer until scallops and shrimp are cooked and clam shells fully open.

Add salt, pepper and parsley to taste and serve over Spaghetti.

This recipe serves 2



Gorgonzola

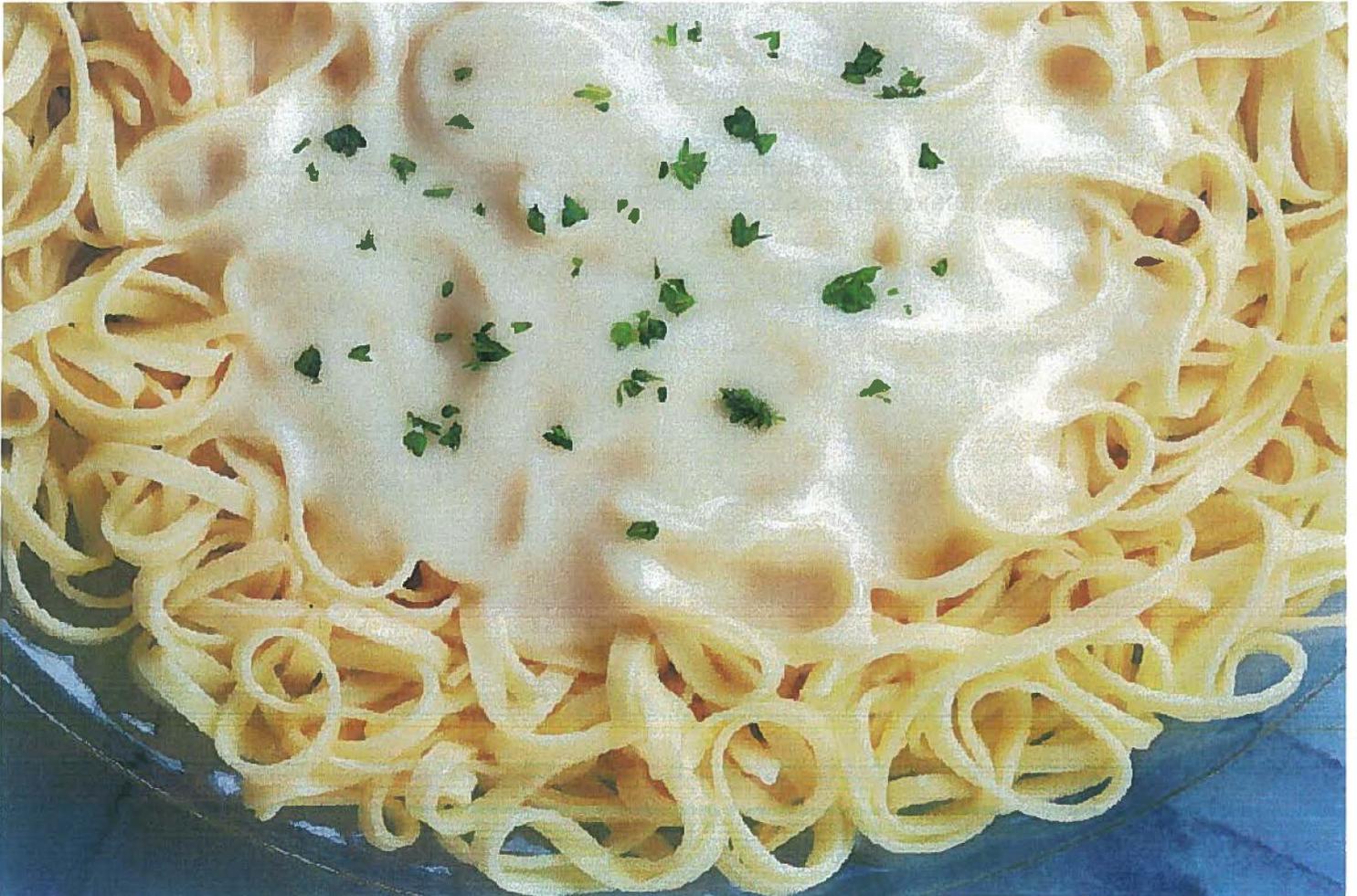
*From the Kitchen of
Girard R. Visconti*

Ingredients:

1 Wedge Gorgonzola Cheese
2 Cups Milk
1 Tbs. Parsley
Black Pepper to taste
Red Pepper (optional)

Instructions:

Melt a chunk of Gorgonzola cheese with milk to dilute to your liking. Serve over pasta with black pepper, parsley and red pepper (if desired).



Nicla's Risotto

*From the Kitchen of
Nicla Previdi*

Ingredients:

3 Tbs. Extra Virgin Olive Oil
1 Onion - chopped
2 Cups Rice (Arborio is best)
1/4 Cup Dry White Wine
6 Cups Chicken Broth
1 Tbs. Butter
1 Tsp. Parsley
6 Tbs. Grated Parmesan Cheese
Salt & Pepper to taste

Instructions:

Heat oil on low heat, add chopped onion and cook until soft. Add rice. Stir so rice is coated with oil and cook for 2 minutes. Add white wine and stir in. Add chicken broth until rice is covered in liquid. As the liquid boils, keep adding in chicken broth, covering rice each time. Continue to stir while cooking.

Halfway through addition of chicken broth, add salt & pepper. Before adding last cup of chicken broth, stir in grated cheese. Along with last cup of chicken broth, add parsley.

Zucchini Casserole

*From the Kitchen of
Girard R. Visconti*

Ingredients:

1 Large Zucchini, sliced thin
1/2 Lb. Pasta
1 Wedge Gorgonzola Cheese
Grated Romano Cheese, to taste

Instructions:

Slice zucchini thin and grill al dente.

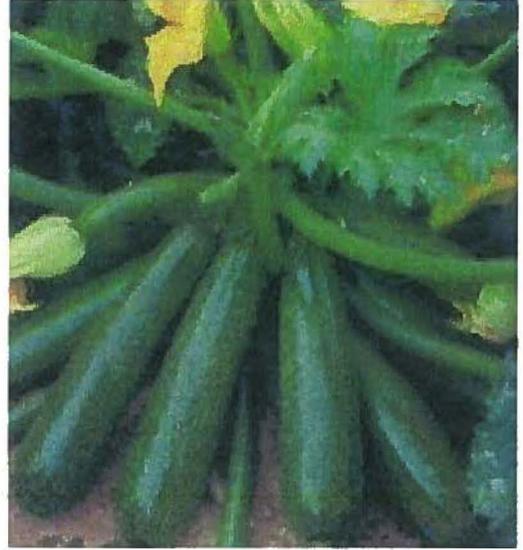
Cook 1/2 Lb. penne pasta, al dente, and drain.

Melt Gorgonzola in some milk.

In a casserole dish, layer zucchini, pasta and cheese sauce (in that order) until all ingredients are used.

Sprinkle top heavily with Romano cheese and bake 15 minutes at 300 degrees.

Sprinkle with black pepper just before serving.



Eggplant Casserole

*From the Kitchen of
Girard R. Visconti*

Ingredients:

1 Medium Eggplant
1 Large Egg, slightly beaten
1/2 Cup Flour
“Mom’s Marinara Sauce” (see recipe in this book)
1 Container Mozzarella Cheese

Instructions:

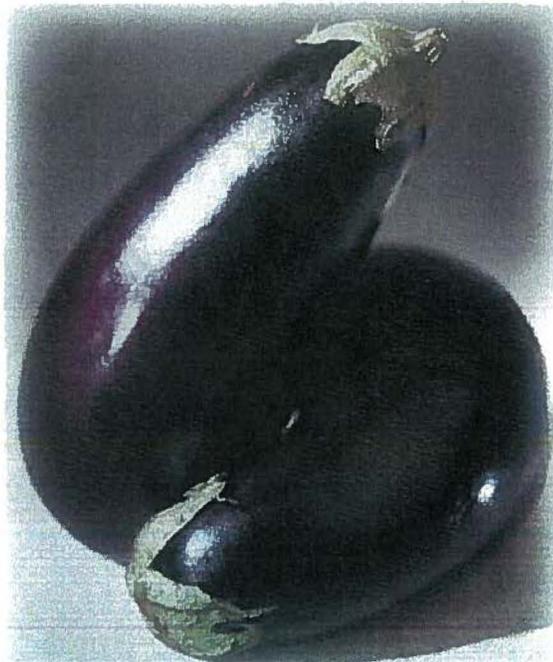
Slice eggplant into 1/4 inch slices. Place slices on a paper towel, salt and let sand for 1 hour.

Lightly cover the bottom of a saute pan with oil and heat. While oil is heating, dip the eggplant slices into the beaten egg, then dip into flour. Saute floured eggplant until golden brown and let drain on paper towel.

Line casserole dish with a layer of marinara sauce, then add a layer of eggplant and top with Mozzarella. Continue layering until all ingredients are used, ending with a layer of sauce.

Bake for 30 minutes at 350 degrees.

