

ITALIAN TONIGHT !

*Encyclopedia of Italian Cuisine & Recipe Secrets
from Italian Restaurant Chefs Worldwide*

by
Lori Carangelo

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*Dedicated to my Son and my Granddaughters...
a slice of their Italian heritage!*

INTRODUCTION

These days, who has time or the desire to get up at the crack of dawn and stir spaghetti sauce for hours as my Italian Grandma used to do? Not this Italian. But I *LOVE* real Italian cuisine. So a lot of *LOVE* went into this cookbook. The Italian restaurant chefs and others who so generously shared their prize recipes exemplify the Italians' *LOVE* of sharing good food. Eat in or take out - Enjoy ITALIAN TONIGHT! – at these famous Italian restaurants or right in your own kitchen--whether or not you make it yourself (I'll never tell)! Most dishes are simple and inexpensive to make yet reflect the best of both traditional and exotic cuisine...made with *LOVE*. America made no culinary contribution to Italy, but stimulated the native genius by giving it new materials with which to work--the tomato (originally from *Mexico* as was Caesar Salad), turkey, potatoes, peanuts, vanilla and chocolate (which Columbus originally introduced from *Spain*), strawberries, string beans, pumpkins, artichokes and certain squash. And Italy sent back sinfully rich pastries, seafood specialties, pastas (now "health food"), olives, polenta and more wines than any country of the world ... and, of course, pizza; the *Chinese* origin of spaghetti is still debated.

The *LOVE* of Italian food is evident by the surprising number of Italian restaurants worldwide. In fact, it is difficult to find a country that does not have an Italian restaurant – even at remote dots on the globe. Most offer traditional dishes--whether served in *Italy, France, Scotland, South Africa, Thailand or Taiwan*. But many chefs outside Italy creatively contribute their own country's flavor with "finishing touches" that produce a new and delicious hybrid of two cuisines--made and served with *LOVE*. Not only is every type of traditional Italian dish represented, but also *Dublin Pizza, Moroccan Royal Green Ravioli, Australian Cassata* and many other new, exotic, palate-pleasing delights, for you to enjoy without leaving home.

Most of the recipes state the number of servings – for one, two, a small family or a larger number of people. All the ingredients can be halved or doubled except for cooking fat. Most pasta doubles in volume when cooked, so, half of what would seem a single serving, uncooked, is a full serving. In most recipes, pasta shapes and sizes are interchangeable. Use about 4 quarts of water for each pound of pasta (1 quart for each 4 ounces, or 2 servings). Follow common sense and don't worry about "exact measurements" because Italians cook "*by feel*." Pasta is cooked not by the clock but by the palate--"*al dente*" (literally, "*by the tooth*") to determine tenderness. Salting the water is unnecessary for proper cooking but 1-2 teaspoons of oil will prevent sticking.

The Italian dinner table is also the center for Italian social life--around it, engagements are blessed, marriages are celebrated, friends are welcomed, disputes are settled, and even the bereaved are comforted. Christmas, Easter, the several "Feast Days" of the Catholic saints find the Italian home--in any country--a profusion of unbelievably delicious foods and intoxicating aromas throughout the day. Italians still prepare food the way they practice living- with great zest. Good food means good times.

BUON APPETITO!

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ANTIPASTI *(Before the Pasta)*

Traditionally, vegetables are not served together with meat or fish. Salad comes at the end of the meal and antipasti is usually reserved for special occasions and would include salad and vegetables. An antipasto dish is usually considered to be an appetizer, but many antipasti are important enough to make an entire meal, by American standards. Both the individual ingredients and the traditional combinations are listed here. (Available in supermarkets or Italian markets, specialty food stores.)

SAUSAGE

Cappocollo (Capo-Collo) - Smoked Pork

Chipolata - Small pork and rice sausages ("little fingers")

Mortadella - Original Bolognese sausage with cubes of fat

Salsicce Secca (or Salsccia) - Pork that is dry and peppery

SALAMI

Calabrese A red hot type from Southern Italy

Campagnole - Rough-textured spicy peasant salami

Cotechino - Large cooked pork salami

Cotto - Soft cooked sandwich-size salami

Genoa - Veal, pork, pork -fat, seasoned salami

Milano - Beef, pork, pork-fat seasoned salami

Pepperoni - Small dry salami-like sausage, sweet or hot

Soppressata - Oval, flat salami, peppery, gingery, very garlicky

HAM

Prosciutto - Thin sliced raw cured ham

VEGETABLES

Caponata - Any dried bean or chick-pea salad, marinated or pickled beets or artichoke hearts, green or ripe olives, radishes, celery or carrots, fennel or celery hearts, pickled hot green or red peppers, pimientos in oil, cherry tomatoes.

TARTUFI

Truffles, from Northern Italy in Autumn. (See and Truffle Pie in "Cheeses" section.)

CHEESES - (See "Cheeses" section)

Provolone, Mozzarella, Gorgonzola are cheeses featured in antipasto dishes.

A TYPICAL ANTIPASTO PLATTER IN AMERICA

On a bed of crisp **LETTUCE**, arrange:

Slices of **SALAMI**

Slices of **PROSCIUTTO**

Black and Green **OLIVES**

Slices of **TOMATO**

SALSICCIA SECCA

CAPPOCOLLO

ANCHOVIES rolled around a stuffed olive or capers, on cocktail picks

Strips of red or green **BELL PEPPERS**

CELERY filled with soft cheese or liver pate

CARCIOFINI

Sliced hard-boiled **EGGS**

Pickled **BEETS**

Slices of **PROVOLONE**

Slices of **MORTADELLA**

Marinated **CECI BEANS**

TYPICAL ITALIAN SALADS

Acciughe alia Contadina **Anchovy** salad

Caesar Salad - Romaine, Olive oil, Anchovy paste, Parmesan dressing

Insalata di Pollo - **Chicken** salad

Insalata Verde - Italian **Green** salad

Insalata Radicchio - **Dandelion** salad

Pasta Suprema - Marinated **Macaroni-Vegetable** salad

OTHER ANTIPASTI

Bruschetta - Rustic toast seasoned with garlic and oil, salt and pepper

Carpaccio - Very thin medallions of raw beef arrayed on a platter, lightly glossed with olive oil and decorated with anchovy filets, roasted slivers of green pepper and scatterings of capers (as appetizer or first course)

Crostini - Bread baked with mozzarella, anchovies, tomato, oregano, salt, pepper

Spiedi, Spiedini - Meat skewers first invented by Michel Carangelo in 1886, when he was street pedlar in New York City; now also includes cheese skewers (mozzarella, bread, anchovies)

ANTIPASTO PLATE

(Palm Springs style)

SERVES 36 (1/2 cup each) or 64 appetizers

1 pound sliced Italian salami

1 pound sliced Mozzarella cheese

1 pound sliced Provolone cheese

1 pound sliced bologna

1 pound sliced pastrami

2 cups carrots

1-1/2 cups zucchini (small head)

6 cups cauliflower

4 cups broccoli (small bunch)

1 medium green pepper

1 can (6 ounces) black olives, pitted and drained
1 can (6 ounces) pickled artichoke hearts, drained and quartered
1/2 pound fresh mushrooms, sliced
1/2 of a 13-oz jar of medium chili peppers & 1 pint cherry tomatoes, both drained

DRESSING:

1/2 cup tomato-chili sauce
1 tablespoon oil
1/4 cup freshly squeezed lemon juice
1/4 cup wine vinegar 2 or 3 cloves garlic, minced
1/2 teaspoon dry mustard
1 teaspoon oregano leaves 1 teaspoon basil leaves

Arrange cold cuts and cheeses in alternating slices of each on a serving platter and chill until served. Boil the first five vegetables together briefly or steam until crisp-tender (5 minutes for carrots, 2 minutes for others). Mix dressing ingredients and bring to boil; pour over vegetables and toss. Chill before serving.

FUNGHI RIPIENI con PESTO
(Mushrooms stuffed with pesto and cheese)

SERVES 4

12 large firm white mushrooms
Juice of 1 lemon
Good olive oil
1/2 cup Genoese Pesto (see recipe under Sauces)
1/3 cup freshly grated Parmesan or Romano cheese

Note: A lemon will yield more juice if it is *not* chilled. Remove lemon from the refrigerator an hour or so before you plan to use it or microwave a cold lemon for 45 seconds before squeezing it. This helps release both the juice and the oils of the rind giving more of its flavor to this recipe. Remove mushroom stems and reserve for another use. Wipe caps clean and place in a mixing bowl. Pour lemon juice over mushrooms and toss gently (use your hands) until all the caps are coated. Add 1 tablespoon olive oil and toss again. Rub the bottom of a baking dish with olive oil. Fill the mushroom's with pesto and arrange in a single compact layer in the baking dish. Sprinkle with 2-1/2 tablespoons of cheese, then drizzle a small amount of olive oil over all. (The mushrooms may be refrigerated, if tightly covered, for several hours at this point.) Bake 375° oven for 8 to 12 minutes, until filling bubbles. Sprinkle with remaining cheese and serve. Wine suggestion: 1980 Zaca Mesa Sauvignon Blanc. This wine has a somewhat smoky flavor and can also be served as an apertif.

JOHN A GRISANTI , (from his cookbook, "Wining and Dining with John Grisanti")
JOHN GRISANTI'S RESTAURANT, 1489 Airways Boulevard, Memphis, Tennessee

CARLO'S FAMOUS "ALL SEASONS" ITALIAN SALAD

SERVES 1

1/4 head lettuce, chilled and chopped into bite-size pieces

Oil (preferably olive oil)

Vinegar

Mushrooms marinated in Italian dressing

Artichoke hearts, marinated in Italian dressing

Garbanzo beans

Parmesan cheese, grated

1 slice Provolone cheese

1 slice Gallo salami

1 peppercini

1 slice tomato (optional, for color)

Bread sticks

"CARLO" and JOAN GATTUSO

CARLO'S ITALIAN DELI & RESTAURANT, 119 S. Indian Canyon, Palm Springs, California

RAFFAELLO'S SALAD

(Raffaello's Salad - his own creation)

SERVES 4

4 big baked potatoes

vegetables (your choice), baked

4 eggs, baked

pickles in vinegar

1 glass yogurt

1/2 ounce pine nuts

2 big spoonfuls of olive oil

1 spoonful vinegar

Salt and Pepper

Cut into small pieces the potatoes, vegetables, and eggs into a salad bowl. Add the oil and vinegar, pickles, nuts, salt and pepper. Fold in the yogurt and refrigerate the salad for 20 minutes before serving. Enjoy!

RAFFAELLO SFARA FUSI

former DA RAFFAELLO, Acapulco, Mexico

CAESAR SALAD

(Caesar Salad, universally accepted as an Italian classic, was actually the delicious invention of Chef Caesar Cardini, Tijuana, Mexico, in 1924. His Italian restaurant "Cesar's," still stands, but U.S.-Italian restaurants name the salad for Roman Emperor Julius Caesar).

SERVES 6

1 clove garlic, peeled

2/3 cups olive oil

*2-1/2 cups bread cubes (croutons) made from stale French or Italian bread

1 large head Romaine, washed and crisped

1/2 teaspoon salt

1/4 teaspoon pepper

1 egg (either raw or boiled in the shell 1 minute)

3-4 tablespoons lemon juice

6 anchovy filets, drained and minced (optional)

1/3 cup grated Parmesan cheese

Crush garlic into oil, cover and let stand overnight at room temperature. Next day, drain oil from garlic and discard garlic. Heat 1/3 cup of the oil in a heavy skillet over moderately high heat 1-2 minutes. When hot, but not smoking, add bread cubes and brown on all sides, tossing constantly. Drain on paper towel and reserve. * (These can be done ahead of time.) Break Romaine into bite size pieces in a salad bowl. Sprinkle with remaining oil if needed to coat all leaves lightly. Break egg into a cup and slide onto salad. Pour lemon juice directly on egg and toss lightly. Add anchovies if desired. Add Parmesan and bread cubes and toss again. Serve.

RON FRIEBORN, Indian Wells, California

INSALATA di RADICCHIO

(Dandelion salad)

SERVES 6

2 pounds dandelion greens

12 slices bacon

2 cloves garlic, mashed

1/3 cup red wine vinegar

1 egg, beaten

Salt and pepper

Wash the dandelion greens thoroughly, floating them in a large quantity of water in a basin to remove all soil. Drain greens; dry between sheets of paper towels. Tear greens coarsely and arrange lightly in a serving bowl.

Cut the bacon into 1/2-inch strips or pieces and combine them in a skillet with the garlic. Set pan over moderate heat and cook bacon thoroughly without letting it become crisp. Remove and discard the garlic. Slowly (to avoid splattering), stir the vinegar into the bacon with the rendered

fat still in the skillet. Let the mixture heat through to blend the flavors and remove pan from heat. Let dressing cool and pour it over greens in a bowl. Blend in the beaten egg and season salad with salt and pepper to taste.

MARIA GRAZIA BENEVENTO DOLCEACQUA
Salerno, Italy and New Haven, Connecticut

ITALIAN SPINACH SALAD
(From the Isle of Capri, Italy)

SERVES 4

Salad:

1 pound fresh young spinach

6-8 raw asparagus spears

6 bacon slices

2 slices Mozzarella cheese

A few black olives

Dressing:

4 tablespoons olives oil

1 tablespoon red wine vinegar,
and/or 1 tablespoon lemon juice

Salt and pepper

1/2 clove garlic, crushed

Rinse spinach in a lot of water, cut off stems and spin dry. Cut bacon into small strips. Add all ingredients to salad and toss. Add grated Mozzarella cheese, olives and asparagus spears. Serve with a favorite Italian dish.

CHEF EDUARDO NAPOLANO

TRATTORIA AUX TROIS CONTINENTS, INC. , 1112 Wolfe Street, Montreal, Quebec,
Canada

GRANDE CRISANTEMO
(Grand Chrysanthemum)

SERVES 8

1/2 cup mayonnaise

3 tablespoons whipped cream

1 ball (16 ounces) fresh Mozzarella (fiore de latte), sliced

5 medium sized pears, peeled

Juice of 1 lemon

Water

5 to 6 lettuce leaves

6 heads Belgian endive, separated into leaves

1 small head radicchio
1/2 cup walnut pieces

In a small bowl, mix mayonnaise and cream; chill. Drain Mozzarella in colander and set aside. Leave one pear whole; cut remaining pears into wedges. Drop wedges into medium sized bowl, add lemon juice and cover with water. (This will prevent discoloration.) Line a round or oval serving dish with lettuce. Cut Mozzarella slices into strips. On top of lettuce, alternate endive leaves, pear slices and Mozzarella strips. In center of plate, arrange a round of radicchio leaves; set whole pear in the middle. Continue arrange 5 endive leaves, Mozzarella strips and pear slices around the whole pear, building ingredients to form a chrysanthemum flower. Sprinkle with walnut pieces. Serve with sauce on the side.

BRUNO CREGLIA

GIORDANO RESTAURANT, 409 West 39th Street, New York City, New York

CARCIOFI alla VENEZIA GIULIA
(Artichokes Venezia Giulia Style)

SERVES 6

6 Artichokes, very young
1 Lemon
6-8 tablespoons fresh breadcrumbs
1 clove garlic, finely chopped
2-3 sprigs parsley, finely chopped
1 cup olive oil Salt and pepper

The artichokes must be young and not yet formed a "choke." Prepare by cutting the stalk so close that each will stand easily on its base and trim off the tougher lower leaves. Carefully open out remaining leaves and soak artichokes in water with lemon juice for 15 minutes. Combine breadcrumbs, garlic, parsley and 2-3 tablespoons of the olive oil to make stuffing. Season to taste. Drain artichokes and push the stuffing in between the leaves. Arrange side by side in pan standing upright, pour over the remaining oil and add enough water to come halfway up the sides of the artichokes. Cover pan, bring to a boil and simmer until tender (adding more water if necessary during cooking). Young artichokes take 30 minutes to cook (older ones up to an hour).

EMILIO PESARO

ADRIATICO, Campiello dell Torr, Grado, Italy

PASTA SUPREMA

(This pasta salad originated with Mr. Italo, of Ventura, the Lazio region of Italy)

SERVES 10-12

1/2 pound macaroni (twisted or spirals)

2 cups broccoli florettes, parboiled

1 sweet red bell pepper, chopped,
or green bell pepper if preferred

2 medium tomatoes, chopped

4 green onions, sliced

15-3/4 ounce can black olives, drained and rinsed

16 ounce jar marinated artichoke hearts (do not drain)

14 ounces pepperoni, sliced

14 ounces Mozzarella or Provolone, shredded

1-1/2 cup *Creamy* Italian dressing

Cook macaroni according to package directions until tender. Drain, rinse and cool. Combine all ingredients in a large bowl stir well to coat all ingredients with dressing. Cover and allow salad to marinate in the refrigerator overnight.

LAWRENCE B. CUNNINGHAM,

ITALO'S RESTAURANT, 51-230 Eisenhower Drive, La Quinta, California

INSALATA di PASTA con FRUTTA di MARE

(Pasta Salad with Seafood)

SERVES 6

1 pound fusilli pasta

12 Gulf shrimp, size 16-20, peeled and veined

8 ounces Canadian Sea Scallops, sizes 30-40

8 ounces Genuine Gulf Red Snapper, cut into chunks

8 ounces Baby Clams (fresh)

8 ounces Lump Crabmeat (fresh)

1 teaspoon garlic, chopped (fresh)

1 teaspoon parsley, chopped (fresh)

1 teaspoon basil leaves, chopped (fresh)

1 teaspoon red bell pepper, chopped (fresh)

1 green bell pepper, chopped (fresh)

1/4 Spanish onion, chunked

1/2 lemon

1 stalk celery

2 garlic cloves

3 bay leaves

6 ounces Virgin olive oil

Salt and pepper to taste

Cook fusilli in 1 gallon boiling salted water for 7 to 8 minutes. Strain fusilli, cool in ice water and strain again. Boil 1 gallon salted water with 2 or 3 bay leaves, celery, lemon, the 2 garlic cloves and the chunked onion for 3 minutes. Then add all the seafood, except the Crabmeat, and boil 2 minutes. Strain and let cool at room temperature, discarding stock. Place pasta, boiled seafood and crabmeat in a large bowl and mix together. Add garlic, parsley, basil, red and green peppers and the olive oil. Add salt and pepper to taste and mix thoroughly. Enjoy!

LUIGI BOSCO, Chef/Partner via J. RENE GUZMAN

BOSCO'S RISTORANTE ITALIANO, 2293 Peachtree Road, N.E., Atlanta, Georgia

SCAROLE RIPIENI

(Stuffed Escarole)

SERVES 6-8

2 cups soft bread crumbs

1/4 cup Romano cheese

1/4 cup grated Parmesan cheese

1 clove garlic, minced

2 tablespoons raisins

2 tablespoons pine nuts

1 tablespoon parsley, snipped

Dash pepper

2 small heads escarole

1 more clove garlic, minced

1 tablespoon olive oil

1 cup water

In a mixing bowl, combine bread crumbs, Romano cheese, Parmesan cheese, 1 clove minced garlic, raisins, pine nuts, parsley and pepper. Set aside. Spread leaves of escarole gently and wash thoroughly, leaving head intact. Turn upside down and drain well. Open head, spreading leaves until center is exposed. Place *half* the stuffing in center of each head. Close and tie with string.

In a large sauce pan, cook the remaining clove of garlic in hot olive oil until golden. Add water. Place escarole in pan. Cover tightly and cook over medium heat about 8 minutes. Turn escarole over. Cook, covered 5 more minutes or until escarole is tender. To serve, slice escarole crosswise.

"C.C." GATTA, Indian Wells, California

VERZE RIPIENI
(Italian Stuffed Cabbage Rolls)

SERVES 8-10

1 large head cabbage
1 pound ground pork
1 cup half-cooked rice
1/2 cup onions, chopped
1/4 cup parsley, chopped
1/2 cup Romano or Parmesan cheese, grated
1/4 teaspoon oregano
2-1/2 teaspoons salt
3/4 teaspoon black pepper, freshly ground
3 cups tomato sauce (thin)
1 bay leaf

Wash the cabbage, cover with water, bring to boil, and cook 10 minutes. Drain, let stand until cool enough to handle. Remove 24 large leaves. Mix together the pork, rice, onions, parsley, cheese, oregano, 1-1/2 teaspoons of the salt and 1/2 teaspoon of the pepper. Place a heaping teaspoon of the mixture on each leaf, turn the opposite ends in, and carefully roll up. If there is any meat mixture left, make more meat rolls or meatballs. Arrange in a greased casserole or baking dish. Add tomato sauce, the remaining salt, pepper and bay leaf. Cover and bake at 350° for 1-1/2 hours. Taste for seasoning and discard bay leaf.

BOB MILLIGANI, Lancaster, California

FAGIOLI TOSCANELLI al CAVIALE
(Tuscan Beans with Caviar)

SERVES 1 (per handful of beans)

White beans
Olive oil
Garlic
Sage
Caviar
Lemon
Salt and pepper

Cook white beans and drain well. Rinse and add olive oil, garlic, sage, caviar, lemon, salt and pepper. Mix gently. Allow to marinate at least 1/2-hour (preferably longer) before serving. Serve at room temperature.

