

THE ITALIAN VILLAGE

RESTAURANT

RECIPES

Appetizers

Stuffed Mushrooms

10 medium size mushrooms	1 (2 inch) piece celery, chopped
2 Tbsp. olive oil	1 egg yolk
1/2 onion, chopped	1 c. Grated Parmesan Cheese
2 shallots, chopped	salt and pepper

Remove stems from mushrooms. Using a scooping knife, empty mushroom caps. Chop the stems. Set pulp and chopped stems aside. In frying pan, brown onion in olive oil. Add the shallots, celery, mushroom stems and pulp, egg yolk and cheese.

Salt and pepper to taste. Cook over medium heat for 30 minutes, stirring occasionally. Using a blender or food processor, puree the mixture.

Fill the caps with puree and place in a well oiled baking dish. Bake for 10 minutes at 350. Serve hot. Makes 4 servings.

Mozzarella Appetizer

1 Large Mozzarella	roast peppers
1 can flat anchovies	garlic

Alternate in a flat dish the Mozzarella, anchovies and roast peppers. Drizzle with olive oil and sprinkle with parsley or basil and oregano and garlic crushed.

Hot Cheese Bites

1- (8oz.) mozzarella	1- c. Italian seas. bread crumbs
1- egg	Mazola oil for frying
1/2- c. flour	

Cut very cold Mozzarella into bite size cubes. Dip into beaten egg,

then into the flour, then into the egg again and the last into the Italian bread crumbs.

Repeat egg and crumb coating 2 or 3 more times. Chill at least a 1/2 hour.

Fry in deep hot oil for 1 minute on each side until golden brown. Place on a paper towel to absorb the oil. Serve immediately.

Spinach Balls

2- pkgs. Drained Spinach

1- c. grated cheese

2- c. Farm Herb Crumbs

3- large eggs

3/4- c. melted butter

Mix well. Refrigerate for 1 hour. Form into small balls. Place on cookie sheet.

Bake at 350 for about 30 to 40 minutes. Makes approximately 90 balls.

Soups and Salads

Radicchio & Fennel Salad

11 Italian or Greek style olives

large pinch of sugar

1/4 c. olive oil

1 fennel bulb

1 Tbsp. fresh lemon juice

1 head Radicchio or 2 heads of Belgian endive

1 flat anchovy fillet

large pinch of pepper

1/4 tsp. salt

For Dressing: Pit 3 of the olives. Place the pitted olives, oil, lemon juice and anchovy in a blender. Process for 5 seconds. Add salt, pepper and sugar. Process until the olives are finely chopped. Reserve.

Cut off and discard fennel stalks. Cut off and discard root end at base of fennel bulb. Cut the fennel bulb lengthwise into 8 wedges. Separate segments of each wedge.

Separate Radicchio leaves. Rinse thoroughly in water. Drain well. Arrange Radicchio leaves, fennel and remaining olives on serving plate. Spoon the dressing over the salad.

Scapelli e' Suppe

1 egg per person

salt

1 heaping Tbsp. flour

grated cheese

1 small glass water for every 3 eggs

chicken broth

Beat together the eggs, flour, water and salt to make a thin batter. Heat a crepe style frying pan. Pour

enough batter just to cover pan. Cook lightly. Remove and set aside.

When all crapes are cooked, sprinkle cheese in the center of crepe and roll. Place in individual bowls. Add hot chicken broth and serve.

Mushroom-Olive Salad

1- large can stems and pieces or caps or 1 lb.-fresh mushrooms, sliced	black pepper to taste
1- large jar pimento olives	cayenne pepper to taste
1- large jar sliced black pitted olives	oregano to taste
1- c. celery, chopped	minced fresh or ground garlic to taste
1- c. carrots, diced	olive oil wine vinegar

Mix everything. Marinate overnight. This recipe can be doubled or tripled easily.