Note: *In the bottom layer of marinara sauce, you can also add Italian sausage (saute sausage in separate pan before adding to casserole).*



Polenta Casserole

*From the Kitchen of
Christine Visconti*

Ingredients:

1 Roll Fresh Polenta
Mom's Marinara Sauce (see recipe in this book)
1 Container Ricotta Cheese

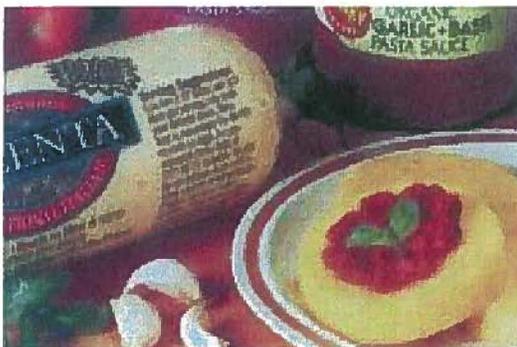
Instructions:

Slice polenta into 1/4 inch slices.

Line casserole dish with marinara, then add a layer of polenta slices and top with Ricotta cheese.
Continue layering until all ingredients are used, ending with a layer of marinara.

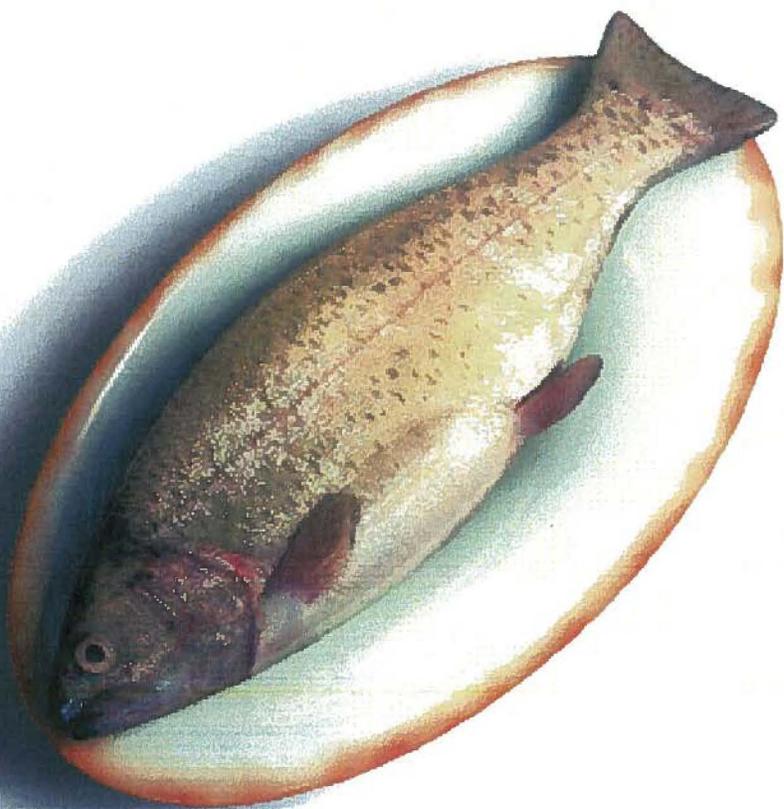
Bake for 30 minutes at 350 degrees

Note: *In the bottom layer of marinara sauce, you can also add spinach or Italian sausage (saute sausage in a separate pan before adding to casserole).*



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Baked Fish with Tomatoes

*From the Kitchen of
Christine Visconti*

Ingredients:

1 Lb. Fish - white fish such as scrod, haddock or sea bass
Small Can Tomatoes, chopped or diced
Basil
Salt & Pepper
Parsley

Instructions:

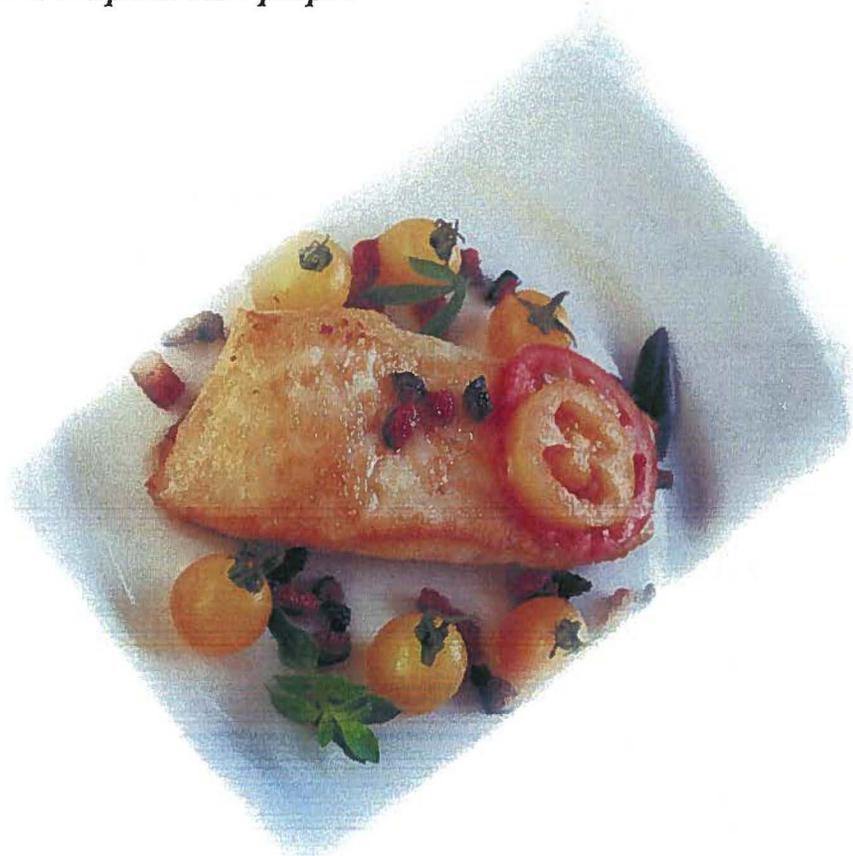
Preheat oven to 350 degrees. Line a baking pan with aluminum foil.

Wash fish under cold running water.

Drizzle a little olive oil on the bottom of the pan, place the fish in the pan and drizzle a little oil over the fish. Add the tomatoes, then salt, pepper & parsley to taste.

Bake for 20 minutes

Note: This recipe serves 2 people.



Shrimp Scampi

*From the Kitchen of
Girard R. Visconti*

Ingredients:

1 Lb. Shrimp - raw, de-veined
Garlic Oil to coat bottom of pan
2 Cloves Garlic - chopped
1/4 Cup White Wine
1 Can Chopped Tomatoes
Salt & Pepper to taste
1 Lb. Linguine

Instructions:

Cook linguine in boiling salted water until done to taste.

While linguine is boiling; saute garlic and shrimp in oil until shrimp is almost cooked. Add tomatoes and wine and season with salt and pepper. Simmer until shrimp is cooked through, but not overcooked.

Serve over linguine.





Secundo

Veal Scallopine with Mushrooms

*From the Kitchen of
Girard R. Visconti*

Ingredients:

Olive Oil to cover bottom of pan
2 Cloves Garlic - chopped
1/2 Tbs. Butter
1 Cup Mushrooms - fresh sliced
1 Lb. Veal - thin sliced
1/2 Cup Wine - dry white
Salt & Pepper to taste
Parsley to taste

Instructions:

In a large saute pan, heat the oil and butter over medium heat. Add garlic and saute until the garlic is lightly browned. Add mushrooms and saute until mushrooms are cooked through. Add salt, pepper and parsley, stir to mix in.

Pound the veal thin, using a dull flat object (not a sharp meat tenderizer). Add the veal to the pan and saute on both side over medium heat. Add the wine and cook until the inside of the veal is "white". Do not over cook the veal.

*Note: Chicken or fish can be substituted for the veal.
You can add lemon and touch of oil after cooking for flavor.
You can also use onions and/or peppers with the mushrooms, or garnish with
roasted red peppers.*

Veal Cutlet Milanese

*From the Kitchen of
Girard R. Visconti*

Ingredients:

1 Lb. Veal Cutlets - thin sliced
1/2 Cup Bread Crumbs
2 Eggs - slightly beaten
1 Tbs. Butter
1 Slice of Lemon
2 Cloves Garlic - chopped fine
Olive Oil to coat bottom of pan

Instructions:

Heat the butter and oil together, add garlic and saute until lightly browned.
Pound cutlets and dip into the egg mixture, then coat with bread crumbs.
Saute over medium heat until golden brown, then add lemon.

***Note: This recipe serves 2 people.
You can substitute chicken or filet of sole.***

Sausage, Peppers & Potatoes

*From the Kitchen of
Amelia Visconti*

Ingredients:

Olive Oil to coat bottom of pan
2 Cloves Garlic - chopped
Italian Sausage (hot or sweet) - cut into pieces
1 Green Pepper - sliced into thin strips
1 Onion - sliced thin
4 Large Potatoes - sliced into strips
Black Pepper to taste

Instructions:

Saute potatoes until soft, add garlic, peppers and onion and continue to saute until peppers are cooked.
In a separate pan, brown the sausage. Add to potato mixture and serve.



Roast Pork Tenderloin

*From the Kitchen of
Christine Visconti*

Ingredients:

1 Lb. Pork Tenderloin
1 Clove Garlic - chopped fine
Salt & Pepper to taste
Olive oil to coat roast

Instructions:

Coat roast with oil. Sprinkle with garlic, salt & Pepper.
Place roast on a rack in a pan with 1/2 cup of water.
Bake for 45 minutes at 350 degrees.



