

THE
Italian
COOKBOOK



Jon Olsen

THE
ITALIAN
Cookbook



Staff Home Economists

CULINARY ARTS INSTITUTE

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Italian Cookery

Contrary to popular belief, Italy is the mother of continental European cookery. Dating back to the ancient Romans, Italy's fame in the culinary field came long before that of France. Although French cookery has taken on its own characteristics, it grew to some degree directly out of the Italian.

Italian dishes are purely traditional and have been influenced very little by the cultures of other countries. Many popular foods such as vegetables, salad greens and wines were used in the days of Nero in much the same way as in present-day Italy.

The bases of the most colorful Italian dishes are tomatoes, garlic and olive oil. Yet, foods in Italy are as diversified as they are traditional. It is not at all unusual to find an Italian who likes neither tomato sauce nor garlic—he probably has his spaghetti with a butter and cheese sauce and prefers Melon and Prosciutto to an ordinary anti-pasto course.

From the Alps to Sicily—from the rice and polenta-eating North to the tomato-loving South—these recipes are designed to bring a cross-section of Italian cookery right to the door of the American kitchen.



IT'S SMART TO BE CAREFUL

THERE'S NO SUBSTITUTE FOR ACCURACY

Read recipe carefully.

Assemble all ingredients and utensils.

Select pans of proper kind and size. Measure inside, from rim to rim.

Use standard measuring cups and spoons. Use liquid measuring cups (rim above 1-cup line) for liquids. Use nested or dry measuring cups (1-cup line even with top) for dry ingredients.

Check liquid measurements at eye level.

Sift (before measuring) regular all-purpose flour, or not, in accord with the miller's directions on the package. When using the instant type all-purpose flour, follow package directions and recipes. Level flour in cup with straight-edged knife or spatula. Spoon, without sifting, whole-grain types of flour into measuring cup.

Level dry measurements with straight-edged knife or spatula.

Preheat oven at required temperature.

Beat whole eggs until thick and piled softly when recipe calls for well-beaten eggs.

FOR THESE RECIPES—WHAT TO USE

BAKING POWDER—double-action type.

BREAD CRUMBS—two slices fresh bread equal about 1 cup soft crumbs or cubes. One slice dry or toasted bread equals about ½ cup dry cubes or ¼ cup fine, dry crumbs.

BUTTERED CRUMBS—soft or dry bread or cracker crumbs tossed in melted butter or margarine. Use 1 to 2 tablespoons butter or margarine for 1 cup soft crumbs and 2 to 4 tablespoons butter or margarine for 1 cup dry crumbs.

CHOCOLATE—unsweetened chocolate. A general substitution for 1 sq. (1 oz.) chocolate is 3 to 4 tablespoons cocoa plus 1 tablespoon shortening.

CHOCOLATE (no melt)—1-oz. packets or envelope chocolate-flavored product or ingredient.

CORNSTARCH—thickening agent having double the thickening power of flour.

CREAM—light, table or coffee cream containing not less than 18% butterfat; **Heavy or Whipping Cream**—containing not less than 30% butterfat.

FLOUR—regular all-purpose flour. When substituting for cake flour, use 1 cup minus 2 tablespoons all-purpose flour for 1 cup cake flour.

GRATED PEEL—citrus fruit peel finely grated through colored part only.

HERBS and SPICES—ground unless recipe specifies otherwise.

OIL—Olive, salad and cooking oils. Salad oil may be substituted in recipes calling for olive oil.

ROTARY BEATER—hand-operated (Dover-type) beater or electric mixer.

SHORTENING—a hydrogenated vegetable shortening, all-purpose shortening, butter or margarine. Use oil when specified.

STUFFED OLIVES—pimiento-stuffed green olives.

SUGAR—granulated (beet or cane).

HOW TO DO IT

BLANCH NUTS—The flavor of nuts is best maintained when nuts are allowed to remain in water the shortest possible time during blanching. Therefore, blanch only about ½ cup at a time; repeat process for larger amounts.

Bring to a rapid boil enough water to well cover shelled nuts. Drop in nuts. Turn off heat and allow nuts to remain in the water about 1 min.; drain or remove with fork or slotted spoon. Place between folds of absorbent paper; pat dry. Gently squeeze nuts with fingers or peel to remove skins. Place on dry absorbent paper. To dry thoroughly, frequently shift nuts to dry spots on paper.

TOAST NUTS—place nuts in a shallow baking dish or pie pan and brush lightly with cooking oil. Heat in oven at 350°F until delicately browned. Stir and turn occasionally. Or add nuts to a heavy skillet in which butter or margarine (about 1 tablespoon per cup of nuts) has been melted. Brown lightly, stirring constantly, over moderate heat.

BOIL—cook in liquid in which bubbles rise continually and break on the surface. Boiling temperature of water at sea level is 212°F.

BOILING WATER BATH—set a pan on oven rack and place the filled baking dish in pan. Pour boiling water in pan to a depth of at least 1 in.

CLEAN CELERY—trim roots and cut off leaves. Leaves may be used for added flavor in soups and

stuffings; inner leaves may be left on stalk when serving as relish. Separate stalks, remove blemishes and wash. Then proceed as directed.

CLEAN GARLIC—separate into cloves and remove outer (thin, papery) skin.

CLEAN GREEN PEPPER—rinse and slice away from pod and stem; trim off any white membrane; rinse away seeds; cut into strips, dice or prepare as directed in recipe.

CLEAN and SLICE MUSHROOMS—wipe with a clean, damp cloth and cut off tips of stems; slice lengthwise through stems and caps.

CLEAN ONIONS (Dry)—cut off root end and a thin slice from stem end; peel and rinse. Prepare as directed in recipe.

CREAM—work shortening (alone or with other ingredients) by stirring, rubbing or beating with spoon or electric mixer.

CUT UNCOOKED DRIED or CANDIED FRUITS—cut with scissors dipped frequently in water to avoid stickiness.

DICE—cut into small cubes.

FOLD—use flexible spatula and slip it down side of bowl to bottom. Turn bowl quarter turn. Lift spatula through mixture along side of bowl with blade parallel to surface. Turn spatula over to fold lifted mixture across material on surface. Cut down and under; turn bowl and repeat process until materials seem blended. With every fourth stroke bring spatula up through center.

HARD-COOK EGGS—put eggs in large saucepan and cover completely with cold or lukewarm water. Cover. Bring water rapidly just to boiling. Turn off heat. If necessary to prevent further boiling, remove pan from heat source. Let stand covered 20 to 22 min. Plunge eggs promptly into running cold water. Roll egg between hands to loosen shell. When cooled, start peeling at large end. *Note: Eggs are a protein food and therefore should never be boiled.*

MELT CHOCOLATE—unsweetened, over simmering water; sweet or semi-sweet, over hot (not simmering) water.

MINCE—cut or chop into small, fine pieces.

POUND MEAT—to increase tenderness in less tender cuts of meat, place meat on flat working surface and repeatedly pound meat on one side with meat hammer, turn meat and repeat process.

PREPARE QUICK CHICKEN BROTH—dissolve 1 chicken bouillon cube in 1 cup hot water.

PREPARE QUICK COFFEE—for one cup coffee beverage, place one teaspoon concentrated soluble coffee into cup. Add boiling water and stir until coffee is completely dissolved.

PREPARE QUICK COOKING RICE—carefully follow directions on package for amount and timing when using packaged precooked rice.

PREPARE ITALIAN SAUSAGE—cut casing, remove sausage and crumble it into small pieces with a fork.

SCALD MILK—heat in top of double boiler over simmering water or in a heavy saucepan over direct heat just until a thin film appears.

SIEVE—force through sieve or food mill.

SIMMER—cook in liquid just below boiling. Bubbles form slowly and break below surface.

OVEN TEMPERATURES

Very Slow	250° F to 275° F
Slow	300° F to 325° F
Moderate	350° F to 375° F
Hot	400° F to 425° F
Very Hot	450° F to 475° F
Extremely Hot	500° F to 525° F

Use a portable oven thermometer to double-check oven temperature.

WHEN YOU COOK CANDY OR SIRUP

A candy thermometer is an accurate guide to correct stage of cooking. Put the thermometer into sirup mixture after sugar is dissolved and boiling starts. A 3-in. depth of sirup is advisable to take an accurate thermometer reading; if necessary, tip pan to obtain this depth. If thermometer is cold, heat it in warm water before plunging it into the hot sirup.

WHEN YOU DEEP FRY

About 20 min. before ready to fry, fill a deep saucepan one-half to two-thirds full with hydrogenated vegetable shortening, lard or cooking oil. Heat slowly to temperature given in recipe. A deep-frying thermometer is an accurate guide for deep-frying temperatures. If thermometer is not available, the following bread cube method may be used as a guide.

A 1-in. cube of bread browns in

60 seconds at	350° F to 375° F
40 seconds at	375° F to 385° F
20 seconds at	385° F to 395° F

When using an automatic deep fryer, follow manufacturer's directions for amount of fat and timing.

USING THE ELECTRIC BLENDER TO GRIND

Place in blender container enough food at one time to cover blades. Cover; turn on motor and grind until very fine. (Turning motor off and on helps to throw food back on blades.) Empty container and grind next batch of food.

HOW TO COOK VEGETABLES

Wash fresh vegetables, but don't soak them in water for any length of time. If they are wilted, put them in cold water for a few minutes. Cauliflower, broccoli, artichokes, and Brussels sprouts must be soaked 20 to 30 min. in salted water before they are cooked.

BAKING—Bake such vegetables as potatoes, tomatoes, and squash without removing skins. Pare vegetables for oven dishes, following directions given with recipes.

BOILING—Have water boiling rapidly before adding vegetables. Add salt at beginning of cooking period (¼ teaspoon per cup of water). After adding vegetables, again bring water to boiling as quickly as possible. If more water is needed, add boiling water. Boil at moderate rate and cook vegetables until just tender. In general, cook

vegetables in a covered pan, in the smallest amount of water possible and in the shortest possible time. Exceptions for amounts of water or for covering are:

- Potatoes**—cooked in water to cover.
- Green Vegetables (peas, green or lima beans)**—loosely covered.
- Spinach**—partially covered pan with only water which clings to its leaves after final washing.
- Asparagus**—arranged in tied bundles with stalks standing in bottom of a double boiler containing water to cover lower half of spears; cover with inverted double boiler top.
- Broccoli**—trimmed of leaves and bottoms of stalks; thoroughly wash and slit stalks almost to flowerets if necessary. Boil broccoli 5 min. in an uncovered skillet containing boiling salted water to a depth of 1 in. Cover and cook until tender, 5 to 10 min. longer; drain.
- Strong-flavored Vegetables (cauliflower, mature cabbage and Brussels sprouts)**—cooked loosely

covered in a large amount of water. To restore color of red cabbage, add a small amount of vinegar at end of cooking period, just before draining. A desirable boiled vegetable is free from excess water, retains its original color and is well seasoned. Pieces are uniform and attractive.

DEEP-FRYING and FRYING—Follow directions with specific recipes.

PANNING—Finely shred or slice vegetables. Cook slowly until just tender in a small amount of fat, in a covered, heavy pan. Occasionally move with spoon to prevent sticking and burning.

CANNED VEGETABLES—Heat to boiling point in liquid from can.

HOME-CANNED VEGETABLES—Boil 10 min. (not required for tomatoes and sauerkraut).

FROZEN VEGETABLES—Do not thaw before cooking (thaw corn on cob and partially thaw spinach). Break frozen block apart with fork during cooking. Use as little boiling salted water as possible. Follow directions on package.



Antipasto

The leader in the parade of foods included in an elaborate Italian dinner is the antipasto or "before the meal" course. Varying from region to region and from season to season, this starter course is a challenge to an adventurous cook. It may vary from a duet of Prosciutto and cantaloupe or a few crisp vegetables, to a vast number of bite-size appetizers, including fishes, meats, eggs, cheeses, and raw and pickled vegetables. Whether the foods are dipped in wine vinegar or olive oil, the antipasto offers a diversified introduction to a dinner or luncheon.



Base Recipes are indicated by solid ▲ pyramid.
In variations of Base Recipe, open △ pyramid refers to ▲ Base Recipe immediately preceding it.



A CHECK-LIST FOR SUCCESSFUL BAKING

- ✓ **READ AGAIN** "It's Smart to be Careful—There's No Substitute for Accuracy" (page 4).
- ✓ **PLACE OVEN RACK** so top of product will be almost at center of oven. Stagger pans so no pan is directly over another and they do not touch each other or the walls of the oven. Arrange single pan so that center of product is as near center of oven as possible.
- ✓ **PREPARE PAN**—For both yeast breads and quick breads, grease bottom of pan only. For cookies, lightly grease cookie sheet. If recipe states "set out pan," do not grease or line.
- ✓ **HAVE ALL INGREDIENTS** at room temperature unless recipe specifies otherwise.
- ✓ **SIFT** (before measuring) regular all-purpose flour, or not, in accord with the miller's directions on the package. When using the instant type all-purpose flour, follow package directions and recipes. Level flour in cup with straight-edged knife or spatula. Spoon, without sifting, whole-grain types of flour into cup.
- ✓ **CREAM SHORTENING** (alone or with flavorings) by stirring, rubbing or beating with spoon or electric mixer until softened. Add sugar in small amounts creaming thoroughly after each addition. Thorough creaming helps to insure a fine-grained cake.
- ✓ **BEAT EGG WHITES** as follows: **Frothy**—the entire mass forms bubbles; **Rounded peaks**—the peaks turn over slightly when the beater is slowly

- lifted upright; **Stiff peaks**—the peaks remain standing when the beater is slowly lifted upright.
- ✓ **BEAT EGG YOLKS** until thick and lemon-colored when recipe calls for well-beaten egg yolks.
- ✓ **WHEN LIQUID AND DRY INGREDIENTS** are added alternately to cake batter, begin and end with dry. Add dry ingredients in fourths, liquid in thirds. After each addition, beat only until smooth. Finally beat until batter is smooth (do not overbeat). Scrape spoon or beater and bottom and sides of bowl during mixing.
- IF USING AN ELECTRIC MIXER, beat mixture at a low speed when adding liquid and dry ingredients.
- ✓ **FILL CAKE PANS** one-half to two-thirds full.
- ✓ **TEST** for lukewarm liquid (80°F to 85°F) by placing a drop on wrist; it will feel neither hot nor cold.
- ✓ **KNEAD DOUGH** by folding opposite side over toward you. Using heels of hands, gently push dough away. Give it a quarter turn. Repeat process rhythmically until the dough is smooth and elastic, 5 to 8 min., using as little additional flour as possible. Always turn the dough in the same direction.
- ✓ **REMOVE ROLLS, BREAD AND COOKIES** from pans as they come from the oven, unless otherwise directed. Set on cooling racks.
- ✓ **KEEP TOPS** of yeast loaves and rolls soft by immediately brushing with butter or margarine as they come from the oven.

Artichokes in Lemon (Carciofi con Limone)

Drain and place in refrigerator to chill
1 jar (13 oz.) artichoke hearts

Meanwhile, combine
3 tablespoons lemon juice
2 tablespoons olive oil
1 clove garlic, finely chopped
(page 5)

1/4 teaspoon salt
1/8 teaspoon pepper

Chill in refrigerator. When ready to serve, stir lemon-olive oil mixture and pour over artichoke hearts.

Tomatoes in Oil (Pomodori all' Olio)

Wash, remove stem ends and slice lengthwise
6 plum tomatoes (or 2 tomatoes may be substituted)

Set aside.

Combine

3 tablespoons olive oil
1 clove garlic, sliced thin (page 5)
1/4 teaspoon salt
1/4 teaspoon oregano
1/8 teaspoon pepper

Pour olive oil mixture over tomatoes and serve.

Anchovies and Capers (Acciughe e Capperi)

▲ Base Recipe

Wrap

6 anchovy fillets
around
6 capers

—Anchovies and Stuffed Olives (Acciughe e Olive)

Follow △ Recipe. Substitute 6 stuffed olives for the capers.

Suggested Foods for an Antipasto Tray

(See center color photo)

From six to sixty various items—this tray can be just as plain or as elegant as you desire. The decision is yours as to whether you want one or ten different meats, vegetables, fishes, greens, and cheeses.

Meats—Salami, sliced thin; Prosciutto, sliced thin; Capocollo, sliced thin.

Vegetables—Mushrooms, pickled; Peppers, pickled or raw; Tomatoes, sliced or with olive oil (page 7); Radishes; Celery; Finocchio (Fennel); Pimiento; Pickled Vegetables [Carrots (page 9), Zucchini (page 9), Eggplant (next column)]; Olives, green or ripe; Artichokes, pickled or in lemon (page 7).

Eggs—Hard-cooked, sliced.

Fishes—Sardines; Tuna, pieces or chunks; Anchovies around capers or around stuffed olives (page 7).

Greens—Lettuce, head or leaf; Romaine; Chicory; Endive.

Cheeses—Mozzarella, sliced; Provolone, sliced; Gorgonzola, sliced.

Northern Italy Antipasto Tray

The North prepares slightly more elaborate things for the tray and uses pork products.

Salami, sliced thin; Prosciutto, sliced thin; Artichokes, pickled, or in lemon (page 7);

Pickled Mushrooms (page 9); Anchovies around capers or around olives (page 7); Tuna, pieces or chunks; Lettuce; Hard-Cooked Eggs (page 5).

Southern Italy Antipasto Tray

The South uses many of its vegetables and fresh cheeses for the tray.

Salami, sliced thin; Sardines; Anchovies; Peppers, raw; Celery and fennel; Olives; Pimiento; Pickled vegetables; Radishes; Cheeses (Mozzarella, Provolone or Gorgonzola); Lettuce.

Pickled Eggplant

(Melanzane con Olio e Aceto)

Set out 1-qt. screw-top jar.

Wash, pare and slice very thin

1 small (about 1 lb.) eggplant

Put eggplant slices into the jar and set aside.

Combine

2/3 cup wine vinegar

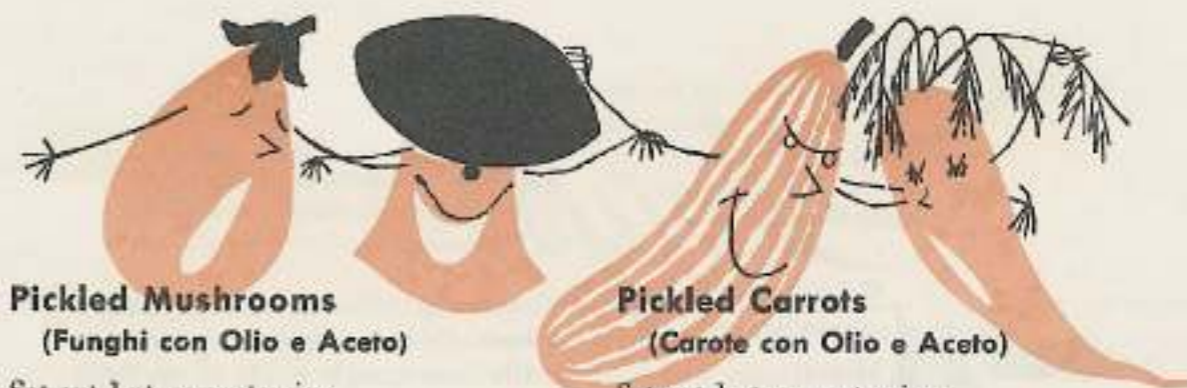
4 cloves garlic, quartered (page 5)

2 hot green peppers

Pour this mixture over eggplant and cover with

Olive oil

Screw cap onto jar and store jar in refrigerator at least 24 hrs. Serve cold.



Pickled Mushrooms

(Funghi con Olio e Aceto)

Set out 1-pt. screw-top jar.

Clean (page 5; do not slice)

1 lb. mushrooms with 1/2-in. caps

Place mushrooms in saucepan and cover with equal amounts of

White vinegar

Hot water

Bring mixture to boiling, and cook for 5 min. Drain liquid from mushrooms. When mushrooms are cool, pack in the jar with mixture of

1/4 cup olive oil

2 teaspoons salt

2 teaspoons peppercorns

2 cloves garlic, quartered (page 5)

1 teaspoon mace

Cover mushrooms with

White vinegar

Screw cap onto jar and store jar in refrigerator for 2 days. Serve cold.

Pickled Carrots

(Carote con Olio e Aceto)

Set out 1-pt. screw-top jar.

Wash, pare and cut into strips

6 to 8 medium-size carrots

Cook carrots (page 5) and drain. Cool carrots and put into jar. Set aside.

Combine

2 tablespoons olive oil

1 clove garlic, cut in halves

(page 5)

1 hot green pepper

1/2 teaspoon salt

Pour over carrots and cover with

Wine vinegar

Screw cap onto jar and store jar in refrigerator at least 24 hrs. Serve cold.

Melon and Prosciutto

(Antipasto di Prosciutto e Melone)

(See center color photo)

▲ Base Recipe

The contrasting flavors of ham and subtle melon combine in this colorful, simple and strictly Italian appetizer. A native of northern Italy will place ham slices between slices of melon. His southern cousin prefers his portion of melon whole, side by side on the plate with the prosciutto.

Wash, cut into halves, and remove seedy center from

1 cantaloupe, chilled

Cut each cantaloupe half into 4 wedges. Serve with

8 thin slices prosciutto

8 servings

—Fig and Prosciutto

(Antipasto di Prosciutto e Fichi)

Follow ▲ Recipe. For cantaloupe, substitute 16 skinned, fresh figs or canned figs, drained and chilled. Cut figs lengthwise.



Soups

Small towns, cities, provinces and different sections of Italy each take pride in their own distinct soup. Ranging from Minestrone, which can easily be a meal in itself, to the light and flaky Stracciatella, soups in Italy are many and varied. As a first main course, soup vies with macaroni and rice, particularly in central Italy where soup is usually preferred to a pasta dish.

Roman Egg Soup (Stracciatella)

▲ Base Recipe

Prepare

1 qt. Chicken Broth (page 5 or 11)

Bring to boiling.

Meanwhile, beat until thick and piled softly

4 eggs

Mix together well, add to eggs and beat until thoroughly combined

1½ tablespoons semolina or flour

1½ tablespoons grated Parmesan cheese

⅛ teaspoon salt

⅛ teaspoon pepper

Slowly pour egg mixture into boiling broth, stirring constantly. Continue stirring and simmer 5 min.

Serve in bouillon cups. Top with
Chopped parsley

4 servings

—Roman Egg Soup with Spinach (Stracciatella con Spinaci)

Follow Δ Recipe. Add ½ lb. cooked, chopped fresh spinach (page 6) to broth before adding beaten egg mixture.

—Roman Egg Soup with Noodles (Stracciatella con Pasta)

Follow Δ Recipe. Add 1 cup cooked noodles to broth before adding beaten egg mixture.