Sicilian Sausage Soup

1/4 lb.- sweet or hot sausage, with casing removed	1- (16oz) can tomatoes (Pastene Kitchen Ready Pref.)
1/2 c.- finely chopped onion	1- (13 3/4oz) can regular strength chicken broth
1/4 c.- peeled and chopped carrots	1/2 tsp.- dried sweet basil
1/4 c.- chopped celery	1/4 c.- Orzo macaroni
2 Tbsp. - parsley	salt and pepper to taste

In a medium skillet, brown the sausage, separating with a fork as it cooks. Remove from skillet with a slotted spoon and place in a large saucepan.

Sauté onion in the sausage drippings until tender. Remove onion with a slotted spoon and add to the sausage. Add the vegetables, broth, and basil to the sausage mixture. Bring the soup to a boil and stir well.

Cook over moderate heat for 15 minutes. Stir in Orzo and salt and pepper to taste. Reduce the heat to low and simmer, covered, for 20 minutes, or until the Orzo is tender. Serves 4

Main Dishes

Spaghetti with Finocchio & Sardines

1lb. spaghetti	1lb. fresh sardines
2 lb. fresh finocchio	1 1/2 c. toasted bread crumbs
4 Tbsp. olive oil	1 Tbsp. pine nuts (optional)

1 chopped onion

salt and pepper to taste

1 c. cold water

1 tsp. crushed garlic

Clean and bone the sardines. Clean finocchio. Cook in 1 quart of boiling, salted water about 15 minutes, or until tender. Drain. Cut into 1/2 inch pieces. Cook the onion in olive oil. Add crushed garlic until soft. Add sardines and sauté for 10 minutes, stirring frequently to prevent burning.

Add finocchio and pine nuts. Add 1 cup of cold water, salt and pepper. Simmer slowly for 10 minutes. Fish will break up during this process. Cook the spaghetti in boiling water. Drain. Put in a deep dish

Add 1/2 of the finocchio mixture to the spaghetti. Sprinkle with 1/2 of the toasted bread crumbs. Mix well. Top with the remaining finocchio mixture and top with the remaining toasted bread crumbs. This is a traditional St. Joseph's day dish

Fettuccini with Lemon Cream

1 lb. fettuccini

4 Tbsp. grated Parmesan cheese

1 c. heavy cream

dash of salt

2 Tbsp. chopped Italian parsley

2 tsp. grated lemon peel

2 Tbsp. butter, softened

Cook the fettuccini in boiling, salted water. drain. While the noodles are cooking, place the cream in a wide frying pan over medium heat. Cook until bubbling. Add the parsley, lemon peel and salt.

Cook for 30 seconds. Add the hot noodles to the cream mixture. Reduce heat to low and toss gently. Add the butter and Parmesan cheese. Toss until noodles are evenly coated.

Spaghetti Tuna Sauce

1- clove garlic

1 tsp.- parsley

2 tsp.- oil

4- fillet anchovies

1- can tuna

1 LB-spaghetti

2 c.- tomatoes

Put the oil in a saucepan. Chop the garlic and anchovies together. Sauté in oil. Add the tuna and stir for a minute. Add the tomatoes and parsley. Let simmer. You can also use tomato paste.

Polenta in Bianco

5 c.- water

1 lb.- Italian sausage

1 1/2 c.- polenta yellow cornmeal

grated Romano or parmesan cheese

black pepper

Take the sausage meat out of the casing. Break into small pieces in a pan over low heat. Cook until brown. Bring 3 cups of water to a boil. Mix 2 cups of the water with the cornmeal and to the boiling water.

Continue cooking, stirring constantly, until the mixture thickens. Cover. Lower heat to simmer and cook for 10 minutes. Place a 1 inch layer of polenta in a plate and top with sausage meat, plenty of cheese and

black pepper to taste.

Vegetables and Eggplant Dishes

Dandelion and Beans

amount desired of dandelion

1- can of kidney red beans

1 - onion

3- cloves of garlic

olive oil to fry

salt and red pepper to taste

Cook the dandelions until tender, Drain and set aside. Fry the onion and the garlic cloves until golden color. Add the beans. Cook at least 5 minutes, then add to the dandelions. If too dry, add a little dandelion water.