Chicken with Artichokes

*From the Kitchen of
Hon. Frank J. Williams*

Ingredients:

6 Chicken Cutlets (or 3 breasts, divided and pounded 1/4" thick)
4 Tbs. Flour - seasoned with salt & pepper
2 Tbs. Olive Oil
4 Tbs. Butter - unsalted
4 Tbs. Lemon Juice - freshly squeezed
4 Tbs. Chicken Broth
4 Oz. White Wine
1 Jar (6 oz.) Marinated Artichoke Hearts

Instructions:

Dredge chicken in flour, shake off excess. In a large heavy skillet, heat the oil and 2 Tbs. of the butter over moderately high heat, until the foam subsides. Saute the cutlets in batches for 45 seconds on each side, then transfer to a heated platter to keep warm in the oven.

To the skillet, add the lemon juice, broth and wine. Simmer, stirring and scraping up the brown bits, for 2 minutes. Strain the mixture through a fine sieve into a small sauce pan and add the artichokes. Remove the pan from the heat, swirl in the remaining butter and season the sauce with salt and pepper.

Divide the cutlets among the plates and top with the sauce.

Note: You can substitute provimi veal for the chicken

Veal with Tomatoes and Peas

*From the Kitchen of
Girard R. Visconti*

Ingredients:

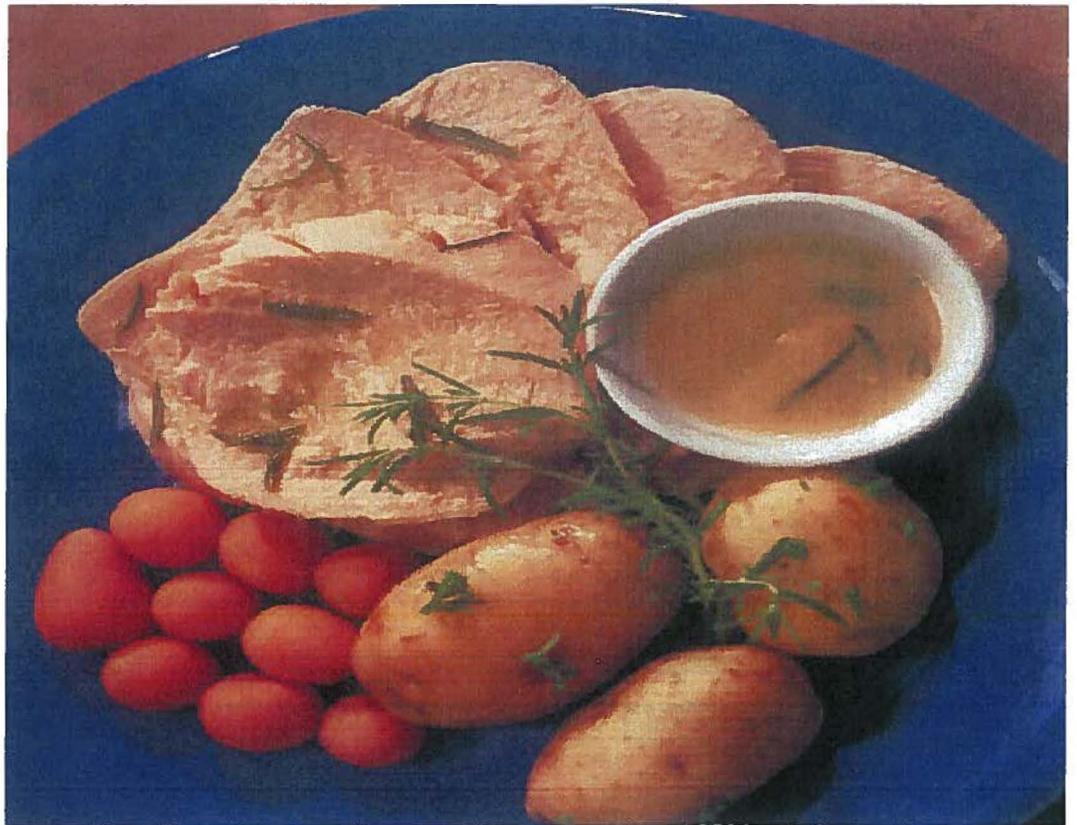
Olive Oil to cover bottom of skillet
2 Cloves Garlic - finely chopped
1 Can Peas - drained
1 Can Diced Tomatoes - drained
1/4 Cup Red Wine
1 Lb. Veal - sliced thin and pounded
Basil, Marjoram, Black Pepper, Red Pepper - to taste

Instructions:

In a large heavy skillet heat the oil and garlic on medium heat until the garlic begins to brown. Add the peas, tomatoes, red wine and spices and let simmer on low heat for about 5 minutes.

Push the vegetables to one side of the skillet and add the veal. Cook the veal about 2-3 minutes on each side (do not overcook).

When the veal is done, mix with the vegetables and serve on a warm plate.



Meatloaf

*From the Kitchen of
Christine Visconti*

Ingredients:

1 Lb. Lean Hamburg
6-7 Tbs. Bread Crumbs - Seasoned Italian
1 Egg
2 Cloves Garlic - chopped
1 Can Chopped Tomatoes - drained
Salt & Pepper to taste

Instructions:

Mix all ingredients together thoroughly. Form into a loaf shape and place in glass loaf pan.
Bake for 45 minutes to an hour at 350 degrees.

Millie's Shepherd's Pie

*From the Kitchen of
Amelia Visconti*

Ingredients:

1 1/2 Lb. Ground Beef (Millie used to buy a roast and have it ground)
2 Cans Corn
8-9 Large White Potatoes
1/2 Cup Milk
4 oz. Butter or Margarine
1 Small Onion - chopped
Salt & Pepper to Taste

Instructions:

Boil and whip the potatoes, adding butter and milk, and salt and pepper to taste. Be sure the mashed potatoes are somewhat thick. Set aside.

Saute the onion in a little vegetable oil and add the ground beef/ Season with salt and pepper and saute until cooked.

In a 9x13 pyrex dish or square casserole dish (for deeper pie) layer a small amount of potatoes to cover the bottom. then add a layer of the ground beef, then a layer of corn. Spread the remaining potatoes over the corn to create a nice thick topping. Dot with butter and bake at 250 degrees for approximately 45 minutes or until top is somewhat browned. Serve with a lovely salad.

Grilled Pork and Polenta

*From the Kitchen of
Christine Visconti*

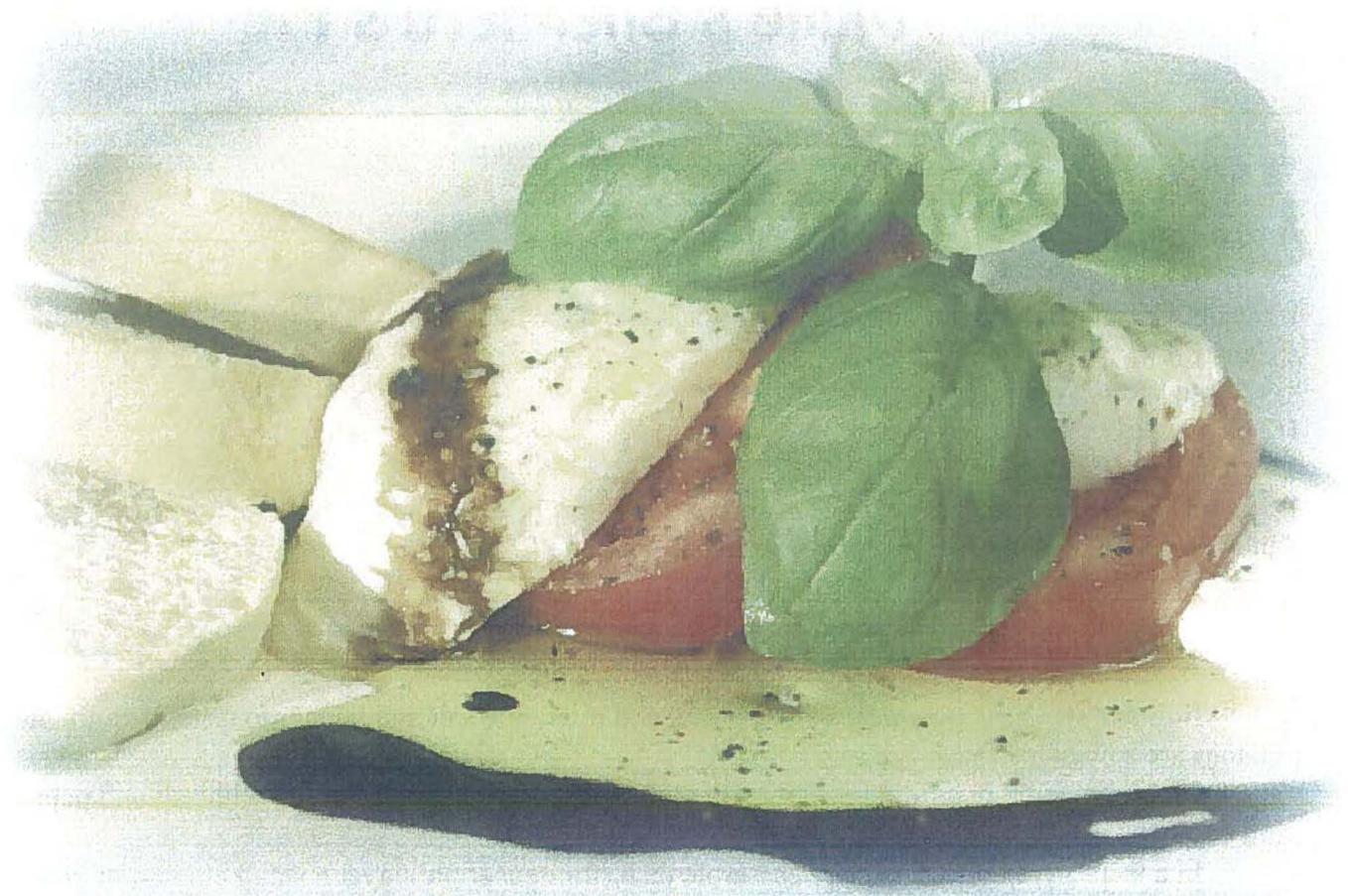
Instructions:

Season a strip of tenderloin of pork with oil, pepper (and any other herbs to your liking).
Grill for about 10 minutes on each side.