Little Hat Soup (Cappelletti in Brodo)

Prepare and set aside

**2 qts. Quick Chicken Broth (page 5)
or Chicken Broth (page 11; add
1 qt. water)**

Combine

**½ cup (about ¼ lb.) Ricotta or
cottage cheese**

**½ cup finely chopped cooked chicken,
(page 11)**

**2 tablespoons grated Parmesan
cheese**

1 egg, slightly beaten

⅛ teaspoon salt

Few grains nutmeg

Few grains pepper

Set aside.

Prepare

**Basic Noodle Dough (one-half recipe,
page 26)**

Roll dough about ⅛ in. thick. Cut into rounds with a 2½-in. round cookie cutter. Place ⅓ teaspoon cheese-chicken mixture in center of each round of dough. Fold each round in half, covering the mounds of filling. Dampen edges of pasta with water and press together to seal. Bring two extreme ends together. Dampen and press together to seal.

Bring broth to boiling and add pasta.

Cook about 20 to 25 min., or until pasta is tender. Test tenderness by pressing a piece against side of pan with fork or spoon. Serve with broth.

About 30 cappelletti, 8 servings

Minestrone

(See center color photo)

Derived from the Latin "to hand out," this soup was a staple in the days when the monks kept it always on the fire to be ready for sojourners or travelers.

Even today, it is a favorite, especially in Sicily where it comes into its own on St. Joseph's Day, served in the public square or piazza accompanied by bread shaped to represent various religious symbols.

Set out a small skillet.

Heat to boiling in a large saucepan
6 cups water

Meanwhile, wash thoroughly and discard imperfect beans from

**1¼ cups (about ½ lb.) pea (navy)
beans**

Gradually add beans to water so boiling will not stop. Simmer 2 min. and remove from heat. Set aside to soak 1 hr. Add to beans

¼ lb. salt pork

Return to heat and simmer 1 hr., stirring once or twice.

Meanwhile, heat in skillet until onion and garlic are lightly browned and set aside

3 tablespoons olive oil

1 small onion, chopped (page 5)

1 clove garlic, chopped (page 5)

Wash, cut into ½-in. slices and set aside

2 stalks celery (page 4)

2 small carrots, scraped

Wash, pare and dice

1 medium-size potato

Set aside.

Wash in cold water and remove coarse outer leaves from

¼ head cabbage

Shred finely.

Add all vegetables and onion-garlic mixture to beans, with

1 tablespoon chopped parsley

½ teaspoon salt

¼ teaspoon pepper

Pour in slowly

1 qt. hot water

Simmer about 1 hr., or until beans are tender.

Meanwhile, cook (page 5)

¼ cup packaged precooked rice

About 10 min. before beans are done, add the cooked rice and

½ cup frozen peas

When peas are tender, stir in

¼ cup tomato paste

Simmer about 5 min.

Serve sprinkled with

Grated Parmesan cheese

About 6 servings

Chicken Broth (Brodo di Pollo)

Clean, disjoint, cut into pieces and rinse

4- to 5-lb. stewing chicken

Rinse with cold water

**Giblets (gizzard, heart, liver)
and neck**

Refrigerate the liver.

Place chicken, gizzard, heart and neck in a large kettle and add

1¼ qts. hot water

2 teaspoons salt

1 teaspoon monosodium glutamate

5 3-in. pieces celery with leaves (page 4)

3 small carrots, washed and scraped

2 medium-size onions (page 5)

1 large tomato, rinsed and quartered

Cover and bring to boiling. Uncover and remove foam. Cover tightly. Simmer 2 to 3 hrs.; during the last 15 min. of cooking time, add the liver. Chicken is done when thickest pieces are tender when pierced with a fork.

Take chicken and giblets from broth, cool slightly and remove skin. Remove meat from bones. Cut meat into pieces as directed in other recipes.

Strain broth and cool slightly. Remove fat that rises to surface. Refrigerate fat and use in other recipes. Unless using meat and broth immediately, cool, cover and place in refrigerator. If broth seems to be too condensed, add more water.

About 1 qt. broth



Breads

Hard-crust bread; complicated, fancy Easter Bread; crunchy bread sticks and varied pizzas are among the most traditional foods in Italian cookery.

The expression "earning one's bread and wine" is taken literally in Italy where a dinner may consist of only bread, soup and wine. The Italians especially enjoy hard, crusty bread, whether spread with ricotta cheese at breakfast, or garlic at dinner, or taken as a half loaf for lunch. They often remove the soft center of the bread and eat only the crunchy, crisp, outside crust.

Tomato-Cheese Pizza (Pizza al Formaggio e Pomodoro)

(See center color photo)

▲ Base Recipe

Salty anchovies, bland Mozzarella cheese, hot pungent sausage, and tiny mushrooms all lend themselves to the much-varied pizza. A Neapolitan dish, this crisp, tomato-topped bread has become an American favorite, whether in the traditional round, flat form, or when made with oven-browned English muffins.

Lightly grease two 15½x12-in. baking sheets.

Soften

½ pkg. (1 teaspoon) active dry yeast in

2 tablespoons warm water (110°F to 115°F. If using compressed yeast, soften ½ cake in 2 tablespoons lukewarm water, 80°F to 85°F.)

Let yeast stand 5 to 10 min.

Meanwhile, pour into a large bowl

1 cup warm water

Blend in

2 cups sifted flour

1 teaspoon salt

Stir softened yeast, and add to flour-water mixture, mixing well.

Measure

2 cups sifted flour

Add about one-half the flour to yeast mixture and beat until very smooth. Mix in enough remaining flour to make a soft dough. Turn mixture onto a lightly floured surface. Allow to rest 5 to 10 min. Knead (page 6).

Select a deep bowl just large enough to allow dough to double. Shape dough into a smooth ball and place in greased bowl. Turn dough to bring greased surface to top. Cover with waxed paper and towel and let stand in warm place (about 90°F) until dough is doubled (about 1½ to 2 hrs.).

Punch down with fist. Fold edge toward center and turn dough over. Divide dough into two equal balls. Grease a second bowl. Place each ball of dough into a greased bowl. Turn greased side up. Cover. Let rise again until almost doubled (about 45 min.).

Roll each ball of dough into a 14x10-in. rectangle ¼ in. thick and place each on prepared baking sheet. Shape edge by pressing dough between thumb and forefinger to make ridge. (For round pizza, roll dough into rounds.)

Sieve (page 5)
3 cups drained canned tomatoes

Use one-half (1½ cups) of sieved tomatoes to cover each pizza.

Top each pizza with one-half (4 oz.) of 8 oz. Mozzarella cheese, sliced thin

Sprinkle over each pizza, in order listed, one-half of

- ½ cup olive oil
- ¼ cup grated Parmesan cheese
- 1 teaspoon salt
- ½ teaspoon pepper
- 2 teaspoons oregano

Bake at 400°F 25 to 30 min., or until crust is browned. Cut into wedges to serve.

6 to 8 servings

—Mushroom Pizza (Pizza ai Funghi)

Follow Δ Recipe. Before baking, place on each pizza 1 cup (8-oz. can) drained button mushrooms.

—Sausage Pizza (Pizza con Salsiccia)

Follow Δ Recipe. Before baking, place on each pizza 1 lb. hot Italian sausage (page 5), cut in ¼-in. pieces.

—Anchovy Pizza (Pizza con Acciughe)

Follow Δ Recipe. Omit Mozzarella cheese and Parmesan cheese. Use ¼ teaspoon oregano. Top each with 8 anchovy fillets, cut in ¼-in. pieces.

—Miniature Pizza (Pizza in Miniatura)

Follow Δ Recipe. After rolling dough, using a cookie cutter, cut into 3½-in. rounds. Shape edge of rounds as in Δ Recipe. Using one-half the total amount of ingredients in the Δ Recipe, spread each pizza with 2 tablespoons sieved, canned tomatoes. Top with a slice of Mozzarella cheese. Sprinkle over cheese ½ teaspoon olive oil, ¼ teaspoon grated Parmesan cheese and a few grains salt and pepper. Bake at 400°F 15 to 20 min., or until crust is browned.

About 24 Miniature Pizzas

—English Muffin Pizza (Pizza Biscottata all 'Inglese)

Split 12 English muffins and spread cut-sides with butter or margarine. Toast under the broiler until lightly browned. Top each half as for Miniature Pizzas and bake at 400°F 5 to 8 min., or until tomato mixture is bubbling hot.



Tomato-Cheese Pizza



Easter
Egg
Bread

Easter Egg Bread

(Pane di Pasqua all'Uovo)

Sprinkled with brightly colored candies and dotted with multicolored Easter eggs, this bread will add an extra holiday touch to a festive Easter dinner. Traditionally shaped in wreath form, or "corona di nove," many American cooks bake it in the shape of rabbits or fancy Easter baskets.

Lightly butter 15½x12-in. baking sheet.

Dip in food dyes to color (follow directions on package) and set aside

5 eggs (uncooked)

Soften

2 pkgs. active dry yeast

in

½ cup warm water (110°F to 115°F.
If using compressed yeast, soften
2 cakes in ½ cup lukewarm
water, 80°F to 85°F.)

Let yeast stand 5 to 10 min.

Meanwhile, pour into a large bowl

½ cup warm water

Blend in

1½ cups sifted flour

Stir softened yeast, and add to flour-water mixture, mixing well. Beat until very smooth. Cover bowl with waxed paper and towel and let stand in warm place (about 80°F) for 1½ to 2 hrs.

Cream until shortening is softened

¾ cup shortening

2 tablespoons lemon juice

1 tablespoon grated lemon peel

(page 4)

Add gradually, creaming until fluffy after each addition, a mixture of

1 cup sugar

1 teaspoon salt

Beat until thick and piled softly

2 eggs

1 egg white

Add beaten eggs in thirds to sugar mixture, beating thoroughly after each addition. Add yeast mixture, mixing well.

Measure

4½ to 4¾ cups sifted flour

Add about one-half the flour to yeast mixture and beat until very smooth. Mix in enough remaining flour to make a soft dough. Knead (page 6) on a lightly floured surface.

Select a deep bowl just large enough to allow dough to double. Shape dough into a smooth ball and place into greased bowl. Turn dough to bring greased surface to top. Cover bowl with waxed paper and towel and let dough rise until doubled (about 1½ to 2 hrs.).

Punch down with fist. Divide dough into two equal balls. Let stand covered for 10 min.

Roll each ball out into a long roll about 36 in. long and 1 to 1½ in. thick. Using the two long

pieces of dough, form a loosely braided ring, leaving spaces for the five colored eggs. Place on prepared baking sheet. Place colored eggs into spaces of braid. Cover loosely with towel. Set dough aside in a warm place until doubled.

Bake at 350°F 10 min.

Brush bread with a mixture of

1 egg yolk

1 tablespoon milk

Sprinkle with

Tiny multicolored candies

Bake 40 to 45 min. or more, or until bread is golden brown. (Eggs will be hard-cooked.)

Italian Bread

(Pane)

(See center color photo)

▲ Base Recipe

Whether in the round or long, narrow loaf, Italian bread is crusty and easy to prepare, containing only four ingredients. Hard, crunchy bread has been cherished by the Italians for centuries and today often finds its way into the American kitchen to be served with a spicy pasta dish.

Lightly grease 15½x12-in. baking sheet.

Soften

1 pkg. active dry yeast

in

¼ cup warm water (110°F to 115°F.
If using compressed yeast, soften
1 cake in ¼ cup lukewarm water,
80°F to 85°F.)

Let yeast stand 5 to 10 min.

Meanwhile, put into a large bowl

1¾ cups warm water

1 tablespoon salt

Blend in

3 cups sifted flour

Stir softened yeast, and add to flour-water mixture, mixing well.

Measure

2 to 2½ cups sifted flour

Add about one-half the flour to the yeast mixture and beat until very smooth. Mix in enough remaining flour to make a soft dough. Turn mixture onto a lightly floured surface. Allow to rest 5 to 10 min. Knead (page 6).

Select a deep bowl just large enough to allow dough to double. Shape dough into a smooth ball and place in greased bowl. Turn dough to bring greased surface to top. Cover bowl with waxed paper and towel and let stand in warm place (about 80°F) until dough is doubled (about 1½ to 2 hrs.).

Punch down with fist. Knead on a lightly floured surface, about 2 min. Divide into two equal balls. Let stand covered 10 min.

Roll each ball of dough into a 14x8-in. rectangle. Roll up tightly into a long, slender loaf. Pinch ends to seal.

Place loaves on prepared baking sheet. Cover loaves loosely with a towel and set aside in a warm place until doubled.

Bake at 425°F 10 min. Reduce temperature to 350°F and bake 1 hr., or until golden brown. To increase crustiness, place a flat pan on bottom of oven and fill with boiling water at beginning of baking period.

2 loaves bread

—Italian Bread Sticks

(Grissini)

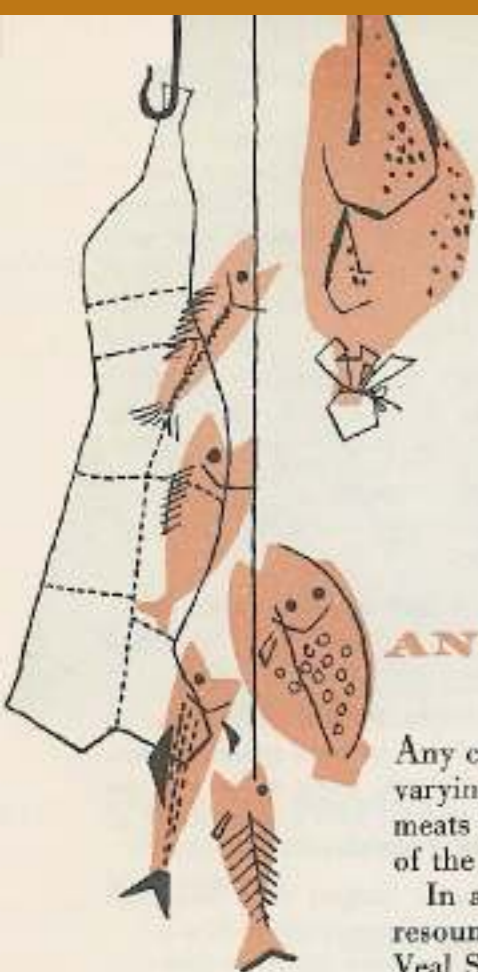
(See center color photo)

Follow ▲ Recipe. Grease 3 or 4 baking sheets. Decrease the salt to 2 teaspoons. Lightly roll dough into rectangles ¼ in. thick and about 6 in. wide. Cut dough crosswise with a floured knife into strips 1 in. wide. Use palm of hand to roll strips to pencil thickness, stretching to about 7-in. lengths. Place strips 1 in. apart on baking sheets. Brush lightly with a mixture of 1 egg, slightly beaten, and 1 tablespoon milk. Let rise in a warm place (about 80°F) until doubled, about 1 hr. Again brush with egg mixture and sprinkle with coarse salt.

Bake at 400°F 18 to 20 min., or until sticks are browned and crisp all the way through.

About 4 doz. bread sticks





Meats, Fish, AND Poultry

Any culinary trip through Italy will reveal many ways of varying the ever-popular veal, camouflaging the variety meats and preparing the many fish caught along the coast of the Mediterranean.

In a Naples kitchen on a typical day, you can hear the resounding of meat hammers pounding veal cutlets thin for Veal Scaloppine or Veal Marsela. In a Roman kitchen on a typical evening, you can see the frying of many leftover vegetables and meats for the all-inclusive Fritto Misto. Along the sea coast, you can taste the Fried Scampi or Lobster Fra Diavolo. Or in southern Italy, you may catch a glimpse of chicken pieces cooking in bubbly tomato sauce for the spicy Chicken Cacciatore.

Veal Scaloppine (Scaloppine di Vitella)

(See center color photo)

▲ Base Recipe

Set out a large, heavy skillet having a tight-fitting cover.

Wipe with a clean, damp cloth and pound (page 5)

1 lb. veal round steak (cutlet), cut about 1/2 in. thick

Cut veal into 1-in. pieces. To coat veal evenly, shake 2 or 3 pieces at a time in a plastic bag containing a mixture of

- 1/2 cup flour
- 3/4 teaspoon monosodium glutamate
- 1/2 teaspoon salt
- 1/8 teaspoon pepper

Set aside.

Heat in skillet until garlic is lightly browned

1 clove garlic, sliced thin (page 5)
1/4 cup olive oil

Add veal to garlic and olive oil and slowly brown on both sides.

While veal is browning, combine

1 3/4 cups tomatoes, sieved (page 5)
1/2 teaspoon salt
1/4 teaspoon chopped parsley
1/4 teaspoon oregano
1/8 teaspoon pepper

Slowly add tomato mixture to browned veal.

Cover skillet and simmer about 25 min., or until veal is tender. If mixture tends to become too thick, add a small amount of water.

3 or 4 servings

—Veal Scaloppine with Mushrooms and Peppers (Scaloppine di Vitella con Funghi e Peperoni)

Follow ▲ Recipe. Prepare 1 green pepper (page 5) and 1/2 lb. fresh mushrooms (page 5). Cook mushrooms and green pepper in 3 tablespoons butter or margarine until mushrooms are lightly browned. Add to browned veal with tomato mixture.

Veal Rollettes (Rosolini di Vitella)

Grease 2-qt. casserole having a tight-fitting cover.

Combine and set aside

2 cloves garlic, chopped (page 5)
1 tablespoon grated Parmesan cheese
2 teaspoons chopped parsley
1/2 teaspoon salt
1/4 teaspoon pepper

Wipe with a clean, damp cloth and cut into approximately 3x4-in. rectangular pieces

1 1/2 lbs. veal round steak (cutlet), cut about 1/2 in. thick

Place on each piece of meat

1 slice Mozzarella cheese

Top each with 1 teaspoon garlic-cheese mixture. Roll each piece of meat to enclose mixture and fasten with wooden picks or skewers or tie securely. Set aside.

Heat in skillet

3 tablespoons olive oil

Place rolled meat into skillet and brown slowly on all sides. Place meat into casserole.

Veal Rollettes and Green Salad



Veal Scaloppine

Pour over meat a mixture of

1/2 cup melted butter or margarine
1/4 cup water

Cover casserole and bake at 300°F about 1 hr., or until meat is tender when pierced with a fork. Remove wooden picks or string.

About 4 servings

Veal Chops Pizzaiola (Scaloppine alla Pizzaiola)

▲ Base Recipe

Set out a large, heavy skillet having a tight-fitting cover.

Heat in skillet

1/4 cup olive oil

Wipe with a clean, damp cloth and then slowly brown on both sides in skillet

6 veal rib or loin chops, cut about 1/2 in. thick

Meanwhile, combine

3 1/2 cups (No. 2 1/2 can) tomatoes, sieved (page 5)

2 cloves garlic, sliced (page 5)

1 teaspoon oregano

1 teaspoon salt

1/2 teaspoon pepper

1/2 teaspoon chopped parsley

Slowly add tomato mixture to browned veal. Cover skillet and cook slowly for 45 min., or until meat is tender when pierced with a fork.

6 servings

—Beefsteak Pizzaiola (Bistecca alla Pizzaiola)

Follow ▲ Recipe. Substitute 2 lbs. beef round steak, cut about 3/4 in. thick, for the veal chops. Cook slowly about 1 1/2 hrs.



Veal Marsala

(Scaloppine di Vitella al Marsala)

Set out a large, heavy skillet having a tight-fitting cover.

Heat in skillet until garlic is lightly browned
1 clove garlic, sliced thin (page 5)
¼ cup olive oil

Wipe with a clean, damp cloth, pound (page 5) and cut into six pieces

1½ to 2 lbs. veal round steak (cutlet), cut about ½ in. thick

Coat veal with a mixture of

¼ cup flour
¾ teaspoon monosodium glutamate
½ teaspoon salt
⅛ teaspoon pepper

Add veal to garlic and olive oil and slowly brown on both sides.

While veal is browning, combine

¼ cup Marsala wine
¼ cup water
¼ teaspoon chopped parsley
⅛ teaspoon salt
⅛ teaspoon pepper

Slowly add Marsala mixture to browned veal. Cover skillet and simmer very slowly for about 20 min., or until veal is tender. If mixture tends to become too thick, add a small amount of water.

6 servings

Veal Parmesan

(Scaloppine di Vitella alla Parmigiana)

▲ *Base Recipe*

Set out 11x7x1½-in. baking dish.

Wipe with a clean, damp cloth, pound (page 5) and cut into six pieces

1½ to 2 lbs. veal round steak (cutlet), cut about ½ in. thick

Set aside.

Mix

1½ cups (4 slices) fine, dry bread crumbs
½ cup grated Parmesan cheese

Set aside.

Combine

3 eggs, well beaten
1 teaspoon salt
¾ teaspoon monosodium glutamate
¼ teaspoon pepper

Heat in skillet

½ cup olive oil

Dip cutlets into egg mixture and then into crumb mixture. Add cutlets to skillet and slowly brown on both sides. Arrange cutlets in baking dish. Pour over cutlets

2 cups Tomato Meat Sauce (page 48)

Top cutlets with

6 slices (3 oz.) Mozzarella cheese
(1 slice per cutlet)

Bake at 350°F 15 to 20 min., or until cheese is melted and lightly browned.

6 servings

—Light Veal Parmesan

(Scaloppine di Vitella Giovane alla Parmigiana)

Follow ▲ Recipe. Brown veal lightly and place in baking dish. Pour over ¼ cup melted butter and sprinkle with ¼ cup grated Parmesan cheese. Omit tomato sauce and Mozzarella cheese.



Beef Rolls

(Braciola di Manzo)

▲ *Base Recipe*

Set out a large, heavy skillet and tight-fitting cover.

Wipe with a clean, damp cloth and lay out flat on working surface

1½ lbs. round steak, cut about ½ in. thick

Cover steak with a mixture of

1 clove garlic, finely sliced (page 5)
1 teaspoon grated Parmesan cheese
1 hard-cooked egg, chopped (page 5)

½ teaspoon chopped parsley
2 slices bacon, cut in 1-in. pieces

½ teaspoon salt
⅛ teaspoon pepper

Roll up steak to enclose mixture and tie securely.

Heat in skillet until onions are transparent

¼ cup olive oil
1 small onion, sliced (page 5)

Add steak roll, and slowly brown on all sides.

Meanwhile, combine

2½ cups (No. 2 can) tomatoes, sieved (page 5)

½ teaspoon salt
¼ teaspoon pepper
1 bay leaf

Slowly add tomato mixture to browned steak. Cover skillet and simmer about 1½ hrs., or until steak is tender. Remove string and bay leaf. Slice and serve.

4 or 5 servings

—Beef Rolls in Wine

(Braciola di Manzo con Vino)

Follow ▲ Recipe. Add ½ cup dry red wine and a few grains of nutmeg to the tomato mixture.



