



E-Cookbooks Recipe Sampler

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Italian Recipe Sampler

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Antipasto

1/2 Pound sliced Genoa salami
1 slicing tomato
1 large white onion
2 roasted red bell peppers
1 Pound sliced provolone
2 cans black pitted olives
1 can baby corn on the cob
1 small jar of Pepperoncini peppers
2 stalks of celery
1 can of rolled anchovies
extra virgin olive oil

Use a long platter, and arrange in the following order:
Salami, provolone, tomato, onion, red peppers, and anchovies. Put the baby corns and olives in the center of tray. Take and cut in half celery sticks. Then slice each again length wise. Arrange celery sticks in between each antipasti. Sprinkle some salt lightly on everything. Then drizzle olive oil on everything. Let the antipasti sit covered in the refrigerator till ready to serve. Sitting helps enhance the flavors.

Basic Polenta

9 Cups Water
1 Teaspoon Salt
3 Cups Cornmeal; coarse–grain

Bring water to a boil in a large heavy pot. Add salt and reduce heat until water is simmering. Take cornmeal by the handful and add to water very slowly, controlling the flow to a thin stream through your fingers. To avoid lumps, stir quickly with a long handled wooden spoon while adding cornmeal. If necessary, stop adding cornmeal from time to time and beat mixture vigorously. Cook, stirring constantly, 20 to 30 minutes. Polenta will become very thick while cooking. It is done when it comes away cleanly from the sides of the pot. Pour polenta into a large wooden board or a large platter. Wet your hands and smooth out polenta evenly, about 2 inches thick. Let cool 5 to 10 minutes or until polenta solidifies. Cut cooled polenta into slices 1 inch wide and 6 inches long. Place slices in individual dishes. Serve hot, covered with your favorite sauce. Makes 6 to 8 servings.

Variation: Fried Polenta (Polenta Fritta): Prepare polenta and let cool completely. Cut cooled polenta into slices 2 inches wide and 6 inches long. Pour oil about 1 inch deep in a large skillet. Heat oil until a 1–inch cube of bread turns golden almost immediately. Fry polenta slices on both sides until light golden. Drain on paper towels. Serve hot. It is important to insure the oil is hot enough, otherwise the polenta will absorb oil and your polenta will be greasy and unpalatable.

Tomato Bruschetta

- 1 Loaf Italian bread, halved lengthwise then cut crosswise diagonally, into 1-in slices
- 1 Garlic clove; minced
- 2 Tablespoon Olive oil
- 2 Large Tomatoes; peeled, seeded, and chopped
- 1/4 Teaspoon Salt
- 1/4 Teaspoon Pepper
- 1/2 Cup Chopped fresh basil

Toast the bread under the broiler until lightly browned. Combine the garlic and olive oil and brush over one side of the bread. Spread the tomatoes over the bread. Sprinkle with salt and pepper. Broil for about 30 seconds to heat the tomatoes. Sprinkle with basil and serve.

Fettucini Romano Ala Fratelli

1 Tablespoon Olive oil
3 Cloves garlic, crushed
1/2 Cup White wine
3/4 Cup Half-and-half
1 Cup Romano cheese, grated
1 pound dry spinach fettucini, Cooked
Chopped parsley for garnish

Add the olive oil to a hot 10" pan. Add the garlic, and saute over high heat for about 1 minute. Add the wine and simmer for about 2 minutes. Add the half-and-half, and allow the sauce to come back to the simmer. Add the Romano cheese, and stir until smooth, about 2 minutes.

To serve: Add the pasta to the pan and toss until coated. Portion onto two plates, and garnish with some chopped parsley.

Calamari Imbottiti

8 small squid
1 small onion, chopped
2 tablespoons raisins
1-1/2 cups bread crumbs
1 teaspoon minced parsley
2 tablespoons grated Parmesan cheese
salt and pepper
1 egg, well beaten
1 #2 can tomatoes
4 tablespoons olive oil
1 clove garlic

Have fish dealer clean squid thoroughly, removing eyes, outside skin and intestines. Cut off heads and tentacles. Wash well, and drain. Combine remaining ingredients, and fill the cavity in each squid with stuffing. Sew squid closed, or fasten with toothpicks. Place in baking dish or pan, and cover with the following sauce: 1 #2 can tomatoes, 4 tablespoons olive oil, 1 clove garlic. Brown garlic in oil, mash tomatoes with fork, and add. Simmer for 10 minutes. Then pour over squid and bake in hot oven 400 degree for 35 minutes, or until tender. Serve whole with sauce.

Focaccia Versiliese

2 Teaspoon dried yeast
1 Cup warm water
1 Tablespoon olive oil
1 Tablespoon rosemary, chopped
4 sage leaves, torn
3 1/2 Ounce olives, pitted
2 Tablespoon garlic, minced
2 Cup unbleached all-purpose flour
1 Cup corn flour
2 Teaspoon salt
2 Teaspoon olive oil

Stir the yeast into a large mixing bowl with the water & let proof for 10 minutes. Stir in the olive oil, rosemary, sage, olives & garlic. Using a wooden spoon, mix in the flours & salt & stir until the dough is thick & smooth. Knead by hand for 8 to 10 minutes until the dough is firm & elastic.

Set the dough in a lightly oiled container, cover with plastic wrap & let rise until doubled. Turn the dough onto an oiled 10 1/2" X 15 1/2" baking pan & stretch it to fit. If it won't fit, let it rest for 10 minutes & try again. Cover with a towel & leave until it has half risen, about 30 minutes.

30 minutes before baking, preheat oven to 400F. Just before baking, dimple the top of the dough with your fingertips & sprinkle with some extra salt & 2 ts of oil. Bake for 25 to 30 minutes until golden. Slide off baking sheet onto a rack & let cool for a few minutes before eating warm or at room temperature.

VARIATION: Focaccia Dolce. Substitute 2 oz raisins & 1 oz pine nuts for the olives, herbs & garlic. Soak the raisins in warm water for 30 minutes before using & toast the pine nuts.

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