

# Italy



## Spaghetti and Meatballs

### Ingredients:

1 1/2 lb. ground beef  
1 1/2 c. bread crumbs  
1 lg. egg  
Salt  
Pepper  
2 tbsp. olive oil  
1 med. size onion, chopped  
1 garlic clove, minced  
1 (28 oz.) can tomatoes in tomato puree or tomato sauce  
1 (6 oz.) can tomato paste  
2 tsp. sugar  
1 tsp. dried Italian seasoning  
1 (16 oz.) pkg. spaghetti  
Parmesan cheese

### Preparation:

1. In large bowl, mix ground beef, bread crumbs, egg, 1 teaspoon salt, 1/4 teaspoon pepper and 1/4 cup water. Shape into meatballs. Cook meatballs in olive oil until browned on all sides.
2. Cook onion and garlic in meat drippings until very tender over medium heat. Add tomatoes in puree, tomato paste, sugar, basil, 1 teaspoon salt, 1/4 teaspoon pepper and 1/4 cup water. Stirring to break up tomatoes. Add meatballs; over high heat, heat to boiling. Reduce heat to low; cover and simmer for 30 minutes, turning meatballs occasionally.
3. Cook spaghetti according to package directions.
4. Serve spaghetti with sauce and meatballs. Sprinkle with parmesan cheese.

# Spaghetti with Meat Sauce

## Ingredients:

1/2 lb. Italian sausage  
1/2 lb. ground beef  
1 med. onion, chopped  
2 med. clove garlic, chopped  
1 (28 oz.) can tomatoes, cut up  
1 (16 oz.) can tomato sauce  
1 1/2 tsp. Italian seasoning  
1 tsp. sugar  
1/2 tsp. salt  
1/4 tsp. crushed red pepper  
1 lb. pkg. spaghetti noodles

## Preparation:

In large skillet, combine meats, onion, and garlic.  
Cook until no pink in the meat shows.  
Drain off fat.  
Add next 6 ingredients.  
Simmer.  
Cook noodles.

# Marinara Sauce

## Ingredients:

- 1 sm. onion, chopped
- 1 med. clove garlic, minced
- 2 tbsp. olive oil
- 1 (28 oz.) can crushed tomatoes or 3 lbs. fresh equivalent
- 2 tbsp. chopped parsley
- 1/2 tsp. basil, crushed
- 1 tsp. salt
- Dash of black pepper
- 1 tsp. sugar
- 1 tsp. butter
- 2 tbsp. Parmesan cheese

## Preparation:

In 3 quart saucepan, saute onion and garlic in olive oil until onion is tender, stirring often.

Add remaining ingredients, simmer 25 minutes, stirring occasionally until well blended.

Makes about 2 1/2 cups sauce.

# Sun-Dried Tomato Pesto

6-8 servings

40 min 10 min prep

## Ingredients:

1/4 cup garlic, smashed  
1/2 cup pine nuts  
2 cups fresh basil, packed  
1/2 cup olive oil  
1/2 cup parmesan cheese, shredded  
1/2 cup romano cheese, shredded  
1 teaspoon salt  
1/2 teaspoon pepper sauce  
3 ounces kalamata olives, quartered  
1 1/2 ounces sun-dried tomatoes, sliced  
1 cup white wine  
salt (to taste)  
pepper (to taste)

## Directions:

Puree first eight ingredients in food processor.  
Heat in a saute pan.  
Add remaining ingredients and heat through.

# Pesto

## Ingredients:

2 c. fresh basil leaves  
4 cloves garlic, chopped  
1 c. olive oil  
1 c. grated Parmesan cheese  
1/4 c. grated Romano cheese  
Salt and pepper  
1 c. walnuts or pine nuts

## Preparation:

Process the basil, garlic and nuts in a food processor, or 2 batches in a blender. With machine running, pour olive oil in and add cheese, salt and pepper. Pour over pasta.

# Fetuccini Alfredo

## Ingredients:

1 lb. Fetuccini noodles  
1 pt. heavy cream  
1 c. grated Romano cheese  
1 stick of butter (1/4 lb.)  
1 egg, slightly beaten  
Garlic to taste

## Preparation:

Cook noodles to desired consistency.

Warm butter until melted in frying pan, garlic, add cream and cheese.

Drain noodles, do not rinse.

Add egg to sauce, stir well.

Add noodles to sauce in pan, continue to stir and toss over heat for about 1 minute.

Salt and pepper to taste and serve immediately.

# Linguine with White Clam Sauce

## Ingredients:

1 (10 oz.) can minced clams  
3/8 c. vegetable oil  
1 med. onion (sliced thin)  
8 med. cloves garlic (minced)  
5 tbsp. butter  
2/3 c. dry white wine  
2/3 c. chicken broth (Herbox granules)  
1/2 tsp. oregano  
1/2 tsp. crushed red pepper  
4-5 tbsp. fresh parsley (chopped)  
1 lb. linguine  
2 tbsp. salt  
4-6 qts. boiling water

## Preparation:

Drain liquid from clams and reserve.  
Heat vegetable oil in a medium saucepan.  
Add onion and garlic; saute until tender, 3-5 minutes.  
Stir in butter, wine, chicken broth, oregano, red pepper and reserved clam juice;  
simmer uncovered about 20 minutes.  
Add drained clams and parsley to sauce and heat gently.  
Cook spaghetti in boiling salted water until al dente.  
Drain in a colander.  
Serve with sauce.