Ground Beef Parmesan and Coffee

Ground Beef Parmesan

(Manzo alla Parmigiana)

Mix thoroughly

1½ lbs. ground beef
1 egg, well beaten
1 medium-size onion, chopped (page 5)

1 teaspoon salt
½ teaspoon monosodium glutamate
⅛ teaspoon pepper

Shape meat mixture into a large square about ¾ in. thick. Cut into 6 equal portions. Arrange portions on broiler rack. Set temperature control of range at Broil. Place in broiler with top of meat 2 in. from heat source.

Broil on first side 10 min., turn and spread with mixture of

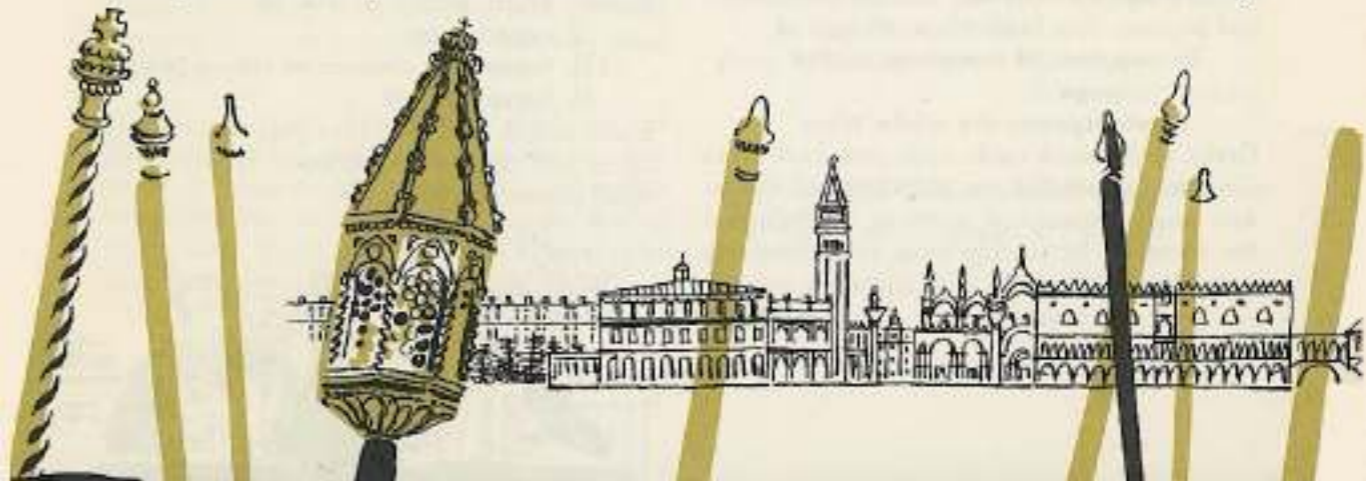
¾ cup (6-oz. can) tomato paste
1 tablespoon grated Parmesan cheese

Top portions with

6 slices (3 oz.) Mozzarella cheese
(1 slice per portion)

Broil until cheese is melted and lightly browned.

6 servings





Neapolitan Pork Chops (Costatelle di Maiale alla Napoletana)

Heat in large, heavy skillet having a tight-fitting cover

2 tablespoons olive oil

Add and cook until lightly browned

1 clove garlic, minced (page 5)

Meanwhile, wipe with a clean, damp cloth
6 rib or loin pork chops, cut about ¾ to 1 in. thick

Season with a mixture of

1 teaspoon salt

½ teaspoon monosodium glutamate

¼ teaspoon pepper

Place into skillet, and slowly brown chops on both sides.

While chops brown, clean and slice (page 5)

1 lb. mushrooms

Set aside.

Clean (page 5) and chop

2 green peppers

When chops are browned, add the mushrooms and peppers. Stir in slowly a mixture of

½ cup canned tomatoes, sieved (page 5)

3 tablespoons dry white wine

Cover skillet and cook over low heat 1 to 1½ hrs., depending on thickness of chops. Add small amounts of water as needed. Test for doneness by cutting meat near bone; no part of meat should be pink in color.

6 servings

Roast Leg of Lamb, Italian Style (Agnello al Forno)

Set out shallow roasting pan with rack.

Wipe with a clean, damp cloth

5 to 6 lb. leg of lamb

Do not remove fell (thin, papery covering). Cut several small slits in surface. In each slit, insert

1 slice garlic (page 5)

Place lamb skin-side down, on rack in pan. Insert roast meat thermometer in center of the thickest part of meat, being sure the bulb does not rest in fat or on bone.

Brush meat with

⅓ cup olive oil

Sprinkle meat with

1 tablespoon grated lemon peel (page 4)

Combine and sprinkle over meat

1½ teaspoons salt

1 teaspoon dried rosemary

¼ teaspoon pepper

Roast uncovered at 300°F about 3 hrs., allowing 30 to 35 min. per pound. Meat is medium done when roast meat thermometer reaches 175°F and well done at 180°F. Serve on warm platter.

About 10 servings

Fritto Misto (Mixed Fry)

An excellent way to use variety meats and left-over vegetables in a typically Roman fashion.

Set out a deep saucepan or automatic deep-fryer for deep-frying (page 5) and heat fat to 360°F.

Wash in cold water

½ lb. brains

Simmer brains gently 20 min. in

2 cups water

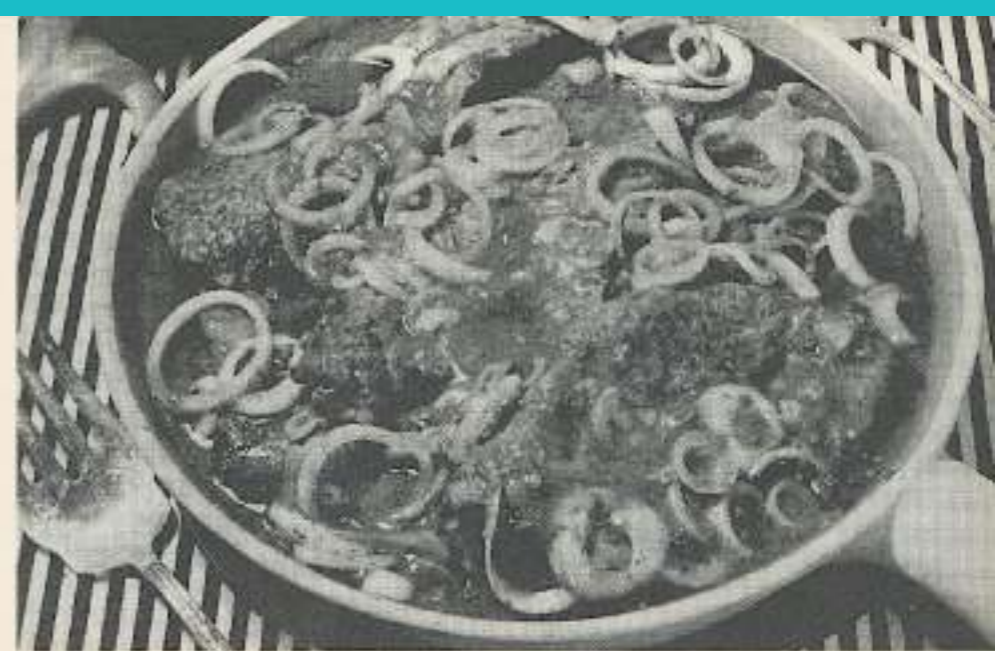
1½ teaspoons vinegar or lemon juice

½ teaspoon salt

Drain brains and drop into cold water. Drain again and remove membranes. Separate into small pieces and set aside.



Liver
and
Onions,
Italian
Style



Prepare and coat with flour mixture, as in recipe for Liver and Onions, Italian Style

½ lb. liver (beef, lamb, veal or calf's), cut about ¼ to ½ in. thick

Cut liver into serving-size pieces and set aside.

Drain and set aside

6 artichoke hearts, canned in water

Wash, trim off ends and cut crosswise into 1-in. slices

2 zucchini squash

Set aside.

Clean (page 4) and cut into 3-in. pieces

3 stalks celery

Set aside.

Meanwhile, sift together

2 cups flour

1 teaspoon salt

¼ teaspoon pepper

Set aside.

Combine

1½ cups milk

3 eggs, well beaten

2 tablespoons melted shortening

Gradually add dry ingredients, beating until smooth. Dip each vegetable and piece of meat into batter.

Deep-fry as many vegetables or meats as will float uncrowded one layer deep in fat. Fry about 5 min., or until vegetables and meats are golden brown, turning occasionally during frying time. Drain over fat before removing to absorbent paper. Serve on a warm platter.

6 servings

Liver and Onions, Italian Style (Fegato con Cipolla)

▲ Base Recipe

Set out a large, heavy skillet.

Wipe with a clean, damp cloth and, if necessary, remove tubes and outer membrane from

1½ lbs. liver (beef, lamb, veal or calf's), cut about ¼ to ½ in. thick

Cut liver into serving-size pieces.

Coat liver with a mixture of

½ cup flour

1 teaspoon salt

½ teaspoon monosodium glutamate

¼ teaspoon pepper

Set aside.

Heat in skillet

½ cup olive oil

Add and cook slowly until transparent

2 medium-size (about ½ lb.) onions, thinly sliced (page 5)

Remove onions from skillet and add liver. Brown liver on both sides over medium heat.

Replace onions in skillet with liver and add

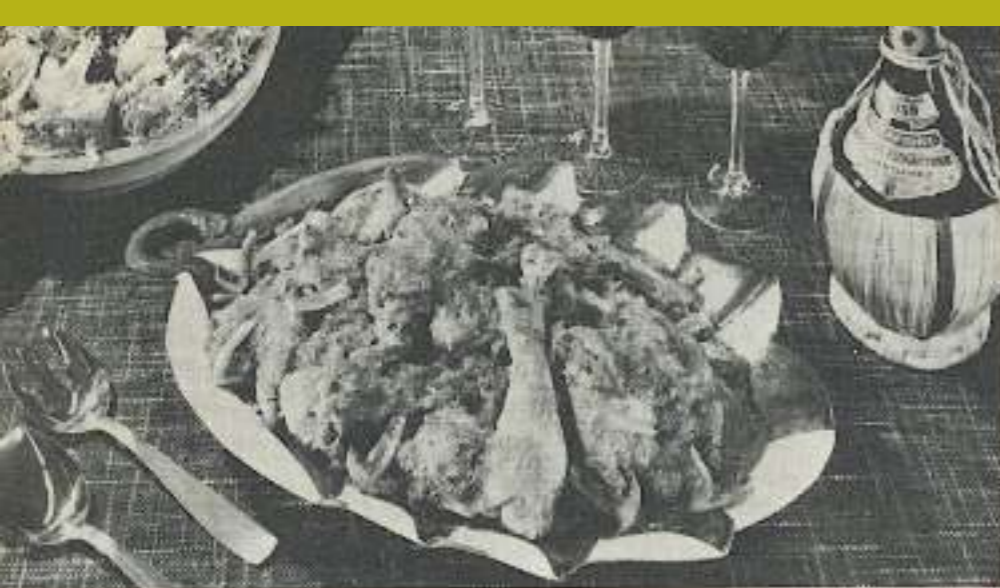
½ cup Marsala wine

Bring to boiling, cook 1 min. and serve.

4 to 5 servings

—Liver and Onions with Mushrooms (Fegato con Cipolla e Funghi)

Follow **▲** Recipe. Add 1 cup (8-oz. can) mushrooms, drained, with Marsala wine.



Chicken Cacciatore with Mushrooms, Green Salad and Chianti Wine

Chicken Cacciatore, Naples Style (Pollo alla Cacciatora)

▲ Base Recipe

A universal Italian favorite, whether served with plain tomato sauce or smothered with fresh mushrooms and green peppers.

Heat in a large, heavy skillet until garlic is lightly browned

- ½ cup olive oil
- 2 cloves garlic, sliced thin (page 5)

Meanwhile, prepare and coat with flour mixture as in recipe for Fried Chicken, Italian Style (page 23)

- 1 frying chicken, 2 to 3 lbs., ready-to-cook weight

Starting with meaty pieces of chicken, place them skin-side down, in skillet containing oil and garlic. Add less meaty pieces of chicken as others brown. To brown all sides, turn as necessary with tongs or two spoons.

While chicken is browning, combine

- 3½ cups (No. 2½ can) tomatoes, sieved (page 5)
- 1¼ teaspoons salt
- 1 teaspoon oregano
- ½ teaspoon pepper

Slowly add tomato mixture to browned chicken with

- 1 teaspoon chopped parsley

Cook slowly 25 to 30 min., or until thickest pieces of chicken are tender when pierced with a fork. If mixture tends to become too thick, add a small amount of water.

About 4 servings



—Chicken Cacciatore with Mushrooms (Pollo alla Cacciatora con Funghi)

Follow ▲ Recipe. Clean (page 5) and thinly slice 1 small onion, and ¼ lb. mushrooms. Cook in 3 tablespoons butter or margarine until onions are transparent and mushrooms are lightly browned. Add to browned chicken with tomato mixture.

—Chicken Cacciatore with Mushrooms and Peppers (Pollo alla Cacciatora con Funghi e Peperoni)

Follow ▲ Recipe. Clean (page 5) and dice 1 green pepper and clean and slice (page 5) ¼ lb. mushrooms. Cook in 3 tablespoons butter or margarine until mushrooms are lightly browned. Add to browned chicken with tomato mixture.

Fried Chicken, Italian Style (Pollo Fritto)

Set out a large, heavy skillet having a tight-fitting cover and fill to ½ in. depth with
Olive oil

Clean

- 1 frying chicken, 2 to 3 lbs., ready-to-cook weight

(If chicken is frozen, thaw according to directions on package.) Disjoint and cut into serving-size pieces. Rinse and pat dry with absorbent paper. To coat chicken evenly, shake 2 or 3 pieces at a time in a plastic bag containing a mixture of

- ½ cup flour
- 1½ teaspoons salt
- ¼ teaspoon black pepper

Combine

- 2 eggs, well beaten
- ¼ cup milk
- 1 tablespoon chopped parsley

Set prepared skillet with oil over medium heat. When oil is almost heated, dip each piece of chicken into egg mixture. Roll pieces in

- ½ cup grated Parmesan cheese

Starting with meaty pieces of chicken, place them skin-side down in skillet. Put in less meaty pieces as others brown. To brown all sides, turn pieces as necessary with two spoons or tongs. When chicken is evenly browned, reduce heat and add

- 1 to 2 tablespoons water

Cover tightly and cook slowly 25 to 40 min., or until thick pieces of meat are tender when pierced with a fork; uncover last 10 min. to crisp skin.

3 or 4 servings



Chicken Vesuvio (Pollo alla Vesuviana)

Named after the volcano, the rim of this casserole is topped with deep-fried potatoes and seems to be erupting flavorful fried chicken.

Set out a large, heavy skillet and a large, shallow baking dish.

Prepare and coat with flour mixture as in recipe for Fried Chicken, Italian Style (on this page)

- 1 frying chicken, 2 to 3 lbs., ready-to-cook weight

Heat in skillet

- ½ cup olive oil

Starting with meaty pieces of chicken, place them skin-side down in skillet. Add less meaty pieces of chicken as others brown. To brown all sides, turn as necessary with tongs or two spoons. When browned, place chicken one layer deep in baking dish. Set aside.

Heat in skillet until garlic is lightly browned

- 2 tablespoons olive oil
- 1 clove garlic, sliced (page 5)

Stir in

- 2 tablespoons Marsala wine
- ½ teaspoon chopped parsley

Pour this mixture over chicken in baking dish.

Bake at 325°F about 45 min., turning once, or until thickest pieces of chicken are tender when pierced with a fork.

Meanwhile, prepare (page 44) and place in oven to keep warm

Deep-Fried Potatoes

To serve, place Deep-Fried Potatoes around rim of baking dish to form "volcano."

4 servings

Lobster Fra Diavolo (Aragosta alla Diavola)

Prepare

Marinara Sauce (page 49)

While sauce is cooking, fill large, deep kettle, having a cover, about $\frac{3}{4}$ full with water. Bring to a rapid boil and plunge head first into boiling water (one at a time)

2 live lobsters, about 1½ lbs. each

Cover and boil about 8 min. (Lobsters will turn pink.) Remove with tongs. Slit underside lengthwise and remove stomach, lungs and vein. Set lobsters aside and keep warm.

When sauce is cooked, stir in

½ cup red wine

Few grains cayenne pepper

Bring sauce to boiling and pour over lobsters. Serve immediately.

2 servings



Fillet of Sole in White Wine (Filetti di Sogliole al Vino)

Grease 2-qt. shallow casserole having a cover.

Wipe with a clean, damp cloth and place in casserole

2 lbs. fillet of sole

Pour over fillets a mixture of

½ cup dry white wine

½ cup (1 medium-size) chopped onion (page 5)

3 tablespoons melted butter or margarine

2 bay leaves, crushed

1 teaspoon chopped parsley

½ teaspoon salt

¼ teaspoon pepper

Cover casserole and bake at 375°F for 25 min., or until the fish flakes when gently pierced with a fork.

6 servings



Cod alla Marinara (Baccalà alla Marinara)

▲ *Base Recipe*

Grease 1½-qt. casserole.

Wipe with a clean, damp cloth

2 lbs. cod steaks, about 1 in. thick

Place cod in casserole and set aside.

Combine in a saucepan

2 cups canned tomatoes, sieved (page 5)

¼ cup pitted and chopped green olives

2 tablespoons capers

1 tablespoon parsley

1 teaspoon salt

½ teaspoon pepper

½ teaspoon oregano

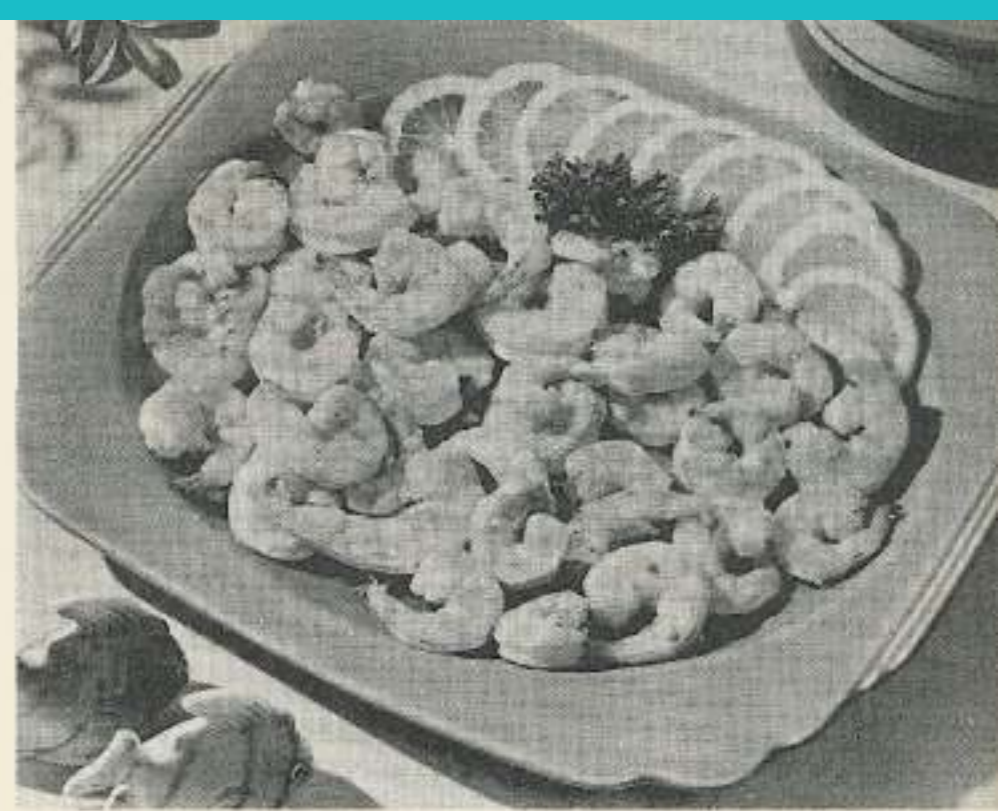
Bring to boiling and pour over cod in casserole.

Bake at 350°F 25 to 30 min., or until the fish flakes when gently pierced with a fork.

4 servings

—Halibut alla Marinara (Pesce alla Marinara)

Follow ▲ Recipe. Substitute halibut steaks for the cod.



**Fried Scampi
with
Lemon
Slices**

Fried Scampi (Scampi Fritti)

Set out deep saucepan or automatic deep-fryer for deep-frying (page 5) and heat fat to 360°F.

Wash in cold water

3 lbs. fresh prawns or shrimp with shells

Remove tiny legs. Peel shells from prawns. Cut a slit to just below surface along back of prawns (outer curved surface) to expose the black vein. Remove vein with knife point. Rinse prawns quickly in cold water. Drain on absorbent paper.

Fry only as many prawns as will float uncrowded one layer deep in the fat. Fry 3 to 5

min., or until golden brown. Drain over fat before removing to absorbent paper. Turn fried prawns onto a warm platter.

Heat in skillet

½ cup olive oil

Add and cook until garlic is lightly browned

4 cloves garlic, minced (page 5)

1 teaspoon salt

½ teaspoon oregano

¼ teaspoon pepper

Pour oil sauce over prawns on platter, and sprinkle with

1 teaspoon chopped parsley

(Prawns and oil sauce can be put into a casserole and baked at 375°F for 15 min.)

About 6 servings

Pasta, Polenta, Rice

AND

Rice



Lasagne, vermicelli, ditalini, ravioli and manicotti are only a small part of the Italian phenomenon known as pasta. Including spaghetti, noodles and macaroni, these may appear in the shape of small shells, long strings, puffy filled squares or flat, wide noodles. They all are pasta—pasta which must never be cooked too long, but “al dente” so that it can be felt “under the tooth.”

Many stories tell of the origin of pasta. These include stories of ancient Romans eating pasta products with cheese and of Marco Polo who is supposed to have brought macaroni back from China.

Baked or boiled, served with oil and garlic, tomato sauce, or just plain butter, pasta is an integral part of the Italian cuisine.

Basic Noodle Dough (Pasta)

Sift into a large bowl a mixture of

- 4 cups sifted flour
- ½ teaspoon salt

Make a well in center of flour. Add, one at a time, mixing slightly after each addition

- 4 eggs
- 6 tablespoons cold water

Mix well to make a stiff dough. Turn dough onto a lightly floured surface and knead (page 6). Proceed as directed in recipes.

Green Noodles (Pasta Verde)

Grease 2-qt. casserole and set aside.

Prepare and cook (page 6)

- ¼ lb. spinach

Finely chop cooked spinach and set aside.

Sift into a large bowl a mixture of

- 3 cups sifted flour
- ½ teaspoon salt

Make a well in center of flour. Add, one at a

time, mixing slightly after each addition

- 3 eggs

Add the chopped spinach and mix well to make a stiff dough. Turn dough onto a lightly floured surface and knead (page 6). Divide dough into halves. Lightly roll each half ¼ in. thick to form a rectangle. Let stand covered for 1 hr.

