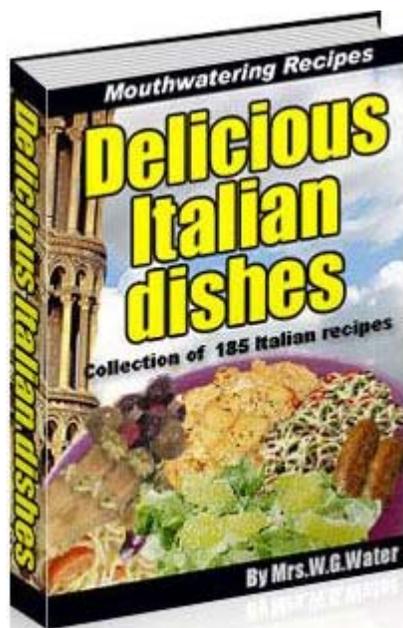


Delicious Italian dishes

(Collection of 185 Italian recipes)

by Mrs. W. G. Water

Compiled by [Amy Tylor](#)



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**"Show me a pleasure like dinner, which comes every day and lasts an hour."
*Talleyrand Circa 1901.***

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5. Uova in fili (Egg Canapes).
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7. Frittata eon Pomodoro (Tomato Omelette).
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3. Crema Montata alle Fragole (Strawberry Cream).
4. Croccante di Mandorle (Cream Nougat).
5. Crema tartara alla Caramella (Caramel Cream).
6. Cremona Cake.
7. Cake alla Tolentina.
8. Riso all'Imperatrice.
9. Amaretti leggier (Almond Cakes).
10. Cakes alla Livornese.
11. Genoese Pastry.
12. Zabajone.
13. Iced Zabajone.
14. Panforte di Siena (Sienese Hardbake).



Italian Sauces

As the three chief foundation sauces in cookery, Espagnole or brown sauce, Velute or white sauce, and Bechamel, are alluded to so often in these pages, it will be well to give simple Italian recipes for them.

Australian wines may be used in all recipes where wine is mentioned: Harvest Burgundy for red, and Chasselas for Chablis.

No. 1. Espagnole, or Brown Sauce

The chief ingredient of this useful sauce is good stock, to which add any remnants and bones of fowl or game. Butter the bottom of a stewpan with at least two ounces of butter, and in it put slices of lean veal, ham, bacon, cuttings of beef, fowl, or game trimmings, three peppercorns, mushroom trimmings, a tomato, a carrot and a turnip cut up, an onion stuck with two cloves, a bay leaf, a sprig of thyme, parsley and marjoram. Put the lid on the stewpan and braize well for fifteen minutes, then stir in a tablespoonful of flour, and pour in a quarter pint of good boiling stock and boil very gently for fifteen minutes, then strain through a tamis, skim off all the grease, pour the sauce into an earthenware vessel, and let it get cold. If it is not rich enough, add a little Liebig or glaze. Pass through a sieve again before using.

No. 2. Velute Sauce

The same as above, but use white stock, no beef, and only pheasant or fowl trimmings, button mushrooms, cream instead of glaze, and a chopped shallot.

No. 3. Bechamel Sauce

Ingredients: Butter, ham, veal, carrots, shallot, celery bay leaf, cloves, thyme, peppercorns, potato flour, cream, fowl stock.

Prepare a mirepoix by mixing two ounces of butter, trimmings of lean veal and ham, a carrot, a shallot, a little celery, all cut into dice, a bay leaf, two cloves, four peppercorns, and a little thyme. Put this on a moderate fire so as not to let it colour, and when all the moisture is absorbed add a tablespoonful of potato flour. Mix well, and gradually add equal quantities of cream and fowl stock, and stir till it boils. Then let it simmer gently. Stir occasionally, and if it gets too thick, add more cream and white stock. After two hours pass it twice slowly through a tamis so as to get the sauce very smooth.

No. 4. Mirepoix Sauce (for masking)

Ingredients: Bacon, onions, carrots, ham, a bunch of herbs, parsley, mushrooms, cloves, peppercorns, stock, Chablis.

Put the following ingredients into a stewpan: Some bits of bacon and lean ham, a carrot, all cut into dice, half an onion, a bunch of herbs, a few mushroom cuttings, two cloves, and four peppercorns. To this add one and a quarter pint of good stock and a glass of Chablis, boil rapidly for ten minutes then simmer till it is reduced to a third. Pass through a sieve and use for masking meat, fowl, fish, &c.

No. 5. Genoese Sauce

Ingredients: Onion, butter, Burgundy, mushrooms, truffles, parsley, bay leaf, Espagnole sauce, blond of veal, essence of fish, anchovy butter, crayfish or lobster butter.

Cut up a small onion and fry it in butter, add a glass of Burgundy, some cuttings of mushrooms and truffles, a pinch of chopped parsley and half a bay leaf. Reduce half. In another saucepan put two cups of Espagnole sauce, one cup of veal stock, and a tablespoonful of essence of fish, reduce one-third and add it to the other saucepan, skim off all the grease, boil for a few minutes, and pass through a sieve. Then stir it over the fire, and add half a teaspoonful of crayfish and half of anchovy butter.

No. 6. Italian Sauce

Ingredients: Chablis, mushrooms, leeks, a bunch of herbs, peppercorns, Espagnole sauce, game gravy or stock, lemon.

Put into a stewpan two glasses of Chablis, two tablespoonsful of mushroom trimmings, a leek cut up, a bunch of herbs, five peppercorns, and boil till it is reduced to half. In another stewpan mix two glasses of Espagnole or Velute sauce and half a glass of game gravy, boil for a few minutes then blend the contents of the two stewpans, pass through a sieve, and add the juice of a lemon.