MARIO di FILIPIS

BUCA di SAN FRANCESCO, Via San Francesco, Arezzo, Italy

EGGPLANT PARMIGIANA

(Traditionally, the eggplant slices are salted, pressed and drain ed of juice, but this is unnecessary; also, the juice is nutritional and the salt may not be desired.)

SERVES 4

1 large or 2 small eggplant, (peeled, cut into 1/4-inch or thinner slices)

1/2 cup (or more) breadcrumbs

Salt, pepper, oregano

1 (or more) egg, beaten

1 tablespoon milk

1/4 cup olive oil

2 cups Italian tomato sauce

1/2 pound Mozzarella cheese

Parmesan cheese (for sprinkling)

Season breadcrumbs with salt, pepper and oregano. Mix egg and milk. Heat olive oil in frypan at high, reducing to medium-high. Dip eggplant slices in milk-egg mixture, then in breadcrumbs and saute 3-4 minutes on each side or until lightly browned, doing as many as will fit in pan and reserving on a platter until all are done. Additional breadcrumbs and egg mixture may be needed, depending on number of slices obtained.

In shallow casserole, spread several tablespoons of tomato sauce and cover sauce layer with eggplant slices, then a thin brushing of tomato sauce, a layer of Mozzarella. Bake in preheated 350° oven for 30 minutes or until cheese is bubbly and starting to lightly brown. Offer some Parmesan cheese at the table for sprinkling.

ALFRED B. CARANGELO, Santa Barbara, California

EGGPLANT SORRENTINO

(A Rolled, Stuffed Eggplant)

SERVES 6

6 thick slices eggplant (center of large eggplant will yield large slices)

Flour (for dredging eggplant)

Egg

Olive oil (or other cooking oil)

6 thin slices cooked ham

6 thin slices Mozzarella cheese

18 ounces Ricotta cheese

Paprika

Parsley

Parmigiana (Parmesan cheese, grated)

Salt and pepper to taste

Marinara sauce

More Mozzarella cheese

Lightly flour eggplant, then dip in egg and partially fry just until golden in color. Place eggplant slices slice Mozzarella cheese, one slice cooked ham, 3 ounces of the Ricotta cheese, and a pinch of salt pepper, paprika and parsley. Then roll each slice with its topping. Secure the rolls with toothpicks. Spread some Marinara sauce on the bottom of a casserole dish and arrange eggplant rolls on top of sauce. Top with more Marinara sauce and then Mozzarella cheese and bake at 450° for 10 to 15 minutes, until hot and cheese is melted and bubbly Serve.

ANGELO VERRICO and TONY MUSCI
former D'ANGELO TRATTORIA, 25214 Cabot Road, Laguna Hills, California

EGGPLANT della MAMMA

(Mamma Montesano's interesting stuffed version)

Serves 4

2 medium eggplants
1/2 pound Italian sweet sausage, diced
1 onion, minced
3 cloves garlic, minced
1/2 cup white wine
3 tablespoons parsley, chopped
1 cup breadcrumbs
1/2 cup olive oil
1-1/2 cup Fontina or Mozzarella cheese
6 leaves fresh basil

Cut eggplant in half lengthwise and scoop out insides, leaving 1/2 inch of shell to hold its shape. Dice the part of the eggplant that was removed and saute in hot oil for 2 minutes over medium heat. Add sausage and saute until cooked about 4-5 minutes. Add garlic, white wine, basil, bread crumbs, hot pepper and parsley. Blend together well and add salt and pepper to taste. Stir in cheese and stuff eggplant shells. Bake at 350° degrees for 30 minutes, or until golden brown.

MAMMA MONTESANO, via ANTONIO MINGALONE
MONTESANO RISTORANTE ITALIANO, Houston, Texas

EGGPLANT BRACIOLITINE

(A batter-fried, stuffed, rolled eggplant recipe that originated in Avellino, Italy)

SERVES 4-6

1 medium sized eggplant, thin-sliced
Flour
Egg
Olive Oil
Ricotta cheese

Tomato or Marinara sauce

Mozzarella cheese, grated course

Dip the eggplant slices first in flour and then in egg; fry the slices in hot olive oil until golden brown. Allow eggplant to cool and the oil to drain onto paper towels. Place 3 tablespoons Ricotta at the outer edge of each slice. Then roll the slices and secure each roll with a toothpick. Place eggplant rolls in a baking dish and cover with your favorite tomato or Marinara sauce; sprinkle Mozzarella cheese over eggplant rolls and sauce. Bake in 350° oven for 15 minutes or until cheese melts and eggplant is heated through. Che Bella!

MASSIMO DAMORE

former SORRENTO RESTAURANT, Boston, Massachusetts

ITALIAN WEDDING SOUP

(This fancy meatball soup is a creation of Palace Station's Executive Chef, Joseph Yacavone, and a favorite with this Las Vegas restaurant.)

MAKES 2 GALLONS

1 pound onion, diced

1 pound celery, diced

1 pound carrots, diced

2 bunches fresh escarole, chopped

1 small bunch fresh chicory, chopped (trim 1" off ends)

1 bay leaf

1/2 teaspoon ground black pepper

1/2 teaspoon salt

1 pound chicken meat (boneless)

1 gallon chicken broth

3 ounces clarified butter

MEATBALL MIX:

(Mix well, by hand)

1 pound lean ground beef

1/2 cup fresh parsley, chopped

1 tablespoon salt

1 tablespoon ground

black pepper

1 cup Parmesan cheese (ground)

4 raw eggs

8 ounces uncooked egg noodles

1/2 cup Parmesan cheese, grated

Saute vegetables in large soup kettle (2 gallon, minimum) in the clarified butter. Saute for 10-15 minutes or until vegetables are half-cooked. Add bay leaf, salt and pepper. Pour chicken broth in pot with vegetables. Let soup simmer (approximately 1 hour). Steam or bake chicken meat until done (35-40 minutes). Let cool and slice into 1/2-ounce strips and add to soup.

Roll meatballs into 1/2-ounce balls, add raw meatballs to soup and simmer an additional 10 minutes. Cook egg noodles according to package directions, drain and add to soup with 1/2 cup grated Parmesan cheese. Serve.

JOE YACAVONE, Executive Chef via FRANK FERTITTA
PASTA PALACE, PALACE STATION HOTEL-CASINO, 2411. Sahara, Las Vegas, Nevada

ZUPPA FRANCESCANA

(Franciscan Soup. An old dish cooked by Franciscan Friars in the 1800's.)

SERVES 1

1 tomato, fresh
1 clove garlic
1 teaspoon parsley finely chopped
1 tablespoon olive oil
6 basil leaves, fresh
Salt to taste
Pinch thyme flowers
1 egg yolk
4 slices toasted bread

Peel the tomato (by dipping it into boiling water) and make a cut at the bottom big enough for the clove of garlic to be wedged in. Put in a saucepan together with the olive oil and parsley on the cooker until the oil gets brown (golden brown, not burnt); this should take about 3 minutes. Add the tomato and fry it slightly for another 2 minutes; then pour some water into the saucepan until the tomato is nearly covered. Add the basil and salt to taste. Let it all simmer for about 10 minutes; take the saucepan off the cooker and add thyme and egg yolk. Serve with slices of bread toasted and rubbed with garlic to give them a special tang.

SILVIO VIGLIETTI, Chef-Proprietor, and the Viglietti Family (since 1922)
IL PALMA di ALASSIO, via Cavour 5, 17201 Alassio, (Savona) Italy

MINISTRONE

SERVES 14 (1 cup each)
1/2 cup uncooked navy beans
1 can (10-1/4 oz.) chicken broth
1 quart water
2 medium carrots, cut in small strips
1/2 small head cabbage, shredded
1 medium potato, diced
1 can (16 ounce) unsalted tomatoes
1 medium onion, sliced
1-1/2 teaspoon olive oil

1 stalk celery, sliced diagonally
1 zucchini, sliced
2 cloves garlic, minced
1/8 teaspoon pepper
1/4 teaspoon salt (or less)
1/2 teaspoon basil leaves
1/4 teaspoon marjoram leaves
or 1/8 teaspoon ground marjoram
2 tablespoons chopped parsley
1 can (5 ounce) unsalted tomato sauce
1/2 cup broken, uncooked spaghetti

In a very large kettle (6-8 quart), add navy beans to chicken broth and water. Cover and cook together 1 hour. Add carrots, cabbage, potatoes, tomatoes. Cook for another 30 minutes. Saute onions until oil is translucent. Add celery, zucchini, garlic, pepper, salt, basil, marjoram. Continue to saute until tender; add to the beans and vegetable pot. Add parsley and tomato sauce. Cook 20 minutes. Add more water if too thick. Add spaghetti; cook 10 more minutes.

RONALD H. FRIEBORN, SR., Indian Wells, California

MINISTRONE alla GENOVESE
(Green Minestrone in a clear soup base)

MAKES 6-7 QUARTS (10-12 servings)

4 quarts water
1 pound ham
1 pound bony chicken parts (wings, backs, neck)
1/4 pound sliced prosciutto
2 cups celery, sliced
2 cups potato, diced
4 small zucchini (sliced in 1/2 " pieces)
1/2 cup leeks, sliced
1 pound Italian green beans, (2-3 inch cuts)
1/2 cup ditalini (elbow) macaroni
1 cup peas, freshly shelled
3-4 cups cabbage, freshly shredded
2 tablespoons salt
1 cup basic Pesto (see Pesto recipe)

In a large kettle, combine water, ham, chicken and prosciutto and bring to a boil. Reduce heat, cover and simmer 2 hours. Strain and reserve stock, discarding meat and bones. Bring stock to a boil. Add potatoes, reduce heat, cover and simmer 10 minutes. Add celery, zucchini, leeks, green beans, macaroni. Simmer uncovered 4-5 minutes. Salt to taste. Serve with Pesto.

LORI CARANGELO, Palm Desert, California

MINESTRA di LENTICCHE
(Lentil Soup)

SERVES 4

1/2 pound (or slightly less) lentils (Italian greenish-brown)
1 bay leaf
2 leaves fresh sage (or 1/8 teaspoon dried sage)
2 tablespoons oil
3 slices bacon
1 clove garlic, crushed
3 stalks celery, chopped
1 medium onion, chopped
2 tablespoons tomato paste
Salt and pepper to taste
1/4 pound ditalini pasta
Parmesan cheese, grated (optional)

Cook the lentils in 3 quarts boiling water with the bay leaf and sage. Do not allow the water to boil too rapidly or the lentils will break. Italian lentils on the greenish-brown shade tend not to break as easily as the red-brown variety. In another sauce pan, saute the bacon in oil after cutting into very thin julienne strips. Add garlic, celery, onion and continue to saute slowly. Dilute the tomato paste in 1/2 cup hot water and add to sauce pan. Add salt and pepper. Cook for 20 minutes. When the lentils are cooked add the sauce to the pot of lentils. Taste for salt and add water if necessary. Bring to a boil again and add pasta. Cook for 10 more minutes. Remove bay leaf and sage. Serve with grated Parmesan, if desired.

RICHARD CICCHI, Santa Barbara, California

ZUPPA di FAGIOLI
(Bean Soup, typical dish of Montalcino)

SERVES 4

3 tablespoons olive oil
1 red onion, finely chopped
2 small carrots, finely chopped
2 sticks celery, finely chopped
1 tablespoon tomato puree
1-1/2 ounce Swiss chard or spinach beet, finely chopped
1 cube beef bullion (Knorr brand)
Salt and pepper
1 ounce small dried haricot beans (soaked overnight)
Water
5 pieces hard, stale bread

Boil the beans in plenty of water until soft. Put oil in saucepan and cook onion, carrots and

celery, 10 minutes. Add tomato puree, Swiss chard, salt, pepper, Knorr beef cube and cook another 15 minutes. Add beans and water and boil gently for 1 hour, adding water as necessary if it gets too thick. Pour over the bread in bowls; wait 5 minutes before serving. Serve with a little sliced red or Spring onions floating on top of *soup*.

FRANCA RAFFAELLI, Chef

TAVERNA dei BARBI, (Fattoria dei Barbi), Loc. Podernovi, Montalcino 53024, Siena, Italy

PASSATO di PATATE con AGLIO ARROSTO

(Cream of Potato Soup with Roasted Garlic)

SERVES 4-6

10 large new red potatoes

2 leeks

1/4 pound unsalted butter

4 heads of garlic, roasted

1 sprig of fresh thyme

2 cups of homemade chicken stock

2 cups of heavy cream

Salt and pepper to taste

Slice the top off of each head of garlic so that each clove is exposed. Place exposed side up in a shallow baking pan. Drizzle liberally with virgin olive oil. Cover with foil and bake at 275° for 2 hours. Chop the leeks and wash thoroughly. Place the butter and leeks in a heavy 2-quart sauce pan. Saute over low heat for 10 minutes. Wash the potatoes and cut in chunks. Add to the leeks. Saute the vegetables, stirring occasionally for 15 minutes. Add the chicken stock, cover and simmer until the vegetables are very tender. Squeeze the roasted garlic cloves into the sauce pan. Puree the contents of the pan in a food processor to a very smooth consistency. Return to the pan, add the cream, finely chopped fresh thyme, salt and pepper to taste.

CHEF LICIA DEMEO via NAFTALI ZISMAN

PASTABELLA #4 Embarcadero Podium Level San Francisco, California

ZUPPA alla CONTADINA

(Country Soup, popular in Arezzo)

SERVES 4

1/4 cup olive oil

1 small onion, chopped

1 clove garlic, minced

2 ribs celery, chopped

1 small carrot, chopped

1 potato, chopped

1 tomato, chopped

2 tablespoons tomato paste

Handful celery leaves, chopped

Pinch parsley, chopped
1 teaspoon salt
1/2 teaspoon pepper
1 quart chicken or beef stock

Saute first 12 ingredients in olive oil. When softened, add broth and continue to cook until soup boils. Serve with additional olive oil drizzled on the top to taste the Parmesan cheese.

MARIO di FILIPPIS
BUCA di SAN FRANCESCO, Via San Francesco, Arezzo

ITALIAN COUNTRY SOUP

MAKES 5 GALLONS

1-1/2 pounds hot Italian link sausage
1-1/2 cups good Chianti wine
1/2 gallon water
10 pounds whole, pear-tomatoes, cooked, drained and diced
1 #10 can kidney beans, drained and rinsed
1 pound onions, diced
1/2 pound bell peppers, diced
1 pound carrots, sliced 1/3"x 1"
1 pound zucchini, sliced 1/3" x 1"
1 cup olive oil
3 whole bay leaves
12 cloves garlic, finely diced
1 teaspoon whole thyme, crushed
1 teaspoon whole basil, crushed
1 teaspoon whole oregano, crushed
1/2 gallon hot (not boiling) water
3 ounces porcini mushrooms, diced 1/4"

Cook sausage and Chianti together in a 40-quart stock-pot over medium heat for 20 minutes. Puncture sausage with a fork and cook for an additional 5 minutes allowing fat firm sausage to drain into the stock. Remove sausage from pot and set aside to cool. Add all spices slowly and cook, covered, over low heat for about 10 minutes. Add all vegetables to pot and simmer slowly for 20 minutes, stirring occasionally.

In a separate container, soak mushrooms in hot water for 20 minutes. Slice sausage into 1/2-inch rounds. Return sausage and mushrooms with water to stock pot. Simmer for 1/2 hour more.

MICHAEL BRADFORD
CHICAGO'S RESTAURANT, 315 - 1st Avenue - North Seattle, Washington

ZUPPA di PESCE del MARINAIO

(This version is from Genoa. Each region of Italy has its own version of fish stew or bouillabaisse, often made with less expensive varieties of fish. It should always include two or more kinds of fish, squid, some crustaceans, as well as selections of fish of the day.)

SERVES 4

2 pounds mixed fish (prawns, calamari, cuttlefish, mussels, whiting, redfish, leatherjacket, etc.)

2 onions, sliced

cloves garlic

2 tablespoons parsley, chopped

2 tablespoons white wine vinegar

Olive oil (enough to saute fish)

1 small glass white wine Salt and pepper

Clean and scale fish and cut into pieces if too big. Shell seafood and cuttlefish Slice calamari and cuttlefish into rings. If using cuttlefish, put it in the pan first, as it takes longer to cook. Saute for about 10 minutes, depending on size. Then add all fish and calamari, keeping prawns and mussels for later. Add the wine and continue to cook on slow heat.

When it looks nearly cooked, add the shellfish and simmer for another two minutes. With a slotted spoon, lift out all fish and shellfish and put into a bowl or plate. To the remaining juices in the pan, add sliced onions, garlic and parsley and let them "sweat" a few minutes. Now add tomato paste and 1/4 cup warm water and simmer for 40 minutes. Then add the fish and Clean and scale fish and cut in vinegar. Test for salt and pepper. Serve immediately. rings. Warm the oil in a heavy (Note: This dish can also be saucepan. If using cuttlefish, put prepared in advance and reit in the pan first, as it takes longer heated.) Buon Appetito!

ENZO CORTESE

former MULINO TRATTORIA, 281 Liverpool, East Sydney, Sydney, Australia

GLOSSARY OF 72 PASTA SHAPES

(Available in the US., in most Italian markets and specialty food stores, if not at .your supermarket, fresh or dried)

AGNOLOTTI - "Fat little lambs" - plump, semi-circular or square ravioli filled with meat. A holiday favorite of the Piedmont region.

ALPHABETS - Alphabet soup would be illiterate without tiny pasta letters.

ANGEL HAIR - (Capelli dangeli). Fine, long, round pasta called angel hair because of the fineness, in soup or sauce.

ANELLI - "Little rings" for your soup.

ANELLINI - Tinier rings.

ANOLINI - Round or ring-shaped ravioli, served with sauce or in a broth.

AVE MARIA - So named because they are shaped like rosary beads. Short tubular pasta for soup.

BUCATINI (or PERCIATELLI) - Thin spaghetti with a hole through the middle, used like spaghetti.

BOWS (or FARFALLE) - "Butterflies" come in small, medium and large and in yellow, red and green vegetable pasta. Can be made with eggs or just flour and water.

CANNELLONI - A large, tubular pasta that can be stuffed with a number of fillings: spinach, ricotta, meat or a combination. "Large reeds" is the translation. They are usually 4 to 6-inch pieces of fresh pasta rolled around the filling, sauced and baked. Also available in dried squares or tubes.

CAPELLINI (or FIDEO, FIDELINI) - "Fine hairs" to be used in soup or with sauce, often sold coiled, not as fine as Angel Hair (Capelli dangeli).

CAPPELLETTI - "Little hats" can be made with fresh dough and stuffed or bought dried and used like macaroni.

CAVATELLI - A short, curled noodle formed like a shell.

CONCHIGLIE, CONCHIGLIETTE (or MARUZZE, MARUZELLE) - "Conch shells" come in a variety of sizes from tiny shells for soup to giant shells for stuffing; they are either smooth or ridged.

CRESTE di GALLI - "Cocks-combs" can be used in place of medium sized elbow macaroni.

DITALI, DITALINI (or TUBETTI) - Short "thimbles" macaroni cut in short lengths, about 1/4-inch diameter by 1/2-inch long, used in soups.

DITALI RIGATI - Ridged "thimbles" can be sauced, baked or used in salads.

ELBOW MACARONI - Short, curved tubes of pasta, available in many vegetable colors and sizes, from tiny elbows for soups to 1-inch elbows for casseroles.

FARFALLE, FARFALLETTE, FARFALLONI - (See Bows.) Can have straight or curly edges; "butterflies."

FETTUCCHINE, FETTUCCELLE - "Little ribbons" a long, flat noodle, about 1/4 to 3/8-inch wide, the Roman version of Tagliatelle, most commonly found in yellow or green. Often made fresh, but also available dried, straight or in coils and combines well with most sauces.

FIDEO or FIDELINI - (See Capellini)

FUSILLI - Long, spiral, curly spaghetti twisted like a corkscrew and used in place of spaghetti.

Some manufacturers use the name fusilli for rotelle.

FUNGHINI - Intricate, baby-size "mushrooms" for soup.

GARGANELLI - Ridged, rolled tubes with diagonal-cut ends. Used interchangeably in pasta dishes sauced and baked.

GEMELLI - "Twins" - strands of spaghetti about 3-inches long, twisted like embroidery thread. Used like spaghetti with sauce.

GNOCCHI - Homemade "lumps" look like dumplings. Can be made with mashed potatoes, cornmeal, Ricotta cheese or semolina. Manufacturers make a dried gnocchi used as you would use medium sized elbow macaroni.

GUANCALI - (See Pelmeni)

LASAGNE, LASAGNA - Flat, wide sheets of pasta, with straight or curly edges on one or both sides, in yellow or green, for a layered meat and cheese dish. Size varies from 1 to 2-1/2 inches wide.

LINGUINE, LINGUINI - "Little tongues" are long, thin, flat noodles, halfway between a flat ribbon and a cylindrical strand, thinner than fettuccine, wider than spaghetti.