Beginning with the narrow end, gently fold over about 2 in. of dough and continue to fold over so that final width will be about 3 in. (Dough must be dry enough so that layers do not stick together.) Beginning at the narrow edge, cut dough into strips ¼ in. wide. Unroll strips and arrange on waxed paper on a flat surface. Let stand about 2½ hrs., or until noodles are dry.

Bring to boiling in a large saucepan

- 6 qts. water
- 1 tablespoon salt

Gradually add the noodles. Boil rapidly uncovered about 8 to 10 min., or until tender.

Set out

- ¾ cup grated Parmesan cheese
- ¼ cup butter
- ½ teaspoon salt

Test tenderness of noodles by pressing a piece against side of pan with fork or spoon. Drain by pouring into a colander or large sieve. Place a layer of noodles (about one-third of the noodles) into the casserole. Top with one-third of cheese and salt. Dot with one-third of the butter. Beginning with noodles, repeat layering, ending with grated Parmesan cheese and butter.

Bake at 350°F about 15 to 20 min., or until cheese is melted.

About 8 servings

Ravioli

(See center color photo)

▲ Base Recipe

Prepare (allowing about 4½ hrs.)

Tomato Meat Sauce (page 48)

Set aside.

Heat in skillet

- 2 tablespoons olive oil

Add, and cook until browned, breaking into small pieces with fork or spoon

- ¾ lb. ground beef

Meanwhile, prepare and cook (page 6)

- ½ lb. spinach

Drain well. Mix spinach and ground beef. Add and mix well

- 2 eggs, well beaten

and a mixture of

- 1 tablespoon grated Parmesan cheese
- ¾ teaspoon salt
- ¼ teaspoon pepper

Set aside.

Prepare

Basic Noodle Dough (page 26)

Divide dough into fourths. Lightly roll each fourth ¼ in. thick to form a rectangle. Cut dough lengthwise with pastry cutter into strips 5 in. wide. Place 2 teaspoons filling 1½ in. from narrow end in center of each strip. Continuing along the strip, place 2 teaspoons filling 3½ in. apart.

Fold each strip in half lengthwise, covering the mounds of filling. To seal, press the edges together with the tines of a fork. Press gently between mounds to form rectangles about 3½ in. long. Cut apart with a pastry cutter and press the cut edges of rectangles with tines of fork to seal.



Ravioli with Tomato Meat Sauce

Bring to boiling in large saucepan

- 7 qts. water
- 2 tablespoons salt

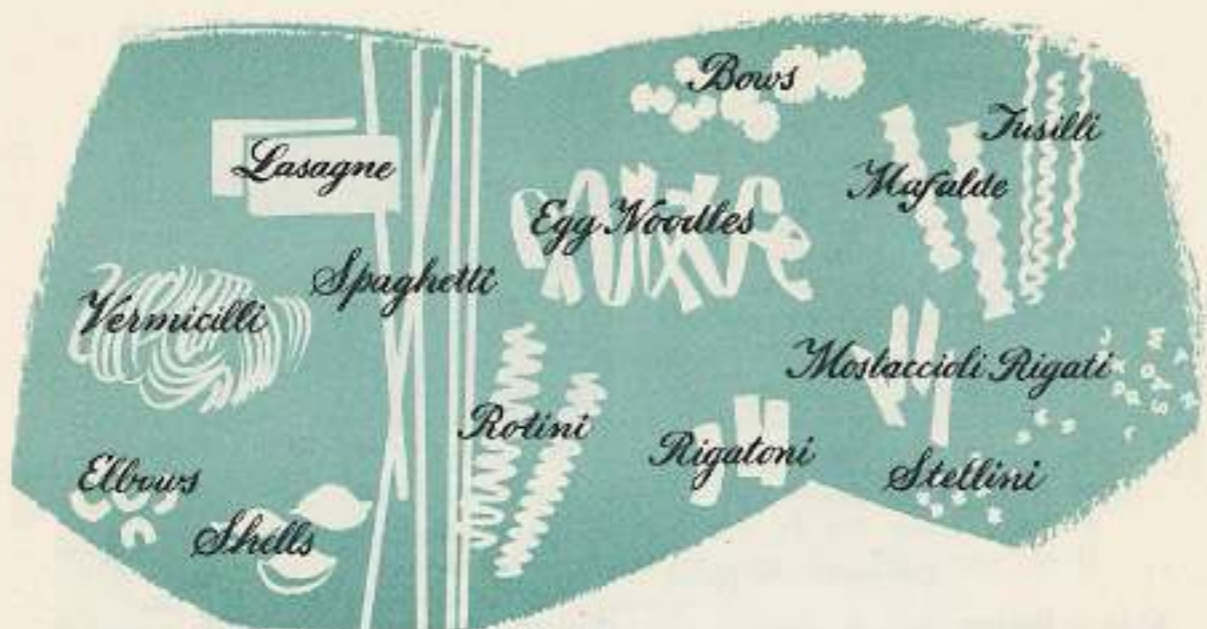
Gradually add the ravioli (cook about one-half the ravioli at one time). Boil rapidly uncovered about 20 min., or until tender. Test tenderness by pressing a piece against side of pan with fork or spoon. Remove with slotted spoon. To drain, hold spoon on folded paper napkin a few seconds. Place ravioli on a warm platter and top with Tomato Meat Sauce. Sprinkle with

- Grated Parmesan or Romano cheese
- About 3 doz. Ravioli

—Ravioli with Ricotta Filling (Ripieno di Ricotta per Ravioli)

Follow ▲ Recipe. Substitute 3 cups (about 1½ lbs.) ricotta cheese for the ground beef. Omit oil and spinach. Add 1½ tablespoons chopped parsley.





Lasagne

See center color photo)

It is said that on Christmas Eve the grandmother in an Italian household measures the width of the children's mouths to know how wide to make the lasagne noodles. Here is a combination of Italian cheeses, noodles and tomato sauce you won't want to miss.

Set out 8x8x2-in. baking dish.

Prepare (allowing about 4½ hrs.)

Tomato Meat Sauce (page 48)

When sauce is partially done, heat to boiling in large saucepan

8 qts. water

¼ cup salt

1 tablespoon olive oil

Gradually add

1 lb. lasagne noodles

Boil rapidly uncovered about 15 min., or until

Lasagne with Tomato Meat Sauce



noodles are tender. Test tenderness by pressing a piece against side of pan with fork or spoon.

Heat in skillet

3 tablespoons olive oil

Add and cook until browned, breaking into small pieces with fork or spoon

1 lb. ground beef

Hard-cook (page 5)

2 eggs

Drain noodles by pouring into a colander or large sieve.

Pour ½ cup of the Tomato Meat Sauce into the baking dish. Top with a layer of noodles (about one-third of the noodles) and one-half of

¾ lb. Mozzarella cheese, sliced

Then add one-half of browned ground beef and 1 hard-cooked egg, sliced. Sprinkle with one-half of

¼ cup grated Parmesan cheese

½ teaspoon pepper

Top with one-half of

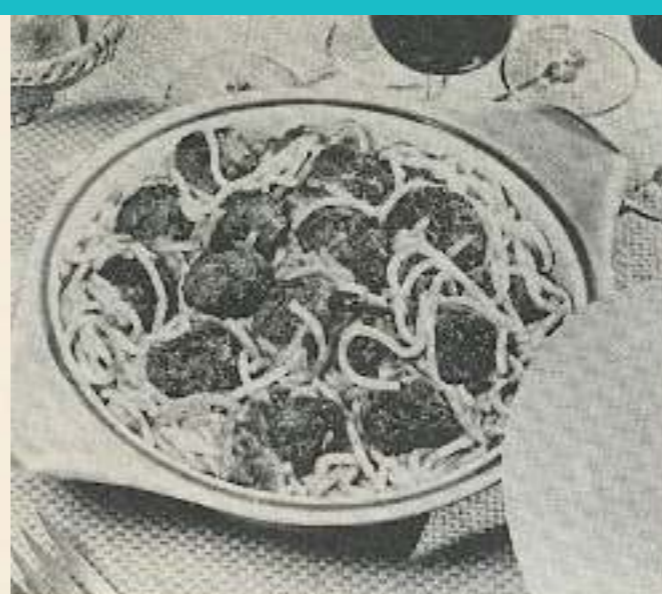
1 cup Ricotta cheese

Beginning with sauce, repeat layering, ending with Ricotta cheese. Top Ricotta cheese with ½ cup of sauce. Arrange over this remaining lasagne noodles. Top with more sauce.

Bake at 350°F about 30 min., or until mixture is bubbling. Let stand 5 to 10 min. to set layers.

Cut into 2-in. squares and serve topped with remaining sauce.

6 to 8 servings



Spaghetti with Wine Tomato Sauce

Spaghetti with Meat Balls

(Spaghetti con Polpetto)

(See center color photo)

▲ Base Recipe

Prepare (allowing about 4½ hrs.)

Tomato Meat Sauce (page 48)

When sauce is partially done, mix lightly

½ lb. ground beef

½ lb. ground pork

1 cup (1 slice) soft bread crumbs

1 tablespoon grated Parmesan cheese

1 tablespoon minced parsley

1 egg, well beaten

1 teaspoon salt

¼ teaspoon pepper

Shape meat mixture into balls about 1 in. in diameter.

Heat in skillet

2 tablespoons olive oil

1 clove garlic, minced (page 5)

Add meat balls and brown on all sides, turning occasionally. Pour off fat as it collects. Remove meat balls from skillet. Add meat balls to Tomato Meat Sauce about 20 min. before sauce is done.

Meanwhile, heat to boiling in a large saucepan

4 qts. water

1 tablespoon salt

Gradually add, stirring with a fork

8 oz. unbroken spaghetti

Boil rapidly uncovered 10 to 12 min., or until

spaghetti is tender. Test tenderness by pressing a piece against side of pan with fork or spoon. Drain in colander or large sieve.

Place drained spaghetti on warm platter. Top with Tomato Meat Sauce and sprinkle with **Grated Parmesan or Romano cheese**. Surround spaghetti with meat balls.

4 to 6 servings

—Spaghetti with Wine Tomato Sauce (Spaghetti con Salsa di Pomodoro Vino)

Follow Δ Recipe. About 30 min. before sauce is done, add ½ cup dry red wine.



—Spaghetti with Tomato Sauce (Spaghetti con Salsa di Pomodoro)

Follow Δ Recipe. Omit meat balls. Top spaghetti with Tomato Meat Sauce (page 48) or any of the sauce variations.



—Linguine

Omit Tomato Sauce and Meat Balls. Follow Δ Recipe for cooking pasta, substituting 8 oz. uncooked linguine for spaghetti. Boil 10 to 15 min., or until tender. Serve topped with Oil and Garlic Sauce (page 50), any of the sauce variations or Marinara Sauce (page 49).

Spaghetti with Meat Balls



Rice Milanese (Risotto alla Milanese)

▲ Base Recipe

Set out a heavy 1½-qt. saucepan having a tight-fitting cover.

Melt in saucepan

¼ cup butter or margarine

Add and cook until onions are lightly browned

¼ cup finely chopped onion (page 5)

Stir in

1 cup uncooked rice

Cook slowly until rice is lightly browned, stirring frequently with a fork. Add slowly, stirring with a fork until mixture boils

**3 cups Quick Chicken Broth (page 5)
or Chicken Broth (page 11)**

½ cup Marsala wine

1 teaspoon salt

Cover pan. Reduce heat to a minimum and allow rice to simmer without stirring 18 min. Turn off heat under rice without moving pan; do not lift cover as rice must steam.

Meanwhile, dissolve

¼ teaspoon saffron

in

2 tablespoons hot water

In 30 min. water in saucepan should be absorbed and rice tender, fluffy and dry. Add saffron mixture to rice. Mix well using a fork to lift and turn rice.

Serve warm and top with

¼ cup grated Parmesan cheese

3 to 4 cups rice

—Rice with Mushrooms (Risotto con Funghi)

Follow Δ Recipe, omitting saffron. Increase butter or margarine to 6 tablespoons. Clean and slice ½ lb. mushrooms (page 5) and cook with onions until lightly browned.



Gnocchi

Prepare (allowing about 4½ hrs.)

Tomato Meat Sauce (page 48)

Meanwhile, wash, pare and cook covered in boiling, salted water to cover

**3 medium-size (about 1 lb.)
potatoes, cut in quarters**

Cook about 20 min., or until tender when pierced with a fork. Drain. To dry potatoes, shake pan over low heat.

Scald with boiling water, potato masher, food mill or ricer. Mash or rice potatoes; keep hot.

Measure into a bowl

1¾ cups sifted flour

Make a well in center of flour. Add mashed potatoes. (The mashed potatoes should be added when they are very hot.) Mix well to make a soft, elastic dough. Turn dough onto a lightly floured surface and knead (page 6).

Break off small pieces of dough and use palm of hand to roll pieces to pencil thickness. Cut into pieces about ¾ in. long. Curl each piece by pressing lightly with the index finger and pulling the finger along the piece of dough toward you. Gnocchi may also be shaped by pressing each piece lightly with a floured fork.

Bring to boiling in a saucepan.

3 qts water

Gradually add the Gnocchi (cook about one-half the Gnocchi at one time). Boil rapidly uncovered about 8 to 10 min., or until Gnocchi are tender and come to the surface. Test tenderness by pressing a piece against side of pan with fork or spoon. Drain by pouring into a colander or large sieve. Mix Gnocchi with

**2 tablespoons grated Parmesan
cheese**

Top with remaining sauce. Serve immediately.

About 6 servings



Macaroni
and Cheese
with
Green Salad

Macaroni and Cheese (Maccheroni al Formaggio)

▲ Base Recipe

Thoroughly grease 2-qt. casserole.

Melt in skillet

2 tablespoons butter or margarine

Stir in and set aside

2 cups (2 slices) soft bread crumbs

Cook as for spaghetti (page 29)

**2 cups (8 oz.) uncooked macaroni
(tubes broken in 1- to 2-in. pieces;
elbows or other small shapes)**

Meanwhile, prepare

Thin White Sauce (page 51)

Cool sauce slightly.

Grate

**½ lb. process cheese food (2 cups,
grated)**

Reserving ¼ cup, add cheese all at once to the slightly cooled white sauce with

½ cup minced onion (page 5)

Stir until cheese is melted. Place one-half of the macaroni into casserole and cover with one-half of the sauce; repeat. Cover top with reserved grated cheese and buttered crumbs.

Bake at 350°F 20 to 30 min., or until crumbs are lightly browned.

6 or 7 servings

—Macaroni with Tomatoes (Maccheroni al Pomodoro)

Follow Δ Recipe. Omit buttered bread crumbs. Substitute 1 cup grated Parmesan cheese for 1 cup of the process cheese food. Rinse, remove stem ends and cut into slices 3 medium-size (about 1 lb.) tomatoes. Cover top of casserole mixture with sliced tomatoes. Sprinkle with ¼ cup cheese as in Δ Recipe.



Macaroni Muffs (Manicotti)

Set out two 11x7x1½-in. baking dishes.

Prepare (allowing about 4½ hrs.)

Tomato Meat Sauce (page 48)

When sauce is partially done, heat in skillet

2 tablespoons olive oil

Add and cook until browned, breaking into small pieces with fork or spoon

½ lb. ground beef

Remove browned ground beef from skillet and mix with

2 cups (about 1 lb.) Ricotta cheese

¼ lb. Mozzarella cheese, diced
(page 5)

2 teaspoons grated Parmesan cheese

2 eggs, well beaten

¾ teaspoon salt

¼ teaspoon pepper

Set aside.

Prepare

Basic Noodle Dough (one-half recipe, page 26)

Divide dough into halves. Lightly roll each half ¼ in. thick to form a rectangle. Cut dough lengthwise with pastry cutter into strips 5 in. wide. Cut strips every 6 in. to form noodles 5x6 in.

Bring to boiling in a large saucepan

5 qts. water

1 tablespoon salt

Gradually add the noodles. Boil rapidly uncovered about 10 to 12 min., or until noodles are tender. Test tenderness by pressing a piece against side of pan with fork or spoon. Drain



by pouring into a colander or large sieve.

Lay noodles out flat on a working surface. About ½ in. from the lengthwise edge of the noodle, place 4 tablespoons filling. Spread the filling from narrow edge to narrow edge so filling is in a ½-in. wide mound. Roll the ¼-in. edge of the dough over the filling and continue to roll. Press edges to seal. Place 4 to 6 Manicotti into each baking dish in a single layer. Cover with Tomato Meat Sauce.

Bake at 400°F 15 to 20 min., or until tomato sauce is bubbling hot and Manicotti swells. Serve with remaining Tomato Meat Sauce.

About 8 to 12 Manicotti

Mostaccioli and Cheese (Mostaccioli al Formaggio)

Set out 8x8x2-in. baking dish.

Prepare (allowing about 4½ hrs.)

Tomato Meat Sauce (page 48)

Heat to boiling in large saucepan

4 qts. water

1 tablespoon salt

Gradually add

2 cups (8-oz. pkg.) mostaccioli

Boil rapidly uncovered 12 to 15 min., or until mostaccioli is tender. Test tenderness by pressing a piece against side of pan with fork or spoon. Drain by pouring into a colander or large sieve. Return drained mostaccioli to saucepan and mix with 2 tablespoons Tomato



Meat Sauce. Place one-half of mostaccioli into baking dish. Add in layers

1 cup chopped Mozzarella cheese

2 tablespoons grated Parmesan cheese

¼ teaspoon pepper

Cover with remaining mostaccioli. Cover with Tomato Meat Sauce.

Bake at 350°F about 15 to 20 min., or until tomato sauce is bubbling.

Serve with remaining hot Tomato Meat Sauce. Sprinkle with

Grated Parmesan or Romano cheese

Serve immediately

About 4 to 6 servings



Shells with Clam Sauce and Coffee

Shells with Clam Sauce (Conchiglie con Salsa alle Vongole)

Cook and drain (see Macaroni and Cheese, page 31)

2 cups (8-oz. pkg.) macaroni shells

Meanwhile, prepare

White Clam Sauce (page 51)

Pour sauce over macaroni shells and sprinkle with

1 tablespoon minced parsley

Serve hot.

4 to 6 servings

Lasagnette

Prepare (allowing about 4½ hrs.)

Tomato Meat Sauce (one-half recipe, page 48)

When sauce is partially done, prepare **Basic Noodle Dough (page 26)**

Roll lightly ¼ in. thick to form a rectangle about 12 in. long. Cut dough lengthwise with pastry cutter into strips ½ to ¾ in. wide. Cook strips as for Lasagne (page 28). Drain strips by pouring into a colander or large sieve. Set aside to keep warm.

Place into a saucepan ½ cup Tomato Meat Sauce. Add and mix well

1 cup (½ lb.) Ricotta cheese

2 tablespoons grated Parmesan cheese

¼ teaspoon salt

½ teaspoon pepper

Cook over low heat until thoroughly heated. Pour mixture over noodles on warm serving dish. Cover with remaining Tomato Meat Sauce and serve immediately.

About 8 servings



IDENTIFICATION OF FOODS IN CENTER COLOR PHOTO

(Numbers refer to pages on which recipes will be found.)

- Top row:** (Left to right) Grapes in a Basket (63), Minestrone (11), Melon and Prosciutto (9), Zuppa Inglese (53)
Second Row: Lasagne (28), Ravioli (27), Spumone (59)
Third Row: Italian Bread and Bread Sticks (15), Tomato-Cheese Pizza (12), Spaghetti with Meat Balls (29), Coffee, Macchinetta Style (64)
Bottom row: Tomato Meat Sauce and Parmesan Cheese (48), Veal Scaloppine (16), Antipasto Tray (8)



Polenta

(Polenta con Salsiccia)

Here is a corn meal mush so unusual that a holiday is celebrated in its honor! On the Friday before Lent, the people of Ponti, Italy, celebrate the feast of Polentine. The town's best cooks combine their efforts in preparing a huge dish of polenta said to weigh a thousand pounds. The day is celebrated by a parade and merrymaking in honor of the polenta. At the end of this day, the polenta is distributed to the poor.

Set out a large, heavy skillet.

Prepare (page 5)

1 lb. Italian sausage

Clean and slice (page 5)

1 lb. mushrooms

Heat in skillet

2 tablespoons olive oil

Add mushrooms and sausage to skillet. Cook

slowly, stirring occasionally, until mushrooms and sausage are lightly browned. Slowly stir in a mixture of

2½ cups (No. 2 can) tomatoes

1 teaspoon salt

¼ teaspoon pepper

Simmer 20 to 30 min.

Meanwhile, bring to boiling in a saucepan

3 cups water

1½ teaspoons salt

Gradually stir in a mixture of

1 cup yellow corn meal

1 cup cold water

Continue boiling, stirring constantly, until mixture is thickened. Cover, lower heat, and cook slowly 10 min. or longer. Transfer cooked corn meal to a warm platter and top with the tomato mixture. Sprinkle with

Grated Parmesan or Romano cheese

Serve immediately.

6 to 8 servings

Pasta with Broccoli

(Pasta con Broccoli)

Heat to boiling in a large saucepan

4 qts. water

2 teaspoons salt

Gradually add

4 cups (1-lb. pkg.) ditalini

Boil rapidly uncovered about 12 min., or until ditalini is tender. Test tenderness by pressing a piece against side of pan with fork or spoon. Reserving 3 cups liquid, drain ditalini by pouring into a colander or large sieve. Set aside.

Prepare and cook until just tender (page 6)

1 lb. broccoli

Set aside.