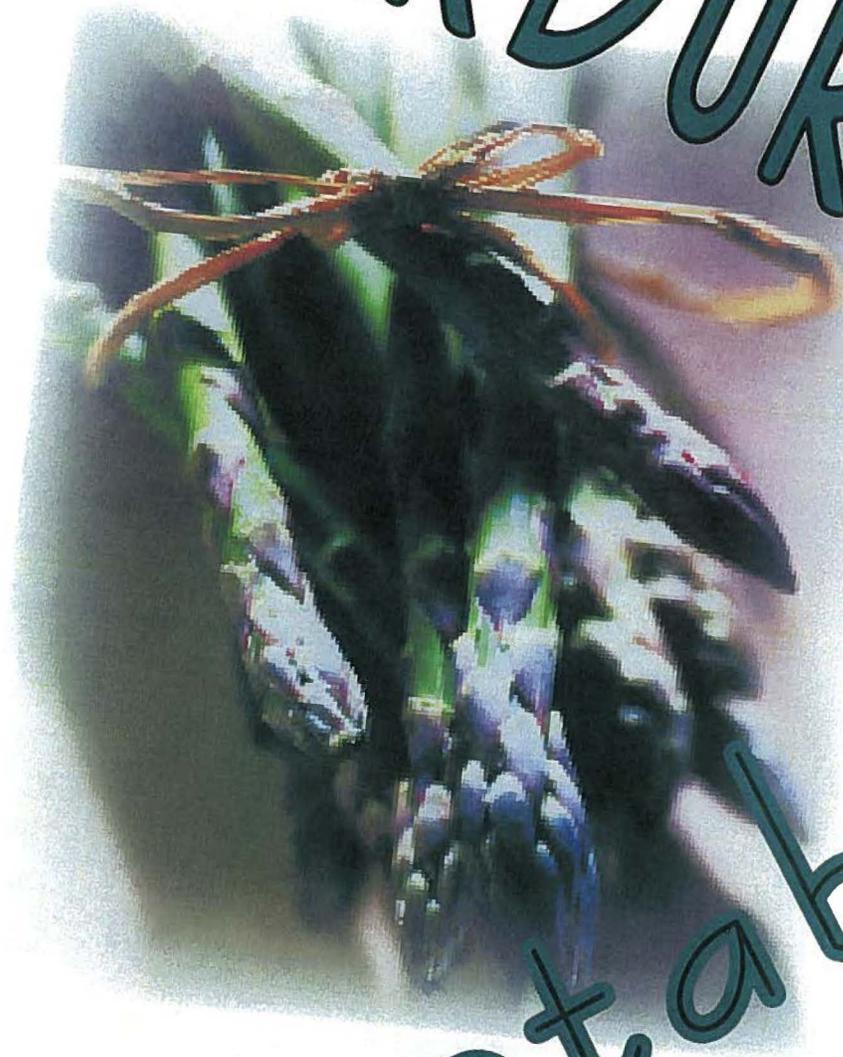
From a polenta roll, cut into medium or thin slices; cover the polenta with oil or non stick spray and seasonings. Grill about 7 minutes on each side.

Mix chopped tomatoes with avocado slices and marinate with classic Greek dressing.

Serve all three in the same plate.



VERDURF



Vegetables

String Beans

*From the Kitchen of
Amelia Visconti*

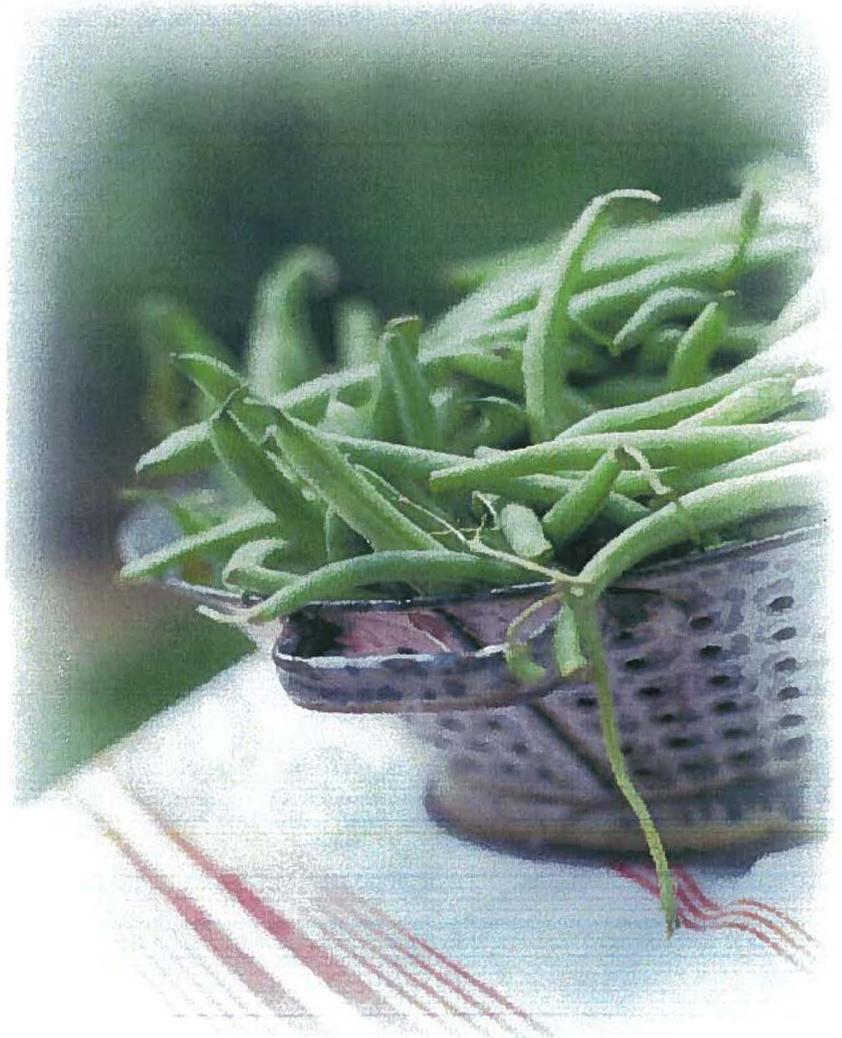
Ingredients:

1 Lb. String Beans
2 Tbs. Olive Oil
1 Clove Garlic - chopped fine
1/4 Cup Black Olives - sliced (optional)
Parsley to taste
Garlic Salt & Pepper to taste

Instructions:

Steam string beans until done.

In frying pan, saute garlic in oil until lightly brown. Add parsley, garlic salt and pepper and mix all together. Add sliced black olives if you like.



Asparagus

*From the Kitchen of
Christine Visconti*

Ingredients:

1 Lb. Asparagus
2 Tbs. Olive Oil
1/2 Lemon - squeezed
Salt & Pepper to taste

Instructions:

Steam asparagus until tender. Place in a casserole dish and drizzle with olive oil and lemon juice. Add salt & pepper to taste.

You can use either broccoli or spinach instead of asparagus.