# Linguine with Red Clam Sauce

## Ingredients:

1/4 c. olive oil  
2 cloves garlic  
1 small onion chopped  
2 tbsp. finely chopped parsley (or 1 tbsp. dried)  
1/2 tsp. marjoram  
1/4 tsp. thyme  
1/4 tsp. salt  
1/4 tsp. pepper  
1/2 tsp. sugar  
2 (7 1/2 oz.) cans minced clams  
1 (1 lb. 3 oz.) can tomatoes  
1/4 c. white wine (optional)  
1 (8 oz.) pkg. thin spaghetti

## Preparation:

Heat olive oil in saucepan, stir in crushed or finely chopped garlic and onion and fry until golden.

Add parsley and seasonings.

Drain clams (save liquid).

Set clams aside.

Pour clam liquid into seasoned oil along with tomatoes and wine (fork tomatoes apart into chunks).

Cook over low heat for 45 minutes.

Stir occasionally.

Cook linguine; drain.

Stir clams into sauce.

Serve over linguine.

Serves 4



# Lasagna

## Ingredients:

1/3 tsp. basil  
12 (8 oz.) lasagna noodles  
1 tbsp. oil  
1 lb. ground beef  
1/2 cloves minced garlic  
2 tbsp. dried parsley flakes  
1/2 tsp. oregano  
1/2 tsp. sugar  
1/4 c. water  
1 (6 oz.) can tomato paste  
1 (15 oz.) can tomato sauce  
1 (16 oz.) carton ricotta or cottage cheese  
1 egg, slightly beaten  
1 tsp. salt  
1/8 tsp. pepper  
1/2 c. Parmesan cheese  
1/4 lb. grated Mozzarella cheese

## Preparation:

Brown ground beef in oil with garlic, 1 tablespoon parsley flakes, 1/2 teaspoon salt, oregano, basil, sugar, water, tomato sauce and tomato paste.

Combine cheeses, egg, 1 tablespoon parsley flakes, 1/2 teaspoon salt and pepper.

Layer in 2 quart baking dish meat sauce, dry noodles, and cheese mixture.

Repeat; end with meat sauce.

Bake covered 25 minutes.

Uncover bake 5 minutes more.

Let stand 5 minutes before cutting.

# Bracirole

## Ingredients:

1 slice round steak  
1 c. bread crumbs  
1/4 c. Romano cheese  
1/4 c. celery, chopped fine  
1/2 onion, chopped fine  
2 hard boiled eggs  
Salt & pepper to taste  
Parsley, optional

## Preparation:

Salt and pepper the steak.  
Mix the crumbs, cheese, celery, onion and diced eggs.  
Spread on the steak.  
Roll and tie with string.  
Brown on all sides and add to the spaghetti sauce.  
Slice and serve with pasta and meatballs.

# Chicken Cacciatore

4 Servings

## Ingredients:

1 cup minced onions  
1/4 cup olive oil  
8 chicken thighs  
2 cups sliced mushrooms  
1 teaspoon extra virgin olive oil  
2 tablespoons unsalted butter  
32 ounces plum tomatoes  
8 ounces tomato sauce  
1/2 cup dry white wine  
1 teaspoon salt  
1/2 teaspoon white pepper  
1 whole bay leaf  
1 tablespoon finely minced garlic  
1/4 teaspoon ground thyme  
1/4 teaspoon ground basil

## Directions:

HEAT 1/4 CUP OLIVE OIL IN A LARGE SKILLET, OVER A MODERATE FLAME  
ADD ONIONS, HEAT AND STIR FOR 6-8 MINUTES  
ADD CHICKEN AND BROWN QUICKLY ON ALL SIDES  
HEAT 1 TABLESPOON EXTRA VIRGIN OLIVE OIL IN A SMALL SKILLET,  
OVER A MEDIUM FLAME  
ADD MUSHROOMS, HEAT AND STIR UNTIL MOISTURE HAS EVAPORATED  
REMOVE FROM HEAT AND SET ASIDE  
ADD TOMATOES, TOMATO SAUCE, WINE, SALT, WHITE PEPPER, BAY LEAVES, THYME,  
BASIL, AND MUSHROOMS TO CHICKEN  
BREAKUP TOMATOES WITH A WOODEN SPOON  
TURN CHICKEN TO COAT WELL  
BRING TO A BOIL, REDUCE HEAT, AND SIMMER FOR 45-60 MINUTES, TURNING OFTEN  
REMOVE CHICKEN TO A HEATED SERVING PLATTER  
HEAT AND STIR SAUCE, OVER A MODERATE FLAME, FOR 5 MINUTES, UNTIL REDUCED  
TO DESIRED CONSISTENCY  
POUR OVER CHICKEN  
SERVE HOT, WITH HOT COOKED PASTA OR RICE