Heat in large saucepan until garlic is lightly browned

¼ cup olive oil

2 cloves garlic, sliced (page 5)

Add drained broccoli and ditalini with the 3 cups reserved liquid. Season with

½ teaspoon pepper

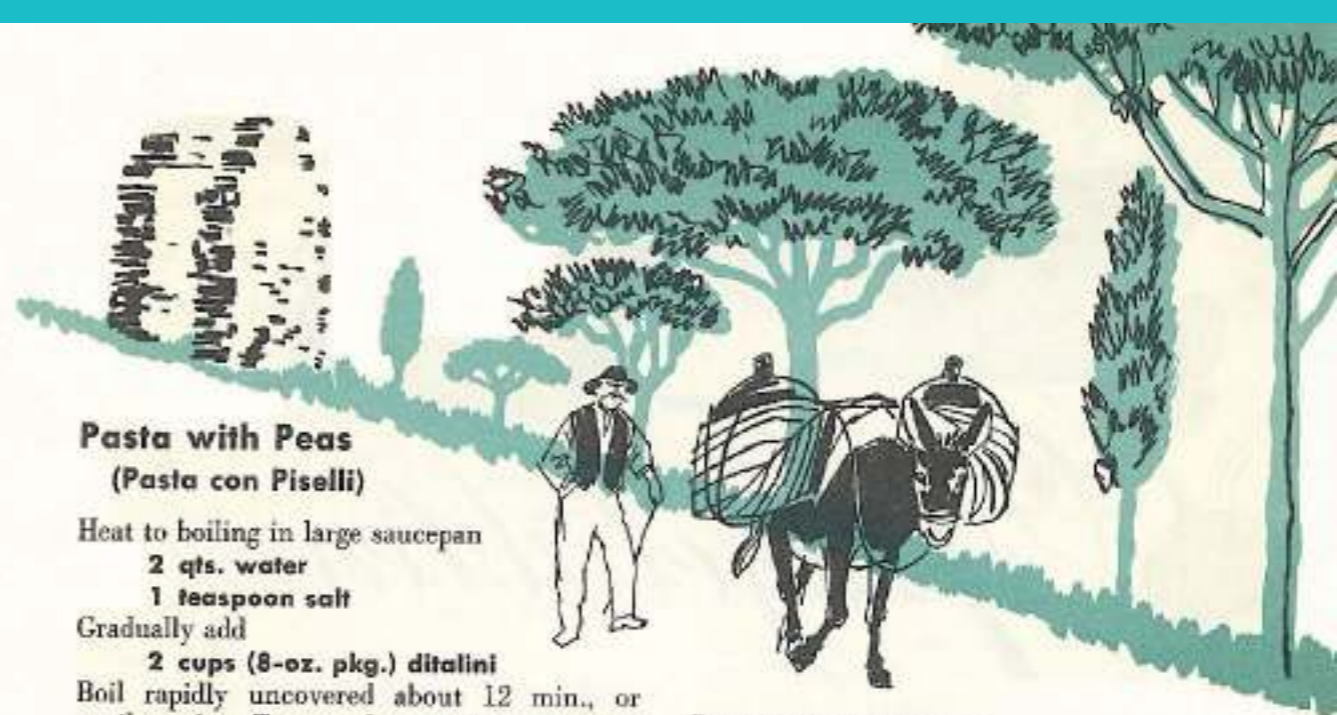
Simmer about 10 min.

Serve topped with

Grated Parmesan or Romano cheese

Serve immediately.

About 6 servings



Pasta with Peas

(Pasta con Piselli)

Heat to boiling in large saucepan

2 qts. water

1 teaspoon salt

Gradually add

2 cups (8-oz. pkg.) ditalini

Boil rapidly uncovered about 12 min., or until tender. Test tenderness by pressing a piece against side of pan with fork or spoon. Reserving 2 cups water, drain by pouring into a colander or large sieve. Set aside.

Heat in a large saucepan

¼ cup olive oil

Add and cook slowly until lightly browned

¼ cup chopped onion (page 5)

Add slowly a mixture of

½ cup tomatoes, sieved (page 5)

¾ teaspoon salt

½ teaspoon pepper

½ teaspoon oregano

Simmer about 10 min. Add cooked ditalini, reserved liquid and

3½ cups (No. 2½ can) peas

Simmer about 10 to 15 min.

Serve topped with

Grated Parmesan or Romano cheese

Serve immediately.

About 4 or 5 servings



Pasta with Beans

(Pasta con Fagioli)

Heat to boiling in a large saucepan

3 cups water

Meanwhile, wash thoroughly and discard imperfect beans from

1¼ cups (about ½ lb.) pea (navy) beans

Gradually add beans to water so boiling will not stop. Simmer 2 min. and remove from heat. Set aside to soak 1 hr. Add to beans

½ teaspoon salt

Return to heat and simmer 2 hrs., or until beans are tender, stirring once or twice.

Meanwhile, heat to boiling in large saucepan

2 qts. water

1 teaspoon salt

Gradually add

2 cups (8-oz. pkg.) ditalini

Boil rapidly uncovered about 12 min., or until ditalini is tender. Test tenderness by pressing a piece against side of pan with fork or spoon. Reserving 1 cup liquid, drain ditalini by pouring into a colander or large sieve. When beans are tender, add the drained ditalini, the 1 cup reserved liquid, and a mixture of

¼ cup tomatoes, sieved (page 5)

1 tablespoon olive oil

¼ teaspoon pepper

¼ teaspoon oregano

Simmer 10 to 15 min. Serve sprinkled with

Grated Parmesan cheese

Serve immediately.

About 5 or 6 servings

Unloading Sugar Beets at Ferrara, Italy

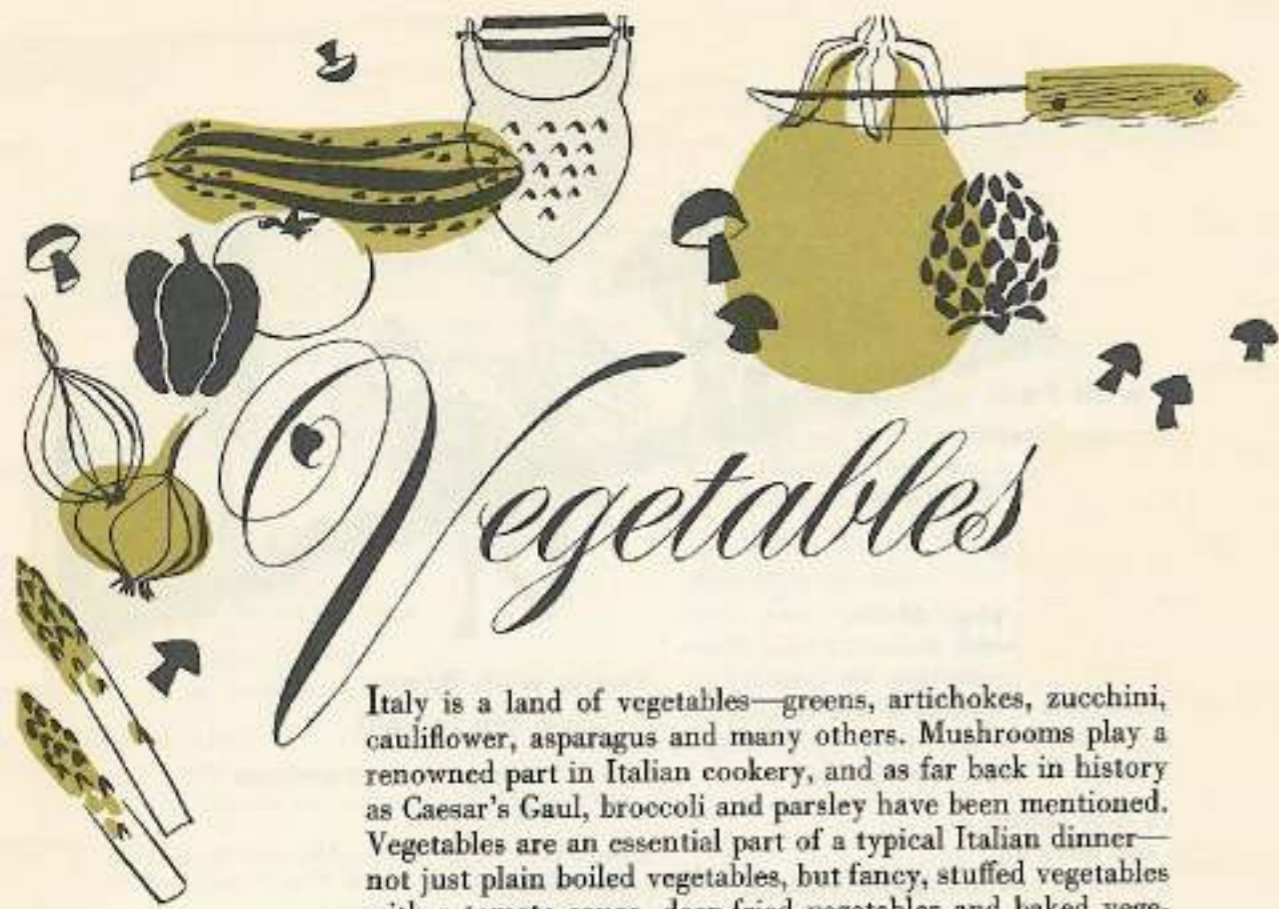
ERWING GALLOWAY



Women Harvesting Wheat in Umbria, Italy

ERWING GALLOWAY





Italy is a land of vegetables—greens, artichokes, zucchini, cauliflower, asparagus and many others. Mushrooms play a renowned part in Italian cookery, and as far back in history as Caesar's Gaul, broccoli and parsley have been mentioned. Vegetables are an essential part of a typical Italian dinner—not just plain boiled vegetables, but fancy, stuffed vegetables with a tomato sauce, deep-fried vegetables and baked vegetables topped with tangy, grated cheese.

Stuffed Artichokes Sicilian (Carciofi Imbottiti alla Siciliana)

▲ Base Recipe

Set out 10-in. skillet having a tight-fitting cover.

Remove outside lower leaves and cut off stems from

4 medium-size artichokes

Cover with cold water. Add

1 teaspoon salt

Let artichokes stand 20 to 30 min.

Meanwhile, mix together

$\frac{2}{3}$ cup (2 slices) fine, dry bread crumbs

1 clove garlic, sliced thin (page 5)

1 teaspoon grated Parmesan cheese

1 teaspoon chopped parsley

1 teaspoon salt

$\frac{3}{4}$ teaspoon pepper

Set aside.

Wash artichokes. Spread open leaves and place in each artichoke.

3 slices garlic (page 5)

Sprinkle crumb mixture between leaves and over top of artichokes. Sprinkle with

1 tablespoon chopped parsley

Place artichokes upright in the skillet containing

2 cups water

Sprinkle artichokes with

2 tablespoons olive oil

Cover and cook about 30 min., or until artichoke leaves are tender.

To eat artichokes, pull out leaves, one by one. *4 servings*

—Artichokes with Anchovy Dressing (Carciofi Imbottiti con Acciughe)

Follow Δ Recipe. When preparing artichokes, cut off the top of the leaves and cut out the choke from the center. Discard choke. Add to stuffing 4 anchovy filets, chopped. Fill center and between leaves with the stuffing.

Florentine Spinach (Spinaci alla Fiorentina)

▲ Base Recipe

Thoroughly grease 9-in. ring mold.

Remove and discard tough stems, roots and bruised leaves from

2 lbs. spinach

Wash leaves thoroughly by lifting up and down several times in a large amount of cold water and lifting leaves out of water each time before pouring off water. When free from sand and gritty material, transfer spinach to a heavy saucepan. Cook (page 6) 8 to 10 min.

Meanwhile, prepare

2 cups Medium White Sauce (double recipe, page 51)

Stirring vigorously to blend, pour white sauce slowly into

3 eggs, slightly beaten

Set aside to cool to lukewarm.

Drain and finely chop spinach. Blend spinach and white sauce-egg mixture with

3 tablespoons minced onion (page 5)

$\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ teaspoon pepper

Pour into mold. Set mold in boiling water bath (page 4).

Bake at 350°F 45 to 55 min., or until set. Remove from oven and set aside 5 min.

To unmold run tip of knife around top of edge of mold. Invert on warm serving plate. Gently lift off pan. Serve immediately.

6 servings

—Spinach and Eggs Florentine (Spinaci con Uova alla Fiorentina)

Grease 2-qt. casserole instead of ring mold. Follow Δ Recipe for preparation of spinach and White Sauce. Omit beaten eggs. Do not combine sauce and spinach. Add seasonings and onion to spinach. Hard-cook (page 5) 6 eggs. Place one-half of spinach into casserole. Cut eggs into crosswise slices and arrange one-half of slices over spinach. Cover with 1 cup sauce. Add remaining spinach and top with remaining egg slices. Cover with remainder of sauce. Bake, omitting boiling water bath, 15 to 20 min., or until heated through.



Cauliflower à la Romagna (Cavolfiore alla Romagna)

Prepare and cook (page 6)

1 head cauliflower

Meanwhile, set out deep saucepan or automatic deep-fryer for deep-frying (page 5) and heat fat to 365°F.

Drain cauliflower, separate into flowerets and set aside to cool.

Mix together

$\frac{2}{3}$ cup (2 slices) fine, dry bread crumbs

1 teaspoon grated Parmesan cheese

$\frac{1}{2}$ teaspoon salt

$\frac{1}{4}$ teaspoon pepper

Set aside.

Combine in a small, deep bowl

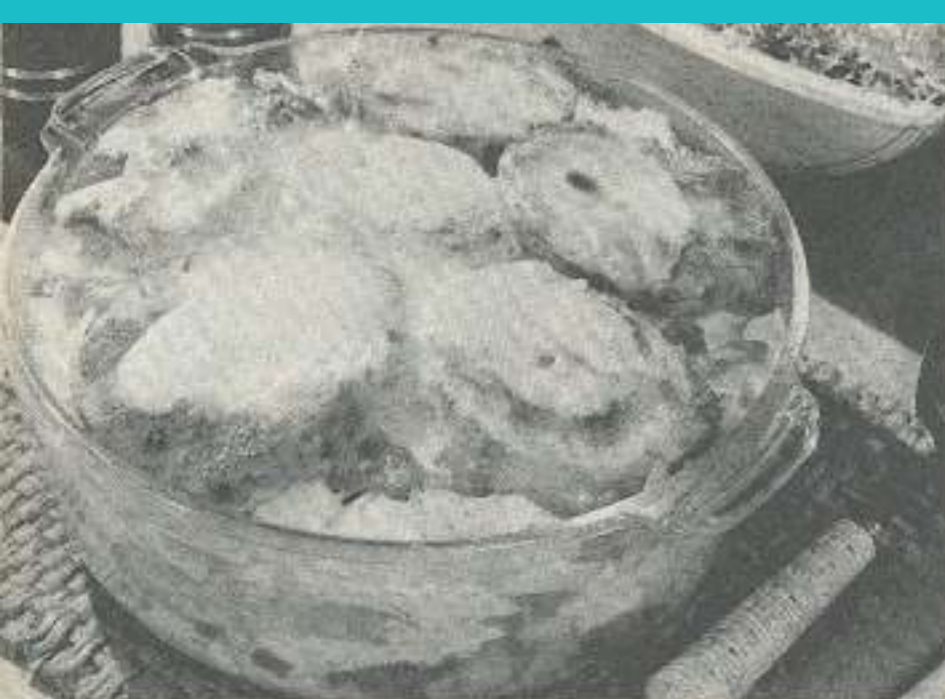
2 eggs, slightly beaten

$\frac{1}{4}$ cup milk

Coat flowerets with egg mixture and then roll in crumb mixture. Fry only as many flowerets as will float uncrowded one layer deep in the fat. Fry 2 to 4 min., or until golden brown, turning occasionally during frying time. Drain over fat before removing to absorbent paper.

About 4 servings





Eggplant
with
Cheese

Eggplant with Cheese (Melanzane con Formaggio)

▲ Base Recipe

Grease a 2-qt. casserole having a tight-fitting cover.

Prepare (allowing about 4½ hrs.) and set aside

Tomato Meat Sauce (page 48)

Heat to boiling in a large saucepan

4 qts. water

1 tablespoon salt

Gradually add, stirring with a fork

3 cups (about 8 oz.) noodles

Boil rapidly uncovered, 10 to 15 min., or until noodles are tender. Test tenderness by pressing a piece against side of pan with fork or spoon. Drain by pouring into a colander or large sieve. Set aside.

Wash, pare and cut into ½-in. thick slices

1 eggplant (about 1 lb.)

Set aside.

Combine

2 eggs, slightly beaten

¼ cup undiluted evaporated milk

Heat in skillet

3 tablespoons olive oil

Dip eggplant into egg mixture, then into

½ cup (2 slices) fine, dry bread crumbs

Place eggplant in skillet and slowly brown on both sides.

Meanwhile, grate and set aside

4 oz. process cheese food (1 cup, grated)

Place one-third of the drained noodles into the casserole. Top with one-third of the eggplant slices. Pour into casserole 1 cup Tomato Meat Sauce. Top with one-half of the grated cheese. Repeat layers (including sauce and cheese) ending with eggplant slices topped with

6 slices (3 oz.) process cheese food

Cover casserole and bake at 350°F about 20 min. Remove cover and bake 10 to 15 min. longer, or until cheese is lightly browned. Serve with remaining Tomato Meat Sauce.

4 to 6 servings

—Eggplant Parmesan (Melanzane alla Parmigiana)

Follow Δ Recipe. Substitute grated Parmesan cheese for grated process cheese food. Substitute Mozzarella cheese slices for sliced process cheese food.

Green Beans in Sauce (Fagiolini al Sugo)

▲ Base Recipe

Set out large skillet having a tight-fitting cover.

Wash, break off ends and cut into crosswise pieces

1 lb. green beans

Cook (page 6) 15 to 20 min., or until tender. Drain immediately.

While beans are cooking, heat in the skillet until garlic is lightly browned

2 tablespoons olive oil

1 clove garlic, chopped (page 5)

Add slowly

2½ cups (No. 2 can) tomatoes, sieved (page 5)

1 cup boiling water

Stir in a mixture of

½ teaspoon salt

¼ teaspoon pepper

¼ teaspoon oregano

and

2 teaspoons chopped parsley

Bring to boiling and simmer covered about 20 min., stirring occasionally.

Pour sauce over beans and serve.

4 servings

—Green Beans with Onions (Fagiolini con Cipolla)

Cut beans lengthwise into fine strips. Cook as in Δ Recipe. While beans are cooking, prepare 8 to 12 small whole onions (page 5). Cook onions (page 5) 15 to 20 min., or until tender. Drain and set aside. Heat garlic and oil as in Δ Recipe. Omit tomatoes, water, parsley and oregano. Add green beans and onions to olive oil and cook 5 to 10 min., or until thoroughly heated, stirring occasionally. Season with a mixture of salt and pepper.

Broccoli Florentine (Broccoli alla Fiorentina)

▲ Base Recipe

Set out a deep saucepan.

Remove and discard outer leaves and cut off tough ends of stalks from

1 lb. broccoli

Split lengthwise heavy stalks over ½ in. thick. Cover with cold water. Add

1 teaspoon salt

Let stand 20 to 30 min. Wash and drain, discarding liquid. Tie stalks together and stand in deep saucepan. Fill saucepan with boiling salted water up to flowerets. Boil loosely covered 10 to 20 min., or until broccoli is tender.

Meanwhile, heat in skillet

2 tablespoons olive oil

Add to skillet and cook until lightly browned

2 cloves garlic, sliced thin (page 5)

Drain broccoli and add to skillet. Cook 10 to 15 min., stirring occasionally. Season with a mixture of

¼ teaspoon salt

¼ teaspoon pepper

Serve hot.

4 servings

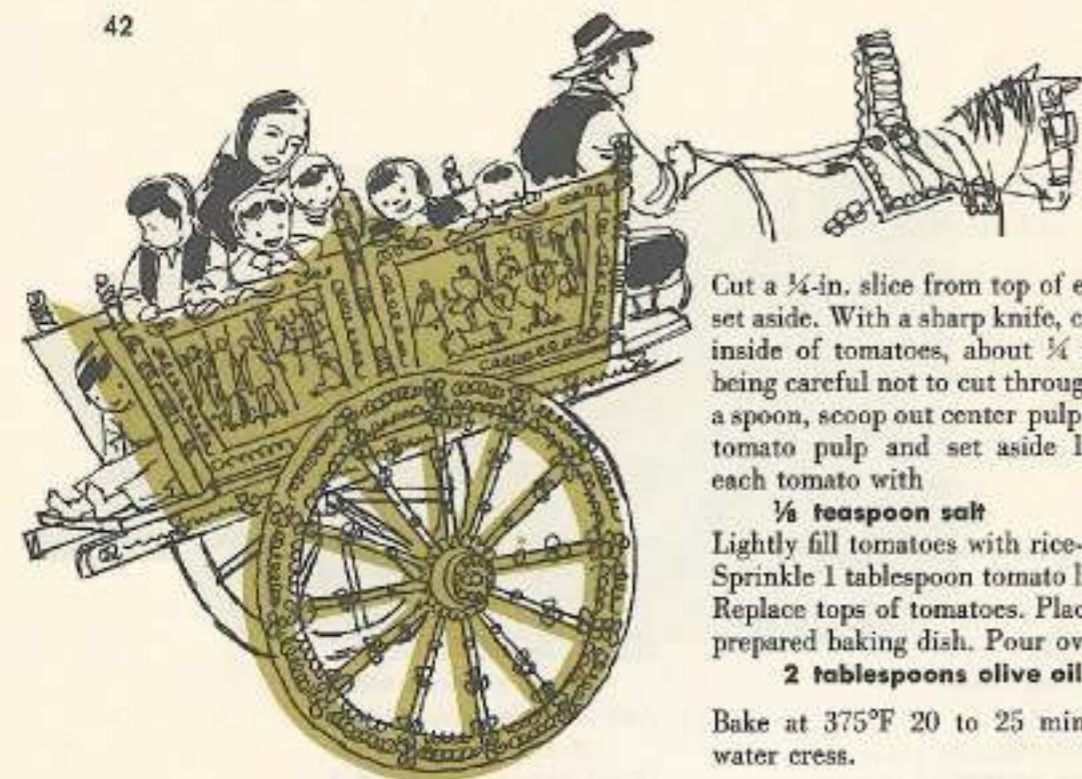
—Broccoli Roman Style (Broccoli alla Romana)

Follow Δ Recipe. Omit cooking of broccoli in boiling water. Cook the broccoli in olive oil for only 5 min. Add 1½ cups dry red wine and cook, covered, over low heat, stirring occasionally, about 20 min., or until broccoli is tender.

—Spinach Sautéed in Oil (Spinaci Saltati all'Olio)

Follow Δ Recipe for cooking in oil and seasonings. Substitute 2 cups (about 1 lb. fresh) chopped cooked spinach (page 6) for the broccoli. Add 1 tablespoon chopped pine nuts or almonds and 1 tablespoon raisins to olive oil mixture with spinach.





Cut a $\frac{1}{4}$ -in. slice from top of each tomato and set aside. With a sharp knife, cut down around inside of tomatoes, about $\frac{1}{4}$ in. from edges, being careful not to cut through bottom. With a spoon, scoop out center pulp. Sieve (page 5) tomato pulp and set aside liquid. Sprinkle each tomato with

$\frac{1}{8}$ teaspoon salt

Lightly fill tomatoes with rice-cheese mixture. Sprinkle 1 tablespoon tomato liquid over each. Replace tops of tomatoes. Place tomatoes into prepared baking dish. Pour over tomatoes

2 tablespoons olive oil

Bake at 375°F 20 to 25 min. Garnish with water cress.

6 servings

Stuffed Tomatoes

(Pomodori Imbottiti)

Thoroughly grease 8x8x2-in. baking dish.

Cook (page 5)

1 cup packaged precooked rice

Grate and set aside

4 oz. process cheese food, (1 cup, grated)

Heat in skillet

2 tablespoons olive oil

Add and cook until lightly browned

$\frac{1}{2}$ clove garlic, chopped (page 5)

Stir cheese, oil and garlic into rice. Set aside.