Broccoli Rabe

*From the Kitchen of
Christine Visconti*

Ingredients:

2 Lb. Broccoli Rabe
Olive Oil to coat pan
2 Cloves Garlic - chopped fine
Salt & Pepper to taste
Red Pepper to taste

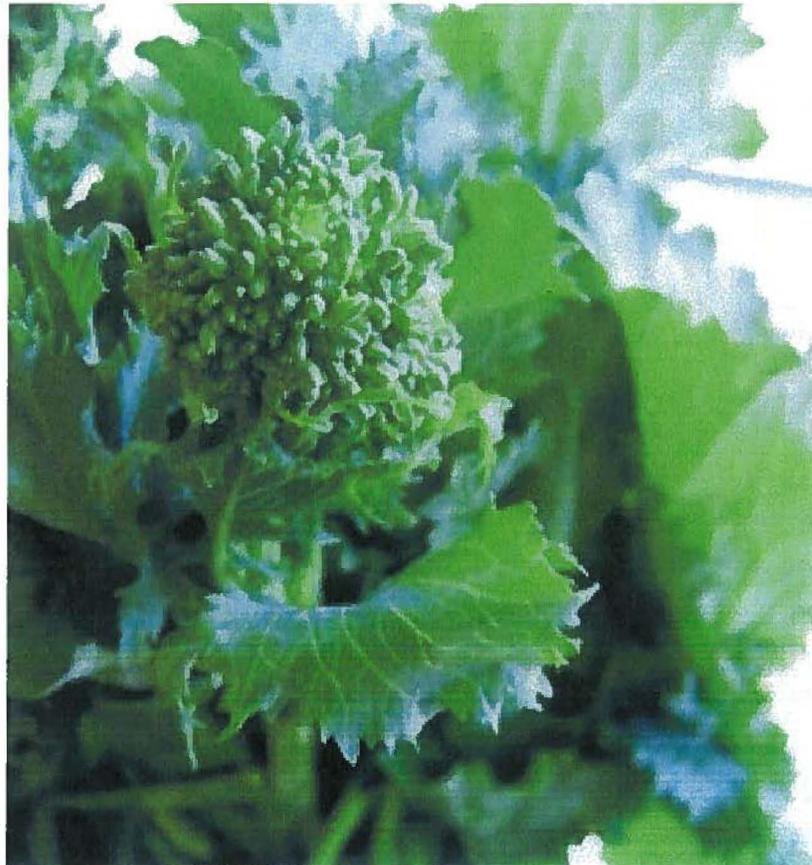
Instructions:

Chop off stems of Broccoli Rabe, leaving 1 inch. Rinse well under cold water and let drain.

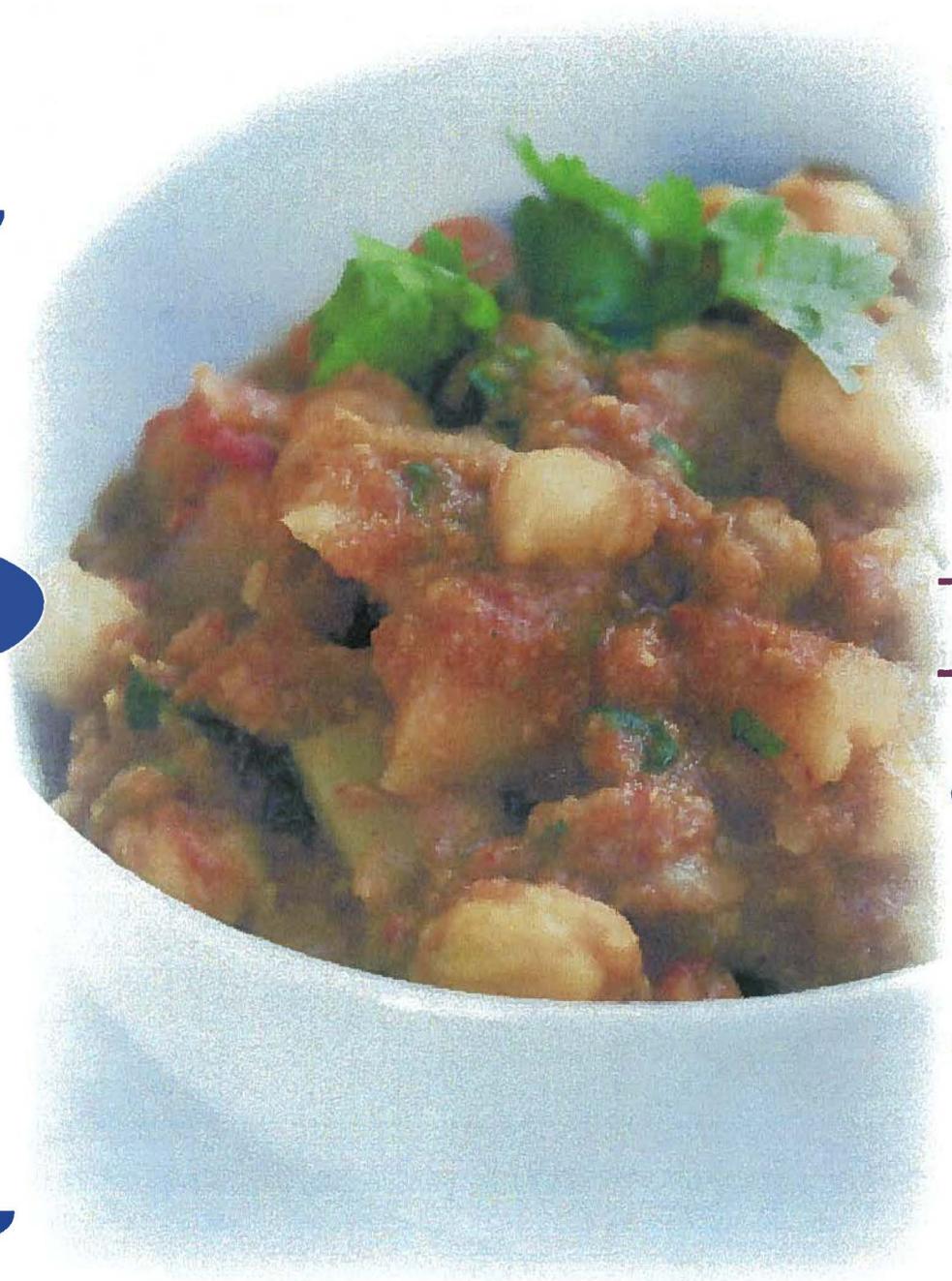
In a large skillet, heat oil. Add chopped garlic and saute until lightly brown. Add rinsed Broccoli Rabe and let garlic/oil coat it.

Cover skillet and let cook over low heat until Broccoli Rabe is tender.

Season with salt & peppers to taste.



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Millie's Potato Salad

*From the Kitchen of
Amelia Visconti*

Ingredients:

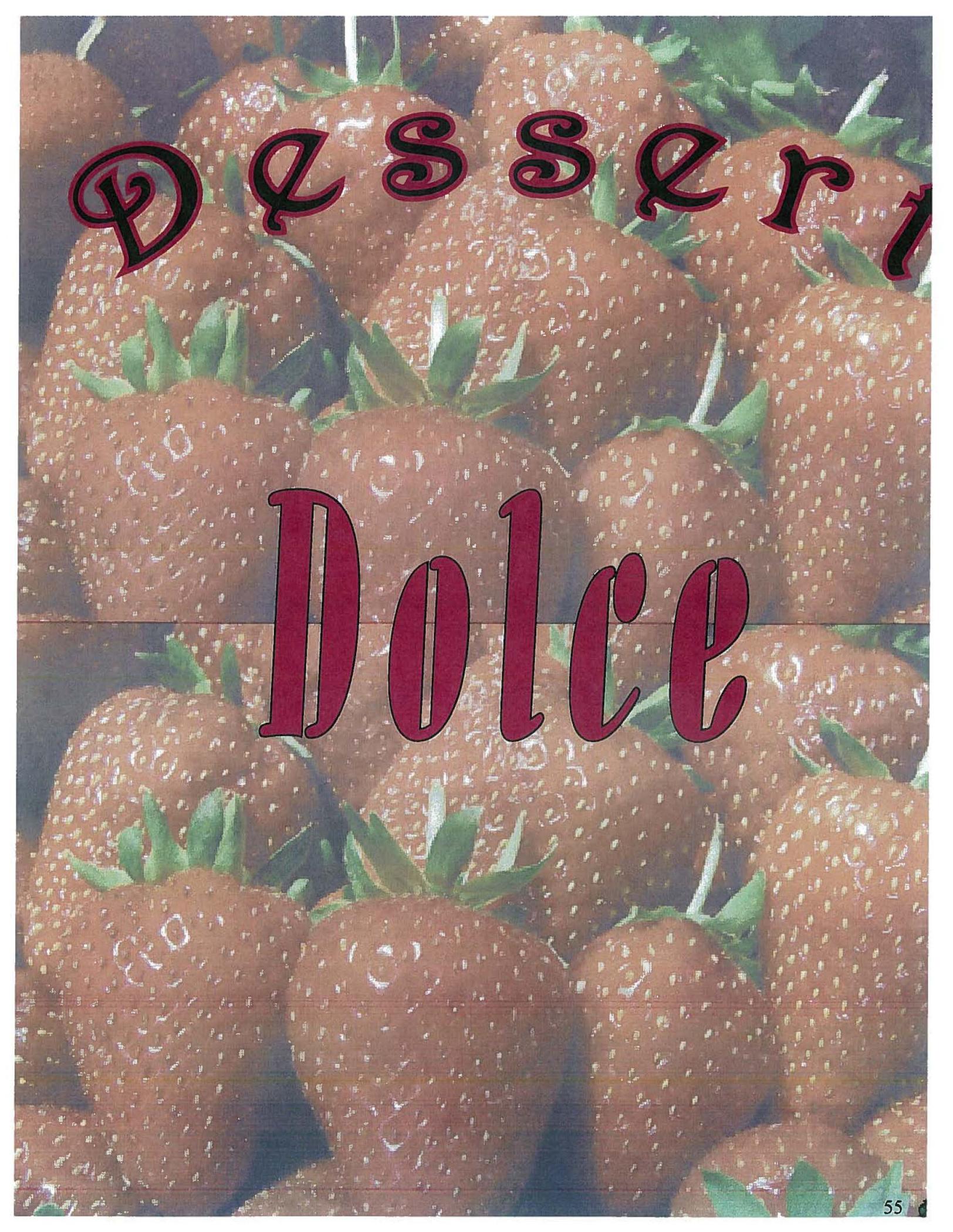
5 Lbs. Potatoes
1 Onion - chopped
2 Carrots - chopped fine
3 Eggs - hard boiled
1/4 Cup Mayonnaise
1 Tsp. White Vinegar

Instructions:

Cut potatoes into large cubes and boil in water with vinegar until potatoes are cooked but still firm. Add carrots, onion and mayonnaise (can add more mayonnaise if it seems dry) and salt to taste.