LUMACHE - "Snails" come in small and medium sizes for salads, baked dishes and sauced entrees. Use as you would use medium elbows.

MACARONI - This is the U.S. pasta industry's generic term for any dried wheat pasta product. More commonly, pasta means dried pasta tubes of assorted sizes, like elbow macaroni.

MACCHERONI (Macaroni) - Hollow elbow-like pasta; most often used in Mezzani, Bucatini, Mezzanelli, Ziti, Zetoni, Cannele and Tufoli.

MACCHERONI alla CHITARRA - Noodles made on a noodle cutting instrument that is strung with wires like a guitar, producing long, hollow macaroni.

MAFALDE, MAFALDINE - Long noodles, about 3/4-inch wide, rippled on both edges (the thinner version being Malfadine); sauce as you would spaghetti or fettuccine.

MALTAGLIATI - Hard to find flat noodles with diagonal-cut or pointed ends. Use as you would egg noodles, fettuccine.

MANICOTTI - "Little muffs" are actually one of the larger tubes of pasta available, ribbed or smooth, for stuffing, saucing and baking.

MARGHERITA - "Daisy" noodles don't look like daisies. They are about as wide as fettuccine and have only one curly edge.

MARUZZEL, MARUZZE, MARUZELLE - A variety of "conch shell" (Conchiglie) for soups (tiny shells) or stuffing (large shells).

MONTI - American ravioli resembling little boats.

MOSTACCOLI (or PENNE) - "Mustaches" are 2-inch long, smooth or ridged diagonal-cut tubes resembling quill pens (penne), good with chunky meat sauce or robust tomato sauce.

OCCHI di LUPO - "Wolf's eyes" are thick elbow-like tubes, 1-1/2-inches long, good with robust sauces.

OCCHI di PERNICE - Little "partridge eyes" for soup.

ORZO - "Barley" for soup, sometimes cooked like rice.

PANSOTTI - "Potbellied" triangular ravioli popular around Genoa.

PAPPARDELLE - A thin, lasagne-like noodle, 1-inch wide, often homemade with pinked edges, served with rabbit in Tuscany.

PASTINA - General term used for tiny pasta meant for soup.

PASTINA-ACINI - Acini di Pepe (tiny "peppercorns" also called Amici di pepe) are round or square Pastina.

PASTINA-ORZO - are rice-grain or barley-shaped pastina.

PASTINA-STELUNI - "Miniature stars" pastina.

PASTINA-QUADRUCCI - Square pastina.

PATERNOSTER RIGATI - "Our Father" named after beads of the rosary, are small ridged pastina for soup.

PENNE, PENNETTE - (See Mostaccoli) Diagonal-cut, plain or ribbed.

PELMENI - Russian ravioli shaped in half-circles, good with sour cream or in soup (as in Guancali recipe).

PERCIATELLE, BUCATINI - Flat, hollow spaghetti.

RAVIOLI - Square, stuffed pasta (stuffed with eggs, vegetables, meat mixture or cheese) served with sauce or in soup. Other (smaller) ravioli are called anolotti or raviolini.

RICCI, RICCINI - "Little curls" about 1-1/2-inch long. Use as you would use medium sized macaroni.

RIGATONI, TUFOLI - Large ribbed tubes, good with chunky sauces, 1-1/2 to 3" long.

RIGATI - Adjective indicating pasta has little ridges.

ROTELLE - "Little wheels" that are actually corkscrew or spiral shaped. Sometimes also called fusilli, but wider than fusilli. Use as you would medium macaroni.

RUOTE - "Wheels" that look like their name. Use as you would medium sized macaroni.

SALAD MACARONI - (See Elbow Macaroni and Macaroni.)

SEMI di MELONE - "Melon seeds" pastina; Semini "little seeds"

SPAGHETTI, SPAGHETTINI, SPAGHETTONI - "Little strands" are the best known pasta and can be thick or thin. Other varieties of spaghetti are Capellini, Fidelini, Vermicelli.

STUFFED PASTA - Ravioli, Cappelletti, Tortellini. The stuffing can be fish, chicken, meat, cheese, vegetables or a combination and served with sauce or melted butter.

TAGLIATELLE, TAGLIOLETTE, TAGLIOLINI, TAGLIUTINI - The verb, tagliare, means "to cut" and they are narrow cut egg noodles 3/4-inch wide to 1/8-inch, similar to fettuccine in appearance and use. (Roman version of fettuccine.)

TONNARELLI - Square-cut spaghetti.

TORTIGLIONI - Wider than Rotelle corkscrew but similar in appearance and use.

TORTELLINI - (See also Cappelletti) "Little twists" rumored to have been modeled after Venus' navel. A Bolognese specialty, filled like ravioli and served with sauce or in soup. Tortellini are smooth edges rather than ruffled as Cappelletti.

TRIPOUNI - Named to honor Italy's conquest of Tripoli, these 1/2-inch crimped-in-the-middle pastas go in soups or salads or can be served with a simple sauce.

TUFOLI - (See Rigatoni)

VERMICELLI - "Little worms" Thicker than Angel Hair, thinner than spaghetti, sold either in straight rods or a bow-knot of 15 or 20 strands or coils.

WHEELS (See Ruote)

ZITI - "Bridegrooms" are tubular macaroni, sometimes sold long, then broken into pieces for cooking, are thinner than Mostaccoli but used similarly.

TAGLIATELLE ZEFFIRINO

(Zeffirino's, one of the best known restaurants in Italy, got a \$100 tip when "Ole Blue Eyes, Frank Sinatra dined there. Sinatra gave his stamp of approval to his favorite pasta with pesto. This version of Zeffirino's tagliatelle pasta is based on hand-made pasta," says owner-chef Gian Paolo Belloni. Besides cooking for Sinatra, Belloni cooks for Pope John Paul II. The Pope comes to his Genoa restaurant for dinner and Belloni also takes jars of pesto to the Vatican. Italian tenor Luciano Pavarotti took the Bellonis with him when he went to China, to do the cooking; they converted the world-famous opera singer's hotel room into a kitchen.)

SERVES 10-12 GENEROUSLY

Pasta dough:

8 eggs

2-1/4 pounds flour

SAUCE:

Olive oil ("some")

Onions, chopped

Celery, chopped

Carrots, chopped

Garlic, chopped

Parsley, chopped

Rosemary, chopped

Alloro, chopped

Beef, chopped

Salsiccia ("some")

Prosciutto crudo, cut into small pieces ("some")

Porcini mushrooms, fresh

Peas

White wine

Salt and pepper to taste

Tomatoes, whole, peeled

Parmigiana cheese to taste

Prepare a basic pasta dough and cut into 1-inch pieces to make tagliatelle noodles. Heat some olive oil in a saucepan with onions, celery, carrots, garlic, parsley, rosemary, alloro. Add some chopped beef, some salsiccia, some prosciutto crudo cut into small pieces, fresh Porcini mushrooms, peas, and cook until all are golden brown. Then add white wine, salt and pepper to taste, and the peeled tomatoes. Cook for about 60 minutes. When pasta is "al dente" (firm to the bite), put it into a pot with the sauce and cook for about two minutes. Serve with freshly grated Parmigiana cheese.

CHEF GIAN PAOLO BELLONI

ZEFFIRINO'S, via XX Settembre, 20, Genoa, Italy

PASTA con L'AGLIO

(Pasta with garlic, and uncooked tomatoes - a great Sicilian country dish)

SERVES 2

Pasta (your choice) per package directions, cook for 2
6 fresh tomatoes (Italian style), peeled and finely crushed
6 cloves fresh garlic
Handful of fresh basil leaves
1/2 cup olive oil
1/2 cup grated Romano cheese
Salt and pepper to taste

Start the water boiling for your choice of pasta while preparing the following: in a bowl, combine crushed tomatoes, crushed garlic, and oil. Mix these ingredients and add grated cheese, salt and pepper to taste. When pasta is done (al dente), add sauce (uncooked) to drained pasta and. garnish with basil leaf. Simple to make and simply delicious!

PAUL DiAMICO

former PAUL DiAMICO's RESTAURANT, 1180 South Palm Canyon, Palm Springs, California

PASTA e FAGIOLI

(An Italian barber's mother's recipe for Pasta and Beans)

SERVES 6

1/2 to 1 cup Ditalini (or elbow macaroni) cooked, to make 1-2 cups
1-1/2 cups dried Roman beans, soaked,
or 1 large can Roman beans, cooked
2-3 tablespoons olive oil
1/2 onion, finely chopped
1 clove garlic, mashed
2 cups peeled plum tomatoes, crushed,
or 1 can (10 ounce) tomato sauce
Salt, pepper and oregano to taste
1 potato (optional)

Saute the onion and garlic in olive oil until they begin to take on color. Add tomatoes or tomato sauce, cover with water, and add beans and potato (optional) when potato is done, crush it in the broth as a thickener and for flavor . and stir. When beans are tender, add ditalini and mix before serving, or pour beans and sauce over cooked ditalini on each plate. Offer Parmesan cheese at the table for sprinkling.

RICHARD CICCHI, Santa Barbara, California

SPAGHETTI alla CARBONARA

SERVES 1

3 ounces (per serving) spaghetti
1 egg (per serving) lightly beaten
2 spoons oil
1/2 spoon white wine
Parmesan cheese, grated.
Bacon, cut into bite-size pieces

Cook the spaghetti in boiling salted water until al dente. Fry pieces of bacon in oil and white wine. Reserve bacon pieces. Drain spaghetti and add bacon drippings and raw eggs. The spaghetti must be very hot when the eggs are poured over it so they will cling and continue to cook a bit. Toss together a couple minutes until eggs begin to thicken. Drain slightly and sprinkle with bacon pieces and Parmesan cheese.

SALVATORE GUIDA

OSTERIA DA SALVATORE, via Castel Fidardo, 39-C, Rome, Italy

SPAGHETTI, SICILIAN STYLE

SERVES 6

1 large eggplant
3/4 cup olive oil
2 cloves garlic, peeled and flattened
8 large tomatoes (about 3-1/2 pounds)
1 teaspoon finely chopped fresh basil leaves
or 1 teaspoon dried basil
Salt and pepper
1-1/2 pounds spaghetti
1-1/2 cups grated Parmesan cheese

Peel the eggplant and slice it thinly. Arrange eggplant slices in one layer in large broiler pan and brush each lightly on one side with some of the olive oil. Set pan under hot broiler and let slices brown. Turn the eggplant over, brushing with olive oil and brown that side also. Keep slices warm.

In a large sauce pan heat remaining olive oil (about 1/3 cup). Brown cloves of garlic in the olive oil, then remove and discard the garlic, leaving the garlic-flavored oil. Add tomatoes, salt, pepper and basil to taste and cook until they are reduced to a thick puree. Cook spaghetti, drain and keep it hot.

Blend the sauce into the prepared spaghetti in a deep serving platter and sprinkle with half of the grated Parmesan cheese. Over the spaghetti and cheese, arrange the eggplant slices, overlapping each other. Serve hot and pass the remaining Parmesan cheese separately.

RICHARD CICCHI, Santa Barbara, California

SPAGHETTI AL CARTOCCIO

(Seafood Spaghetti in a "Bubble" and Flambe)

SERVES 4-6

1/4 cup olive oil

1 medium clove garlic, chopped

Red peppers, crushed

5 ounces squid, cleaned and cut into rings

5 ounces bay scallops

5 ounces shrimp

12 mussels

12 clams

1/2 teaspoon curry

2 teaspoon Italian parsley, chopped

1 tablespoon basil, chopped

Salt

1/2 cup tomato sauce

1 pound spaghetti

1/2 cup brandy or vodka (80% or higher proof)

Heat oil in large skillet. Add garlic and red peppers and saute until garlic is golden. Add squid, scallops, shrimp, mussels and clams, then sprinkle with curry, half the parsley, basil and salt to taste. Saute 3-5 minutes, tossing shellfish to cook evenly. Add white wine and cook 2-3 minutes until wine has evaporated. Add tomato sauce. Cover and simmer 10 minutes over medium heat. Meanwhile, cook spaghetti in boiling salted water-until firm to the bite. Drain pasta, then add sauce to the skillet. Toss 30 seconds to coat spaghetti with sauce. Place a square of foil large enough to hold spaghetti and seafood on baking sheet. (Foil should be light to medium weight, not heavy-duty). Place spaghetti in square of foil and seal well to prevent steam from escaping. Bake at 500° for 5-10 minutes or longer, depending on warmth of pasta before placing in oven, until foil pouch begins to puff. Place on hot serving tray with lip. Pour brandy or vodka around tray. Ignite at table (carefully) and out of reach of flammable materials). Punch hole in foil to allow fumes to permeate spaghetti until flames die. Serve spaghetti from pouch on warm dishes.

IGNAZIO DIANA, Head Chef

FIERINO, via Volturmo, 49, Pisa, Italy

LINGUINE PUTTANESCA MARIE

(Executive, Chef Mary-Jean George helped break down male resistance to hiring female chefs in Rhode Island with her repertoire of scrumptious ethnic dishes, such as this one. Puttanesca is a fragrant, hearty tomato sauce said to have been invented by the prostitutes of Naples to lure prospective, customers to their door via open windows. The basic Puttanesca should have olive oil, olives, garlic, anchovies and capers everything else is optional and to your own taste, "depending on whom you want to seduce" says Ms. George.)

SERVES 4

1/2 cup olive oil

1 small onion, chopped

4 ounces Pancetta (Italian bacon), finely chopped (sold in Italian markets)

1/4 teaspoon salt

1/2 teaspoon black pepper

2 teaspoons crushed red pepper flakes

Dash of cinnamon

1 tablespoon each - dried basil, oregano, thyme

2 cloves garlic, finely chopped

1 pinch dried tarragon leaves

2 cans (28 ounces each) Italian whole plum tomatoes, crushed by hand

12-ounce can tomato paste 3 tablespoons homemade pesto

(See Pesto recipe in "Sauces" section)

3 ounces pignoli nuts

3-ounce jar capers, drained

3 ounces (3/4 cup) black olives, sliced

14-ounce jar marinated artichoke hearts (juice and all)

6 anchovy filets

1 tablespoon honey

Combine oil, onion, pancetta, salt, pepper, cinnamon, herbs and garlic. Simmer gently until onion is wilted. Add remaining ingredients. Simmer very slowly for 1 hour. Serve over linguine, cooked al dente. Pass the Parmesan.

MARY-JEAN GEORGE, Executive Chef

GERARDO'S SUPPER CLUB, 1 Franklin Square Providence, Rhode Island

ALFRED'S FETTUCCHINE ALFREDO

SERVES 4

1 pound hot fettuccine (homemade or cooked by package directions)

1 pound unsalted butter, sliced

1/4" thick, and softened to room temperature

1 pound Parmesan cheese, grated fine

Freshly ground black pepper

Parsley

Quickly drain fettuccine when cooked and return to kettle. Add butter and cheese and toss lightly but rapidly until fettuccine is evenly coated. Serve on heated plates and top with grindings of black pepper and parsley

VARIATION: CREAMED NOODLES ALFREDO - Toss hot drained fettuccine with 1 cup melted butter, 2 cups finely grated Parmesan cheese and 1 cup warm heavy cream. Top with freshly ground pepper.

ALFRED CARANGELO, Santa Barbara, California

FETTUCCINE al PEPPE VERDE

(Fettuccine with Green Peppers - popular at "Il Cortile" and originating from Campania Region ...pasta, bread and desserts are all homemade by "Il Cortile." They serve a good variety of Italian specialties - antipasto, soups, pasta, fish, meat and international desserts as well as a wide variety of wines. Here is their recipe -- in 3 languages):

Small onions

Butter

Cream

Diced Beef

Green Peppers

Fettuccine

Cook Fettuccine until "al dente." Then toss with above ingredients (chopping vegetables to desired sizes and proportions depending on number of servings).

LUIS RICOTE-SANCHEZ

IL CORTILE, Avda Orinoco con Valle Arriba Qta. Cujizal - Las Mercedes Distrito Sucre, Estado Miranda Caracas, Venezuela (South America)

ITALO'S FETTUCCINE BOLOGNESE

("This meatiest-of the Italian pasta dishes is typical of the northern city of Bologna, where the art of good cooking and good eating is very appreciated. The region is renowned for large farms yielding the best meats in Italy and the factories that preserve those meats for prosciutto/Italian ham, mortadella/Italian bologna, and an array of other goodies," says Italo Carosiello.)

SERVES 2

SAUCE:

2 soup spoons minced onion

2 ounces olive oil

6 ounces lean ground beef

1 ounce medium-dry white wine

1-1/2 pint tomato puree

FETTUCCINE:

(Italo's uses Spinach Fettuccine for color and accentuated taste, though either type may be used.)

1 gallon water
1 soup spoon salt (or to taste)
10 ounces fettuccine noodles
2 pats of butter
Grated Parmesan cheese to taste

Saute the onions in a pan with olive oil until they are lightly browned. Add the ground beef, smashing it with a fork and stirring until it is thoroughly cooked. Then slowly pour in the wine, add tomatoes and let simmer 10 to 15 minutes.

Meanwhile, bring water to a boil, salting it to taste. Cook the fettuccine noodles, stirring lightly, for about 10 minutes or until desired firmness (al dente). Drain well and quickly cover with the sauce. Top with butter and sprinkle with Parmesan cheese.

ITALO CAROSIELLO

ITALO'S CASA ROMANA, 14622 15th Avenue, N.E., Seattle, Washington

FETTUCCINE alla MARGARITA

(Named for the owner's wife, "A very popular pasta dish especially loved by the American tourists," says Mr. and Mrs. Del Rio. They have been residents of Ireland almost 50 years, and owned La Taverna Italian restaurant, which was family run.)

SERVES 2

8 ounces fettuccine
1/2 pint fresh cream
24 large mussels
10 spears broccoli
1 knob garlic butter
1 teaspoon parsley, chopped
1 pinch cinnamon
2 tablespoons Parmesan, grated

Cook mussels in boiling water until shells open. Drain and shell. At the same time, cook the broccoli and drain. Also have the fettuccine cooking in boiling salted water until "al dente." Drain fettuccine. Put a knob of garlic butter in frying pan and, when melted, add salt, cinnamon and 3/4 of the cream, and toss thoroughly. Serve on two plates, adding rest of cream and a sprinkle of Parmesan cheese and parsley.

ALBERTO and MARGARITA DEL RIO

former LA TAVERNA, Galway, Republic of Ireland (United Kingdom)

FETTUCCHINE alla RUSTICA

(Noodles in Truffle Cream Sauce. In Italy, both pasta .and cream are fresh daily)

SERVES 4

1 pound Fettuccine noodles

1 pound fresh white truffles

20 ounces fresh cream

Garlic

Salt and pepper

Parmesan cheese, fresh grated

Slice the truffles fine and fry in butter. Add a little garlic, salt and pepper. When the truffles are golden brown, add the fresh cream. Simmer slowly for about 5-10 minutes. In the meantime, boil the Fettuccine in salted water for about 10 minutes. Drain and add to the truffle sauce. Mix together well. Add grated cheese and serve.

FRATELLI GHIRINGHELLI

LA TAVERNA deI PAPPAGALLO, Via Principessa Margherita, 46 Lake Maggiore,
Stresa Novara

FETTUCCHINE NAPOLI

SERVES 4

1 teaspoon butter

1/2 teaspoon garlic

5 ounces fresh broccoli

8 ounces fresh mushrooms

16 ounces ground sausage, browned, drained and crumbled

1/4 teaspoon white pepper

1/4 teaspoon nutmeg

1/2 teaspoon salt

1-1/2 cup half-and-half cream

1-1/2 cup sour cream

1-1/2 cup freshly grated Parmesan cheese

1 pound fettuccine noodles

Prepare fettuccine noodles according to package directions. Then place a large saute pan on medium high heat. Saute butter and garlic together. Add broccoli and saute 3 minutes. Add mushrooms and crumbled sausage. Add pepper, nutmeg, and salt and heat until sausage is warm. Reduce heat and slowly add the half-and-half and sour cream. Then add the Parmesan cheese. Heat and stir well. When cheese has melted, and combined with the white sauce, add the boiled, drained fettuccine. Mix thoroughly so that all the noodles are covered. Serve very hot.

ELSIE McFARLAND

CARO AMICO, 3606 SW Barbour Boulevard, Portland, Oregon

FETTUCCHINE alla SALVIA con FUNGHI SELVATIGO
(Pasta with sage, wild mushrooms, cream and walnuts)

SERVES 2 as entree, or SERVES 4 as appetizer

1 cup whipping cream
1 teaspoon garlic, chopped
1/4 cup strong chicken stock
4 tablespoons butter (unsalted)
Salt and pepper, to taste
1 tablespoon shallots, chopped
1 tablespoon olive oil
1 sprig fresh sage
1/2 pound fresh fettuccine
8 ounces wild mushrooms (cantrelle, shitaki, oyster, cremini, etc.)