Rinse and remove stem ends from

6 large, firm tomatoes

Stuffed Tomatoes, Green Beans with Onions



Stuffed Onions

(Cipolle Imbottite)

Grease 2 $\frac{1}{4}$ -qt. casserole.

Cut off root end, peel, rinse and cut off $\frac{1}{2}$ -in. slice from top of each of

6 large onions

Cook loosely covered in boiling, salted water to cover 10 to 15 min., or until slightly tender. Drain well and cool.

Meanwhile, melt in a skillet

2 tablespoons butter or margarine

Stir in

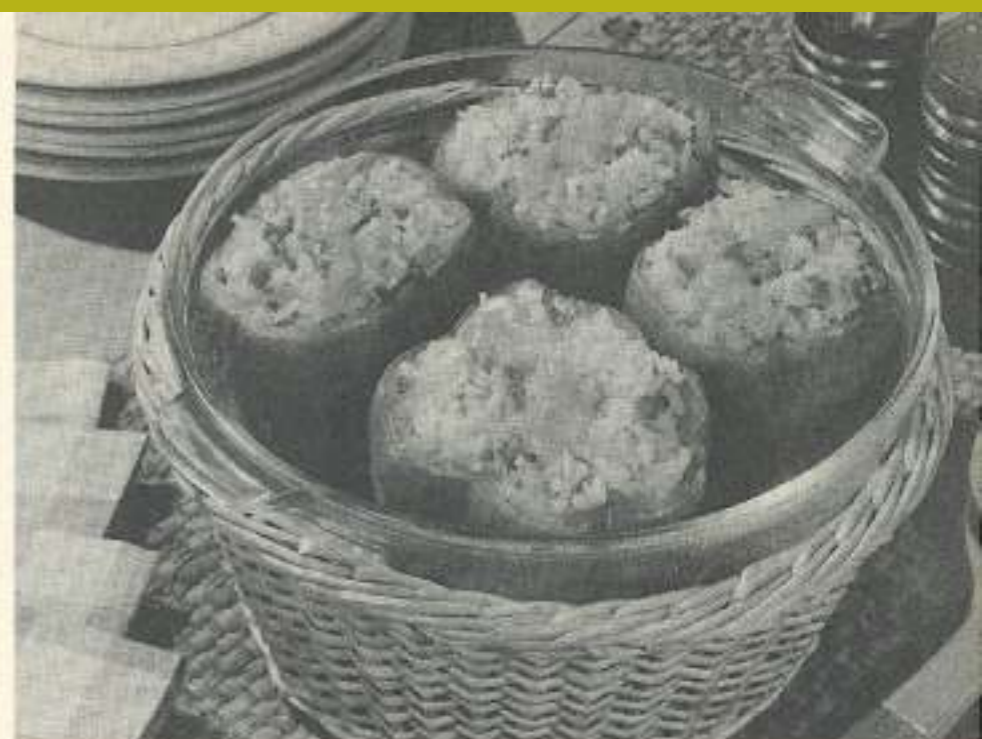
1 cup (1 slice) soft bread crumbs

Turn into a small bowl and set aside.

Stuffed Onions



Stuffed Peppers with Mozzarella Cheese



Heat in skillet

2 tablespoons olive oil

With a sharp knife, cut down around onions, about $\frac{1}{4}$ in. from edge, leaving about three outside layers. With a spoon, scoop out centers. Chop centers and add to olive oil with

$\frac{1}{4}$ lb. ground beef

Breaking beef into small pieces with fork or spoon, cook until beef is browned. Combine beef mixture with

2 cups (2 slices) soft bread crumbs

1 egg yolk

2 teaspoons chopped parsley

1 teaspoon salt

$\frac{1}{4}$ teaspoon pepper

$\frac{1}{4}$ teaspoon marjoram

Lightly fill onions with mixture. Place into casserole. Cover tops with buttered crumbs and sprinkle onions with

2 tablespoons olive oil

1 tablespoon chopped parsley

Bake at 350°F about 1 hr.

6 servings

Stuffed Peppers

(Peperoni Imbottiti)

Set out 2-qt. baking dish.

Rinse and cut a thin slice from each stem end of

4 green peppers

Remove white fiber and seeds. Rinse cavities. Drop into boiling salted water to cover and simmer 5 min. Remove peppers from water; invert and set aside to drain.

Meanwhile, cook (page 5)

$\frac{3}{8}$ cup packaged precooked rice

Heat in skillet

$\frac{1}{4}$ cup olive oil

Add to skillet and cook until browned, breaking into small pieces with fork or spoon

1 lb. ground beef

Stir in

2 tablespoons minced onion

1 tablespoon minced parsley

$\frac{1}{2}$ teaspoon salt

$\frac{1}{4}$ teaspoon pepper

Mix with cooked rice. Lightly fill peppers with rice-meat mixture, heaping slightly. Place into baking dish. Pour around peppers a mixture of

1 $\frac{1}{2}$ cups canned tomatoes, sieved (page 5)

$\frac{1}{4}$ cup water

$\frac{1}{4}$ cup minced celery (page 4)

1 tablespoon olive oil

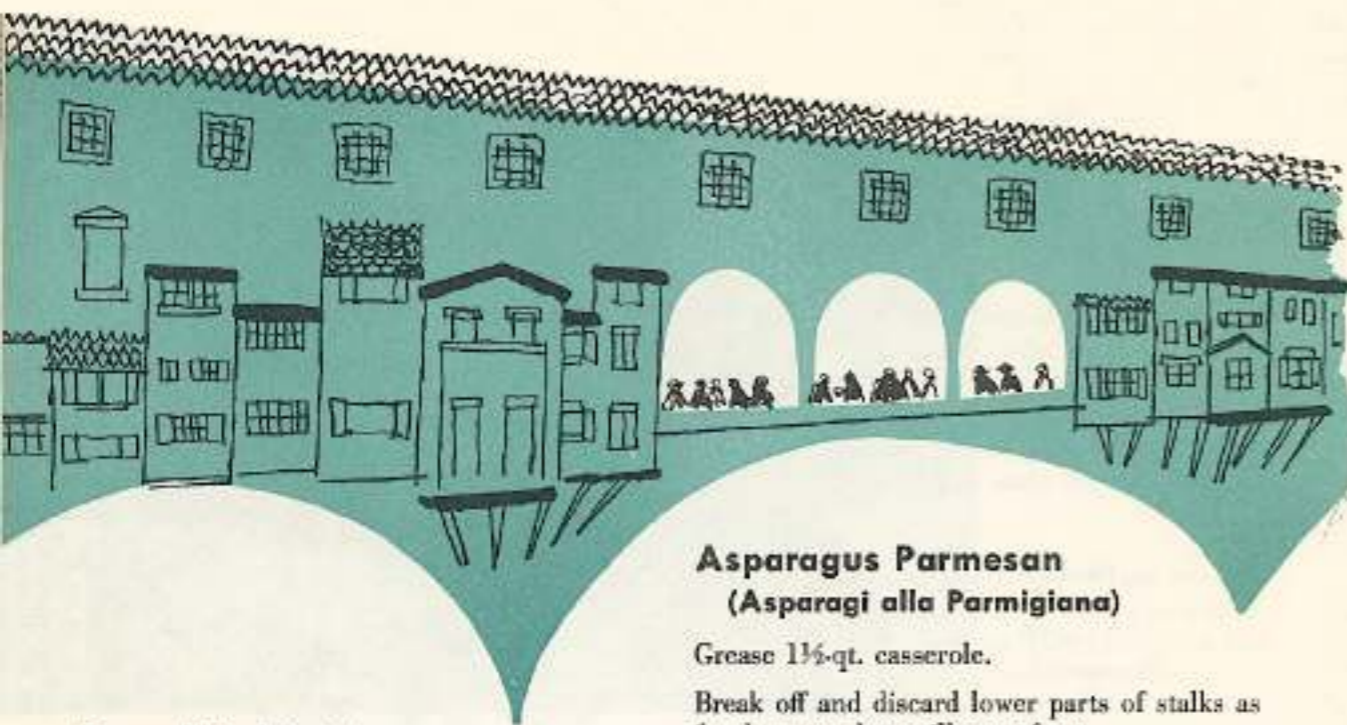
$\frac{1}{2}$ teaspoon salt

$\frac{1}{4}$ teaspoon pepper

Place on top of each pepper, strips of **Mozzarella cheese**

Bake at 350°F about 15 min.

4 servings



Asparagus Parmesan (Asparagi alla Parmigiana)

Grease 1½-qt. casserole.

Break off and discard lower parts of stalks as far down as they will snap from

1½ lbs. asparagus

Wash remaining portions of stalks thoroughly. If necessary, remove scales to dislodge any sand. Cook (page 6) 10 to 20 min., or until asparagus is tender.

Meanwhile, melt in small saucepan and add to casserole

½ cup butter or margarine

Place cooked asparagus in casserole and sprinkle with a mixture of

½ cup (about 2 oz.) grated Parmesan or Romano cheese

1 teaspoon salt

½ teaspoon pepper

Bake at 450°F 5 to 10 min., or until cheese is melted.

6 servings

Deep-Fried Potatoes

Set out deep saucepan or automatic deep-fryer for deep-frying (page 5) and heat fat to 360°F.

Meanwhile, wash and pare

2 lbs. (about 6 medium-size) potatoes

Trim off sides and ends to form large blocks. Cut lengthwise into sticks about ¾ in. wide. Pat dry with absorbent paper. Fry about 1 cup at a time in hot fat until potatoes are tender and golden brown. Drain over fat before removing to absorbent paper. Sprinkle with salt.

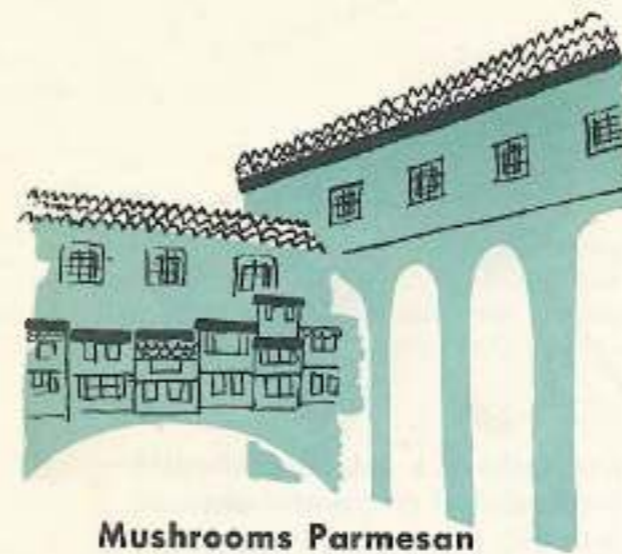
Keep warm in oven until ready to serve or use as suggested in Chicken Vesuvio (page 23).

About 4 servings

A Woman Carrying Lime, Capri, Italy
ERING GALLOWAY



A Vender of Lemons, Lake Garda, Italy
ERING GALLOWAY



Mushrooms Parmesan (Funghi alla Parmigiana)

▲ Base Recipe

Grease shallow 1½-qt. casserole.

Clean (page 5; do not slice)

1 lb. mushrooms with 1- to 2-in. caps

Cut off stems from caps. Place caps open-side up in casserole. Set aside. Finely chop mushroom stems.

Heat in skillet

2 tablespoons olive oil

Add mushroom stems and

¼ cup chopped onion (page 5)

½ clove garlic, finely chopped (page 5)

Cook slowly until onions and garlic are lightly browned.

Meanwhile, combine

½ cup (1 slice) fine, dry bread crumbs

3 tablespoons grated Parmesan cheese

1 tablespoon chopped parsley

½ teaspoon salt

¼ teaspoon oregano

Mix in onion, garlic and stems. Pile mixture lightly into inverted caps. Pour into casserole

2 tablespoons olive oil

Bake at 400°F 15 to 20 min., or until mushrooms are tender and tops are browned.

6 to 8 servings

—Anchovy Stuffed Mushrooms (Funghi con Acciughe al Forno)

Follow ▲ Recipe. Omit cheese. Mix in 4 anchovy fillets, finely chopped.

Zucchini Parmesan (Zucchini alla Parmigiana)

Set out a 2-qt. casserole and a 3-qt. saucepan having a tight-fitting cover.

Wash, trim off ends and cut crosswise into ¼-in. slices

8 to 10 small (2½ lbs.) zucchini squash

Heat in the saucepan

3 tablespoons olive oil

Add zucchini with

¾ cup (about 3 small) coarsely chopped onions (page 5)

¼ lb. mushrooms, sliced (page 5)

Cover saucepan and cook zucchini mixture over low heat 10 to 15 min., or until tender, occasionally turning and moving mixture with a spoon.

Meanwhile, set out

¾ cup (about 3 oz.) grated Parmesan cheese

Remove zucchini mixture from heat; mix in about one-half of grated cheese with fork. Pour in a mixture of

1½ cups (two 6-oz. cans) tomato paste

1 teaspoon salt

½ teaspoon monosodium glutamate

½ teaspoon garlic salt or 1 clove garlic, minced (page 5)

⅓ teaspoon pepper

Blend lightly and thoroughly; turn mixture into casserole. Sprinkle with remaining cheese.

Bake at 350°F 20 to 30 min.

8 servings





Salads

No Italian meal is complete without a salad—never a hearty meat or fish salad, but a salad of greens or cooked, chilled vegetables touched with only a hint of wine vinegar and olive oil.

Broccoli Salad (Insalata di Broccoli)

▲ Base Recipe

Prepare and cook (page 6) just until tender
1 lb. broccoli
Drain and chill in refrigerator.

When thoroughly chilled, sprinkle over broccoli a mixture of

- 3 tablespoons olive oil**
- 3 tablespoons lemon juice**
- 1 medium-size clove garlic, sliced thin (page 5)**
- ¼ teaspoon salt**
- ½ teaspoon pepper**

About 3 servings

—Cauliflower Salad (Insalata di Cavolfiore)

Follow Δ Recipe. Prepare and cook (page 6) 1 small potato. Dice potato and chill in refrigerator. Substitute 1 medium-size head cauliflower for broccoli. Separate into flowerets, prepare and cook (page 6) cauliflower. Combine diced potatoes with cauliflower. Substitute wine vinegar for the lemon juice and add ¼ teaspoon oregano.

—Green Bean Salad (Insalata di Fagiolini)

Follow Δ Recipe. Substitute ½ lb. green beans for the broccoli. Prepare and cook (page 6) green beans. Substitute wine vinegar for the lemon juice.

—Asparagus Salad (Insalata di Asparagi)

Follow Δ Recipe. Substitute 1 lb. asparagus for the broccoli. Prepare and cook (page 6) asparagus.

Green Salad (Insalata Verde)

▲ Base Recipe

Just a hint of garlic points up the flavor of cool, crisp salad greens.

Wash in cold water

- 1 large head lettuce**

Or use an equal amount, approximately, of another fresh salad green, alone or in combination—curly endive, romaine, small dandelion greens, escarole or chicory. Cut out core of lettuce. Separate lettuce leaves. Remove any thick stalks or bruised leaves. Drain, dry thoroughly and carefully. Tear lettuce into bite-size pieces, put into plastic bag or vegetable freshener. Chill in refrigerator 1 hr.

Just before serving, rub a wooden bowl with
1 clove garlic, cut in halves (page 5)
Put greens into bowl and pour over
6 tablespoons Italian Dressing (page 47)

Using a salad spoon and fork, turn and toss the greens until well coated with dressing and no liquid remains on the bottom of bowl.

About 6 servings, depending upon size of lettuce head

—Green Salad with Anchovy Dressing (Insalata Verde con Acciughe)

Follow Δ Recipe. Substitute Anchovy Dressing (next column) for Italian Dressing. Add to lettuce in bowl, 2 tomatoes, cut in wedges, ¼ cup diced celery (page 4 and 5) and ¼ cup diced ripe olives.

—Mixed Salad (Insalata Mista)

Follow Δ Recipe. Add ¼ cup chopped cucumber, ¼ cup chopped celery (page 4), ¼ cup sliced radishes and ¼ cup diced ripe olives.

Red Kidney Bean Salad (Insalata di Fagioli)

Drain

- 1 No. 2 can (about 2 cups) kidney beans**

Combine beans with a mixture of

- ¼ cup wine vinegar**
- 3 tablespoons olive oil**
- ¼ teaspoon oregano**
- ¼ teaspoon salt**
- ½ teaspoon pepper**

Blend in

- ¼ cup diced celery (page 4 and 5)**
- 2 tablespoons chopped onion**

Chill in refrigerator. Serve in crisp lettuce cups.
4 servings

Pickled Pepper Salad (Insalata di Peperoni)

Combine

- 2 tablespoons olive oil**
- 2 tablespoons wine vinegar**
- ¼ teaspoon pepper**
- ¼ teaspoon oregano**
- ½ teaspoon salt**

Toss with

- 2 cups sliced pickled red peppers**
- ¾ cup chopped celery (page 4)**
- ½ cup ripe olives, pitted and sliced**
- 8 anchovy fillets, chopped**

Serve very cold.

About 6 to 8 servings

Italian Potato Salad (Insalata di Patate)

Prepare and cook (page 6)

- 2 medium-size potatoes**

Dice (page 5) potatoes; chill in refrigerator.

Meanwhile, wash and dice

- 1 stalk celery (about ½ cup, diced)**

Toss together lightly with a fork the potatoes, celery and

- ½ cup pared, diced cucumber**
- ½ cup ripe olives, pitted and diced**
- 2 tablespoons minced onion**

With a fork, thoroughly but carefully blend in a mixture of

- ¾ cup Italian Dressing (on this page)**
- ¼ teaspoon oregano**

Cover salad. Chill in refrigerator about 1 hr. before serving.

About 4 servings

Italian Dressing

▲ Base Recipe

Combine in a screw-top jar

- 6 tablespoons olive oil**
- 3 tablespoons wine vinegar**
- 1 clove garlic, crushed (page 5)**
- ¼ teaspoon salt**
- ½ teaspoon pepper**

Shake well. Chill in refrigerator. Before serving, beat or shake thoroughly.

About ½ cup dressing

—Anchovy Dressing

Follow Δ Recipe. Add to ingredients in jar 1 teaspoon prepared mustard and 2 anchovy fillets, finely chopped.





Sauces

In Naples it's clam sauce, in Genoa it's green sauce and in southern Italy it's tomato sauce. Wherever you may travel in Italy, sauce is the crowning touch to pasta—the touch which transforms a plain flour-and-egg mixture into an elegant entrée.

Tomato Meat Sauce (Salsa di Carne al Pomodoro)

▲ Base Recipe

Set out a large saucepot having a tight-fitting cover.

Heat in saucepot

$\frac{1}{4}$ cup olive oil

Add and cook until lightly browned

$\frac{1}{2}$ cup (about 1 medium-size) chopped onion (page 5)

Wipe with a clean, damp cloth, add and brown, turning occasionally

$\frac{1}{2}$ lb. beef chuck

$\frac{1}{2}$ lb. pork shoulder

Add slowly a mixture of

7 cups (two No. 2½ cans) tomatoes, sieved (page 5)

1 tablespoon salt

1 bay leaf

Cover saucepot and simmer over very low heat, about 2½ hrs.

Add

$\frac{3}{4}$ cup (6-oz. can) tomato paste

Simmer uncovered over very low heat, stirring occasionally, about two hrs., or until thickened. If sauce becomes too thick, add

$\frac{1}{2}$ cup water

Remove meat and bay leaf from sauce. Serve over cooked spaghetti (page 29).

About 4 cups sauce

—Tomato Sauce with Ground Meat (Salsa di Pomodoro e Carne Macinata)

Follow Δ Recipe. Brown $\frac{1}{2}$ lb. ground beef in 3 tablespoons olive oil, breaking beef into small pieces with fork or spoon. After removing meat from sauce, add ground meat and simmer 10 min. longer.

—Tomato Sauce with Mushrooms (Salsa di Pomodoro e Funghi)

Follow Δ Recipe. Clean and slice (page 5) $\frac{1}{2}$ lb. mushrooms. Cook slowly in 3 tablespoons melted butter until lightly browned. After removing meat from sauce, add mushrooms and cook 10 min. longer.

—Tomato Sauce with Chicken Livers (Salsa di Pomodoro e Fegatini di Pollo)

Follow Δ Recipe. Rinse and pat dry with absorbent paper $\frac{1}{2}$ lb. chicken livers. Slice livers and brown in 3 tablespoons olive oil. After removing meat from sauce, add chicken livers and simmer 10 min. longer.

—Tomato Sauce with Sausage (Salsa di Pomodoro e Salsiccia)

Follow Δ Recipe. Brown about $\frac{1}{2}$ lb. Italian sausage (page 5), cut into 2-in. pieces, in 1 tablespoon olive oil. After removing meat from sauce, add sausage and simmer 10 min. longer.

Quick Italian Tomato Sauce (Salsa di Pomodoro)

Here is an American version of the long-cooking tomato sauce. An ideal, quick dish for the homemaker in a hurry.

Heat in a large skillet

2 tablespoons olive oil

Add and cook until lightly browned

1 clove garlic, minced (page 5)

$\frac{1}{2}$ cup (about 1 medium-size) chopped onion (page 5)

Add and cook over medium heat until browned, breaking into small pieces with fork or spoon

1 lb. ground beef

Stir in slowly

$1\frac{1}{4}$ cups (10½- to 11-oz. can) condensed tomato soup

$1\frac{1}{2}$ cups (two 6-oz. cans) tomato paste

$\frac{1}{2}$ cup coffee beverage (page 5)

and a mixture of

1 teaspoon salt

$\frac{1}{8}$ teaspoon pepper

Simmer uncovered over very low heat, stir-

ring occasionally, about 30 min., or until thickened.

Stir in

$\frac{1}{2}$ cup (4-oz. can, drained) chopped mushrooms

$\frac{1}{4}$ teaspoon oregano

Simmer 5 to 10 min. If sauce becomes too thick, blend in

$\frac{1}{2}$ cup water

Serve over cooked spaghetti (page 29). Sprinkle with

Grated Parmesan or Romano cheese
4 to 6 servings

Marinara Sauce

Heat in a large skillet

$\frac{1}{2}$ cup olive oil

Add and cook until browned

2 medium-size cloves garlic, sliced (page 5)

Add slowly, stirring constantly, a mixture of $3\frac{1}{2}$ cups (No. 2½ can) tomatoes, sieved (page 5)

$1\frac{1}{4}$ teaspoons salt

1 teaspoon oregano

$\frac{1}{4}$ teaspoon chopped parsley

$\frac{1}{8}$ teaspoon pepper

Cook rapidly uncovered about 15 min., or until thickened. Stir occasionally.

If sauce becomes too thick, add $\frac{1}{4}$ to $\frac{1}{2}$ cup water. Serve hot on cooked spaghetti or linguine (page 29).