Cut eggs in halves and sprinkle with paprika. Garnish salad with egg halves.

Refrigerate until ready to serve.



Dessert

Dolce

Millie's Ricotta Pie

*From the Kitchen of
Amelia Visconti*

Ingredients:

1 Lb. Ricotta Cheese
1/3 Cup Milk
4 Eggs
1/2 Cup Sugar
1 Pint Heavy Cream
1/2 Tsp. Vanilla
Scant pinch of salt

Instructions:

Mix all ingredients except heavy cream. Beat heavy cream until whipped. Fold whipped cream into other ingredients. Pour into pastry lined 10" springform pan and bake at 350 degrees for about 1 hour and 10 minutes.

It may not look done - but it is. Do not overcook.



Sweet Crust

*From the Kitchen of
Joanne Coia*

Ingredients:

3 Cups Flour
1 Cup Butter (can substitute margarine)
4 Tbs. Sugar
4 Tbs. Sour Cream
1 Egg Yolk
Lemon Rind from 1/2 lemon - grated

Instructions:

Mix flour and sugar together, then mix in butter. Mix in sour cream, egg yolk and lemon rind. Knead until smooth or use food processor. Cover with foil and refrigerate 2 hours or up to 2 days.

Roll out lightly on floured board to fill desired pan.

Ricotta Pie

*From the Kitchen of
Joanne Coia*

Ingredients:

3 Cups Ricotta Cheese
3/4 Cup Powdered Sugar
2 Tbs. Flour
5 Eggs - Jumbo, separated
1 Cup Evaporated Milk
1 Cup Heavy Cream
1 1/2 Tsp. Vanilla
1/2 Tsp. Lemon Peel

Instructions:

Separate eggs and beat whites. In food processor or mixer, beat ricotta, 1/2 cup sugar and flour. Add 1 Cup evaporated milk. Mix egg yolks and lemon rind in a separate bowl. Add egg yolk mixture to ricotta mixture and beat 2 minutes. Beat heavy cream and vanilla with 1/4 cup sugar until it forms stiff peaks, then fold into ricotta mixture. Fold in egg whites and blend with spoon.

Bake for 1 hour at 325 degrees. Pie is done when toothpick inserted in center comes out clean.

Use a deep 9" springform pan and line it with "Sweet Crust" or pre-made crust. Line dough on bottom and up sides.

If using a pre-made crust, use butter and flour to line the pan first.

Rice Pie

*From the Kitchen of
Joanne Coia*

Ingredients:

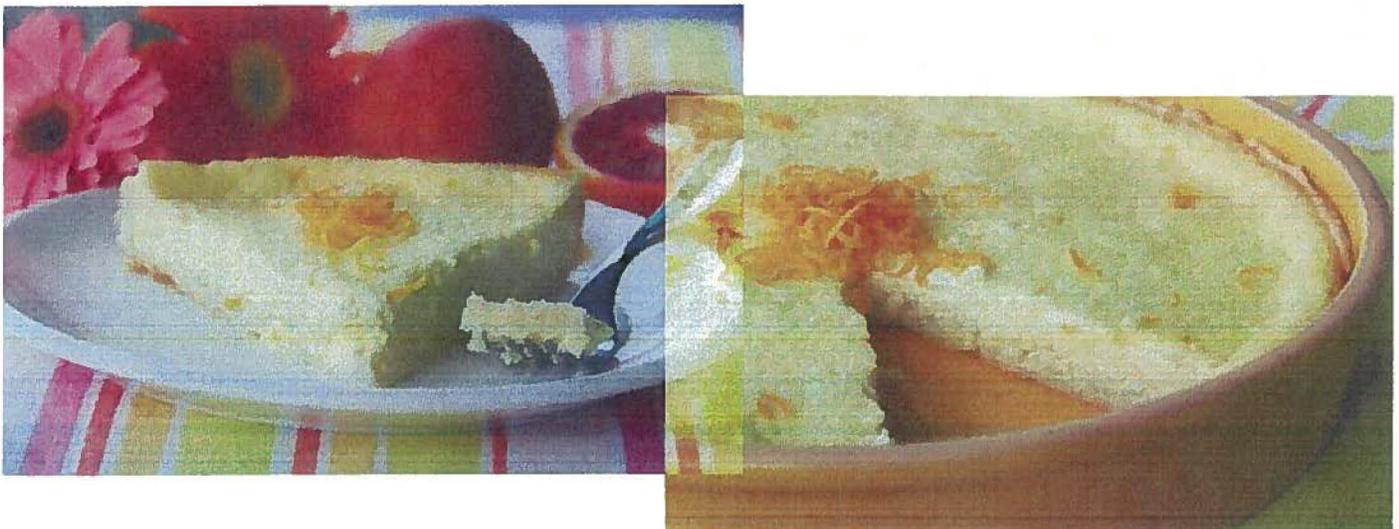
1/2 Cup Rice - White River Rice
3/4 Quart Half & Half Cream
1 Cup Heavy Cream
10 Eggs - jumbo
1 1/2 Tsp. Vanilla
1 Tsp. Lemon Rind
1 1/2 Cups Sugar
1 Lb. Ricotta Cheese
1/2 Small Can Crushed Pineapple
3/4 Can (11 oz.) Lemon Pie Filling (Lemon Pudding can be substituted)

Instructions:

In a large heavy pot, cover rice with water and add a pinch of salt. Par boil 15 minutes. Add half & half and heavy cream to same pan and cook to a low rolling boil, stirring constantly. Turn of heat and cover. Let sit for 1 hour.

Combine rest of ingredients in a large mixing bowl. After rice has set, combine with other ingredients in large container. Pour into crust and bake at 400 degrees for 10 minutes, then at 350 degrees for 1 hour 20 minutes.

Use "Sweet Crust" recipe for crust.



Lone Star Carrot Cake

*From the Kitchen of
Hon. Frank J. Williams*

Ingredients:

2 Cups Cake Flour
1 Tsp. Baking Soda
1 Tsp Cinnamon
1/2 Tsp. Salt
1 Cup Oil
3 Eggs
1/4 Tsp Cloves
2 Cups Sugar
8 Oz. Pineapple
2 Cups Carrot
1 1/3 Cups Coconut
1 Cup Raisins
1/2 Cup Pecans



Instructions:

Combine flour, soda, cinnamon, salt and cloves. Beat oil and sugar together, then add eggs, one at a time, until well blended. Add flour mixture and beat until smooth. Blend in, one at a time, pineapple with liquid, carrots, coconut, nuts and raisins.

Pour into a greased 13 x 9 pan and bake at 350 degrees for 50 to 55 minutes. For two layers, bake 35 minutes. If using a loaf pan, bake for 50 to 55 minutes.

Remove from pan and cool. Frost with the following:

Beat together:

6 oz. Cream Cheese

1/4 Cup softened butter

12 Oz. sifted powdered sugar, with vanilla

1 Tbs. Orange Juice or Orange Liqueur (or 2-3 drops of orange extract)

Lemon Cake

*From the Kitchen of
Hon. Frank J. Williams*

Ingredients:

1 Box Duncan Hines Lemon Supreme Cake Mix
1 Box (3 1/2 Oz.) Jello Instant Lemon Pudding
1/2 Cup Lemon Juice (1/4 C for cake, 1/4 C for glaze)
1/3 Cup Oil
4 Eggs
1 Tsp. Lemon Extract (1/2 Tsp. for Cake, 1/2 Tsp. for glaze)
1 Tsp. Grated Lemon Zest
1 Cup Confectioners Sugar

Instructions:

Preheat oven to 350 degrees. Prepare the cake: in the bowl of an electric mixer, add the cake mixture and instant pudding and set aside. In a measuring cup, add the lemon juice and enough cold water to make 2/3 cup. Add the eggs, lemon water and lemon extract to the dry ingredients and combine. Pour in the oil and beat at medium speed for 6 minutes, or until smooth.

Lightly oil a Bundt pan, pour the mixture and bake for 45 minutes or until the top is golden and the cake is springy to the touch. While the cake is baking, prepare the glaze.

Glaze: In a small bowl, whisk the lemon juice, zest, lemon extract and confectioners sugar until smooth. Set aside.

When the cake is done, cool 5 minutes, invert and unmold. Using a poultry needle or toothpick, pierce the top of the cake with 1 inch deep holes. Spoon the glaze over the cake and cool. Serve with fresh berries if desired.