Melt butter in medium sauce pan. In separate sauce pan, heat whipping cream and reduce to 1/2 with the garlic and chicken stock. Swirl in butter and season with salt and pepper. Saute mushrooms and shallots in olive oil for 5 minutes. Add sauce mixture and sage and continue cooking 2-3 minutes. Toss with fresh pasta, cooked al dente and season to taste. Top with toasted walnuts.

via HELEN SULLIVAN, National Pasta Association Newsletter
AVANZARE, Chicago, Illinois

CHOCOLATE FETTUCCHINE WITH CAVIAR

(Won award for "Best Pasta in the City of Miami, 1986" from the National Pasta Association)

SERVES 4

1 pound chocolate fettuccine, cooked as pasta is ordinarily cooked (al dente)*
1 teaspoon shallots, finely chopped
1 teaspoon Spanish caviar to take the high flame
2 ounces heavy cream
1 tablespoon cognac
Pinch of black pepper
1 tablespoon Parmesan cheese, grated
1 tablespoon butter 1 ounce chocolate, grated (use for garnish only)

*Author's note: Chocolate fettuccine is specially made by tinting pasta dough with cocoa when fresh made. If chocolate fettuccine is not available, or If using packaged fettuccine, the yellow noodles may be substituted. In a frying pan on a high flame, place the cooked fettuccine. Add all the ingredients and cook until the sauce thickens, approximately 10-15 minutes. Add grated chocolate to plate for rim garnish.

CHEF EMILIO, via MILLIE LAURENZO,
LAURENZO'S GOURMET ITALIAN RESTAURANT,
2255 NE 164th St, North Miami Beach, Florida

PAPPARDELLE all' ORTOLANA

(Farmer Style Pappardelle Pasta - a house specialty The Restaurant Piccola Roma is characteristic of this Roman restaurant where you can sample all the roman specialties. It's located in the historical center near Palazzo Montecitorio, the seat of the Italian Parliament.)

SERVES

1 pound pasta (any type, preferably fettuccine)

10 ounces fresh asparagus tips

5 ounces fresh mushrooms

5 ounces fresh peas

1/2 medium sized onion

6 artichokes (cleaned)

1/2 pint liquid cream

1 ounce butter

4 ounces cooked ham

Olive oil

Parmigiana cheese

Cook the vegetables as follows: Cook the asparagus tips in salted boiling water for 15 minutes, drain, set aside; cut the mushrooms into fine slices and cook for approximately 10 minutes in skillet with approximately 1 tablespoon of olive oil (add a bit more if mushrooms begin to stick). Set aside; cook the peas in salted boiling water with 1/2 an onion (do not cut the onion) and a bit of olive oil. Throw away the onion, set aside the drained peas; steam the artichokes but putting them in a deep pan on the stove with an inch and 1/2 of water and a bit of olive oil. Cover and cook for approximately 30 minutes (or until they are tender when a fork is inserted). Cut the artichokes into small pieces and set aside.

In a large skillet heat the cream and butter. When the butter is melted add the cooked ham which you have cut in cubes. Heat slightly and then add all the precooked vegetables. Mix occasionally for approximately 5 minutes or until all is heated through. Toss the already cooked pasta into the same skillet with above ingredients adding a bit of grated Parmigiana cheese. Toss until vegetables distributed uniformly and serve hot.

Note: if pasta sticks when tossing with vegetables, add a bit of cream.

ROBERTO GENTILE

PICOLO ROMA, via Uffici del Vicario 36, Palazzo Montecitorio, Rome, Italy

SPOGLIATA alla GENOVESE

(Homemade Pasta With Basil Sauce. Ettore Benuzzi originally came from Fiume in the Veriezia Giulia Region of Northern Italy He became an Australian citizen in 1950 and he and his wife, Maria, his brother and son have been operating Ettore Restaurant there since 1957. Mrs. Benuzzi is the head chef)

SERVES 4

1-2 ounces basil (to taste)

1 tablespoon oil

1 tablespoon butter

1 tablespoon pine nuts

Pepper

Salt

Garlic (to taste)

Blend oil and butter and add pine nuts and basil. Melt over low heat. Add pepper, salt and garlic to taste. Add jellied stock. Cook pasta in the usual way (we use a home-made layer of thin pasta). Serve hot with the prepared basil sauce poured over.

ETTORE BENUZZI,

ETTORE RESTAURANT, 308 Port Road, Hindmarsh, South Australia

STRANGOZZI alla PALLOTTA

(Pallotta's Pasta ... Strangozzi are long ribbon pasta noodles; this is an old Umbrian farmer's dish, says Joyce Shulman Cruciani, who writes: "I'm an American from Chicago, married to an Italian and we live here in Assisi. Our shop is next door to La Pallotta, and I've translated their favorite recipe for them to give you. Pallotta are pleased to be chosen and send you the following recipe (hoping I've done a good job). This recipe, originally from Umbria, was once called "Pasta dei Poveru" [Poor Man's Pasta] because the dough was made without eggs. The farmers used to sell their eggs in order to earn some extra money and, during the right season, they gathered their own wild mushrooms. You mentioned sending a complimentary copy of your book to the owner what about one for the translator, too? And just in case you'd like to put in a good word for our shop, it's next door to La Pallotta; we sell decorated mirrors and glass items handmade by my husband!")

SERVES 4

Dough:

2 egg whites. beaten slightly,

without water

Pinch Salt

SAUCE:

1 pound mushrooms

1 pound sweet black olives, pitted

1 clove garlic

Little parsley, fresh

Hot pepper, as desired
2 tablespoons olive oil
1 tablespoon cream
Parmesan cheese, grated

Mix dough ingredients, knead and roll out dough, not too thinly (a bit thicker than most noodles). Let dry. Cut in long strips to make "Strangozzi." Chop together all remaining ingredients (except last 3), finely. Cook over low flame in oil. When oil is absorbed, remove from fire. This should be done in *a wide* pan as the Strangozzi will be mixed here. In a pot of salted boiling water, drop in Strangozzi. When they rise to surface, they are ready. Drain and mix them in the pot in which they sauce was cooked. Add cream and some grated Parmesan cheese as desired. Serve immediately.

MARGHERITA BALDUCCI via JOYCE SHULMAN CRUCIANI
LA PALLOTTA. via San Rufino 4, Assisi

BUTTERFLIES WITH ARTICHOKEs

SERVES 4-6

1 pound butterflies pasta
2 artichokes
6 spoons of pure olive oil
1/2 pound shelled shrimp
2 cloves of garlic
Mint leaves
Parsley leaves
Sparkling wine
1-2 ounces butter

Brown the garlic in the oil, then the artichokes, the mint and parsley leaves, the sparkling wine, the shelled shrimp, the pepper and the butter. The butterflies pasta must be firm or underdone, because it has to be finished cooking in the sauce.

MARISA SENTUTI,
former "G.B.," Rome, Italy

CAPELLI D'ANGELO *(Angel Hair Pasta with lobster and caviar)*

SERVES 4

1 pound Angel Hair pasta, cooked (al dente)
1/2 pound cooked lobster, chopped
1 tablespoon caviar
1 tablespoon shallots, chopped
1 teaspoon garlic, chopped
1 tablespoon basil

1/4 cup half-and-half

4 tablespoons butter

2 tablespoons white wine

Melt butter. Add garlic and shallots and cook until brown. Add lobster and wine and cook 3 minutes. Add half-and-half; cook until thickened. Add pasta, caviar, basil. Mix and serve.

PINO FRAGOMENO via DAVID NETKA
former SANTINO'S, Sherman Oaks, California

PENNE ai PEPERONI

(Penne with Peppers. This is a first course of short pasta seasoned with a 3-colored pepper puree and cream. It's very popular with the students at Mrs. Innocenti's Cooking School.)

SERVES 6

SAUCE:

8 tablespoons olive oil

1/2 red onion, finely chopped

1 medium green bell pepper

1 medium red bell pepper

2 medium yellow bell peppers

2/3 cup light cream (150 grams)

1/2 teaspoon oregano

1 teaspoon salt

Black pepper, freshly ground

5 tablespoons fresh parsley, finely chopped

PASTA:

1 pound, 5 ounces Penne, or ridged Mostaccoli

7-8 quarts water (7-8 liters)

6 very scant tablespoons salt*

In Italy, we prefer to use coarse salt for pasta. A scant tablespoon is about 1/2 tablespoon of either coarse or fine salt. Wash the peppers, cut in half, eliminate seeds, and cut into thin strips. Saute gently in olive oil along with salt and onion until tender and soft. This will take about 15-20 minutes on medium to low flame. When soft, place in a blender or food processor using slotted spoon to drain off excess oil. Add the cream and blend on high speed until completely smooth. Set aside. Bring the salted water to a boil in a very large (10 quart) pot with cover on. Once the water boils, remove cover and add the pasta, turning immediately with a wooden spoon to separate the pasta. Calculate at least 8-10 minutes for the pasta to be "al dente." While pasta is boiling, heat the sauce again (draining frying pan of oil first), add oregano, and chopped parsley. When pasta is done, drain it, reserving at least 1/2 cup of the cooking water. Place pasta in a serving bowl add the sauce and the cooking water reserved, turning gently to amalgamate completely. Serve hot, sprinkled with freshly ground black pepper.

MRS. MASHA INNOCENTI (Diploma, Cordon Bleu)

ITALIAN CUISINE IN FLORENCE COOKING SCHOOL, Via Trieste 1, Florence, Italy

PENNETTE alla MELANZANE
(Eggplant with Diagonal Cut Penne Pasta)

SERVES 4

1-1/2 pounds tomatoes, peeled

1 pound Penne

3 Eggplants

1 bunch basil, finely chopped

Ricotta cheese, salted, grated

Olive oil

Salt and pepper

Wash and cut eggplants in slices. Salt them and leave them for an hour to drain their juice. Heat olive oil and saute garlic until it takes on color. Add tomatoes and basil. Let simmer 15 minutes. Cook pasta in salted boiling water. Meanwhile, pat dry eggplants and fry them in olive oil. Drain the pasta and mix it with the tomatoes and eggplants. Add grated Ricotta; mix well and serve.

GIANCARLO BARONCINI, Executive Chef via HUBERT SCHEIFER, Food & Beverage Manager CAVALIERI HILTON INTERNATIONAL ROMA, via Cadlolo, 101 Rome, Italy

PENNETTE ARRABBIATE

(Angry Pennette - Typical of Abruzzo Region. This is a quick pasta dish to make; the sauce can be prepared while the pasta is cooking.)

SERVES 4

1 pound pennette rigate (short "ribbed" pasta)

4 teaspoons olive oil (approximately)

2 cloves garlic

4 tablespoons finely chopped parsley

1 dry chili (according to taste)

2 medium tins of tomatoes

Salt and pepper

Bring to a boil in a large saucepan about 4 quarts of water and add 2 tablespoons salt. In a large pan, gently fry the garlic and chili in olive oil until the garlic becomes golden. Add half the parsley and fry for a few seconds until it is "toasted" (but not burnt). Add tomatoes immediately, and a little salt and pepper and stirring occasionally, leave on gentle heat until the pasta is ready. In the meantime, put the pasta into the boiling salted water and cook for about 8-10 minutes. (Taste to check after 8 minutes.) The pasta should not be completely cooked. Drain well and add to the sauce in the pan. Over a gentle heat, mix the pasta and sauce until the sauce is absorbed. Serve with the rest of the fresh parsley sprinkled on top (no cheese is required). Bon Appetito!

GIOVANNI MARRONE

TAVERNA 58, Corso Manthone 46, Pescara 61527, Italy

MACCHERONI alla CALABRESE
(Noodles, Calabria Style)

SERVES 6

2-1/2 pounds tomatoes (ripe)
1/2 cup olive oil
1 clove garlic
small piece hot chili pepper, finely chopped
1 onion, finely chopped
1/4 pound Parma ham, finely chopped
Salt and pepper
5 cups macaroni, broken
1 cup Caciovallo cheese, grated

Peel and chop the tomatoes, *discarding the seeds*. Heat oil in large pan and saute garlic and chili pepper. Discard garlic as soon as it browns, add onion and cook until translucent. Add ham and continue cooking 2-3 minutes longer; add tomatoes. Season with salt and pepper, raise heat and cook briskly 30 minutes.

Bring large pan salted water to a boil and cook macaroni until tender but firm. Drain and dress with a little of the sauce. Pat a layer of Macaroni in a hot serving dish, sprinkle with plenty of grated cheese and add about 2 tablespoons sauce. Continue until all ingredients are used up and serve immediately while still very hot.

SALVATORE CONTI
CONTI, via Giulia, Reggio-Calabria, Italy

CAPPELLETTI
(Pasta shaped like "little hats" in a hearty soup)

STUFFING:

1/2 pound of lean beef
1 slice ham
1 sausage
2 or 3 gizzards and 1 chicken liver
2 ounces Parmigiana cheese
1 ounce butter
1/2 glass of grated bread
1 egg
1/2 onion
1 carrot, minced, and 1 stem of celery, minced
1 glass of wine

SAUCE:

Oil
Salt and pepper
Some nutmeg

DOUGH:

3/4 pound flour

3 eggs Salt

SOUP:

1/2 chicken

1/2 capon

1 pound beef meat

1/2 onion

1 carrot

1 stem of celery Salt

Parsley

Put in a tureen the oil, butter, onion and the ham already minced. When the onion gets withered, add the carrot and the celery, already minced; after a few minutes add the beef too. When the meat gets brown, add the wine. After the wine is evaporated, add a spoonful of tomato sauce with some water, and the sausage. Leave the meat to cook. When it is cooked, mince the meat and add the cheese, the entire egg, the grated bread, some nutmeg and mix very well. Pour the flour on the trencher and, at the center, put the eggs, then knead. Leave the dough for 20 minutes. Then roll out the dough and cut it in little squares. Put just a little bit of stuffing on the center of the square and close it making a triangle. Join the two angles at opposite ends. Put the chicken, the capon and the beef in a pot full of salty water with the legumes. When it is cooked, filter the soup, taking away the meats and the legumes. When the soup boils, add the Cappelletti for a few minutes until done.

IVAN LUSETTI, President, Cooperativa Reggiana Ristorazione
PRIMULA, via Filangieri-Mancasale, Reggio Emilia

BIGOLI e COSTINE
(Large Wholemeal Spaghetti).

SERVES 6

PASTA:

1/2 pound wholemeal flour

1/3 pound semolina

Olive oil

4 eggs

Salt and pepper

Parmesan cheese for garnish

SAUCE:

2/3 pound white veal ribs

Olive oil

juice of 2 lemons

2 shallots, sliced

White wine

Rosemary

3 tomatoes, peeled

Butter

3 mushrooms, sliced

To make the sauce: seal the veal in a pan with olive oil. When the veal juices have vaporized, squeeze the lemon juice over the veal, add the shallots, some wine, rosemary, tomatoes and butter Three-quarters of the way through cooking, add the mushrooms and leave to simmer. The sauce will be ready when the meat begins to fall off the ribs.

To prepare the spaghetti, mix the spaghetti ingredients and extrude through a spaghetti making attachment of an electric mixer (otherwise, use ready-made spaghetti). Cook the spaghetti and drain well. Place in a heated serving dish, pour the sauce over the spaghetti and sprinkle liberally with Parmesan cheese. Serve immediately.

CHEF FRANCO ZANOTTO, via REMIRO BRESOLIN
IL CASINO, 108 Tory Street, Wellington, New Zealand

MARIA'S PASTA PRIMAVERA

(Spring vegetable pasta)

SERVES 4

2 medium garlic cloves, chopped

2 tablespoons Virgin olive oil

4 cups fresh zucchini, diced

8 ounces chicken broth

12 ounces Marinara sauce

2 cups fresh mushrooms

2 cups broccoli, cooked, chopped

2 tomatoes, diced

1 pound pasta (mostaccoli or rigatoni)

2 quarts water, salted

Cook pasta in salted water. While pasta is cooking, saute garlic until golden brown in Virgin olive oil. Then add diced zucchini and chicken broth. Cook until zucchini are half-cooked (crisp-tender), and add mushrooms, basil leaves and broccoli. Cook all vegetables until done to your preference. Put in dish and garnish with diced tomatoes.

MARIA PERRI,

THE BOOTLEGGER, 5025 South Eastern Avenue, Las Vegas, Nevada

TAGLIATELLE con PESTO

(Pesto is a Ligurian specialty The Genoese serve it with pasta, minestrone, or add as a flavoring to vegetable dishes. Well sealed in a jar, Pesto can be kept for a week or so.)

SERVES 4

4 tablespoons basil leaves

1-2 cloves garlic

2-3 tablespoons shelled pine nuts
Pinch salt
4 ounces (1 cup)
Parmesan grated
4 tablespoons olive oil
1 pound tagliatelle or spaghetti

Pound basil in a mortar with garlic, pine nuts and a pinch of salt. Add cheese and continue to pound until the mixture is reduced to a paste. Incorporate the oil, little by little, until all has been absorbed. Cook pasta in the usual manner, drain' put on a heated serving dish or on individual plates, add generous helping of Pesto and serve.

CAROL ANDERTON
former CASTEL DORIA DOLCEACQUA, Dolceacqua, (Imperia), Italy

TAGLIATELLE AL TARTUFO
(Noodles with Truffle Sauce)

SERVES 4

SAUCE:

3 ounces butter
4 tablespoons olive oil
1 tablespoon onions, chopped
1 tablespoon parsley
1 little truffle, grated (black truffles are most prized, but white are also delicious)
Salt, to taste

PASTA:

10 ounces Tagliatelle noodles
Salt, to taste

In a pan, mix butter and olive oil. Saute the onions for a short time. Add the grated truffle, parsley and salt. Cook for a few minutes (about 10 minutes total cooking time). In the meantime, cook the noodles in boiling salted water. Drain the pasta underdone. Put it in the pan with the truffle seasoning and cook for a couple minutes. Serve immediately at the table.

ALVIERO BERNARDINI
AL SAN FRANCESCO, via B. Cerrettino, 10, Orvieto, Italy

TAGLIATELLE AL CUCCILO

(Literal translation of restaurant name, Al Cucciolo, is "the puppy." This is Al Cucciolo's own tagliatelle pasta recipe.)

SERVES 10

2 pounds tagliatelle noodles
2/3 pound smoked bacon
1/2 pound butter

1/2 pound onions
1 pound fresh tomatoes
1/2 pound peas, boiled
2 cups gravy (chicken broth)
2/3 pound Parmesan cheese, grated
5 eggs without whites
Nutmeg
Mozzarella cheese
2 cups cream

Chop the onions finely and brown in olive oil. Add sliced smoked bacon and tomatoes fresh from the garden, cut in small curls. Cook these ingredients 10 minutes. Then add boiled peas and the gravy. Cook the tagliatelle noodles in salted boiling water. When done, fold them into the sauce and sprinkle with Parmesan cheese. When well mixed add butter. Now beat 5 yellows of eggs with a little grated nutmeg and cream. Fold this mixture into the tagliatelle. Add Mozzarella cut in curls or slices. Bake in hot oven about 10 minutes and serve.

CARMINE ESPOSITO ALAIA
RISTORANTE AL CUCCILOLO, Vico Berio, 5-8, Naples, Italy

TAGLIATELLE with HAM and CREAM

SERVES 1 - or an Army (adjust amounts to suit)

PASTA:

White Flour
Spinach
Eggs

SAUCE:

Cream
Ham
Pinch salt (to taste)

ROSHANLAL GHAI
ALPENHOF RESTAURANT, Nairobi, Kenya, (Republic of British Commonwealth)

TAGLIATELLE alla GIORGIO

(Giorgio's Tagliatelle Noodles. Typical of Veneto Region.)

SERVES 4

PASTA:

6 eggs
1-1/2 pounds flour
Boiling salted water

SAUCES:

Bolognese Sauce
Parmigiana-Reggiano cheese

7 ounces cream
7 ounces Napoletana Sauce
Mushrooms, precooked
Peas, precooked
Mozzarella cheese

Form a pasta with the eggs and flour. Roll out your pasta very fine. Take half of it and form tagliatelle noodles (or, buy fresh made tagliatelle all' uovo). Save some pasta dough and form 4 fine great "leaves" (or crepes) as for Cannelloni. Cook the tagliatelle "al dente" in salted boiling water. Drain and mix up with Bolognese Sauce (homemade or bought) and with lots of Parmigiana cheese. Then cook the remaining pasta crepes in salted boiling water. Drain and rinse with cold water. Drain again on paper towels. Stuff the tagliatelle into the crepes and form 4 hug Cannelloni. Mix the second sauce (Napoletana) with sour cream, precooked mushrooms and peas. Cook for a few minutes. Put sauce in a baking dish, add the four Canneloni and cover with some of the sauce, some Parmigiana cheese and some Mozzarella cheese. Place in very hot oven (400°) for about 20 minutes. Serve very hot.

GEORGIO STILETTO, Owner
GIORGIO PIZZERIA-RISTORANTE, 11, rue du Nord, Luxembourg-City L-2223, Grand Duchy of Luxembourg

LUMACHE NONNA AVE

(This recipe for stuffed pasta shells originates from the town of Mazara del Valle in the northwest comer of Sicily and was brought to this country by his grandmother, Nonna Ave.)