No. 7. Ham Sauce, Salsa di Prosciutto

Ingredients: Ham, Musca or sweet port, vinegar, basil spice.

Cut up an ounce of ham and pound it in a mortar then mix it with three dessert spoonsful of port or Musca and a teaspoonful of vinegar a little dried basil and a pinch of spice. Boil it up, and then pass it through a sieve and warm it up in a bain-marie. Serve with roast meats. If you cannot get a sweet wine add half a teaspoonful of sugar. Australian Muscat is a good wine to use.

No. 8. Tarragon Sauce

Ingredients: Tarragon, stock, butter, flour.

To half a pint of good stock add two good sprays of fresh tarragon, simmer for quarter of an hour in a stewpan and keep the lid on. In another stewpan melt one ounce of butter and mix it with three dessert-spoonsful of flour, then gradually pour the stock from the first stewpan over it, but take out the tarragon. Mix well, add a teaspoonful of finely chopped tarragon and boil for two minutes.

No. 9. Tomato Sauce

Ingredients: Tomatoes, ham, onions, basil, salt, oil, garlic, spices.

Broil three tomatoes, skin them and mix them with a tablespoonful of chopped ham, half an onion, salt, a dessert-spoonful of oil, a little pounded spice and basil. Then boil and pass through a sieve. Whilst the sauce is boiling, put in a clove of garlic with a cut, but remove it before you pass the sauce through the sieve.

No. 10. Tomato Sauce Piquante

Ingredients: Ham, butter, onion, carrot, celery, bay leaf, thyme, cloves, peppercorns, vinegar, Chablis, stock, tomatoes, Velute or

Espagnole sauce, castor sugar, lemon.

Cut up an ounce of ham, half an onion, half a carrot, half a stick of celery very fine, and fry them in butter together with a bay leaf, a sprig of thyme, one clove and four peppercorns. Over this pour a third of a cup of vinegar, and when the liquid is all absorbed, add half a glass of Chablis and a cup of stock. Then add six tomatoes cut up and strained of all their liquid. Cook this in a covered stewpan and pass it through a sieve, but see that none of the bay leaf or thyme goes through. Mix this sauce with an equal quantity of Velute or Espagnole sauce, let it boil and pass through a sieve again and at the last add a teaspoonful of castor sugar, the juice of half a lemon, and an ounce of fresh butter. (Another tomato sauce may be made like this, but use stock instead of vinegar and leave out the lemon juice and sugar.)

No. 11. Mushroom Sauce

Ingredients: Velute sauce, essence of mushrooms, butter.

Mix two dessert-spoonful of essence of mushrooms with a cupful of Velute sauce, reduce, keep on stirring, and just before serving add an ounce of butter. This sauce can be made with essence of truffle, or game, or shallot.

No. 12. Neapolitan Sauce

Ingredients: Onions, ham, butter, Marsala, blond of veal, thyme, bay leaf, peppercorns, cloves, mushrooms, Espagnole sauce, tomato sauce, game stock or essence.

Fry an onion in butter with some bits of cut-up ham, then pour a glass of Marsala over it, and another of blond of veal, add a sprig of thyme, a bay leaf, four peppercorns, a clove, a tablespoonful of mushroom cuttings, and reduce half. In another saucepan put two cups of Espagnole sauce, one cupful of tomato sauce, and half a cup of game stock or essence. Reduce a third, and add the contents of the first saucepan, boil the sauce a few minutes, and pass it through a sieve. Warm it up in a bain-marie before using.

No. 13. Neapolitan Anchovy Sauce

Ingredients: Anchovies, fennel, flour, spices, parsley, marjoram, garlic, lemon juice, vinegar, cream.

Wash three anchovies in vinegar, bone and pound them in a mortar with a teaspoonful of chopped fennel and a pinch of cinnamon. Then mix in a teaspoonful of chopped parsley and marjoram, a squeeze of lemon juice, a teaspoonful of flour, half a gill of boiled cream and the bones of the fish for which you will use this sauce. Pass through a sieve, add a clove of garlic with a cut in it, and boil. If the fish you are using is cooked in the oven, add a little of the liquor in which it has been cooked to the sauce. Take out the garlic before serving. Instead of anchovies you may use caviar, pickled tunny, or any other pickled fish.

No. 14. Roman Sauce (Salsa Agro-dolce)

Ingredients: Espagnole sauce, stock, burnt sugar, vinegar, raisins, pine nuts or almonds.

Mix two spoonsful of burnt sugar with one of vinegar, and dilute with a little good stock. Then add two cups of Espagnole sauce, a few stoned raisins, and a few pinocchi* (pine nuts) or shredded almonds. Keep this hot in a bain-marie, and serve with cutlets, calf's head or feet or tongue.

*The pinocchi which Italians use instead of almonds can be bought in London when in season.

No. 15. Roman Sauce (another way)

Ingredients: Espagnole sauce, an onion, butter, flour, lemon, herbs, nutmeg, raisins, pine nuts or almonds, burnt sugar.

Cut up a small bit of onion, fry it slightly in butter and a little flour, add the juice of a lemon and a little of the peel grated, a bouquet of herbs, a pinch of nutmeg, a few stoned raisins, shredded almonds or pinocchi, and a tablespoonful of burnt sugar. Add this to a good Espagnole, and warm it up in a bain-marie.

No. 16. Supreme Sauce

Ingredients: White sauce, fowl stock, butter.

Put three-quarters of a pint of white sauce into a saucepan, and when it is nearly boiling add half a cup of concentrated fowl stock. Reduce until the sauce is quite thick, and when about to serve pass it through a tamis into a bain-marie and add two tablepoonsful of cream.

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