Amelia's Ice Box Pie

*From the Kitchen of
Amelia Visconti*

Ingredients:

2 Boxes Instant Chocolate Pudding Mix
2 Boxes Instant Vanilla Pudding Mix
1 Box Graham Crackers
1/2 Cup Graham Cracker Crumbs
2 Bananas - sliced

Instructions:

Following the directions on the box, mix puddings in separate bowls.

In a pyrex baking dish (9x13) place a layer of whole graham crackers. On top of the crackers spread a thick layer of chocolate pudding, then another layer of graham crackers, a layer of vanilla pudding, another layer of graham crackers and a final layer of chocolate pudding.

Top with graham cracker crumbs and decorate with banana slices. Refrigerate at least 5 hours - best if refrigerated overnight.

Cousin Cheryl's Pizzelles

*From the Kitchen of
Cheryl Giammarco Hammad*

Ingredients:

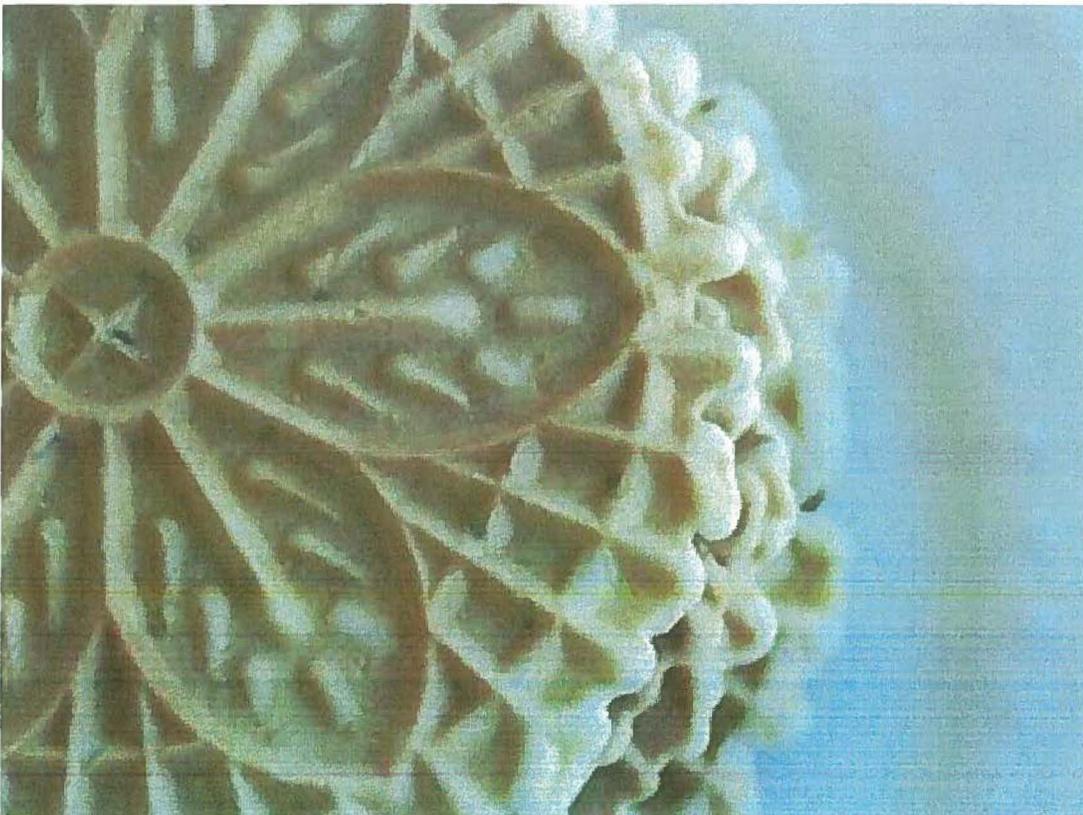
3 Eggs
3/4 Cup Sugar
3/4 Cup Butter
1 1/2 Cups Flour
1 Tsp. Baking Powder
1 Tsp. Extract (vanilla, anise or lemon)

Instructions:

Add ingredients in the order listed and mix well.

Place one tablespoon of batter in the middle of each Pizzelle iron. Close iron and wait about 1 minute, then check to make sure Pizzelle does not get brown. Remove from iron and sprinkle with confectioner's sugar if desired.

Makes about 2 dozen.



Ricotta Cookies by Fannie

*From the Kitchen of
Joyce Visconti-Cimino*

Ingredients:

1/2 Lb. Butter or Margarine
2 Cups Sugar
2 Eggs
1 Lb. Ricotta Cheese
2 Tsp. Vanilla
1 Tsp. Baking Soda
1 Tsp. Baking Powder
4 Cups Flour



Instructions:

Cream butter and sugar until soft and fluffy. Add eggs, one at a time, and continue to beat. Add Ricotta and vanilla and beat for one minute. Sift together flour, baking powder and baking soda. Add gradually to make a soft dough.

Drop by teaspoonful on cookie sheet and bake for 10 -12 minutes at 350 degrees.

Cool and frost with confectioner's sugar icing flavored with lemon. Sprinkle with colored candies if desired.

Makes about 5 dozen cookies.

Mom's Egg Biscuits

*From the Kitchen of
Amelia Visconti*

Ingredients:

5 Cups Flour
2 Cups Sugar
1 Cup Olive Oil
5 Eggs
2 Tsp. flavored extract (anise, vanilla or lemon)
5 Tsp. Baking Powder

Instructions:

Mix all ingredients, using as much flour as can be worked into a dough, then cut dough into strips. Shape strips of dough into biscuits and place on baking sheet. Bake for 12-14 minutes at 400 degrees.

If desired, glaze with a plain or flavored glaze.

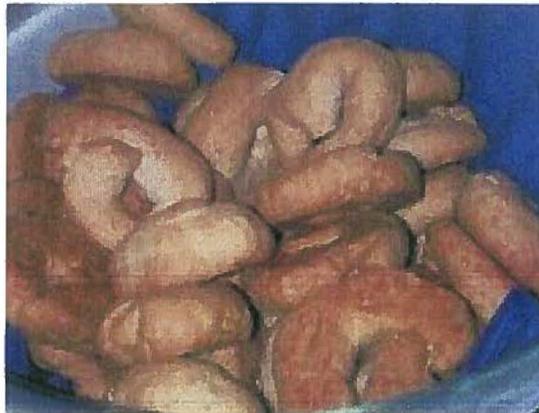
Makes approximately 40 biscuits.

Mom's Wine Biscuits

*From the Kitchen of
Amelia Visconti*

Ingredients:

5 Cups Flour
1 Cup Sugar
1 Cup Olive Oil
1 Cup Red Wine
1/2 Tsp. Salt
2 1/2 Tsp. Baking Powder



Instructions:

Mix all ingredients, using as much flour as can be worked into a dough, then cut dough into strips. Shape strips of dough into biscuits and place on baking sheet. Bake for 17 minutes at 375 degrees.

Shut off oven and let stay for 5 more minutes.

Makes approximately 40 biscuits.

Mom's Pepper Biscuits

*From the Kitchen of
Amelia Visconti*

Ingredients:

5 Cups Flour
1 cake Yeast - dissolved in 1/4 Cup warm water
1 Cup Olive Oil
1 Cup Red Wine (or water)
1/4 Tsp. Salt
2 Tbs. Fennel Seeds

Instructions:

Mix all ingredients, using as much flour as can be worked into a dough, then cut dough into strips. Shape strips of dough into biscuits and place on baking sheet. Bake for 30 minutes at 350 degrees.

Makes approximately 40 biscuits.

Miscellaneous

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Chestnuts

*From the Kitchen of
David Solimine (son of Damiano & Agnes (Visconti) Solimine*

Instructions:

Purchase (or pick, if you have a chestnut tree) sufficient chestnuts for all to enjoy.

Pierce chestnuts with a knife and put in a microwave safe bowl (you'll probably only want to do about a dozen at a time). Add water to just cover the chestnuts and microwave on high for about 6 - 7 minutes.

Remove chestnuts from water and let cool just enough to handle. they peel easily and are not "dried out" like roasted chestnuts.

If you really must be traditional - then you'll just have to use an "open fire".



Chestnuts Boiling in a Microwave

Herbs

Portions excerpted from The Magazine of La Cucina Italiana May/June 2004

Note on Herbs

Most herbs are stronger in their dried form. If you are using fresh herbs in a recipe that calls for dried you will need to increase the quantity.

Fresh herbs should be picked in late morning, after the dew has dried but before the sun is hot enough to begin evaporating the essential oils.



BASIL

This easily grown annual herb is most often linked to Italian cuisine, perhaps because of its ability to flourish in the warm temperatures of the Mediterranean. In fact, many Italians have a pot of basil on their windowsills. Tomatoes and basil are a match made in heaven, and of course the classic Genoan sauce, pesto, is a basil lover's dream come true. This is a great herb to plant in a pot outside in the summertime and then bring inside, to a sunny place, for the winter. Basil is also used for marinara sauce and on tomatoes and mozzarella.

CHIVES

Chives is a long herb that generally resembles a long thick blade of hollow grass and has a mild taste of onion. Although, you can also find chives that are flat (garlic chives) with a more garlicky flavor. Chives add a little extra zest when paired with eggs and whipped or baked potatoes. Chives are a perennial herb best grown outside in the garden. They multiply easily and the clumps can be divide frequently to increase the number of plants available.