SERVES 20

Large shell pasta, cooked
(follow package directions, "al dente")
4 pounds Ricotta cheese
1/2 pound Mozzarella cheese, grated
2 cups Romano cheese, grated
2 cups bread crumbs 4 eggs
2 tablespoons fresh parsley, chopped
1/4 teaspoon each: salt, pepper, thyme, nutmeg
Tomato sauce (your preference)

Combine all ingredients; stuff into cooked large shell pasta and bake with your favorite red sauce at 350° for 25 minutes.

LOUIS GRECO
LEONARDO'S CAFE ITALIA, 7091 El Cajon Boulevard, San Diego, California

CONCHIGLIONI al PEPERONI

(Shell Pasta with Peppers)

SERVES 4

2 Bell peppers
1-1/2 pounds tomatoes (ripe)
1 pound Conchiglioni
3 ounces olive oil
2 tablespoons goat cheese, grated
1 clove garlic
Salt and pepper

Scald the peppers, clean and cut them in strips. Cook the pepper strips in hot olive oil and set aside. Cook tomatoes in oil with garlic and parsley. Cook Conchiglioni in salted boiling water for 5 minutes; before done, in the meantime, warm both peppers and tomatoes together. Stir in pasta and mix with the sauce. Add the grated cheese. Serve at once.

GIANCARLO BARONCINI, Executive Chef via HUBERT SCHEIFER, Food & Beverage Manager CAVALIERI HILTON INTERNATIONAL ROMA, via Cadlolo 101, Rome, Italy

RIGATONI CON SALSICCE

(Rigatoni with Italian Sausage)

SERVES 2-3

1 pound Rigatoni
1/4 cup Virgin olive oil
3/4 pound hot Italian sausage links
1 green bell pepper, julienned
3 cloves garlic, minced
1 bunch basil cut in slender ribbons
1 tablespoon fresh oregano, chopped
1/8 cup sun-dried tomatoes, finely julienned

Place the sausage links in a shallow baking pan. Pierce each link twice with a fork. Bake in 350° oven for 25 minutes. Remove from pan and slice in 1/8-inch rounds.

Bring 3 quarts of water to a furious boil. Add 1 tablespoon salt. As the water heats, prepare the sauce. Heat the olive oil in a saute pan. Add the julienned pepper and saute a few minutes over medium-low heat. Add the garlic and sausages and cook for 10 more minutes over a moderate flame. Add the basil, oregano and sun-dried tomatoes. Salt and pepper to taste. Turn off the flame.

When the water is boiling wildly, add the rigatoni. Stir now and then with a large fork. Test it for doneness by chewing one after 3 or 4 minutes of cooking. It should be cooked, but firm and pleasantly chewy. When the pasta is cooked to your taste, drain and toss with the sauce. Salt to taste. Correct seasoning and serve steaming hot. Preferably, use fresh rigatoni from Pastabella.

CHEF LICIA DEMEO via NAFTALI ZISMAN
PASTABELLA #4, Embarcadero Center Podium Level, San Francisco, California

HOMEMADE RAVIOLI

SERVES 12 (one dozen ravioli each)

SAUCE:

12 cups Marinara sauce

Pasta:

4 cups flour

8 egg whites

4 tablespoon oil

Water

FILLING:

1-1/2 cups cooked chicken (white meat)

1 carrot, chopped

1 stalk celery, chopped

1 small onion, chopped

1/2 package frozen chopped spinach

1/2 cup chopped parsley

2 teaspoons garlic powder

1 teaspoon oregano leaves

1 teaspoon basil leaves

1/4 teaspoon pepper

1/4 teaspoon (or less) Lite Salt

Bone and cube chicken. Steam carrots, celery, onions and frozen spinach together in small amount of water until done. Drain well. Put chicken and vegetables through a meat grinder or food processor. Add spices to meat vegetable paste and mix well. Chill until pasta is prepared. (Unused filling may be frozen.) Makes filling for 12 dozen ravioli.

Measure 2 cups flour into large bowl and shape well into center of flour. Place egg whites and oil in well. Beat egg white-oil mixture with fork until smooth. Stir flour gradually into egg mixture to make stiff, sticky dough. Knead remaining 2 cups flour into dough until smooth and elastic on a floured bread board. Sprinkle with water if more moisture needed. Cover with towel and let stand 10 minutes.

Roll dough into large rectangle on large flat surface. (A ravioli rolling pin and the kitchen table work well.) The dough should be about 1/8-inch thick. Spread half the dough with thin layer of filling (also about 1/8-inch thick) and bring the unfilled half of the dough over the filled half to cover it. Roll a ravioli rolling pin over it, marking the squares or use a wooden yardstick. Cut the ravioli apart with a pastry cutter. Place ravioli in unsalted boiling water for 10-12 minutes, boiling gently so they will not split. Drain carefully and arrange on serving dish. Cover with hot marinara sauce and sprinkle with Parmesan cheese.

LOUIS and LOUISE DOLCEACQUA, Hamden, Connecticut

ROYALE MARCHE VERTE

(Royal Green Marche-Ravioli Made with spinach pasta dough)

SERVES any number - depending on how large you wish to make your Giant Green Ravioli-- which is determined by your imagination and appetite!

Giant Green Ravioli

Ground Veal

Ricotta cheese

Lemon "interiors" grated

Nutmeg

Sage

Cream

Parmesan cheese

Prepare fresh spinach pasta for ravioli pockets. For stuffing, use ground veal and Ricotta. Season with grated lemon interiors, nutmeg and sage. Saute briefly in cream and Parmesan cheese.

GIAN CARLO TERZAROLI

LA TRATTORIA de GIANCARLO, 179 rue Mohamed el Begal Marrakesh, Gueliz Morocco

GUANCALI

(Special ravioli)

SERVES-2

2 teaspoons oil

1 clove garlic, chopped

1 shallot, chopped

1 teaspoon parsley, chopped

2 ounces fresh mushrooms, sliced

1 tomato, diced

Salt and pepper, to taste

12 large Ricotta-filled ravioli

1/4 cup consomme

In a frying pan, combine oil, garlic and shallots. Saute until a light golden color is achieved. Add mushrooms and saute for 1 minute. Then add tomatoes, parsley, salt, pepper and consomme. Cook until consomme mixture is reduced. Boil ravioli to taste; strain; add to mixture in saucepan. Cook in sauce one minute and serve.

MAMMA DIVA via MODESTO and EUGENE LANZONE

former LANZONE and SON, San Francisco, California

TORTELLI di MAGRO

("Lean Tortelli" - brought to Cremona by the Chef's grandparents from Busseto in Parma. Chef-Proprietor Vittorio informs us that the "Bissone" Restaurant was established in 1500; it was included on an official map dated 1580. Situated in the heart of Cremona near the highest

belltower in Italy, Bissone provided some "local color" as it is the home town of Stradivarius. A varied clientele, including students from the violin-making school came to sing, play music and dance. During the Carnival, in February, everyone wears fancy dress and great attention was given to candles, flowers, etc.; a warm atmosphere prevails. This dish was traditionally served on Fridays or other day of abstinence, and the day before Christmas; it contains no animal fat, is light and easy to digest. In fact, "giorno di Magro" means day of abstinence" in Italian.)

SERVES 8

PASTA:

1 pound flour ("type oo" recommended)

7 eggs

Some water (if necessary)

FILLING:

1 pound buttermilk curd (preferably thick)

3-1/2 ounces frozen spinach

1 egg

5 ounces Parmesan cheese, grated

Pinch nutmeg

Salt

Work the eggs into the flour to obtain a smooth dough; if necessary, add a little water to the eggs. Then wrap the dough in a linen cloth and leave in a cool place about 1 hour. Place the buttermilk curd in a bowl and add the cooked spinach, finely chopped. Add the eggs, Parmesan cheese, nutmeg and salt and mix until it becomes a smooth paste.

Leave in a cool place about 1 hour. Roll out dough in strips, about 20-inch lengths by about 4-inches wide, to the thickness of a knife or thereabouts. Place a heaping teaspoon of the filling at intervals of every 2 inches along the pasta strips. Fold over the pasta on itself and seal the edges firmly. Then cut the strips into lozenge shapes making a diagonal cut after each filled piece. Cook the tortelli in a large saucepan of salted water for -about 8-10 minutes, then remove and drain well. Flavor in a good melted butter and add Parmesan cheese. Serve in heated dishes. Have a nice meal!

VITTORIO & JOLE CREMONINI

former ANTICA LOCANDA BISSONE, Cremona, Italy

TORTELLINI SUPREMA

(At an Italian market, you can find the three main ingredients -- fresh made tortellini, prosciutto and mortadella -- the famous sausages of Bologna Romano. Parmesan cheese may be substituted for asiago cheese for a sharper flavor.)

SERVES 6-8 (as a main course)

FILLING:

1/2 pound prosciutto

2 thin slices of mortadella (about 1/2 ounce total)

1/4 cup Parmesan cheese, grated

1/8 teaspoon nutmeg, ground
2 egg yolks
10 dozen tortellini

SAUCE:

1/2 cup (1/4 pound) butter
2 tablespoons all-purpose flour
2 cups whipping cream
1/4 teaspoon nutmeg, ground
1 cup (3 ounces) asiago cheese, grated
Boiling salted water

To make filling, use a food processor or finest blade of a meat grinder to very finely chop prosciutto and mortadella. Combine meats with Parmesan cheese, nutmeg and egg yolks. Mix well. For sauce, melt butter in a 2-quart pan over medium heat. Add flour and cook until bubbly. Stir in cream and nutmeg and cook, stirring, until smooth and thickened. Drop tortellini (fresh or frozen) into large kettle of boiling salted water. When water returns to a boil, cook pasta gently, stirring occasionally, until tender (8-10 minutes), then drain. Place tortellini on individual plates and pour sauce over each serving.

RICHARD CICCHI, Santa Barbara, California

PASTA MALLOREDDUS alla CAMPIDANESE
(Pasta from Campidano, a large district in the south of Sardinia)

SERVES 5

1-1/2 pounds Malloreddus
3/4 pound fresh pork sausages
1-1/4 pound peeled or fresh tomatoes
1 large onion
2 cloves of garlic
2 (sweet) basil leaves
cooking oil
salt and pepper
1/4 pound Sardinian sheep's milk cheese

Boil Malloreddus in salted water for about 20 minutes. In the meantime make the tomato sauce (about 10 minutes); put cooking oil in a frying pan, fry slowly in hot oil to a light brown a chopped large onion and fresh pork sausages, mix. peeled or fresh tomatoes and two basil leaves together with a pinch of salt and pepper. Strain off the water from the Malloreddus and fold in the tomato sauce. As a last touch, add 100 grams of Sardinian sheep's milk cheese.

GIANNI LOCHE

former ROSTICCERIA AZUNI, Cagliari, Italy

LASAGNA, NAPLES STYLE

SERVES 8-10 (As main dish)

1 pound ground beef with pork and veal, chopped
1/2 pound mild Italian sausage, chopped
1 cup onion, chopped
1 cup fresh mushrooms, chopped (optional)
1 clove garlic, minced
2 (10-1/2-ounce) cans tomato puree
1/2 cup dry red wine
1 bay leaf
2 teaspoons dried basil, crushed
1 teaspoon dried marjoram, crushed
1 teaspoon salt
1/4 teaspoon pepper
10 ounces homemade or packaged lasagna noodles
2 eggs, beaten
2 cups Ricotta cheese
1/2 cup Parmesan cheese, grated
1/4 cup parsley, snipped
8 ounces Mozzarella cheese, sliced

In a skillet, cook sausage, onion, mushroom and garlic until meat is brown. Drain off fat. Stir in tomato puree, wine, bay leaf, basil, marjoram, salt and pepper. Bring to boil, reduce heat and boil gently, uncovered, about 10 minutes or until desired consistency, stirring occasionally. Discard bay leaf.

Meanwhile, cook pasta in boiling salted water just until tender (al dente) and drain, rinse in cold water and drain again. Combine eggs, Ricotta, Parmesan and parsley. Arrange lasagna noodles in a single layer in the bottom of a greased or sauced 13" x 9" baking dish. Spread with half the Ricotta mixture and sprinkle with some of the Mozzarella cheese. Next, another layer of noodles, topped with half the meat sauce. Repeat layer of noodles topped with cheeses. Repeat noodle layer topped with meat sauce, ending in noodles topped with just tomato sauce (with meat skimmed). Cover with foil. Bake at 350° for 30 minutes. Top with remaining Mozzarella cheese and a sprinkle of Parmesan. Bake about 15 minutes longer or until cheese melts and is bubbly. Let stand 10 minutes before serving, cut into squares.

MARIA GRAZIA BENEVENTO DOLCEACQUA, Salerno, Italy & New Haven, Connecticut

LASAGNE VERDI alla NEAPOLETAN

(Named for the neighborhood, not the cuisine, the Afro-German Tearoom Inc. is a 50-seat trattoria-style restaurant, the dream of Reverend Vernon Robertson, who was inspired during a trip to Rome by an order of women who served fine food to raise money for missionary work. The Tearoom's money goes to inner-city Montessori schools and most of the employees are volunteers. The food is prepared as it is ordered, "just as in Rome," says Father Robertson.

"When a priest asks you how you like the food, you won't have to lie!"

SERVES A LARGE ITALIAN FAMILY (makes about 3-4 pounds)

LASAGNE NOODLES:

1-1/2 cups unbleached all-purpose flour

1 egg white

1 tablespoon olive oil

1 tablespoon salt

3/4 pound fresh spinach, cleaned well, stems removed, blanched, chopped finely or processed

A few drops water (to gather dough)

MARINARA SAUCE:

1/2 cup olive oil

4 cups coarsely chopped onions

2 small carrots (about 1 cup)

8 cloves garlic

8 cans (35 ounces total) of Italian tomatoes with liquid

8 ounces black olives

Salt and black pepper, to taste

1 tablespoon parsley, finely minced

1/4 pound butter

1-1/2 teaspoons dried oregano

2 teaspoons dried basil, or 2 tablespoons fresh basil

1 teaspoon dried thyme

1 bay leaf

(1 can tomato paste, if necessary to thicken or for personal taste)*

CHEESE LAYER:

1 pound Italian Provolone, grated

1 pound Ricotta

1 pound Mozzarella (Buffalo is best), grated

1/2 pound Parmesan cheese, fresh grated

1/2 cup Parmesan cheese, fresh grated for top of lasagne

You can mix this in a food processor or by hand. Either roll the dough very thin or use a pasta maker. Cook in boiling water to cover 5 minutes or less. Saute onions, carrots, garlic and olives in olive oil until onions are transparent. Food-mill the tomatoes and strain seeds. Add pureed tomatoes to vegetables. Simmer 15 minutes. Set a sieve onto a bowl and pour sauce through; press with back of a spoon to push solids through. Return sauce to pan, add butter and herbs and simmer 15-20 minutes. Remove bay leaf when finished. If sauce is not thick enough, add tomato paste. Oil a 13" x 9" pan with a thin layer of olive oil. Place a layer of lasagne noodles covering the whole dish. Then spread a layer of Marinara sauce, then a layer of noodles, then a layer of mixed cheese, then another layer of noodles, then Marinara sauce, repeating this process in this order until the lasagne is a couple of inches thick. The last layer should be noodles. Sprinkle the top with the remaining Parmesan cheese. Bake at 375° for 20-25 minutes.

ELLEN FRIEBERT MERSHEN via REVEREND VERNON ROBERTSON
AFRO-GERMAN TEAROOM, INC, 639 South Shelby, Louisville, Kentucky

VEGETABLE LASAGNA

SERVES 8

1/2 cup olive oil or salad oil
1 large onion, chopped
2 cloves garlic, minced or pressed
1 medium-size eggplant (about 1 pound), diced but not peeled
1/4 pound mushrooms, sliced
1 can (about 1 pound) Italian style tomatoes
1 can (8 ounce) tomato sauce
1/2 cup dry red wine
1 medium sized carrot, shredded
1/2 cup parsley, chopped
2 teaspoon oregano leaves
1 teaspoon dry basil
1 teaspoon salt
1/4 teaspoon pepper
12-16 lasagna noodles (packaged)
Boiling salted water
2 cups (1 pound) Ricotta cheese
2 cups (8 ounces) Mozzarella cheese, shredded
1-1/2 cups (4-1/2 ounces) Parmesan cheese, grated

In a wide frying pan over medium heat, add olive oil. When oil is hot, add onion, garlic, eggplant and mushrooms and cook, stirring frequently. Add tomatoes and their liquid (breaking them up with a spoon or by hand), tomato sauce, wine, carrot, parsley, oregano, basil, salt and pepper. Bring to a boil, then reduce heat and simmer, covered, for about 30 minutes. Uncover and continue cooking until sauce is thick. You should have about 5 cups sauce. Set aside. Cook lasagna noodles in a large kettle in boiling salted water until "al dente," according to package directions. Drain, rinse with cold water and allow to drain again. Butter a 9" x 13" baking dish. Spread about 1/4 of the sauce over the bottom. Arrange single layer of lasagna noodles on the bottom in an even layer over the sauce. Dot noodles with some (about 1/3) of the Ricotta. Sprinkle 1/3 of the Mozzarella over the Ricotta. Sprinkle 1/3 of the Parmesan cheese over the Mozzarella. Repeat layering 2 more times, ending with sauce and sprinkle top with remaining Parmesan cheese. If desired, dish may be covered and refrigerated until ready to bake. Bake uncovered, in 350° oven until hot and bubbly (about 40 to 50 minutes). Cut in squares and serve.

LORI CARANGELO, Indian Wells, California

CHICKEN LASAGNA

SERVES 4

8-10 lasagna noodles
2 cups cooked chicken, diced

2 tablespoons butter or margarine
1 medium onion, chopped
1/3 pound mushrooms, sliced
1 can (16 ounces) tomatoes
1/2 teaspoon basil
1/2 teaspoon oregano
1/3 teaspoon each salt and pepper
3 tablespoons flour
3 tablespoons butter or margarine
1 can (10 ounces) chicken broth
1/2 cup half-and-half
1 cup Mozzarella cheese, shredded
1 cup Ricotta cheese
1 cup Parmesan cheese (optional)

Start boiling salted water for lasagna noodles. (Note: Low-fat mixture over the first layer of Mozzarella and Ricotta are available for those who wish to reduce calories, and leftover chicken is time-saving.) Saute onions until transparent. Add mushrooms, basil, oregano, salt and pepper. Cook for a few minutes. Blend tomatoes in a blender or processor briefly on low, or crush by hand. Add tomatoes to mushrooms. Simmer (adding more tomatoes if needed) while making cream sauce, and add chicken and stir for 2-3 minutes. Melt butter in sauce pan and stir in flour and continue cooking and stirring for 2-3 minutes. Add broth to cream sauce, stirring until thickened. Stir in half-and-half over low heat. Spoon small amounts of cream sauce in a baking pan. When lasagna noodles are cooked, drain, rinse in cool water and drain again if ready to use. Place 2 lasagna noodles in bottom of baking pan over cream sauce. Add 1/3 of chickentomato sauce mixture over the first layer of noodles and sprinkle with cheese. Repeat layering twice, ending calories, and leftover chicken is with lasagna noodles topped with sauce). Sprinkle with Parmesan cheese if desired, before baking and offer cheese at the table. Bake at 350° for 20-25 minutes and let cool about 10 minutes before cutting into squares and serving still hot. (Note: Lasagna is even better reheated the next day.)

JO LAVRADO, Fairfield, Connecticut

SEAFOOD LASAGNA

(Originated with Mr. Italo, of Ventura, in the Lazio region of Italy)

SERVES 6

12 ounces lasagna noodles 3/4 pound small-medium shrimp, cooked
5-6 large tail-on shrimp, cooked (optional)
1 pound scallops
2-1/2 cups red clam sauce (purchased or homemade)
1 pound Provolone cheese, thinly sliced,
or substitute Mozzarella
1 pound Ricotta cheese
8 ounces mushrooms, sliced (preferably canned)

2 tablespoons parsley, chopped
1/4 cup Parmesan cheese, grated

Cook lasagna noodles according to package directions until tender and reserve in ice water until needed. Heat red clam sauce gently in a large pan. Gently cook scallops, a few at a time, by dropping in boiling water for 2 minutes. Drain. Add scallops, shrimp, mushrooms and parsley to warm sauce and stir to combine ingredients. Spread a small amount of sauce in the bottom of a 9"x 12" casserole. Arrange about 1/3 of the lasagna noodles over the sauce. Spread 1/3 of the seafood sauce over the lasagna noodles. Top with 1/3 of the provolone and Ricotta cheeses. Repeat the layering two more times, garnishing the top of the lasagna with the large shrimp, if desired. Sprinkle top with Parmesan cheese. Bake, uncovered, in a 350° oven (gas) for about 30 minutes and serve.