About 4 cups sauce

Quick Italian Tomato Sauce with Spaghetti



Butter and Garlic Sauce (Salsa al Burro e Aglio)

▲ Base Recipe

Heat in skillet

¼ cup butter or margarine

Add and cook slowly until lightly browned

2 cloves garlic, sliced thin (page 5)

Add slowly

¼ cup water

½ teaspoon finely chopped parsley

Cook about 10 min. and serve over cooked spaghetti (page 29).

About 1 cup sauce

—Butter and Cheese Sauce (Salsa con Burro e Formaggio)

Follow Δ Recipe. Omit garlic. Mix butter sauce with spaghetti and sprinkle with $\frac{1}{4}$ cup grated Parmesan cheese.



Oil and Garlic Sauce (Salsa all'Olio e Aglio)

▲ Base Recipe

Heat in skillet

½ cup olive oil

Add and cook until browned

4 cloves garlic, sliced thin (page 5)

Stir in slowly

½ cup water

Add

1 tablespoon chopped parsley

⅛ teaspoon pepper

Simmer about 10 min. Serve over cooked spaghetti (page 29).

About 1 cup sauce

—Garlic Sauce with Anchovies (Salsa con Aglio e Acciughe)

Follow Δ Recipe. Add 5 chopped anchovy fillets with the parsley.

—Garlic Sauce with Walnuts (Salsa con Aglio e Noci)

Follow Δ Recipe. Add 2 tablespoons chopped walnuts with the parsley.

—Garlic Sauce with Capers (Salsa con Aglio e Capperi)

Follow Δ Recipe. Add 2 tablespoons capers with the parsley.

—Oil and Onion Sauce (Salsa all'Olio e Cipolla)

Follow Δ Recipe. Substitute 1 medium-size onion, sliced very thin (page 5), for the garlic.

Medium White Sauce

▲ Base Recipe

Melt in a saucepan over low heat

2 tablespoons butter or margarine

Blend in a mixture of

2 tablespoons flour

¼ teaspoon salt

¼ teaspoon monosodium glutamate

Few grains pepper

Heat until mixture bubbles. Remove from heat. Gradually stir in

1 cup milk

Return to heat and bring rapidly to boiling, stirring constantly; cook 1 to 2 min. longer.

About 1 cup sauce

—Thin White Sauce

Follow Δ Recipe. Use 1 tablespoon butter or margarine and 1 tablespoon flour.



White Clam Sauce (Salsa alle Vongole)

▲ Base Recipe

Heat in skillet until garlic is lightly browned

¼ cup olive oil

1 clove garlic, sliced thin (page 5)

Stir in slowly

¼ cup water

Stir in

½ teaspoon chopped parsley

½ teaspoon salt

¼ teaspoon oregano

¼ teaspoon pepper

Add slowly

1 cup (8-oz. can) little neck whole clams with juice

Cook until clams are heated through. Serve hot on cooked spaghetti or macaroni (page 29).

About 1½ cups sauce

—Red Clam Sauce (Salsa di Vongole al Pomodoro)

Follow Δ Recipe. Stir in with water $3\frac{1}{2}$ cups (No. 2½ can) tomatoes, sieved (page 5). Before adding clams, simmer mixture about 10 min. Add clams and simmer until clams are heated through.

About 5 cups sauce

Green Sauce (Salsa Verde)

The subtle flavors of green herbs combine to make a sauce that lends itself to fish, pasta and vegetables alike.

Mash with a fork or crush in a mortar with pestle to make a smooth paste

1 tablespoon chopped parsley

1 tablespoon chopped watercress

1 tablespoon chopped capers

½ clove garlic, chopped (page 5)

¼ teaspoon salt

½ teaspoon pepper

Add, 1 tablespoon at a time

6 tablespoons olive oil

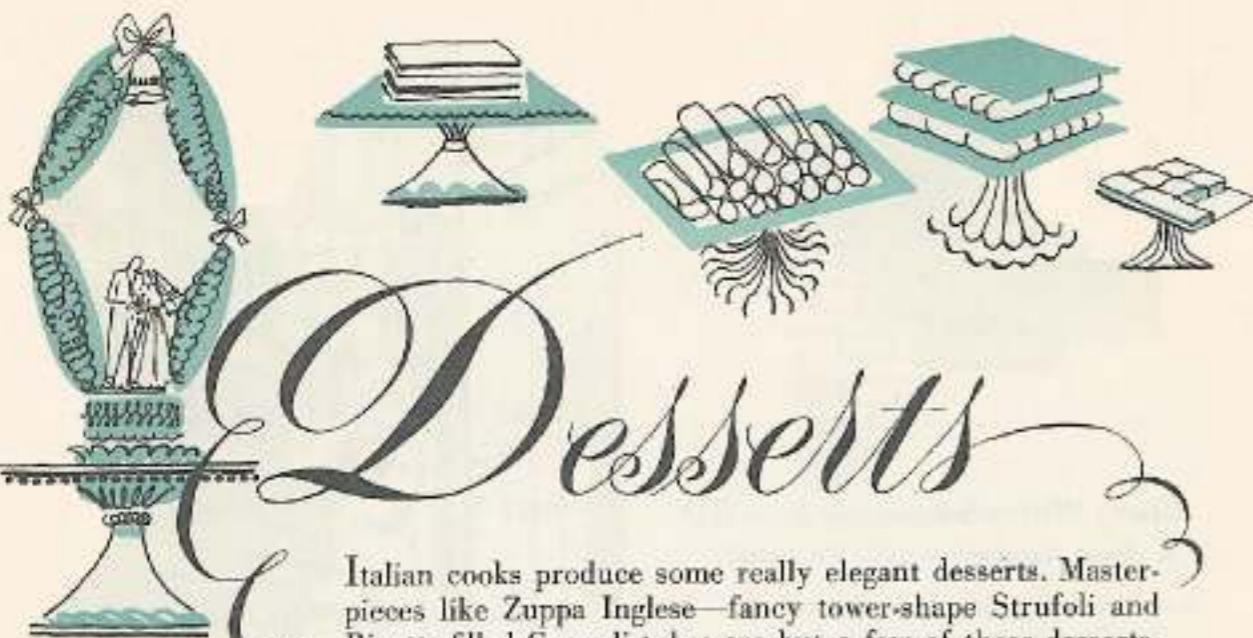
Beat vigorously with fork or spoon after each addition. Add slowly and beat

3 tablespoons lemon juice

Serve with artichokes, cooked spaghetti (page 29), shrimp or any fried fish.

About ½ cup sauce





Desserts

Italian cooks produce some really elegant desserts. Masterpieces like Zuppa Inglese—fancy tower-shape Strufoli and Ricotta-filled Cannoli tubes are but a few of these desserts. But desserts like these are just for special occasions such as bridal parties, festivals or with afternoon coffee at an outdoor cafe. After an ordinary dinner the Italian settles for a typical continental dessert of cheese and fruit.

Italian Sponge Cake (Pan di Spagna)

Set out 9-in. tubed pan.

Combine and beat until very thick and lemon colored

- 5 egg yolks
- ½ cup sugar
- 2 tablespoons lemon juice
- 1 teaspoon grated lemon peel (page 4)
- 1 teaspoon vanilla extract

Set aside.

Beat until frothy

- 5 egg whites
- ½ teaspoon salt

Add gradually, beating well after each addition

- ½ cup sugar

Beat until rounded peaks are formed. Gently fold (page 5) egg yolk mixture into beaten egg whites. Fold in, sifting in about one-fourth at a time

- 1 cup sifted cake flour

Turn batter into pan.

Bake at 325°F 60 to 65 min. in tubed pan or until cake springs back when lightly touched in center or when a cake tester or wooden pick inserted in the center of the cake comes out clean.

Invert and leave hanging in pan until cold. Remove cake from pan after cooling. Run spatula gently around sides of pan. Cover with cooling rack. Invert and remove pan. Turn right side up immediately. Cool cake completely before frosting.

For Zuppa Inglese (page 53)—Unlike the regular sponge cake, this sponge cake batter is baked in three 11x7x1½-in. cake pans for 30 to 35 min. for the Zuppa Inglese. This gives the Zuppa three layers which are each about 1-in. in height—exactly what is needed to prepare the Zuppa.

Zuppa Inglese

(See center color photo)

Zuppa Inglese, which means English soup, probably has more variations and stories about its origin than any other Italian food, including macaroni. That a rum-soaked cake should be called English soup has given much cause for comment on the origin of this wrongly-named delicacy. Perhaps the most logical explanation has been that the name was given to tease the English about their love of rum, and the first Zuppa was so rum-soaked that it had to be eaten with a soup spoon. Some stories say that this Zuppa was first served to Lord Nelson and Lady Hamilton in the 18th century.

Prepare

- Italian Sponge Cake (page 52; in 11x7x1½-in. cake pans; see note)

Prepare and chill in refrigerator

- Pineapple Cream Filling (page 61)
- Chocolate Cream Filling (page 61)

Combine and set aside

- ½ cup rum
- 2 tablespoons cold water

Trim each of the three sponge cake layers by placing one at a time on an 8x11½-in. oval

platter and trimming the cake to fit the platter.

Set two layers aside. Save all leftover pieces cut from cake.

Sprinkle first layer of cake with one-third of rum mixture, and spread with Pineapple Cream Filling. Top with second layer and sprinkle with one-third of rum mixture. Spread with Chocolate Cream Filling. Top with third layer and sprinkle with remaining rum mixture. Cover cake with waxed paper. Place in refrigerator for several hrs. to chill.

From leftover pieces of cake, make a square, diamond or heart shape for top of Zuppa.

For frosting sides and top of cake and for decorating, use one of these

- Whipped Cream (page 58) or
- Seven-Minute Frosting (page 61) or
- Butter Frosting (page 61)

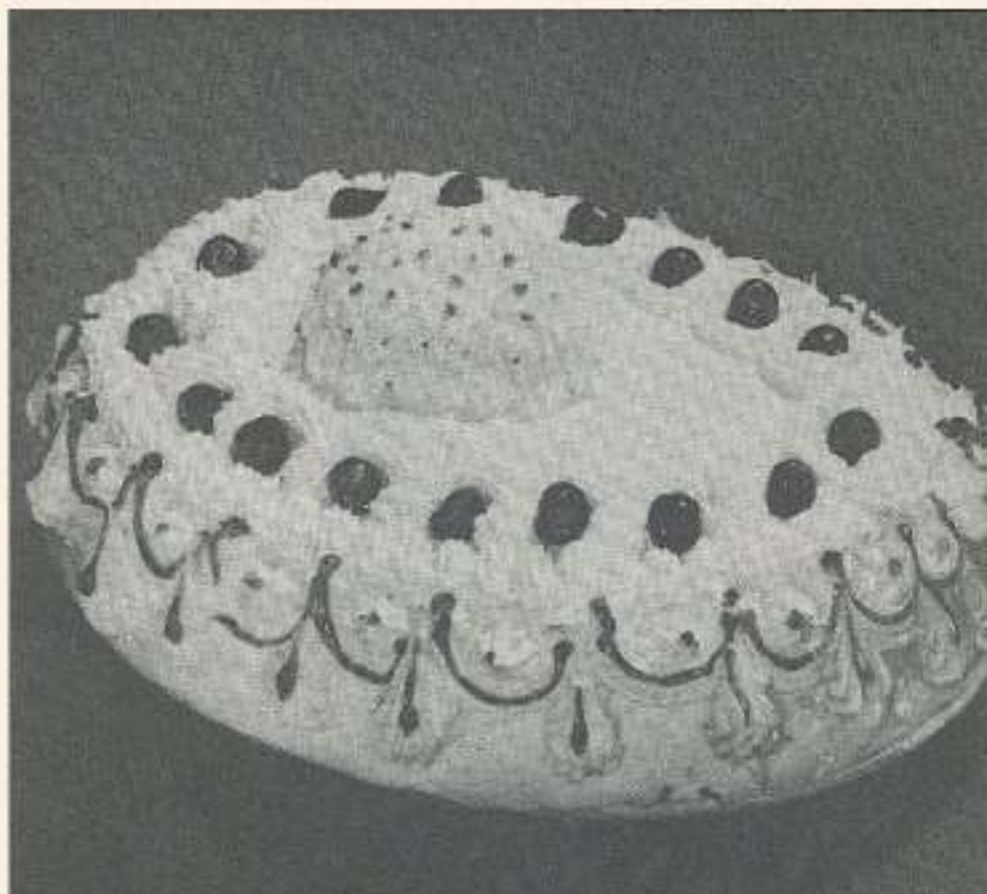
To decorate, force frosting or whipped cream through pastry bag and a No. 27 star decorating tube. Garnish with

- Candied cherries

Store Zuppa Inglese in refrigerator until ready to serve.

16 to 20 servings

Zuppa
Inglese





Fruit Bread, Milan Style (Panettone)

A holiday favorite—light, fruit-studded bread—that is ordinarily served as a dessert.

Thoroughly grease 2 8-in. round pans.
Soften

1 pkg. active dry yeast

in
¼ cup warm water (110°F to 115°F. If compressed yeast is used, soften 1 cake in ¼ cup lukewarm water, 80°F to 85°F.)

Let yeast stand 10 min.

Meanwhile, pour into a large bowl

1 cup butter, melted

Add gradually, beating well after each addition

1 cup sugar

1 teaspoon salt

Have ready

2 cups sifted flour

½ cup milk, scalded and cooled to lukewarm

Baking in a Primitive Oven, Sardinia, Italy
ERING GALLOWAY



Beating thoroughly after each addition, alternately add flour in thirds and milk in halves to the butter mixture. Add yeast; beat well.

Beat until thick and piled softly

2 eggs

4 egg yolks

Add the beaten eggs all at one time to yeast mixture and beat well. Beating thoroughly after each addition, gradually add

3½ cups sifted flour

Stir in

1 cup dark seedless raisins

¾ cup chopped citron

Set out

½ cup flour

Sift one-half of the flour over a pastry cloth or board. Turn dough onto floured surface, cover with waxed paper, and let stand 10 min.

Sift remaining flour over dough. Pull dough from edges toward center until flour is worked in. Put dough into a greased large bowl, grease top of dough, and cover with waxed paper and a towel. Let stand in warm place (about 80°F) about 2½ hrs.

Punch down dough and pull edges of dough in to center. Let rise in a warm place about 1 hr.

Divide dough into halves and shape each half into a round loaf. Put each loaf into a prepared pan. Brush surfaces generously with a mixture of

1 egg, slightly beaten

1 tablespoon water

Cover; let rise in a warm place, about 1 hr.

Bake at 350°F 40 to 45 min., or until golden brown. Remove loaves from pans to cooling racks to cool.

2 Panettoni

Cream Rolls (Cannoli)

It is said that in many Italian homes a thin broomstick is quickly converted to Cannoli "tubes" by cutting the broomstick into 6-in. lengths and scrubbing until the sticks are clean and smooth.

Set out 6 6-in. aluminum tubes (about ¼-in. in diameter).

For Filling—Combine and beat until smooth (about 10 min. with an electric mixer on medium-high speed)

3 cups (about 1½ lbs.) Ricotta cheese

1¼ cups sugar

2 teaspoons vanilla extract

Stir in, mixing thoroughly

½ cup finely chopped candied citron

¼ cup semi-sweet chocolate pieces

Place mixture in refrigerator to chill.

For Shells—Sift together into a bowl

3 cups flour

¼ cup sugar

1 teaspoon cinnamon

¼ teaspoon salt

Cut in with pastry blender until pieces are size of small peas

3 tablespoons shortening

Stir in

2 eggs, well beaten

Blend in, a tablespoon at a time

2 tablespoons white vinegar

2 tablespoons cold water

Turn dough onto a lightly floured surface and knead (page 6). Wrap in waxed paper and chill in refrigerator for 30 min.

Set out deep saucepan or automatic deep-fryer for deep-frying (page 5) and heat fat to 360°F.

From cardboard, cut an oval pattern (6x 4½-in.).

Blanch (page 4), finely chop and set aside

¼ to ½ cup (2 oz.) pistachio nuts



Cream Rolls and Coffee, Macchinetta Style

Roll chilled dough ¼ in. thick on floured surface. With cardboard pattern and pastry cutter, cut ovals from dough.

Wrap dough loosely around tubes just lapping over opposite edges. Seal edges by brushing with

Egg white, slightly beaten

Press edges together to seal.

Fry only as many Cannoli shells as will float uncrowded one layer deep in the fat. Fry about 8 min., or until golden brown, turning occasionally during frying time. Drain over fat before removing to absorbent paper. Cool slightly and remove tubes. Cool completely.

When ready to serve, fill with ricotta filling. Sprinkle ends of Cannoli with chopped nuts and dust shells with

Sifted confectioners' sugar

About 16 to 18 Cannoli





Honey Clusters (Strufoli)

Tiny balls—deep-fried and honey-coated—arranged in cone and cluster shapes and often used as a centerpiece on Christmas Day.

Set out deep saucepan or automatic deep-fryer for deep-frying (page 5) and heat fat to 365°F.

Meanwhile, place into a large bowl

2 cups sifted flour

¼ teaspoon salt

Make a well in center of flour. Add, one at a time, mixing slightly after each addition

3 eggs

Add

½ teaspoon vanilla extract

Mix well to make a soft dough.

Turn dough onto a lightly floured surface and knead (page 6). Divide dough into halves. Lightly roll each half ¼ in. thick to form a rectangle. Cut dough with a pastry cutter into strips ¼ in. wide. Use palm of hand to roll

strips to pencil thickness. Cut into pieces about ¼ to ½ in. long.

Fry only as many pieces of dough as will float uncrowded, one layer deep in the fat. Fry 3 to 5 min., or until lightly browned, turning occasionally during frying time. Drain over fat before removing to absorbent paper.

Meanwhile, cook in skillet over low heat about 5 min.

1 cup honey

1 tablespoon sugar

Remove from heat and add deep-fried pieces. Stir constantly until all pieces are coated with honey-sugar mixture. Remove Strufoli with a slotted spoon and set in refrigerator to chill slightly. Remove to a large serving platter and arrange in a cone-shape mound. Sprinkle with

1 tablespoon tiny multicolored candies

Chill in refrigerator. Serve by breaking off individual pieces.

8 to 10 servings

HONEY CLUSTERS: Cut dough into strips ¼ in. thick with a pastry cutter on a lightly floured surface.



Cut dough strips (rolled to thickness of a pencil into pieces one-fourth to one-half inch in length.



Honey Clusters



Italian Nougat (Torrone)

Oil two 8x8-in. cake pans.

Toast (page 4) and set aside

2½ cups (¾ lb.) whole unblanched hazel nuts

Place in top of double boiler over boiling water and stir with wooden spoon for one hour

1 cup honey

Remove honey from heat.

Beat until stiff peaks are formed

2 egg whites

Add beaten egg whites to honey, 1 tablespoon at a time, beating well with wooden spoon after each addition. Set aside.

Combine in a light-colored skillet

1 cup sugar

2 tablespoons water

Bring to boiling over medium heat and cook, stirring occasionally, until caramelized.

Add caramelized sugar to honey mixture, a tablespoon at a time, mixing well after each addition.

Remove mixture to heavy saucepan. Stirring constantly, cook over direct heat to 240°F (soft ball stage) or until a small amount forms a soft ball in cold water. Remove from heat while testing. Add, all at once, hazel nuts and

2 cups (¾ lb.) whole unblanched almonds

Mix well and quickly pour into prepared pans.

Cool 20 min.

Cut nougat into pieces and wrap in waxed paper or glassine paper.

32 1x2-in. pieces



Zabaione

An international favorite, this rich wine dessert has many adapted variations using many different ingredients. Here is an authentic recipe containing egg yolks, sugar, and Marsala wine beaten to a light foam.

Set out double boiler.

Beat until thick and lemon-colored

6 egg yolks

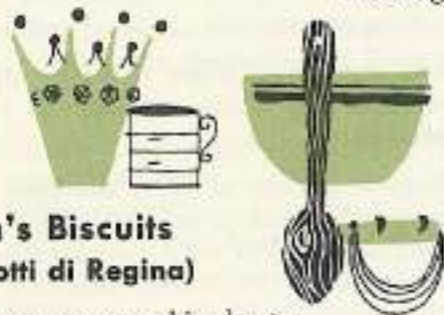
½ cup sugar

Stir in

1 cup Marsala wine

Pour mixture into top of double boiler, and set over simmering water. Beat constantly with rotary beater until mixture is very light and begins to thicken. When mixture begins to rise, remove from heat.

Serve either hot or cold in sherbet glasses. *6 servings*



Queen's Biscuits (Biscotti di Regina)

Lightly grease two cookie sheets.

Sift together into a bowl

4 cups sifted flour

1 cup sugar

1 tablespoon baking powder

¼ teaspoon salt

Cut in with pastry blender or two knives until pieces are size of small peas

1 cup shortening

Stir in to make a soft dough

2 eggs, slightly beaten

½ cup milk (1 tablespoon at a time)

Mix together thoroughly

Break dough into small pieces and roll each piece between palms of hands to form rolls about 1½-in. in length. Flatten rolls slightly, and roll in

¼ lb. (about ⅓ to ¼ cup) sesame seeds

Place on cookie sheets about ¾ in. apart.

Bake at 375°F 12 to 15 min., or until cookies are lightly browned.

About 6 doz. cookies

Whipped Cream

(Panna Montata)

Beat in a chilled 1-qt. bowl with chilled rotary beater, one cup at a time

2 cups chilled whipping cream

Beat until cream stands in peaks when beater is slowly lifted upright.

Combine whipped cream in a large chilled bowl. Fold (page 5) or beat into whipped cream with final few strokes until blended

6 tablespoons sifted confectioners' sugar

2 teaspoons vanilla extract

4 cups whipped cream

Strawberry Ice

(Gelato di Fragole)

Set refrigerator control for coldest operating temperature.

Wash, hull and force through food mill or sieve

1 pt. ripe strawberries

Set aside.

Heat until very hot

1 cup water

Remove from heat and add, stirring until dissolved

¾ cup sugar

Set aside to cool.

Combine strawberry purée with cooled sugar sirup and

2 tablespoons lemon juice

1 tablespoon orange juice

Pour into refrigerator tray. Freeze until firm. *About 6 servings*

Spumone



Spumone

(See center color photo)

Frozen desserts date back to days of ancient Rome when they were frozen with snow and ice brought down from the mountains by slaves. For centuries Italians have been masters of the art of making frozen desserts—including ices, frozen custards, and fancy, molded ice creams, all said to have originated in Italy.

Multicolored and multiflavored Spumone, is one of the most popular Italian ice creams. Usually prepared commercially, here is a surprisingly easy Spumone to delight your family and entice your friends.

Set refrigerator control for coldest operating temperature and chill a bowl, rotary beater and 1-qt. mold.

Scald in top of double boiler (page 5)

1 cup milk

Stir in

½ cup sugar

⅛ teaspoon salt

Vigorously, stir about 3 tablespoons of hot mixture into

3 egg yolks, slightly beaten

Immediately blend into mixture in top of double boiler. Cook over simmering water, stirring constantly, about 5 min., or until mixture coats a silver spoon. Remove from heat and cool.