MARJORAM ("SWEET")

Marjoram is similar to oregano, although not quite as potent. When you want a more delicate flavor than oregano it make a delightful addition to souffles and tomato based soups. Marjoram is also frequently used when roasting poultry or lamb. Sweet Marjoram is a tender perennial and should be wintered indoors. It can be grown from seed or propagated by division.



OREGANO

Oregano, also called "Wild Marjoram" has a much more dominant flavor than the closely related sweet marjoram. This herb is frequently used in recipes that contain tomatoes and is th perfect touch when sprinkled onto a slice of hot pizza. A combination of oregano and basil in your marinara sauce adds an extra boost of flavor.

Oregano is a perennial herb, which is simple to grow and most often seen under the name "Greek Oregano". It is easily propagated by root division.

PARSLEY

Curly and flat leaf parsley are the most common varieties of this herb. Italian, or flat leaved parsley, has a stronger flavor and is preferred in culinary circles where it is often combined with other herbs. Curly parsley is most often seen as a garnish on dishes, but is also effectively used as a digestive aid and breath freshener after meals. Parsley is an annual herb that grows easily from seed and can be used either dried or fresh with no loss of flavor. Keep a pot of each variety on a sunny kitchen windowsill to use throughout the winter.





ROSEMARY

Perhaps the strongest and most intense herb of all, rosemary is a wonderful complement to roasted and grilled meats. Or, after roasting potatoes, toss them with a mixture of finely chipped rosemary and garlic. When using rosemary, pull off only the leaves, and discard the rest. The thick stem is inedible. Rosemary is a tender perennial and comes in many varieties. For cooking the best varieties are either True Rosemary (*Rosmarinus Officianalis*) which grows like a small evergreen tree, or prostrate rosemary which is similar but with more of a spreading habit. It is best grown in a clay pot, planted in the garden after the last frost, and brought in before first frost in late fall. Kept in a bright, well ventilated area it will provide

plenty of leaves for year round use. Propagation is best done with cuttings of new growth in the spring.

SAGE

Firm, grayish-green (and sometimes purple or gold tinged) leaves blanketed in a thin layer of fuzz are the mark of this native Mediterranean herb. Pungent and heady, sage is often found in stuffings and hearty, cold-weather dishes. Use it sparingly, it is a powerful herb. Common or Garden sage does best outside in the garden. It is woody stemmed and if cut back in the fall can come back year after year until it is the size of a small bush. It can be grown from seed or propagated from cuttings. It is easily dried by tying in bunches and hanging in a dark, well ventilated area (like a closet) until dry. It can then be hung in the kitchen for both decorative and culinary purposes.



TARRAGON

Best known for its anise-like flavor and aroma, tarragon does exceptionally well with seafood. It has a rather forward flavor, so be judicious when adding it to recipes. Bernaise sauce gets its flavor from tarragon. The herb is also commonly used to make flavored vinegar, which is then used in vinaigrettes. There are several varieties of Tarragon, but the most flavorful is "French" Tarragon. Tarragon is usually grown as a tender perennial in New England, and is best kept in a clay pot, buried in soil for summer and wintered indoors. It is propagated by root division or cuttings as it rarely produces fertile flowers for seeds.



THYME

There aren't many dishes that the addition of thyme can't improve. The ancient Romans even flavored their alcoholic libations with this strong herb from the Mediterranean. There are countless instances of thyme's use as a cure-all, but the kitchen is where it shows its true strength. When adding thyme to a dish use only the tiny leaves, as the stems are too woody to enjoy. Try stuffing a chicken with thyme before roasting. There are hundreds of varieties of thyme from the classic "French" to the delightful "Lemon" and all can be used freely, either fresh or dried, for poultry, veal or fish. The thymes are very hardy perennial herbs which will

grow abundantly in the garden. All can be easily started from seed. The creeping varieties are especially good to carpet a stone wall or in a rock garden. The upright varieties are more woody and if cut back in the fall will return year after year, eventually gaining the size of a small bush. If allowed to flower it will attract honey bees from all over. Thyme is often a companion planting around orchards for this reason.

Jerry's Cooking Tips

or

“Survival of the Fittest”

1. Invite no more than 6 guests - more than 6 is out of control and 6 may be too many if 4 of them leave you out of the conversation.
2. To clean your “silver” before your guests come: Plug sink and place a sheet of aluminum foil, shiny side up, in the bottom, sprinkle with “spic n span”, add warm water, add your silver and 30 minutes later, your silver is clean. *Caution: this method can be too harsh for some types of plated silver if used on a regular basis.*
3. Use cookbook as a guide only. Cooking is subjective - Cook to your taste, not to the taste of the author of the cookbook. For example, you may not like one clove of garlic, but 2 cloves. You may not like 1 teaspoon of salt, but no salt, or more salt.
4. Basic cooking includes oil and garlic. When utilizing oil, gently pour oil in your skillet and wait for it to “run to the sides”. Never over oil, but make sure the pan is coated “thinly”. Chop garlic to taste. More garlic makes a better final product. Saute garlic in your skillet in oil, but do not let it burn. You are now ready to saute vegetables, fish, veal, chicken, etc.
5. When cooking - always clean as you go to make it easier. Have your guests help you wash the dishes. They enjoy it, and washing makes good conversation. Then you don't have to go to bed at 2:00 in the morning. When you go to their house for dinner - you may help.
8. Warm plates in the oven prior to serving your entree.
9. Before your guests arrive, pre-cook as much as you can to save time. Prior to the actual “cooking”, review your ingredients list and prepare them in advance using small bowls. This will save you a lot of time and make a smoother cooking process.
10. When making pasta, a simple sauce can be utilized for any fancy sauce recipe. A simple sauce is Mom's Marinara (Tomato) Sauce.
11. Always serve plenty of bread. It's easy with Jerry's bread recipe.
12. Always taste the food before adding salt, pepper or cheese.
13. Many chefs use lemon juice and extra virgin olive oil immediately after cooking veal, fish, chicken, etc. The lemon gives food great taste and the oil seals in the flavor.
14. Each summer you should grow fresh Basil in pots. In September bring the pots into the house and place in an area of full sun. The Basil will last during the winter so you will always have a supply of fresh leaves (Cut often so it doesn't get leggy or go to flower).

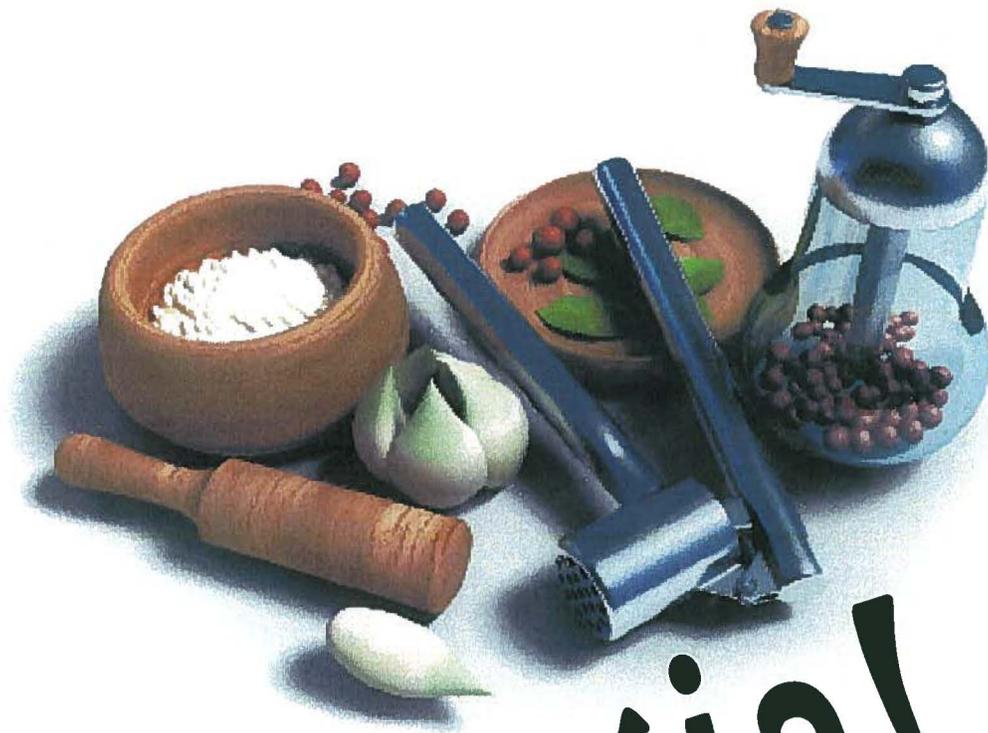
Did you think your mother's cooking was the best? Did she have a Viking stove or a Zero degree refrigerator? Did she use Calphalon pots and pans?

Point: Buy a typical stove and refrigerator and regular pots and pans.

AN ITALIAN BLESSING

May there always be work at home to do;
Although it may produce no coin or two.
May the sun always shine to your heart's content;
And the Lord will keep track of each event.
May your hand always be near to help a friend;
Although not appreciated until the end.
May there be bread on the table and wine in your mugs;
May your family be together with peace and hugs.
May there always be sunshine, no matter the weather;
May your family pray and stay together.

By: Girard R. Visconti, Esquire



Mangia!