LAWRENCE B. CUNNINGHAM

ITALO'S RESTAURANT, 51-230 Eisenhower Drive, La Quinta, California

CHEESE-STUFFED MANICOTTI

(Italian crepes)

SERVES 6

MANICOTTI CREPES:

2 eggs, lightly beaten
3/4 cup milk
1/2 teaspoon salt
1 cup sifted flour

FILLING:

1 pound Ricotta cheese
3 tablespoons Parmesan cheese, grated
2 tablespoons parsley, minced
1 teaspoon salt
1 egg, lightly beaten

TOPPING:

1-1/2 pints hot Marinara
or Italian tomato sauce

Preheat oven to 350°. For the crepes, mix eggs, milk and salt. Slowly add flour and beat until smooth. Using 1 tablespoon batter for each crepe, drop onto greased griddle over moderate heat and allow to spread into 4-inch diameter circles. Flip over when starting to lightly brown and edges are drying and lightly brown flip side. Lay lightest side *down* on paper towels as you cook the rest. Mix filling ingredients and spoon about 1-1/2 tablespoons on center of each pancake, then fold top and bottom toward center, envelope fashion. Arrange seam side down in a buttered 13" x 9-1/2" x 2" baking pan and top with sauce. Bake, uncovered, 1/2 hour until bubbling. Serve hot with extra grated Parmesan cheese.

QUICK WAY: Substitute 3/4 pound package of Manicotti pasta tubes. Cook tubes, drain and fill. Top with sauce and bake as directed.

LORI CARANGELO, Indian Wells, California

CANNELLONI GARIBALDI

(Cannelloni filled with sweet Italian sausage, chopped spinach and grated Parmesan cheese)

SERVES 6

1-1/2 dozen cannelloni squares

(see recipe for home-cooked, or purchase ready-made fresh)

FILLING:

1 pound sweet Italian sausages

1 (10 ounce) package frozen chopped spinach,
cooked by package directions, but not seasoned

1/4 cup Parmesan cheese, finely grated

1 egg, lightly beaten

SAUCE:

3 cups Mushroom Marinara Sauce

TOPPING:

1/4 cup Parmesan cheese, finely grated

Prepare and cook cannelloni squares as recipe directs, then reserve. Preheat oven to 375 °. Remove sausage meat from casings and brown in a large heavy skillet over moderately low heat for 10 to 15 minutes, stirring occasionally and breaking up large clumps with a spoon. Transfer with a slotted spoon to a bowl.

Drain spinach and sieve, pressing out as much water as possible with a spoon. Add spinach, cheese and egg to sausage and toss well to mix. Divide filling evenly among cannelloni squares, roll up and arrange seam side down in a single layer in a buttered shallow 3-quart casserole. Spoon sauce evenly over all, and top with cheese. Bake, uncovered, about 30 minutes until bubbling.

RON FRIEBORN, Indian Wells, California

CAVATELLI con RAPINI

(Cavatelli is a short, curled noodle, shaped like a shelf. Rapini, or Broccoli di Rapa, is a pungent, somewhat bitter, non-heading Italian spring green, a leafy "broccoli" that can be prepared and cooked like spinach. D'Angelo's recipe calls for ingredients measured by the gram - but after considerable computing we converted the metrics to the nearest pound or ounce.)

SERVES 6

1 pound Cavatelli (400 grams)

2 ounces butter (50 grams)

1 pound rapini or broccoli (500 grams)

10-1/2 ounces Parmigiana (Parmesan cheese, grated the finest brand is

Parmigiana-Reggiano, 30 grams)

1-1/2 pounds Pomodoro Basilico Italian brand canned,
whole tomatoes with basil (750 grams)

Salt and pepper to taste

Boil rapini (or broccoli) in salted water. Prepare the tomato sauce with basil (by bringing to

low boil after gently crushing the whole tomatoes by hand). Cook pasta (cavatelli) until "al dente" (tender to the bite). Drain well. Add broccoli (or rapini) to the sauce. Add butter, salt and pepper to taste. Pour sauce mixture over pasta and serve it hot.

ANGELO VERRICO and TONI MUSCI
former D'ANGELO TRATTORIA, Laguna Hills, California

NORTHERN ITALIAN POLENTA (con FAGIOLE)

(My cousin Anna and my Grandmother, Maria Grazia Benevento Dolceacqua, brought this traditional Northern Italian Cornmeal recipe from Salerno, Italy. It was handed down through 4 generations from Grandma, to Aunt Philomena and Uncle Frank, to Cousin Anna -- who have all passed on -- and to Anna's children Tina and Frank Tropeano Jr.)

SERVES 4

1 can (10-3/4 ounces) condensed chicken broth
1-3/4 cups water
1 cup Polenta (Italian cornmeal)
1 tablespoon butter or margarine
Parmesan cheese, freshly grated
1 can Italian tomato sauce (optional)
Cannalini beans (white Italian kidney beans, optional)

For basic Polenta recipe, boil broth with 3/4 cup water in saucepan and let simmer. Blend remaining water and Polenta until smooth. Pour Polenta mixture into simmering broth, stirring constantly. Stir in butter. If desired, Cannalini beans can be cooked into Polenta. Spoon Polenta mixture into buttered bowl and let stand 10 minutes. Unmold onto flat plate. Cut into thick slices. Serve with additional butter and grated Parmesan. If desired, Italian tomato sauce can be poured over slices.

ANNA ARPAIA TROPEANO, formerly of North Haven, Connecticut

CHEESE GNOCCHI (Dumplings)

(Serve hot as lunch entree or as potato substitute with veal or chicken)

SERVES 4

GNOCCHI:

1/2 pound Ricotta cheese
1/2 cup flour, sifted
6 tablespoons Parmesan cheese, grated
3 tablespoons butter or margarine, melted
1/2 teaspoon salt
Pinch nutmeg
2 egg, lightly beaten

TOPPING:

1/3 cup melted butter or margarine

1/3 cup Parmesan cheese, grated

Preheat oven to 350°. Mix all gnocchi ingredients and spoon into a pastry bag fitted with large pastry tube (about 1/2" opening). Heat about 5 quarts salted water to boiling in a large kettle, then adjust heat so water bubbles very gently. Squeeze out gnocchi over the water, cutting with a knife at 1-inch intervals and letting drop into water. Simmer, uncovered, 2 to 3 minutes, until gnocchi float,, then remove with a slotted spoon and drain in a colander.

Arrange gnocchi in a single layer in a buttered 1-1/2 quart shallow casserole, drizzle with melted butter and sprinkle with Parmesan cheese. Bake, uncovered, 10 minutes, then broil about 2 minutes to lightly brown.

MARIA GRAZIA BENEVENTO DOLCEACQUA, Salerno, Italy and New Haven, Connecticut

GNOCCHI di PATATE

(Potato Dumplings; excellent with chicken or veal)

SERVES-4

3/4 pounds russet potatoes, peeled

1/2 pound flour

4 ounces Romano cheese

4 egg yolks

1-1/2 ounces margarine

Pinch of salt and pepper

Fresh parsley

Fresh garlic

Sauce (tomato, cream or meat)

Boil potatoes about 25 minutes until tender. Drain, and mash. Mix in flour, cheese, egg and margarine. Add salt, pepper, parsley and garlic. Mix all together until firm. (Dough will be sticky.) Pinch off balls of dough and roll out as if for a jelly roll up to 1/2-inch in diameter and cut into 1/2 -inch pieces. Have ready 6-quart pan of boiling water. Drop dough in boiling water, stirring carefully. Dumplings will rise up to top when done. Strain and put on plate. Serve with tomato sauce, cream sauce or meat sauce.

FRANCO EPIFANI

LO STIVALE RESTAURANT, 1435 Eubank N.E, Albuquerque, New Mexico

GNOCCHI di PATATE FRITTI

(Fried Potato Dumplings)

SERVES 4

1 pound potatoes

1 egg

3 ounces butter

Salted Water

Peel, cook and mash potatoes well. Add other ingredients to make a stiff dough. Form small

dumplings (we make ours thumb sized). Cook pasta and drain. Deep fry in olive oil. Serve with roast chicken stock, adding salt and pepper to taste.

ETTORE BENUZZI

ETTORE RESTAURANT, 308 Port Road, Hindmarsh, South Australia

CORZETTI

(Ligurian Noodles or "Figures of Eight" a specialty of Polcevera)

SERVES 6

6 cups of flour, all-purpose

6-8 eggs, lightly beaten

Salt

Tomato-meat sauce

1/2 cup Parmesan cheese

Sift flour onto a large pastry board and make well in center; carefully pour in eggs. Add salt and gradually work the flour into the eggs to make a smooth, soft dough. Flour the board and knead the dough until smooth and elastic. Break off small pieces of dough about the size of a pea and roll into small balls. With thumb and forefinger press each one to look like two joined discs or a Figure 8. Allow to dry on a clean cloth.

Bring large pan of salted water to boil and drop in corzetti, cooking them in batches so they don't stick together. As they float to the top, take them out with a slotted spoon and drain well in a colander. Serve with tomato-meat sauce and grated Parmesan cheese.

NUNZIO BARONE,

former BATTI, Portofino, (Genoa) Italy

RISOTTO alla MILANESE

(There are dozens of "risotti," soft rice mixtures that is to Northern Italy what pasta is to Southern Italy. This one is a classic, delicious with veal or chicken.)

SERVES 4

2 tablespoons each: butter and beef marrow,

or 1/4 cup butter or margarine

1 small yellow onion

1 cup short-grain rice, uncooked

2 cups hot chicken or beef broth, or water

Pinch powdered saffron,

or 1/8 teaspoon saffron soaked in 1/4 cup of the hot broth (strain and reserve broth)

1/2 teaspoon salt, approximately

1/8 teaspoon pepper

1/4 cup Parmesan cheese, grated

Melt butter and marrow in a heavy sauce pan over moderately high heat, add onion and stir fry 1 minute until pale golden color. Add rice and stir-fry 1 minute to coat with butter. Reduce heat

to moderate, add 1/2 cup broth, saffron, salt and pepper and cook, stirring constantly, until almost all liquid is absorbed. Continue to cook and stir, adding remaining broth by the 1/2 cup and letting rice absorb it each time before adding more broth. (Note: this will take 30 to 40 minutes). When risotto is properly cooked, it will be creamy with just the slightest bit of texture. Lightly fork in the cheese, taste for salt and add as needed.

VARIATIONS:

Brown Rice Risotto. Substitute short grain brown rice, omit saffron and cook as recipe directs for 50 to 55 minutes.

Mushroom Risotto. Stir-fry 1/2 pound minced mushrooms with the onion and rice. Proceed as directed and toss in 1/4 cup pine nuts along with the cheese.

Risi e Bisi. (Serves 6) Prepare as directed, omitting saffron if you like. Mix in 1-1/4 cups drained, cooked green peas along with the cheese.

RON FRIEBORN, Indian Wells, California

SUPPLI

*(Roman egg-shaped rice-balls stuffed with sauce, meat and Mozzarella;
in Southern Italy and Sicily, where these similar "rice oranges" are made.)*

SERVES 6

2 cups rice, cooked in boiling

salted water

2-1/2 cups tomato-meat sauce

3 egg yolks

handful Parmesan cheese, grated

When rice is cooked, spread on meat sauce through a sieve and reserve bits of meat and vegetables left in sieve. Add egg yolks and Parmesan cheese. Mix carefully. Take a handful of the mixture and form into a ball, making a hollow. To stuff the reserved meat and vegetable bits from the sieved sauce. After stuffing each ball, seal with rice mixture. Bake in hot oven until rice begins to lightly brown.

BOB MILLIGANI, Lancaster, California

FETTUCINE WITH SALMON

(Won award for "Best Pasta in the City of Miami-1986" from the National Pasta Association)

SERVES 4

1 portion of salmon - half cut into several pieces and the other half cut into

3 slices and reserved

1 pound egg fettuccine, cooked (al dente)

1 teaspoon shallots, finely chopped

1 teaspoon cognac

Pinch of pepper

1 tablespoon heavy cream
1 teaspoon Parmesan cheese

In a baking pan, place the butter, cognac, shallots, pepper, cream and Parmesan cheese and the half portion of salmon cut into small pieces; bake at 350 until brown. Pour the baked mixture over cooked fettuccine while broiling the 3 slices of salmon. Garnish the top of the fettuccine salmon dish with the 3 additional slices of broiled salmon.

CHEF EMILIO via MILLE LAURENZO

LAURENZO'S ITALIAN RISTORANTE, 2255 N.E. 164th St, N. Miami Beach, FLORIDA

NANA'S PASTA

("This recipe originated many years ago when my grandfather, Antone Sabella, was alive," says Michael Sabella. "In those days, scallops were too expensive for my grandparents to afford, so Nana would add whatever seafood trimmings Nonno would bring home from his fish market that day. After Nonno passed away, Nana would still make this dish every Sunday for the entire family. Now this recipe is one of the most popular pasta dishes on our menu at A. Sabella's.")

SERVES 4

1 pound fresh bay scallops
1 cup medium zucchini, diced
1 cup tomato, peeled, seeded, chopped rough
1 tablespoon garlic, chopped
1 tablespoon scallion, thinly chopped
3 tablespoons mushrooms, sliced
1-1/2 tablespoons Extra Virgin olive oil
1 teaspoon fresh basil, chopped
3/4 teaspoon fresh oregano, chopped
1-1/2 pound pasta (any cut)

Saute the scallions and mushrooms in olive oil until the mushrooms drain off water. Add garlic and scallops. Continue to saute until garlic starts to brown. Add rest of ingredients; bring to boil, reduce and simmer 15 minutes. Cook pasta according to package instructions. Drain and divide onto serving bowls; pour sauce over pasta and sprinkle with Parmesan cheese.

ANTONE SABELLA

A. SABELLA'S, Fisherman's Wharf, 2766 Taylor Street, 3RD floor, San Francisco, California

COSMO'S® STEAMED CLAMS

SERVES 6

2 tablespoons olive oil
2 teaspoons minced garlic
72 Littleneck Clams
5-3/4 cups (46 ounces) clam juice
2 cups water
1 16-ounce can whole tomatoes, ground

1 cup dry white wine
1-1/2 cup (1 stick) butter
2 teaspoons salt
2 teaspoons red pepper, crushed
2 teaspoons dried oregano leaves
2 teaspoons dried basil leaves
2 teaspoons fresh parsley, chopped

In stockpot, or Dutch oven, heat olive oil over medium heat until haze forms. Add garlic and saute until golden. Remove from heat and add remaining ingredients. Cover and bring to boil, stirring occasionally. When clams open, remove from heat and let stand for 5 minutes. Serve in soup plates with hot bread.

TONY COSMO CALABRESE
COSMO'S® UNDERGROUND ITALIAN RESTAURANT & LOUNGE,
32 East Fremont Street, Las Vegas, Nevada

MUSSELS and CLAMS SICILIAN

(In Italian, this former restaurant's name "Baci," means "Kiss". . . 'Amore' was the theme of this delightful and popular restaurant, whose intimate candle-lit tables draw both tourists and locals for a romantic evening of gustatorial pleasures - a full menu featuring seafoods and pasta specialties as well as full piano bar. Baci was awarded the Silver Palm Award for Best Seafood in the Palm Springs-Coachella Valley area, 1987, by renowned food critic Lloyd Chester.)

SERVES 2
10 mussels
10 clams
1/4 teaspoon anchovy
1 teaspoon garlic
3 teaspoons olive oil
Pinch chili-pepper, ground
Salt and pepper to taste
4 soupspoons Marinara sauce

Steam mussels and clams in small amount of water, covered, until they begin to open. Meanwhile, saute anchovy and garlic in olive oil with pinch of chili, 30-40 seconds, and add 3-4 teaspoons Chablis. Add this mixture to steamed mussels and clams, stirring into juice from steaming to make a sauce. Serve.

STEVE WARSH
former BACI SEAFOOD RISTORANTE, 73-703 Highway 111, Palm Desert, California

CIOPPINO

(Cioppino is re-invented by everyone who cooks it, but Baci's version is everything you want Cioppino to be. True to Cioppino's Italian-American ancestry, it's a hearty fish stew made with chunks of tender crabmeat and shrimp, some finned fish, all crowded into a tomato and olive oil sauce and seething with Mediterranean spices. It calls for Baci's sturdy bread to sop up the savory juice.)

STEVE WARSH

former BACI SEAFOOD RISTORANTE, 73-703 Highway 111, Palm Desert, California

BAVETTE SORRENTO

(Pasta with seafood. Leo Restaurant has been in operation in Johannesburg for 23 years and is the oldest Italian restaurant in Johannesburg.)

SERVES 1

Cook pasta (your choice)

SAUCE:

2 tablespoons oil

1 clove garlic, crushed

5 tablespoons fresh tomato sauce

1/2 red chili pepper

Pinch salt

1 ounce calamari, chopped

1 ounce baby shrimp

1 ounce baby clams

A few mussels in the shell (for garnish)

Saute garlic briefly in hot oil with the tomato sauce. Add calamari, shrimp and clams to sauce and cook 3-5 minutes only Remove half the sauce from the pan and reserve. Add pasta to pan and mix well. Serve, topped with reserved sauce and garnish with mussels in the shell that have been cooked in the same sauce.

MARIO MILANA

LEO RESTAURANT, 16 Angela Heights, Hathaway Rd., Gresswold, Transvaal, Johannesburg (Republic of South Africa)

PASTA alla PESCATORE

(A seafood pasta from Livorno in Tuscany)

SERVES 2

PASTA (Fiore D'Italia uses Linguine) per package directions

2 cloves garlic

Pinch of salt

4 tablespoons olive oil

1/2 cup white wine

5 ripe tomatoes, crushed
3 small shrimp
3 or 4 fresh mussels
3 clams
2 ounces sea bass
2 ounces Calamari (squid)

Begin boiling water for the linguine and cook until "al dente" (tender to taste). Chop garlic very fine and saute in olive oil until it begins to brown. Add the shrimp, then the sea bass, then the Calamari; cook about 5 minutes. Add wine and allow it to be reduced (evaporate during cooking). Then add tomatoes, mussels and clams. Cook the mixture for 10 minutes. The linguine, if done before the seafood sauce, should be kept warm, then topped with the seafood sauce and served.

Magnifico!

ELIO and ELDA GEMIGNANI
FIORE D'ITALIA, 14928 Ventura Boulevard, Sherman Oaks, California

ANTONINO'S MACKEREL PORTICELLO

(A Sicilian dish, great with fettuccine or by itself with tomato or marinara sauce)

SERVES 4

2 onions, julienne
1 teaspoon garlic, minced
5 anchovy filets, whole
2 tomatoes, julienne
1 pound mackerel, fresh or canned,
skinned and carefully deboned, cut into 2-inch pieces
3 tablespoons olive oil
3 tablespoons butter
1 pound fettuccine, cooked
6 tablespoons pecorino or Parmesan cheese, ground
3 tablespoons cilantro or parsley, minced

Saute onions and garlic in olive oil until onions turn golden brown. Add the anchovy filets, tomatoes and mackerel. Cook for 5 minutes or until the fish is cooked. Add butter; when butter melts, it is ready to be served. If a saucier dish is preferred, add 1/2 cup water and allow to heat through. Serve over hot fettuccine and garnish with pecorino and cilantro ... or try it over spaghetti sauce or marinara sauce for extra flavor.

ANTONINO LOPIPARO
ANTONINO'S SICILIAN RISTORANTE del CARRELLO, 8412 West Morgan Avenue
Milwaukee, Wisconsin

SOGLIOLA CERTOSINA

(An original recipe for Filet of Sole Certosina. Mr. Godini tells Garlic Press that "Poldino's Restaurant-Pizzeria has doubled in size since he and his wife took it over 20 years ago, and is perhaps the most successful restaurant in Aberdeen. He attributes this to good food, realistic prices, and pleasant, efficient service. The clientele is "cosmopolitan." Aberdeen is the "oil capital of Europe," and his customers come from all over Europe, the USA., South America and Canada. The Americans, particularly, are great lovers of Italian food, he reports.)

SERVES 2

4 medium size filets of sole (about a pound)

3-4 ounces prawns (shrimp), peeled

1-2 ounces butter

1 clove garlic, crushed

1 small glass dry white wine

1 tin plum tomatoes, peeled, chopped

1 small glass heavy cream

Salt and fresh-ground black pepper

Heat butter in a large frying pan and briefly saute the filets on both sides just to sealing the juices. Add the prawns and garlic. Continue to fry for just a few minutes. Add white wine. Continue to cook until most of liquid has evaporated. Add chopped plum tomatoes and simmer gently. Season, stir in cream, reduce liquid, correct the seasoning and serve. Buon Appetitio!

LEO and LINDA GODINI

POLDINO'S, 7 Little Belmont Street, Aberdeen, Scotland (United Kingdom)

LINGUINE PESCATORE

(Seafood Platter from Isle of Capri, Italy)

SERVES 4

8-16 Mussels

8-16 Clams

8-16 Squid/Calamari

8-16 small shrimp

8-16 small scampi

Combine all of the above ingredients in a large kettle with just enough water to steam the noodles, in a Marinara sauce whole shellfish and cook or heat just 15 minutes. Serve with made with garlic, oregano, pepper, anchovies, white wine, chicken consomme and tomato sauce.