Meanwhile, melt (page 5) and set aside

½ sq. (½ oz.) chocolate

Stir into egg mixture

1 cup heavy (whipping) cream

Divide mixture equally into two bowls.

Add melted chocolate to mixture in one bowl, mixing thoroughly. Place in refrigerator.

Add to remaining bowl, mixing well

2 teaspoons rum extract

Pour mixture into refrigerator tray. Freeze until mushy. Turn into chilled bowl and beat with chilled rotary beater until mixture is smooth and creamy. Spoon into chilled mold and freeze until firm.

Beat in a chilled bowl with a chilled rotary beater until cream stands in peaks when beater is slowly lifted upright

½ cup chilled whipping cream

Fold (page 5) or beat into whipped cream with final few strokes until blended

1 tablespoon sugar

⅛ teaspoon pistachio extract

To tint whipped cream desired color, fold in, a drop at a time (about 2 drops)

Green food coloring

Spoon whipped cream mixture over FIRM rum ice cream. Return mold to freezing compartment.

When pistachio cream becomes firm, place on top of cream in center

1 maraschino cherry, drained and chilled

Return to freezing compartment.

Beat in a chilled bowl with a chilled rotary beater until cream stands in peaks when beater is slowly lifted upright

½ cup chilled whipping cream

Fold or beat into whipped cream until blended

1 tablespoon sugar

6 unblanched almonds, finely chopped

¼ teaspoon almond extract

Spoon whipped cream mixture over FIRM pistachio cream. Return mold to freezing compartment.

When almond cream is firm, pour chocolate ice cream mixture into refrigerator tray. Freeze until mushy. Turn into a chilled bowl and beat with a chilled rotary beater until mixture is smooth and creamy. Spoon mixture over FIRM whipped cream. Cover mold with waxed paper.

Return to freezing compartment and freeze 6 to 8 hrs., or until Spumone is very firm.

To remove from mold, quickly dip mold into warm water.

6 to 8 wedge-shape servings

Ricotta Pie (Torta di Ricotta)

Set out 9-in. round layer cake pan.

For Pastry—Sift together into a bowl

2 cups flour

½ teaspoon salt

Cut in with pastry blender until pieces are size of small peas

1 cup shortening

Sprinkle gradually over mixture, 1 teaspoon at a time

2 egg yolks, slightly beaten

1 to 2 tablespoons cold water

Mix lightly with fork after each addition. Add only enough water to hold dough together. Mix until egg is thoroughly combined and completely blended.

Shape pastry into a ball and flatten on lightly floured surface. Lightly flour rolling pin. Roll from center to edge into a round about ⅓ in. thick and about 1 in. larger than over-all size of pan. With knife or spatula, loosen pastry from surface wherever sticking occurs; lift pastry slightly and sprinkle flour underneath.

Loosen one-half from board with spatula and fold over other half. Loosen remaining half and fold into quarters. Place dough in pan and gently unfold. (Dough must be handled very carefully because it is rich and breaks easily.) Fit dough to pan.

Trim dough with scissors or sharp knife, allowing ¼-in. border. Pinch dough between index finger and thumb to make it stand about ¼ in. high around edge of cake pan. Set aside.

For Filling—Combine

3 cups (1½ lbs.) Ricotta cheese

¼ cup flour

2 tablespoons grated orange peel
(page 4)

2 tablespoons grated lemon peel
(page 4)

1 tablespoon vanilla extract

½ teaspoon salt

Beat until foamy

4 eggs

Add gradually, beating until eggs are thick and piled softly

1 cup sugar

Stir beaten eggs into Ricotta mixture until well blended and smooth. Pour Ricotta filling into pastry.

Bake at 350°F about 50 to 60 min., or until mixture is firm and pastry is golden brown. Remove from oven and place on cooling rack.

Before serving, sprinkle with

2 tablespoons sifted confectioners' sugar

8 to 10 servings

St. Joseph's Day Cream Puffs (Zeppole di San Giuseppe)

Lightly grease baking sheet.

Bring to boiling in saucepan

1 cup hot water

½ cup butter

1 tablespoon sugar

½ teaspoon salt

Add, all at once

1 cup sifted flour

Beat vigorously with a wooden spoon until mixture leaves sides of pan and forms a smooth ball (about 3 min.). Remove from heat. Quickly beat in, one at a time, beating until smooth after each addition

4 eggs

Continue beating until mixture is smooth and glossy. Add, mixing thoroughly

1 teaspoon grated orange peel
(page 4)

1 teaspoon grated lemon peel
(page 4)

Drop by tablespoonfuls 2-in. apart on the baking sheet.



Bake at 450°F 15 min. Lower heat to 350°F. Bake 15 to 20 min., or until golden in color.

Remove to rack to cool completely. Cut a slit in side of each puff and fill with

Whipped Cream (page 58) or

Ricotta Filling (page 60) or

Pineapple Cream Filling (page 61)

About 18 puffs

Pineapple Cream Filling (Crema d'Ananasso)

▲ *Base Recipe*

Scald in top of double boiler (page 5)

1½ cups milk

Meanwhile, sift together into saucepan

½ cup sugar

2 tablespoons cornstarch

½ teaspoon salt

Add, stirring well

½ cup cold milk

Gradually stir in scalded milk.

Wash double boiler top to remove scum.

Stirring gently and constantly, bring cornstarch mixture rapidly to boiling over direct heat and cook for 3 min. Pour into double boiler top and place over simmering water. Cover and cook about 12 min., stirring three or four times. Vigorously stir about 3 tablespoons hot mixture into

3 eggs, slightly beaten

Immediately blend into mixture in double boiler. Cook over simmering water 3 to 5 min. Stir slowly to keep mixture cooking evenly. Remove from heat. Cover and cool.

Stir in

1½ cups (No. 2 can, drained) crushed pineapple

1 teaspoon vanilla extract

Chill in refrigerator.

About 3 cups filling

—Chocolate Cream Filling

Follow ▲ Recipe. Add 1¼ sq. (1½ oz.) chocolate to milk and heat to scalding. Beat smooth with rotary beater. Increase sugar to ¾ cup. Omit pineapple.

Butter Frosting

(Ghiacciata di Burro)

Cream until shortening is softened

¾ cup butter or margarine

1½ teaspoons rum

1½ teaspoons vanilla extract

Add gradually, creaming until fluffy after each addition

6 cups sifted confectioners' sugar

Stir in

1 egg white, slightly beaten

Blend in gradually, a tablespoon at a time, until right consistency for decorating

3 to 6 tablespoons cream

Enough to frost and decorate a Zuppa Inglese

Seven-Minute Frosting

(Ghiacciata Sette-Minuti)

Combine and mix well in top of double boiler

2 egg whites, unbeaten

1½ cups sugar

⅓ cup water

1 tablespoon light corn sirup

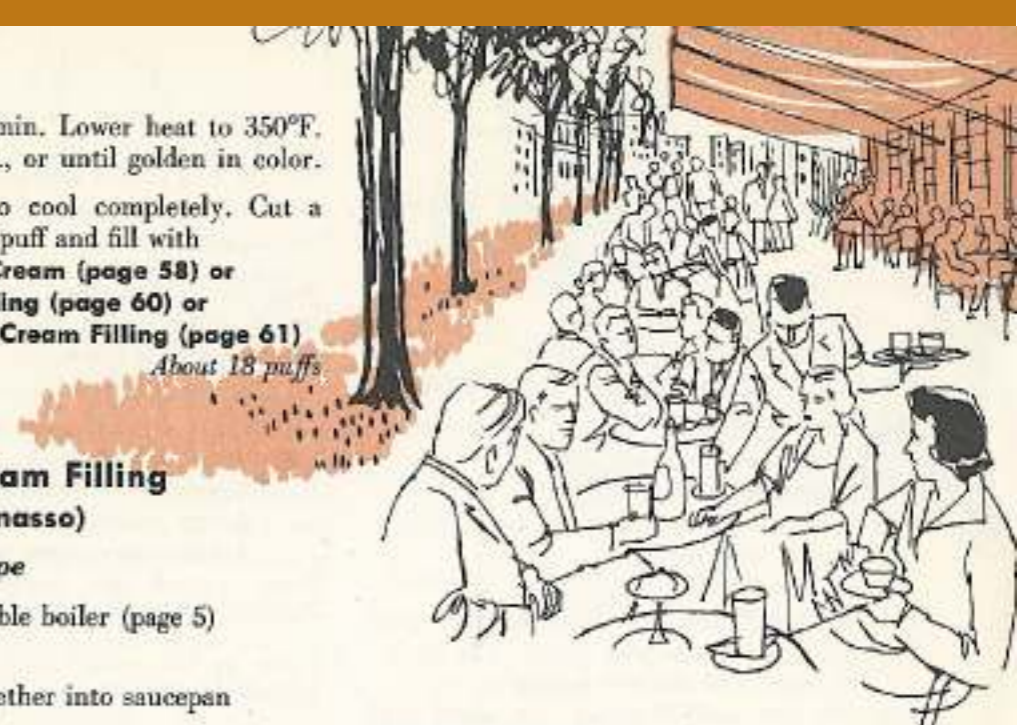
1 teaspoon vanilla extract

⅓ teaspoon salt

Place over simmering water. Immediately and constantly beat with rotary beater 7 to 10 min., or until mixture holds stiff peaks; remove from heat.

Enough to frost and decorate a Zuppa Inglese

A Waterside Café in Naples, Italy



Macaroons (Amaretti)

Cover the bottom of a cookie sheet with unglazed paper.

Blanch (page 4)

$\frac{3}{4}$ cup ($\frac{1}{4}$ lb.) almonds

Using the electric blender (page 5) or nut grinder, grind blanched almonds. Set aside.

Beat until frothy

2 egg whites

$\frac{1}{4}$ teaspoon salt

Add, one tablespoon at a time, beating thoroughly after each addition

1 cup sugar

Beat until stiff peaks are formed. Fold (page 5) in ground almonds with

$\frac{1}{2}$ teaspoon almond extract

Drop by teaspoonfuls about 1 in. apart onto the unglazed paper. Keep small and uniform.

Bake at 350°F about 20 min., or until very lightly browned.

About 3 doz. Macaroons

Using the electric blender (page 5), grind enough Macaroons (on this page) to make

$\frac{1}{2}$ cup plus 2 tablespoons fine, dry macaroon crumbs

Set aside.

Beat in chilled bowl with chilled rotary beater until cream stands in peaks when beater is slowly lifted upright

1 cup chilled whipping cream

Fold (page 5) into whipping cream $\frac{1}{2}$ cup macaroon crumbs and

$\frac{1}{3}$ cup sifted confectioners' sugar

1 egg white, stiffly beaten

1 tablespoon rum or sherry

Pour mixture into paper baking cups and sprinkle with remaining macaroon crumbs.

Place in refrigerator tray. Freeze until firm (about 3 to 4 hrs.).

10 servings

Stuffed Peaches (Pesche Ripiene)

Set out 10x6x1 $\frac{1}{2}$ -in. baking dish.

Blanch (page 4), finely chop and set aside

$\frac{1}{2}$ cup (2 $\frac{3}{4}$ oz.) almonds

Using the electric blender (page 5), grind enough Macaroons (on this page) to make

$\frac{1}{2}$ cup macaroon crumbs

Set crumbs aside.

Wash, pare and cut into halves

6 large, firm peaches

Remove pit and a small portion of the pulp around cavity.

Combine and mix macaroon crumbs, chopped almonds and

2 tablespoons sugar

1 tablespoon chopped candied orange peel

Lightly fill peach halves with mixture. Put two halves together and fasten with wooden picks.

Place into baking dish and pour over peaches

$\frac{1}{3}$ cup sherry or Marsala wine

Sprinkle over peaches

2 tablespoons sugar

Bake at 350°F 15 min. and serve either hot or cold.

6 servings

Cheese and Fruit (Formaggio e Frutta)

Ranging from the soft, green-veined Gorgonzola to the hard, grated Parmesan, cheeses are one of the most versatile foods of the Italian cuisine. Although used in many baked entrees, cheese is the most popular of Italian desserts whether served alone or accompanied by sweet, succulent fruits. An Italian family dinner usually is climaxed with a combination of cheese and fruit, touched off by black coffee, Macchinetta style. Following are a few Italian dessert cheeses with a short description of each and the typical fruit they would usually accompany.

Bel Paese—a soft, mild cheese of the North often served with ripe cherries or plums.

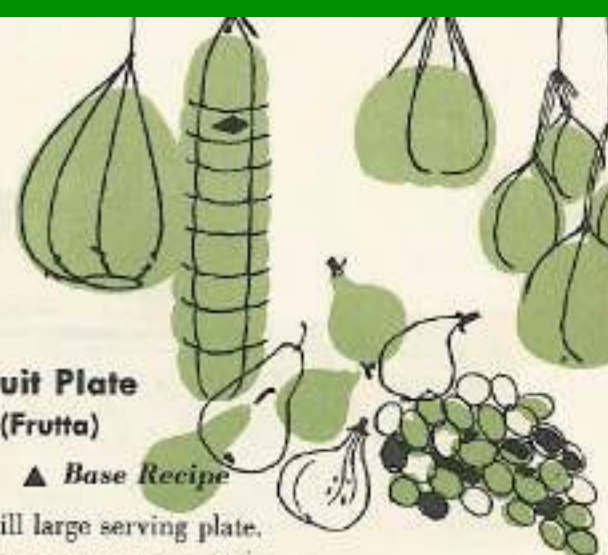
Gorgonzola—the most popular of the dessert cheeses, a creamy, tangy cheese veined with green mold; often served with sliced fresh pears, ripe Italian bananas or quartered apples.

Stracchino—a tangy goat's milk cheese of Milan which may be accompanied by any number of fruits including peaches and grapes.

Provolone—whether the pear-shape Provolone, round Provolette or sausage-shape Provolone salami, this is a favorite when accompanied by quartered apples and small slices of watermelon.

Caciocavallo—typifying a tapering beet root, this smoked cheese is delicious when served as a dessert with small crackers.

Ricotta—a soft, bland pot cheese often used in baking, this can be served as a dessert when complemented by berries and figs.



Fruit Plate (Frutta)

▲ Base Recipe

Chill large serving plate.

Drain and chill in refrigerator

7 (No. 2 can) peach halves

Wash and chill in refrigerator

$\frac{1}{2}$ lb. grapes

Arrange peach halves in the center of the chilled serving plate.

Pare and cut each into 6 wedges

$\frac{1}{2}$ chilled cantaloupe

$\frac{1}{2}$ chilled honeydew melon

Arrange wedges around peaches on plate, with clusters of grapes between melon sections. Garnish with

Mint leaves

6 servings

—Sicilian Fruit Plate (Frutta alla Siciliana)

Follow Δ Recipe. Substitute two peeled and quartered oranges or mandarines (a variety of oranges with a loose peel and sweet juice) for the peaches.

Biscuit Tortoni (Tortoni)

Set out 10 2-in. paper baking cups.

Set refrigerator control for coldest operating temperature; chill small bowl and rotary beater.



Fruit Plate



Brew in a macchinetta in your own home, or order Caffè Espresso when dining in a café, but don't miss the black Italian coffee. Whether served "e latte"—with milk—for breakfast or as a demitasse after dinner with a touch of rum or anisette, this strong black brew rivals any American-made coffee.

And when dining "alla Italian," don't pass up the wine! Serve deep red Chianti from a squat, straw-encased bottle or serve the sparkling, white Asti Spumanti of the North.

Try these Italian beverages. They're a fitting climax to any meal.

Coffee, Macchinetta Style (Caffè di Macchinetta)

(See center color photo)

▲ Base Recipe

Set out a Macchinetta di Caffè (an Italian Macchinetta di Caffè



coffee maker which can be purchased in most department stores).

Place in middle strainer section

3 tablespoons Italian-roasted coffee

To bottom section add

2 cups water

Replace all top sections and place coffee maker over heat. When the water is boiling (steam escapes from a tiny hole in the bottom section of coffee maker) remove Macchinetta from heat. Grasping both handles firmly, turn coffee maker upside down. The boiling water will drip through the coffee in a few min. Serve very hot.

This coffee can be served with either a twist of lemon peel or with 1 teaspoon rum or anisette added to each cup.

4 to 6 demitasse cups of coffee

—Caffè e Latte

Follow ▲ Recipe. Substitute standard coffee cups for the demitasse cups. Fill each coffee cup $\frac{3}{4}$ full with coffee beverage. Immediately fill cups with hot milk.

About 3 servings

Wines (Vino)

In Italy, where lunch is usually bread, wine and cheese, there is an endless variety of wines—sparkling champagne-like wines, dry red and white wines, sweet wines, strong wines and the ever-popular sweet liqueur, Strega.

Wines are mentioned in the writings of many ancient Romans including Horace and Virgil, who many times mention such wines as Falerno, which is still made in the shadow of Mount Vesuvius.

Stories which tell of the Italian love of wine are many, the most popular probably being those concerned with the wine, Est Est Est, and the cordial, Strega. The story of Est Est Est has many versions, but they all have the same general plot—of the wealthy gentleman traveling to Rome, who sent his servant ahead to write Est, "It is (good)," on the walls of the inns that served good wine. In one town, the servant found a particularly delicious wine for which he wrote Est! Est! Est! The gentleman thought the wine so delicious that he drank himself to death and never got to Rome.

The story of Strega is a legend handed down since the thirteenth century. It is told that a group of witches disguised as maidens used to gather in the hills around Naples to concoct an exotic brew. It was said that a man and woman who drank this brew together, now known as Strega, would be lovers forever.

Today, wines are the most popular beverage in Italy, and wine production is second only to France. Following are a few of the most popular Italian wines and cordials.

Chianti—the ruby-red, dry wine of the North which is the most popular of Italian wines. Served in the familiar fiasco, or straw-covered bottle, this is delicious with almost any Italian entrée, including pasta dishes, meats and poultry. It is served either chilled or at room temperature.

Barole—one of the best dry, red wines of Italy—ruby-red when young and slightly brownish when matured. Served with the entrée.

Barbera—a tart, dry, red wine best when served with meats or highly seasoned foods.



Asti Spumanti—the most popular sparkling wine of Italy, which rivals French champagne. This is a sweet wine usually served well chilled with dessert.

Lachryma Christi—Meaning "tears of Christ," this is a dry, red wine produced from grapes grown on the slopes of Mt. Vesuvius. A delicate wine, usually served with the entrée.

Marsala—a white wine of Sicily resembling Madeira or sherry and often used in cooking. Delicious when served at room temperature with dessert, especially cake.

Est Est Est—a dry, white muscatel wine produced south of Rome. Usually served with appetizer or entrée.

Strega—a golden-colored after-dinner cordial which is one of the most popular liqueurs in Italy. Usually served at room temperature.

Flora Delle Alpi—a sweet after-dinner cordial called "flower of the Alps" because of its pleasing flavor. Usually bottled with a crystallized herb.

Grape Harvest in the Chianti Valley, Italy



WHAT DOES IT MEAN?

Anchovies—salted, pickled, small herring-like fish.

Chicken Cacciatora—prepared in a spicy tomato sauce with a minimum number of ingredients such as a hunter would have on hand.

Caffè Espresso—an especially strong Italian coffee served only in restaurants, and prepared by forcing steam under pressure through the powdered coffee. This moisture falls into the cup and condenses to form the beverage.

Cannoli—A Sicilian deep-fried pastry filled with Ricotta cheese, pudding or whipped cream.

Capers—the flower-bud of a Mediterranean caper bush; it is pickled and used for flavoring or garnish.

Capocollo—cooked, boneless pork butt that has been rolled in spices and pepper and is served in thin slices.

Cappelletti—a moist, stuffed pasta usually served in soup; said to resemble "little hats."

Chicory—a salad green also known as French endive with tightly fitting, long leaves which have been bleached to a pale yellow.

Curly endive—a salad green with bunchy, curled leaves which have a slightly bitter flavor.

Ditalini—a tubular-shape pasta about 1/4-in. in both diameter and length and usually used in soups.

Escarole—a broad-leaf type of endive; the leaves do not curl at the ends.

Finocchio—an anise-flavored celery-like vegetable; also known as fennel.

Gnocchi—Italian dumplings usually made with potatoes.

Lasagne—a broad, flat noodle about 1 1/2-in. wide, which is the chief component of a casserole dish containing ground meat, cheeses and tomato sauce.

Linguine—a narrow, flat noodle about 1/8-in. wide, meaning literally "little tongues."

Macchinetta—Italian coffee maker.

Manicotti—a thin, rectangular-shape pasta stuffed with a Ricotta cheese mixture.

Marinara—a quick, spicy, tomato sauce prepared with a few ingredients such as a sailor would have at his disposal. Cheese is never used with this sauce.

Mostaccioli—a hollow, tubular pasta cut obliquely about 2 1/2-in. long.

Mozzarella—a fresh, unsalted, white, moist cheese with a delicate flavor, eaten sliced or in baked dishes.

Oregano—an herb of the mint family, sometimes called "wild marjoram." One of the most widely used herbs in Italian cookery.

Parmesan—a hard, light-straw colored cheese with an aromatic flavor. It is usually grated for use as a flavoring in main dishes.

Pasta—a dough composed chiefly of flour, water and sometimes eggs, and made into many various shapes and sizes such as spaghetti, macaroni and noodles.

Pizza—literally meaning "pie," the most popular of which is the open-face tomato cheese pie.

Pizzaiola—meaning "pizza style," this usually suggests piquancy and sharpness.

Plum tomato—Italian tomato, shaped like a plum and slightly stronger flavored than an ordinary tomato. This can be used in any recipe calling for tomatoes.

Polenta—cornmeal mush often served with sausage gravy.

Prosciutto—Italian-style ham pressed and aged in spices.

Ravioli—very thin, square-shape pasta stuffed with a mixture of meat and spinach or cheese and served with a hot, tomato sauce.

Romaine—a variety of lettuce, also called "cos," which has an elongated head composed of narrow, coarse leaves with a strong flavor.

Romano—a hard, off-white cheese with a sharp, tangy flavor. It is usually grated for use as a flavoring in main dishes.

Saffron—an orange-colored, sweet-smelling, but strong-flavored herb derived from the stigmas of the saffron plant and usually used to add color and flavor to white, bland foods such as rice.

Salami—a highly spiced Italian pork sausage.

Sausage, Italian—a pork sausage sold in Italian specialty shops in two forms—hot and sweet. American-style pork sausage may be substituted.

Scaloppine—usually refers to Veal Scaloppine or "pieces" of veal.

Spaghetti—literally "little cords," a pasta shaped into long, thin strings.

Spumone—an Italian ice cream.

Vermicelli—a pasta shaped into long, thin strings which are thinner than spaghetti.

Zucchini—slender green or green-striped Italian summer squash about five inches long.

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