Eggplant Croquettes

3- small eggplant

1/2 tsp. salt

1/4 c.- grated cheese(Romano or Locatelli

1/2 tsp.- garlic powder

1/2 tsp.- onion powder

1 tsp.- parsley flakes

1/4 c.- seas. bread crumbs

1/2 - round mozzarella, diced into small pieces

1- egg

2- eggs

2 c.- seas. bread crumbs

Peel the eggplant. cut into cubes and boil until soft in water with 1/2 tsp. salt. Drain until all the water comes out, about 4 hours. Mash. Add the next 7 ingredients and mix. In a bowl, put the 2 eggs and a dash of salt. Form eggplant in a ball.

Dip into the egg and cover with bread crumbs. Fry on both sides until golden brown. Drain on a paper towel. Serve hot. Begin early in the day or night before.

Sicilian Carrots

2 lb. carrots

2 Tbsp. butter

2 Tbsp. all purpose flour

3/4 tsp. dry mustard

1/2 tsp. salt

1/4 tsp. paprika

1/8 tsp. pepper

1 c. milk

1/2 Parmesan cheese

1/2 c. French fried onions

Peel the carrots and slice crosswise on the bias. Cook in boiling water until just tender, about 20 minutes.

Drain and set aside. In a small saucepan, melt the butter. Blend in the flour, mustard, salt and pepper. Add milk all at once. Cook, stirring until thickened and bubbly.

Stir in the cheese. Combine the cooked carrots and the sauce. Turn into 1 1/2 quart casserole. Bake, covered, at 350 for 30 minutes. Uncover. Sprinkle with French fried onions over the top and bake 3 to 5 minutes more. Serves 8.

Eggplant Balls

3- small eggplant

1 egg yolk

salt and pepper

1 clove garlic

2 c. seas. bread crumbs

1/4 c. cheese, grated

1 tsp.- parsley flakes

Peel the eggplant. Dice into 1 inch pieces. Place in salted, boiling water. Cook until transparent and very soft. Drain and place in colander. Squeeze all water out.

To this, you add all the ingredients and shape into 1 inch balls. Roll the balls in additional bread crumbs. Fry until golden brown. If you wish to use these as entree, shape the balls 2 inches and fry. Place in your favorite tomato sauce. Makes a good Lenten dish.



Breads and Cookies

Easter Bread

1 c.- warm water

2 - pkgs. or cakes yeast

1 1/2 c.- all purpose flour, sifted

3/4 c.- shortening

1 c.- granulated sugar

1 tsp.- salt

2 -eggs, unbeaten

1 - egg white

4 tsp.- grated lemon rind (optional)

2 Tbsp.- anise seed

4 1/2 c.- all purpose flour, sifted

Combine the yeast and water together. let stand for 5 to 10 minutes, enough to dissolve the yeast (1/2 cup). In a large bowl, place 1/2 cup of water and sifted flour. Add mixture. Cover bowl with a towel in a warm place for 2 hours. Combine the shorting, sugar and salt. beat well and add 2 eggs and 1 egg white.

Add 4 1/2 to 4 3/4 cups of flour and anise seed to the shortening mixture and combine with the yeast mixture. Work the dough with your hands until you get a soft dough. Let the bread raise overnight.

In the morning braid the bread and rise again. Grease the pan and top the bread with egg yolk. Bake in a 350 oven approximately 30 minutes.

Anise Twist

1 -pkg. yeast

1/4 c.- warm water

1/2 c.- sugar

pinch of salt

1 c.- evaporated milk

1/2 c.- melted butter

1 Tbsp. -anise

6- eggs

6 c.- sifted flour (additional c. if needed)

Sprinkle the yeast in a mixing bowl with 1/4 cup of warm water to melt. Stir in 1/2 cup of sugar, a pinch of salt, 1 cup of evaporated milk. then add 1/2 cup of melted butter and anise. beat the eggs until light and fluffy.