CHEF EDUARDO NAPOLANO

TRATTORIA AUX TROIS CONTINENTS, INC. 1112 Wolfe Street Montreal, Quebec Canada

LINGUINI alla VONGOLE

(Contemporary clams dish influenced by both Northern and Southern Italian cuisine - Florence, Naples and Rome - served in Hawaii)

SERVES 4

4 quarts water

1-1/2 ounces drawn butter

1/2 medium onion

1 cup Pancetta (Italian bacon), cut in pieces

Salt and pepper (to taste) Italian herbs
(rosemary, thyme, oregano) (to taste)

1/4 teaspoon garlic, finely chopped

3 ounces Pomodoro (blended roasted tomato)

3 ounces fish or chicken stock

1 cup whole baby clams

or 20 Littleneck clams without shell

3 ounces half-and-half

3 ounces heavy cream

10 to 12 ounces linguine (preferably fresh-made egg linguine)

1 ounce Parmesan cheese (Parmigiana-Reggiana is the best)

1 sprig parsley

Bring 4 quarts water to a boil. Meanwhile, saute onions and Pancetta in drawn butter in a large skillet over medium-high heat until Pancetta is slightly browned (not too crisp). Add salt, pepper, fresh herbs and garlic (saute garlic until it changes color slightly to golden brown). Add the whole baby clams (or Littleneck clams), Pomodoro and stock. Cook until heated through (to the touch). Add half-and-half and cream, reducing until desired thickness, approximately 2 to 3 minutes. Cook pasta in boiling water until "al dente" (tender to the taste). Saute drained pasta with other ingredients. Place pasta on plates and top with clam mixture. Garnish with grated Parmesan cheese and sprig of fresh parsley.

MICHAEL ANNINO via MARC B. COHEN

CAFE CHE PASTA, 1001 Bishop Street Honolulu, Hawaii

and 3571 Waialae, Avenue 101, Honolulu, Hawaii

LINGUINI TUTTO MARE

(Linguine with Seafood)

SERVES 4

6 quarts water, salted

1 pound linguini

8 ounces chicken broth

5 ounces clams with juice

6 ounces shrimp

4 ounces crab meat

4 ounces lobster meat

4 ounces mushrooms
6 ounces butter (no substitute)
1 teaspoon garlic (freshly crushed)
Salt and pepper to taste
1/4 cup parsley, chopped

Bring water to a boil and add linguini. While pasta is cooking, place rest of the ingredients in a large sauce pan and simmer for 5 minutes. When pasta is al dente (tender, to taste), strain and add prepared sauce. Simmer for 3 minutes and serve.

VINCENT J. CUNETTO
CUNETTO HOUSE of PASTA, 5453 Magnolia Avenue St. Louis, Missouri

GRANDMA'S PRAWNS

(From Rome)

SERVES 2

1 cup olive oil
2 cloves garlic, crushed (sliced, optional)
10 Jumbo prawns, with tail, de-veined
1/2 teaspoon red bell pepper, crushed
1/2 teaspoon oregano
Few pinches salt (to taste)
1/4 cup white wine (dry)
10 black olives, pitted
2 medium tomatoes (ripe), crushed
2 teaspoon capers

In a 12-inch fry-pan, heat oil (medium heat) and saute garlic for about 30 seconds or until beginning to color; add prawns and cook for about 2 minutes or until prawns turn red in color. Add wine, salt, crushed red pepper and oregano; stir and it cooks for another 2 minutes. Add remaining ingredients, stir and cover; lower the heat and simmer for approximately 6 minutes. Remove from heat and serve 5 prawns per plate and divide sauce. If a vegetable side dish is desired, zucchini or broccoli are excellent accompaniments.

IDA DAMIANI via VITTORIA DAMIANI FERREBOEUF
MAMMA VITTORIA ITALIAN RESTAURANT, 3295 - 22nd Street, San Francisco, California

RISOTTO con i CAPAROZZOLI

(Shellfish Risotto of Venice - Caparozzoli are similar to baby clams, which may also be used.)

SERVES 4-6
3 to 3-1/2 pounds Caparozzoli
Salt
5 tablespoons olive oil
2 cloves garlic, finely chopped
2-3 sprigs parsley, finely chopped

1 cup dry white wine
Pepper
2-1/2 cups rice
6-1/2 cups boiling fish stock

Wash shellfish thoroughly in plenty of salted water. Put into thick hot frying pan and shake them over heat until they open. Cool and shell them. Heat oil in large pan. Add garlic and parsley and saute until garlic begins to take on color. Add fish, lower heat and simmer a few minutes. Add wine, cook until it evaporates and season generously with pepper. Add rice, stir gently and fry until rice begins to change color. Add cup of stock, cook over moderate heat until it has been absorbed and repeat until all stock is finished and rice is tender. Check seasoning and serve immediately.

CARMEN COZZA
HARRY'S BAR, Valle Valleresso, 1323, Venice, Italy

PATATE alla MARCELLO
(Marcello's Potatoes. An original and personal recipe.)

SERVES 4
4 large potatoes
Olive oil
Salt and pepper
6 ounces Prawns
6 ounces small Cuttlefish
5 slices Palm Hearts
6 ounces clams (shelled)
Bechamelle Sauce:
Fish broth
1-2 ounces flour
1-2 ounces butter

Cut top off each potato; Hollow out a cavity from the top, sufficient for stuffing well. (Do not peel but wash well.) Place potatoes, with each precisely cut top, on an oven plate which has been smeared with olive oil and sprinkled with salt and pepper. Bake for about 20 minutes at a medium temperature. Fry in oil, the prawns, cuttlefish, clams (shelled) and palm hearts.

Amalgamate the fried fish and palm hearts with the Bechamelle. Fill each potato with this mixture (the potatoes should now be cold) and cover each one with its own top. Place the 4 potatoes in an oven dish and cook in oven until brown. Serve hot.

MARCELLO LANDI
RENDEZVOUS, Marciana Marina Piazza della Vittoria, Isle of Elba

ITALIAN BAKED OYSTERS on the HALF-SHELL

SERVES 6 to 8

24 oysters in shells

1 cup soft bread crumbs

1/3 cup Parmesan cheese,
or Romano cheese, grated

1/4 cup parsley, snipped

1/2 teaspoon thyme, dried, crushed

1/8 teaspoon pepper

1/4 cup butter or margarine, melted

Rock salt

Thoroughly wash oysters in shells in cold water. Open each with an oyster knife or other blunt-tipped knife. Drain. Discard flat upper shells. Wash deep bottom shells. Place each oyster in shell half. Combine bread crumbs, Parmesan cheese, parsley, thyme and pepper. Toss with melted butter. Top each oyster with about 1 teaspoon crumb mixture. Arrange shells on bed of rock salt in a shallow baking pan. Bake in 450° oven for 8-10 minutes or until crumb mixture is lightly browned and edges of oysters begin to curl.

ALFRED CARANGELO, Santa Barbara, California

ZUPPA de PESCE

(A traditional Italian seafood stew recipe found in both Northern and Southern regions of Italy)

SERVES 4-6

8-10 medium shrimp

8-10 mussels

8 ounces (approx.) scallops

8-10 clams

1 ounce pure olive oil

1/2 level teaspoon each of thyme, tarragon, oregano, hot crushed red pepper

1/2 medium onion

4 shallots

2-3 cloves garlic

4-6 ounces white wine

2 cups fish stock, clam juice or water

Optional:

Lobster tails, Sea Bass filet, Calamari, Monkfish, or Eels

Pasta (your choice), preferably linguine or vermicelli

In a large heavy pot (preferably aluminum with sides 4 to 6 inches high) heat the olive oil over a medium flame, add finely chopped onion, shallots and garlic. Saute until translucent. Add crushed tarragon, oregano and red pepper. Stir, add white wine. After wine stops sizzling (a few seconds) add fish. If using Sea Bass or Monkfish filet, lightly flour and brown separately in some vegetable oil, drain and add last. When all fish has been added, pour in 2 cups of fish

stock or clam juice. Water will do in an emergency but it will not produce as rich a broth. Cover and simmer over a low to medium heat for approximately 15 minutes. While the mixture is cooking, heat water in a separate pot and add some of your favorite fresh pasta. Chef Pietro recommends linguine or vermicelli. When the seafood is ready, pour over drained pasta and top with plenty of fresh chopped parsley. serve with fresh sauteed spinach or escarole.

CHEF PIETRO MOSCONI

MOSCONI'S, in Greenwich Village, New York

ZUPPA di PESCE alla BARESE

(A fish stew from Bari. This recipe comes from Signora Delia [Lennie] Conenna, a native of Bari. She emphasizes that it is a main course.)

SERVES 4

4 large thin steaks of smoothhound, or dogfish, or merou, or other large fish

5 ounces olive oil

2 cloves garlic, finely chopped

1 pound, 10 ounces tomatoes (or a slightly smaller quantity of canned type)

parsley

salt and pepper

5-7 ounces black olives (preferably the small Bari type)

Heat the olive oil in a wide low flameproof dish (what the Italians call a teglia). Lightly fry the garlic in it, adding (as soon as the oil begins to sing) the tomatoes, roughly chopped, the chopped parsley and salt and pepper. Cook all this for a few minutes, then add the olives. Put in the fish steaks, and let them cook until they turn fully white, no longer. They should be ready in 5 to 10 minutes.

DELIA CONENNA

former LA BUCA, Bari, Italy

CASSERUOLA di PESCE

(Fish Casserole)

SERVES 1

1 fresh Whitefish filet

Olive oil

2 large shrimp

1/2 guinea chick,

or 1/2 lobster 4 clams

Several mussels

1 clove garlic, chopped

1 cup white wine

1 cup whole peeled tomatoes

Red pepper to taste

Parsley

Salt and pepper to taste

Saute the Whitefish filet in oil. Add the shrimp and either 1/2 guinea chick or lobster. Add the clams and mussels. When the seafood is half cooked, add garlic. Add wine and reduce the wine to half its original volume. Add tomatoes and again reduce the sauce. When fully cooked, season with red pepper, parsley, salt and pepper to taste. Serve.

GIOACCHINO di MEGLIO, Food & Beverage Manager

THE LITTLE VENICE RESTAURANT, Bermudiana Road Hamilton, Bermuda

BRONZINO PROVENCAL

(Mediterranean Sea Bass with Artichokes in Lobster Broth. Typical of Mediterranean area)

SERVES 1

1 Bronzino (1-1/2-2 lbs., fillet only)

4 Baby Artichokes (cleaned and cut in quarters)

1 Tomato (seeded and julienne)

4 Black Olives (julienne)

1 Shallot

2 oz. Butter

Pinch of Salt

Pinch of Pepper

Pinch of Thyme

Pinch of Chives

Pinch of Parsley

Extra Virgin Olive Oil (to saute in)

4 oz. Lobster Steak

Heat oil in pan. Season fish with salt and pepper, then add to oil once hot, flesh side down. Cook for 2 minutes, then turn and place weight on top so fish doesn't curl. Cook another 2 minutes. Remove fish from pan and drain oil out of pan. Put back onto heat and add shallots; then saute until translucent. Add artichokes. Deglaze with white wine - reduce.. Add lobster stock. Reduce 1/3. Add tomatoes, olives and herbs. Season to taste. Add butter to tighten sauce. Place vegetables and sauce on plate, and fish on top. Serve piping hot.

GENE P. BETZ, Executive Chef

SALOON RESTAURANT, 750 South 7th Street, Philadelphia, Pennsylvania

MISTO di PESCE del TIRRENO

(mixed Fish from the Tyrrhenian Sea, along the coast of Tuscany)

SERVES 4

2-1/2 pounds filet of sole, sea bass, prawns,
and crayfish or European Lobster

1 bunch aromatic herbs, parsley, basil

1 small onion

1 glass white wine
1/2 ounce olive oil
Salt and pepper

Put filets of all the fish on a tray and sprinkle with the white wine, oil, salt and pepper. Braise for 10 minutes in oven. Remove tray of fish from the oven and add the minced herbs. Return to oven for another 5 minutes. Serve with boiled vegetables.

SERGIO LORENZI

former RISTORANTE SERGIO, Pisa, Italy

IMPANATA di PESCE SPADA

(Sicilian Swordfish Pie)

SERVES 8

For the pastry:

1 pound flour
1/2 pound butter
6 ounces castor sugar
4-5 egg yolks
1 lemon peel, grated Pinch salt
1 pound swordfish
Olive oil
2 medium onions
2 tablespoons tomato paste
2 celery stalks
3-4 ounces green olives
2 tablespoons capers
4 or 5 zucchini
1 egg
Flour (a little)

Mix beforehand a short pastry dough (pasta frolla) with the ingredients shown above. If it remains too crumbly add a very little water. Make it into a ball, wrap it in greaseproof paper and leave it in the refrigerator for an hour.

Finely chop the onions and brown them in olive oil. Add the tomato paste (diluted with water), celery (finely chopped), olives (stoned and chopped) and capers. Cut the swordfish into tiny pieces and add it too, with seasoning.

Cut the courgettes into strips of about 2," coat them with beaten egg and flour, fry them in hot oil and drain them on absorbent paper. Butter and flour a pie dish (8" across and 2-1/2" deep), of the kind which can be unclasped and taken apart. Divide the pastry into three. Gently roll the first piece into a disc slightly larger than the dish and put in therein, to cover the bottom and come partly up the side. Lay half the swordfish mixture and half the courgettes in this bed. Repeat. Top off with a third layer of pastry, making sure that it reaches the side of the dish all around. Brush it with egg yolk. Cook it in a moderate oven (355° gas) for about 50 (perhaps 55) minutes. Undo the pie dish and serve. If you foresaw disaster for the centre layer of pastry your prophecies will

now be confounded. The combination of tastes in the pie is unusual - and the recipe may be adapted for use with other suitable fish, e.g. halibut.

EMILIO LORETO

LA CUCCAGNA, via Principe Granatelli 2-a

ROMBO alla MANDORLE

(Turbot in Almond Sauce)

SERVES 4

1 Large (or 2 small) Turbot (about 2 pounds)

Olive oil (enough to fry fish)

2 knobs butter

Pinch salt

Almonds, uncooked, finely sliced

1/2 glass Italian dry sparkling white wine

1 glass hot gravy

Heat the oil and one knob butter together in a skillet. Add the fish and salt and fry until crisp and golden. (about 15 minutes). In another skillet, melt the other knob of butter, add almonds and wine and saute the almonds until golden. Place the cooked fish on a serving platter and pour the hot gravy over it. Then cover with the sauced almonds. Good luck!

VINICIO CARLON

TOULA, via della Lupa, 29-B, Rome, Italy

BORDETTO di MARE ADRIATICO

(An Adriatic seafood platter from Emilio's native Abruzzi region. Another of his specialties includes a whole barracuda baked in white wine. The restaurant sprawls in all directions, including one that leads to a fountain and seven pillars, for the Seven Pillars of Rome. Emilio even plays the concertina for his customers - a Los Angeles "cucina Italiana")

SERVES 4

1/2 cup olive oil

5 cloves garlic

6 tomatoes, peeled

1 ounce vinegar

1 soupsoon parsley, chopped

2 pounds mixed seafood: Cuttlefish, Calamari, Triglie,

Vongole, Cozze, Palombo, and others to flavor

Salt and pepper to taste

In a large pan, saute garlic cloves in olive oil until they are blond in color. Add tomatoes and cook for 3 minutes. Add Calamari, Cuttlefish, and Vongole and continue cooking for 2 minutes. Add remaining ingredients and cook for 4 minutes, then serve.

EMILIO BAGLIONI

EMILIO'S RISTORANTE, 6602 Melrose Avenue, Los Angeles, California

NASELLI alla MARCHIGIANA

(A recipe from the Marche for small hake fish)

SERVES 4

4 small hake fish

Salt and pepper

2 shallots, chopped fine

5 ounces olive oil

Breadcrumbs

2 ounces butter

1 anchovy

Pinch potato flour

1 tablespoon red wine vinegar

Salt and pepper

Buy 4 small "hake" of about 1/2 pound each. Gut, scale and wash them. Lay them side by side in a bowl which is just big enough for the purpose; sprinkle them with salt and pepper, 2 finely chopped shallots and a finely chopped clove of garlic; pour 5 ounces of olive oil over them and leave them to marinate - an hour. Then remove them from the marinade, coat them with breadcrumbs, sprinkle them with olive oil, and grill them on both sides over a strong heat. While the fish are being grilled, melt 2 ounces of butter in a pan and add a salted anchovy which you have previously washed free of salt, deboned and chopped up. Add also a good pinch of potato flour, a tablespoonful of red-wine vinegar and a little salt and pepper. Let all this cook over a low flame, mashing the pieces of anchovy with a fork until they melt. Pour this sauce over the grilled fish when you serve them.

ANNA della SALDA

Da CARLO al MARE, Viale Trieste 265, Pesaro, Italy

PESCE JUSTINELLI

SERVES 4

Pasta (your choice)

1/2 pound scallops

1/2 pound medium shrimp, peeled, de-veined

1/2 cup olive oil

1 cup dry white wine

4 whole cloves garlic

2 tablespoons basil, freshly chopped

1 tablespoon dried basil

4 whole sundried tomatoes, cut into thirds

1 whole fresh tomato, cut into eighths

1 whole zucchini, julienned

1 whole Crookneck Squash, julienned
1 cup peas (fresh, frozen or canned)
1/2 lemon

Cook pasta of your choice according to package directions or "al dente." Meanwhile, saute the cloves of garlic in olive oil until brown and discard them. Add the basil, scallops, shrimp, and white wine. When the scallops and shrimp are almost cooked, add the tomatoes, zucchini, squash and peas. Let cook about 1 minute. Then add a squeeze of the lemon. Pour seafood mixture over your favorite pasta.

GAIL KATHLEEN VINES & BETSY LYNN MITSCHKE
FLIP'S WINE BAR & TRATTORIA, 5801 North Western, Oklahoma City, Oklahoma

ITALO'S SHRIMP PIZZAIOLA

(Italo created this dish for his wife, who loves seafood, but it is also the typical way to cook fish along the southern coast of Italy)

SERVES 2

1 ounce olive oil
1 medium green bell pepper, chopped
2 soupspoons minced onions
2 soupspoons fresh mushrooms, sliced
16 medium size shrimp (about 1/2 pound), shelled and de-veined
Pinch of salt, pepper, oregano, basil, garlic
2 ounces white wine, medium dry
2 fresh tomatoes (or canned whole peeled tomatoes)

In a skillet, saute onions, mushrooms and pepper in oil until blanched (half-cooked, beginning to turn color). Add the shrimp, salt, pepper, oregano, sweet basil and garlic and saute for about 5 minutes until shrimp are cooked. Then slowly add the wine, then tomatoes (smashing them with a fork and stirring). Let simmer until the juice is reduced about 1/3. Serve in small casserole with a side of hot Italian bread.

ITALO CAROSIELLO
ITALO'S CASA ROMANA, 14622 15th N.E., Seattle, Washington

SHRIMP PANCETTATI in SALSA-VERDE con RISOTTO

(Shrimp and Italian Bacon in Green Sauce with Rice - The secret to this recipe is using genuine Italian long-grained rice. Mr. Ilgrande prefers "Arboilo" brand, grown in regions of Italy.)

SERVES 4-6
18 jumbo shrimp
18 thin slices Pancetta
Salt and pepper to taste
1/2 cup flour for dusting (approximately)
4 tablespoons olive oil

6 small bamboo skewers

SALSA VERDE:

1/2 pound butter, unsalted (at room temperature)

1 bunch fresh parsley (flat leaf preferred), washed, dried, stems removed

Salt and pepper

1/2 cup heavy cream

RISOTTO:

2 cups Italian long-grained rice

1 stick butter

1 cup onions, finely chopped

1 cup (1/4 pound) fresh mushrooms, washed and quartered

3 cups chicken stock

Salt and pepper to taste

1/2 cup Parmesan cheese, freshly grated

First, prepare green sauce by placing all sauce ingredients except cream in food processor and process until parsley is finely chopped and ingredients well blended. Place mixture in a bowl and freeze for 10 minutes. Bring cream to a boil in shallow pan. Whisk in herb butter gradually until sauce is creamy and foamy. Next the rice: melt butter in large sauce pan over high heat and saute onions and mushrooms 3 minutes or until onions are soft and golden. Stir in rice and cook 1 minute. Add chicken stock one cup at a time. Bring to boil and simmer uncovered 15 minutes or until rice is soft and liquid completely absorbed. Add salt and pepper. Press a piece of buttered foil over rice to keep it warm until ready to use.

Now peel and de-vein the shrimp. Wrap each shrimp with a slice of Pancetta and lightly season with salt and pepper and dust with flour. Thread shrimp onto skewers, 3 to a skewer. Heat olive oil in a large frying pan and saute shrimp a few seconds on each side. Cook shrimp in preheated 350° oven for 2-3 minutes. Sprinkle grated cheese over rice, toss gently and spoon onto 6 warm plates. Remove skewers and arrange 3 shrimp per plate. Pour green sauce over shrimp. Serve at once.

FILIPPO ILGRANDE

IL TULIPANO, 11052 Biscayne Boulevard, Miami, Florida

CERINO'S SHRIMP SAUTE

SERVES 4-:

2 pounds raw shrimp, shelled
and de-veined

1 pound clarified butter .