Add the above liquid to the eggs. Then add flour, 1 cup at a time until the mix is not sticky. Put in a oiled pan in a warm place until raised to double the size, approximately 1 1/2 hours. Cut the dough in half, then each in 3 pieces. Roll to 3 long strips and plait.

Oil 2 (12inch) loaf pans. Put the loaves in oiled pans. Let raise an additional 1/2 hour. beat 1 egg yolk and rub on top. Set the oven at 350. Cook for a 1/2 hour.

Taralli with Eggs

6 eggs, beaten well

1 Tbsp. salt

1 tsp. black pepper

8 Tbsp. olive oil

1 1/2 lbs. flour

Mix together the flour, salt and pepper. Make a well in the center of the flour. Add eggs to the center and gently incorporate the flour to make dough. Dough should not be too soft or too hard. Let dough rest for after you knead it for 10 minutes, under a bowl. Then knead it for 5 more minutes. Roll the dough into round doughnuts.

Boil water and place the doughnuts shape dough into the boiling water. Put 3 at a time in pot. After 2 minutes remove from pot and place on a linen towel. When finished boiling, cut around the tops of each and bake for 40 minutes at 400.

Black Devils

1 lb. almonds, slivered, roasted, then chopped

1 tsp. baking powder

1 lb. sugar (2 1/2 c.)

1 tsp. baking soda

2 eggs

1 Tbsp. ground cloves

2 squares bitter chocolate
pinch of salt

3/4 c. milk
4 c. flour

Melt the chocolate in 1/4 cup milk. Then add rest of the milk to cool. Add the eggs and dry ingredients. Mix with a wooden spoon until moist.

Roll pieces of dough in a cylinder shape and the flatten top. Cut diagonally and bake at 350 for 15 minutes. Ice with sugar and water icing.

Desserts

Pound Cake

1 (2 3/4 oz.) pkg.- sliced almonds
3 c.- sifted flour
2 1/4 c.- sugar
1 1/2 c.- (3 sticks) butter

3/4 c.- milk
6 - eggs
1 Tbsp.- baking powder
2 tsp.- almond extract

Preheat oven to 350. grease and flour a Bundt pan. Sprinkle 1/2 cup of almonds over the bottom of pan. Combine the remaining ingredients in a large bowl of an electric mixer. Beat at high speed until smooth and creamy, about 10 minutes.

Pour the batter into the prepared pan. Bake until tester inserted comes out clean, about 1 hour. Invert onto rack to cool. can be served with strawberries and sour cream or almond flavored chocolate sauce.

Zucchini Cake

3 c.- flour
1 1/2 c.- sugar
1 tsp. - cinnamon
1 tsp.- salt
1 tsp.- baking powder
3/4 tsp.- baking soda

2 c.- shredded unpeeled zucchini
1 c.- chopped nuts
1 c.- raisins
3- eggs
1 c.- salad oil

In a large bowl, stir together the flour, sugar, cinnamon, salt, baking powder, baking soda, zucchini, nuts and raisins. In another bowl, beat the eggs and oil. Pour over the flour mixture and stir until moistened.

Pour into greased and floured cake pan. May use Bundt pan. Bake at 350 for about 1 hour. Cool in a pan about 10 minutes and invert on rack to cool.

Regina Cake

1 lb. butter

3 c. sifted flour

2 c. sugar

1 c. milk

4 eggs, separated

2 tsp. baking powder

2 tsp. vanilla extract

Cream the butter and sugar. Add the egg yolks and beat into mixture. Add flour and baking powder. Alternately with milk and vanilla. Beat egg whites until stiff and fold into batter. Bake at 350. makes a good birthday cake.

Ricotta Pie

3lbs. Ricotta

1/2 c. flour

1 tsp. vanilla extract

1 tsp. lemon extract

1 pint light cream

2 c. sugar

9 eggs

Beat the eggs until thick. Add the sugar and beat well. Add the vanilla, lemon and cream and flour. Mix well. Grease a baking dish well and pour the cheese mixture in. Before putting in the oven, decorate with thin orange slices. Bake at 350 for 1 1/2 hours.