2 cloves garlic, minced

1 teaspoon salt

1/4 cup chopped parsley .

Lemons, quartered

Flour to coat shrimp

Coat shelled, de-veined shrimp in flour. In a trying pan, add clarified butter to cover bottom

of pan When butter is hot, add just enough shrimp to cover bottom of pan. Cook 1 minute on each side Add minced onion and salt. Repeat until all shrimp are done in the same way. Squeeze lemon over shrimp, sprinkle with parsley and place in 350° oven for 3 or 4 minutes.

CARRIE CERINO via ALEX CERINO

CARRIE CERINO'S RISTORANTE, 8922 Ridge Road, North Royalton, Ohio

SHRIMP CALABRESE

SERVES 2

10 medium shrimp, shelled and de-veined

Butter; garlic oil (just a touch)

Handful of mushrooms

Handful of peppers, sliced

Handful of onions, chopped

Couple tomatoes, diced

Salt and pepper to taste

Touch of Marinara sauce for color

Linguine (for 2), cooked

Saute mushrooms, peppers, onions in butter, flavored with just a little garlic oil, until vegetables begin to turn color (half-cooked). Add shrimp, salt and pepper, to taste, and saute for about 5 minutes until the shrimp are cooked. Serve over linguine.

STEPHEN SEGUINO

former SEGUINO'S ITALIAN RESTAURANT, Bangor, Maine

GAMBINI ANGELO

(Shrimp Angelo. Chef Robert Faustini's mother brought this recipe from her hometown in Province of Fresinone, Italy, decades ago.)

SERVES 3.

12 Medium Size Gulf Shrimp

Flour

1/4 cup Extra Virgin Olive Oil

2 Slices Proscuitto Ham, diced

8 Pieces of Sun-Dried Tomatoes

7 Artichoke Hearts (quartered)

2 Cloves Garlic, chopped

2 Ounces Brandy

6 Ounces of a Dry White Wine

2 Ounces Butter

Salt and Pepper to taste

½ lb. Angel Hair Pasta

Coat a frying pan with the oil and heat until warm. Dredge the Gulf Shrimp on both sides

until coated evenly. Saute the shrimp until cooked and add garlic, diced prosciutto ham, sundried tomatoes, artichoke hearts. Take off heat and add brandy, white wine and butter. Simmer for two minutes. Salt and pepper to taste. Serve over Angel Hair pasta

ROBERT A. FAUSTINI, Owner
RISTORANTE FAUSTINI, 190 Main Street, East Haven, Connecticut

TRIGLIE all' ANCONETANA

(Red mullet with rosemary and Parma ham - a recipe from the Marche Region)

SERVES 4

4 red mullet (1/2 pound) each, uncleaned weight
4 slices Parma ham, sliced very thin
3-1/2 ounces olive oil

MARINADE:

juice of 1-2 lemons
1-2 cloves garlic, crushed
1 sprig rosemary, chopped fine
salt and pepper for the coating:

COATING:

2 sprigs parsley, chopped fine
2 tablespoons or so of toasted breadcrumbs

Whether or not you choose to clean the fish, make sure that they are thoroughly scaled. Rinse them, pat them dry and leave them for an hour in a marinade made of the ingredients listed. Combine the finely chopped parsley and the breadcrumbs into a coating, apply this to the fish and then wrap each in a slice of ham. Strain the marinade into a baking dish, add the olive oil, lay the wrapped fish side by side in this and spoon the liquid over them. The dish should be such that they fit snugly side by side in it. Bake in a preheated, slow oven (290° gas) about 25 minutes. Serve the fish direct from the dish; or move them to a separate serving platter if you wish, since the ham wrapping will reduce the risk of their coming apart when handled.

ALDO LANELLI
former MISCIA, Ancona, Italy

AGONI SECCATLIN GRATICOLA (Missoltitt)

(Dried shad, grilled. Missoltitt are the shad caught in Lake Como in May and June, dried in the sun and pressed into cans with bay leaves.)

SERVES 6

2 pounds dried shad (Missoltitt)
1 cup red wine vinegar
Olive oil
12 slices cooked polenta

Place Missoltitt on a hot griddle and let swell up, over low heat. Remove scales with sharp

knife and arrange fish, still warm, in deep serving dish. Sprinkle generously with wine vinegar and allow to marinate 1 hour. Serve lightly sprinkled with olive oil on slices of hot toasted polenta.

ALPHONSO FIORI
former DE ANGELA, Como, Italy

DRIED COD WITH WHITE WINE

2 pounds dried cod,
2 onions
a bottle of white wine
2 lemons
10 spoons of pure olive oil
parsley
4 green tomatoes
Salt and pepper

Divide the dried cod into 4 pieces cover each piece with flour; grill or roast them. In the meantime prepare the white sauce: cut the onions and brown it in the oil; and 1/4 of wine, parsley, salt, pepper and let cook for 10 minutes. Serve the dried cod garnished with green vegetables and the white sauce with some slices of green tomato.

MARISA SENTUTI
former "G.B.," Rome, Italy

TORTELLI al RICCIO di MARE

(Ravioli of Sea Urchin Roe. This exotic sounding delicacy is found in American gourmet food stores, but readily available along the Adriatic Coast, according to Chef Fanizza. This is his original version of the recipe from his birthplace, Bari, in Southern Italy.)

SERVES 6 (makes about 50 ravioli)
1 pound fresh pasta sheets (store-bought or homemade)
8 ounces Sea Urchin Roe
1 egg, mixed with 1 tablespoon water
Sauce:
4 tablespoons olive oil
4 cloves garlic
1 (32-ounce) can plum tomatoes
Salt and pepper to taste
2 tablespoons parsley, chopped
5 basil leaves

Lay one ravioli sheet on a flat surface. Place a teaspoonful of roe every 1-3/4 inches apart, in straight rows, on this pasta sheet. Brush a second pasta sheet with the egg wash. Lay the second sheet over the first, pressing down between filled areas to secure each square. Cut each ravioli

square apart with knife or ravioli cutter. For the sauce, heat olive oil in heavy sauce pan. Saute garlic for 2 minutes or until before it browns. Add tomatoes, salt and pepper. Cook 15 minutes. Stir in parsley. In large stockpot, cook ravioli in salted water after it reaches a boil, for 3 minutes. Remove and drain, gently. When ready to serve, heat a small amount of sauce in a pan and add ravioli, cover with more sauce and simmer for a minute or so. Serve with fresh basil.

CHEF GIANVITO FANIZZA

MARCELLO, 1354 Ist Avenue, New York City, New York

MEDITERRANEAN CALAMARI

(Squid, or Octopus also called Polpo, in a rich tomato-wine sauce)

SERVES 4-6

2 pound squid or octopus, prepared for cooking
2 medium sized yellow onions, peeled and minced
2-3 cloves garlic, peeled and crushed
1 (6-ounce) can tomato paste
1 cup dry white wine, or dry vermouth
1 cup water
1/8 teaspoon hot red hot chili peppers, crushed
1 tablespoon parsley, minced .
1/4-1/2 teaspoon salt

Cut squid or octopus into 2-inch chunks and set aside. Saute onions in oil, 8-10 minutes until golden, add garlic and stir-fry 1 minute. Add squid or octopus and all remaining ingredients except salt, mix well, cover and simmer 3/ to 1 hour, stirring occasionally, until tender (the best way to tell if squid or octopus is tender is to eat a piece). Taste for salt and add as needed. Serve over hot boiled rice

ROBERT P TURKINGTON, San Francisco, California

O'PUPETIELI' IND' O'PIGNATELI:

(Octopus in Terra cotta dish. A very typical Neapolitan dish. Once it was one of the most common foods for fishermen. Today, it is one of the specialties of "Guisseppone a Mare," a restaurant where a lot of fresh fish are served, (such as dory, dentex, cod, scampi) cooked "in the traditional way." Guisseppone a Mare is a very old restaurant, rather traditional, situated in one of the most beautiful parts of Naples, with a wonderful view of the Gulf. There, you can meet the most important persons of the financial world, of the cinema, of the political world. Among the habitue' there was even the famous actor Toto, Eduardo De Filippo and his brother Peppino)

SERVES 4

2 pounds "veraci" octopus (a special kind of octopus, living near the rocks;
2 pounds is generally 8 of the same weight)
Lots of olive oil
1 clove of garlic

Peeled tomatoes (better if fresh)

Cut octopus into large bite-size chunks. In a large pot, saute in olive oil with garlic. Add the peeled tomatoes, cover and simmer, occasionally stirring. It is done when tender to the taste.

Mario Della Notte and Family

GUISEPPONE A MARE, via Ferdinando Russo, 13 Capo Posillipo, Naples, Italy

ANGUILLE STEW

(Eel stew. The average eel weighs 1 to 4 pounds and is oily with a surprisingly mellow flavored meat. Eels are popular along the Mediterranean coast of Italy, are sold at market live, smoked or canned, and can be baked, broiled, char-broiled, pan-fried or poached.)

SERVES 6-8

2 (3-pound) eels

3/4 pound small onions, peeled

1 ounce clarified butter

1-1/2 ounce flour

1/2 pint brown stock

2 tablespoons red wine

Salt and pepper

Parsley, finely chopped

Remove heads of eels and wash the eels thoroughly in cold, salted water. Soak in water for 15 minutes, skin, clean, bone and rinse. Cut into slices 1-1/2 inches thick and dry thoroughly. Fry the onions gently in the butter until light brown. Add flour. Stir in the stock and wine and bring to a boil. Simmer gently until tender, 30 minutes or more. Arrange the eels and onions on a serving dish. Strain the sauce over the fish and garnish with parsley.

ROBERT P TURKINGTON, San Francisco, California

SEAFOOD CANNELLONI

SERVES 2

SHELLS:

5 eggs

8 cups water

Pinch of salt

1 cup flour

BASIC FILLING:

2 pounds Ricotta cheese .

1/2 cup Parmesan, grated

1 cup Mozzarella, chopped

2 eggs

1/4 cup parsley, finely chopped

Pinch salt and pepper

SEAFOOD STUFFING:

2 pounds white fish
8 ounces shrimp, shelled, deveined
8 ounces scallops
8 ounces crabmeat
1 teaspoon seafood seasoning
Marinara sauce

Beat together ingredients for shells continuously while gradually adding flour. Ladle mixture into medium-hot 8-inch Teflon fry pan. Cook 1 minute. Turn care fully, using fingers to help turn and cook another 1/2 minutes Remove from pan. Cool on paper towels. Mix basic filling thoroughly. Cook white fish, scallops and shrimp until done (don't over cook). Drain, reserving some liquid. Cool, then add crabmeat seasoning, and 6 large restaurant spoonfuls of basic filling. If too thick, thin with some of the reserved liquid (texture should be similar to mashed potatoes). Use 3 one-ounce scoops of stuffing on each shell. Roll, tucking in sides of shell (or secure with toothpicks removed before serving). Serve with a scoop of Marinara sauce on each.

STEPHEN SEGUINO

former SEGUINO'S ITALIAN RESTAURANT, Bangor, Maine

PASTA con ARAGOSTA

(Pasta with lobster, a J. Terrence Conroy "original." Mr. Conroy suggests that his recipes are "not etched in granite," and says they "should be played with according to personal taste - a little more of this, a little less of that. I'm obviously not Italian, with a good Irish name like Conroy, but I've been cooking Italian food for over 20 years and I feel as though I've become rather proficient at it.)

SERVES 6-8

2 cucumbers (peeled and seeded)
1/2 medium onion (quartered)
1-1/2 to 2 cups sour cream
2 cups half-and-half or cream
1 teaspoon chicken base
1 teaspoon white pepper
1 lemon (cut in half)
1 tablespoon fresh dill
1/4 pound butter
1/4 pound flour
4 scallions (diced)
1 pound lobster meat (cooked and sliced)
1 pound Bay scallops
2 pounds fettuccine noodles

Place one of the cucumbers, the onion, sour cream, half-and-half, chicken base, white pepper, juice from half the lemon and the dill in a blender and puree until smooth. Set aside. In a small sauce pan, gently melt the butter, add the flour when butter is melted using a wire whip until

smooth. (This is called a roux.) Set aside.

In a large sauce pan, saute scallions, the rest of the cucumber (diced), the lobster meat and scallops in one teaspoon butter and juice from the other half lemon, very gently until seafood is just barely cooked. Pour the blended sauce over the seafood mixture and heat slowly, adding the roux (bit at a time) until the sauce thickens to desired consistency. Cook fettuccine noodles per package instructions. When done (al dente), drain and serve with sauce over noodles.

J. TERRENCE CONROY

former BERCONI'S PASTA HOUSE, Ogden, Utah

RAVIOLI-SAUSAGE alla LOBSTER FRA DIAVOLO

SERVES 2

2 Maine Lobsters (1-1/2 pounds each)

Garlic (to taste)

Parmesan cheese (to taste)

Salt and pepper (to taste)

Lemon pepper (McCormack brand, to taste)

8 Italian sausages (mild or hot)

24 ravioli (prepared fresh so as to fill with lobster meat for lobster ravioli)

3 teaspoons garlic, freshly chopped

2 cups onion, chopped

1-1/2 cups olive oil, plus enough to brown sausage

2 #10 cans Italian plum tomatoes, crushed by hand

Break off tails from bodies and boil just the tails; extract meat from shell and dice meat to the size of a dime. Mix lobster meat with garlic, Parmesan cheese, salt, pepper and lemon pepper, to taste. Brown sausage in large skillet over medium-high heat, then lower heat and cover to slowly cook thoroughly in small amount of olive oil until done. Prepare pasta dough to make 24 ravioli; fill with lobster meat, already mixed, to make lobster ravioli. Gently boil ravioli just until they rise to top of water; do not overcook; set aside. Mix 3 teaspoons freshly chopped garlic, 2 cups chopped onion and 1-1/2 cups olive oil in the bottom of a brazing pan and heat until it starts to sizzle. Then add 2 #10 cans of Italian plum tomatoes after crushing them by hand. Eliminate the bags from the lobster heads and place the bodies into the plum tomatoes and simmer for about 40 minutes or according to consistency of sauce desired. Place sausage in the same sauce about 10 or 15 minutes before sauce is done, to keep sausage warm for serving. Drain ravioli well and place on serving dish with the sausage, then cover with lobster sauce abundantly and serve this gourmet's delight. Buon Apetito!

CONSTANTINO BUTTIGLIERI

MAMMA CATINA RESTAURANT, 326 Hanover Street Boston, Massachusetts
and 160 London Street, East Boston, Massachusetts

LOBSTER SPAGHETTI

(From the Island of Sardinia, this recipe reached Bolzano's Alpine heights where it is greatly enjoyed)

SERVES 4

1-1/2 pounds lobster
1/2-3/3 pound spaghetti
1 glass olive oil
1 clove garlic
1 twig "Estragon"
Raw tomato (Peretto)
1 glass Cognac
1 Chili pepper
Salt
Parsley
White wine .

Cut some pieces of lobster and salt Brown them in oil, add one clove, garlic and a twig of "Estragon." Wet with cognac and a sprinkle of white wine. Add the tomato, chili and parsley and cook for ½ hour. After having cooked the spaghetti, underdone, add the lobster sauce, mix on live fire in a large pan. Serve immediately. Preparation/cooking time: 1 hour. Serve with white wine: "Seleme of Gallura." Our restaurant is specialized in first-plates.

MARCELLO SIREUS

SPAGHETTI EXPRESS, via Goethe, 20, Bolzano, Italy

ARAGOSTA alla CATALANA

(Catalan Spiny Lobster)

SERVES 5

2 pounds lobster
4-1/2 ounces cooking oil
1 pound peeled tomatoes
1 large onion
2 cloves garlic
2 laurel leaves
Pinch wild marjoram
1/2 glass of dry white wine
Salt and pepper

Cook a lobster in salted boiling water for 20 minutes, leave to cool and then cut it into 10 pieces. In the meanwhile cook the Catalan sauce (about 10 minutes): finely chop a large onion and two cloves of garlic, leave them to fry slowly in hot cooking oil to a light brown for a bit, then add peeled tomatoes, two laurel-leaves, a pinch of wild marjoram, salt, pepper and half glass of dry white wine. Put the lobster in pieces in a heat resistant glassware or pan and pour boiling Catalan sauce on it. Leave to macerate for about 5 minutes and serve.

The second course could be matched with 1-1/4 pounds (net) of green salad finely chopped

and dressed with olive oil, salt and some anchovy filets.

The recommended wine for both the first and second course is a Sardinian dry white one..
Giogantinu di Gallura or Aragosta di Alghero. Buon appetito!

GIANNI LOCHE

former ROSTICCERIA AZUNI, Cagliari, Italy

CARANGELO'S CHICKEN BREASTS FLORENTINE

(A quick but elegant-looking dish)

SERVES 2 (generously)

2 whole chicken breasts, split, boned and pounded thin

2 eggs, well beaten

Flour for dredging chicken

White pepper

2-4 slices boiled ham, thinly sliced

2-4 ounces Mozzarella cheese, sliced, or 1 cup shredded), or more

1 (8-10 ounce) can chicken broth

2-4 slices canned pineapple rings, drained and all juice from can reserved

Dip the 4 boned chicken filets in egg and then flour, shaking off excess flour and sprinkle with white pepper to taste. In a large skillet, melt butter at moderately high heat and lightly brown the chicken on each side. Place slices of ham and then Mozzarella on top of each piece of chicken while still in skillet and quickly pour can of broth over all, and simmer, covered at medium heat for about 15-20 minutes. If necessary, add more Mozzarella and simmer a few more minutes until cheese begins to melt. Remove chicken and discard all but enough broth to lightly baste the chicken on the serving plate, or, if preferred, baste with pineapple juice after topping each chicken portion with a half or whole pineapple ring.

LORI CARANGELO, Indian Wells, California

POLLO alla GORGONZOLA

(Chicken with Gorgonzola Cheese)

SERVES 2

6 ounces cubed chicken breast

White wine

2 ounces butter

1 ounce scallions, sliced

2 ounces mushrooms, sliced

4 ounces Gorgonzola, crumbled,

6 ounces cream

1/2 ounce Parmesan cheese

2-1/2 ounces fettuccine

Salt and pepper to taste

Place Gorgonzola in a metal container and cover with white wine. Dredge chicken in flour;

shake off excess. Heat butter, add chicken and saute for 1 minute. Add vegetables. When chicken is 3/4 cooked, add Gorgonzola mixture, cream and Parmesan cheese. When cream has thickened, place fettuccine in boiling water for 10 minutes or until al dente. Place cooked fettuccine on a garnished oval plate, top with chicken and chopped parsley.

WILLIAM KAVADIAS

TOSCANINI, 313 Pennsylvania Avenue (Capitol Hill), Washington, D.C.

BOCCALINO'S LINGUINE GORGONZOLA

(Designed as a place to be seen, Boccalino's was the most consistently popular restaurant in Denver because the food was fantastico! Gourmet pizzas and a huge variety of Italian specialities were be served on the terrace, weather permitting.)

Serves 1

4 ounces chicken (boneless breast, cut in strips)

6 slices red peppers (1/8-inch strips)

1/3 cup gorgonzola cheese

7 florettes broccoli (blanched)

3 ounces chicken stock

2 ounces heavy cream

White pepper (to taste)

1 tablespoon olive oil

4 ounces fresh linguine (cooked al dente)

Heat olive oil in pan. Add chicken and red peppers and cook half through. Add gorgonzola, chicken stock, white pepper and cream. Reduce to 1/2 volume. Immediately before serving, add blanched broccoli and cooked linguine to sauce; toss and serve.

THOA FINK

former RISTORANTE BOCCALINO, Denver, Colorado

PHILIP'S CHICKEN ANGELO

(A tangy lemon chicken flambe!)

SERVES 6

3 whole chicken breasts

Flour

1/4 cup clarified butter plus 2 tablespoons

Dash oregano

Dash basil

Salt and pepper, to taste

1/3 cup dry white wine

1/2 to 1 small lemon

2 cloves garlic, minced

1 cup mushrooms, sliced
6 artichoke hearts (canned or frozen), quartered
1 tablespoon parsley, chopped
2 tablespoons brandy

Bone the chicken breasts and cut into 12 pieces. Dredge in flour and shake off excess flour. Heat 1/4 cup clarified butter in large skillet over medium heat. When hot, add chicken pieces and brown on all sides. Add oregano, basil and season with salt and pepper to taste. Add 2 tablespoons clarified butter to skillet and heat. Then add wine, lemon juice and garlic. Reduce heat and saute 4 to 5 minutes. Add sliced mushrooms, artichoke hearts and parsley. Saute until mushrooms are tender (about 3 minutes). Turn to high heat and add brandy. Heat and ignite. Let flames die down. Serve at once.

PHILIP Q. DEALE

PHILIP'S SUPPER HOUSE, 4545 West Sahara, Las Vegas, Nevada

CHICKEN FRANCESCA

(A very elegant entree when served with wild rice.)

SERVES 8

4 broiling chickens, split in half

Butter

1 onion, sliced

1 pound fresh mushrooms

1 teaspoon curry powder

1 pint heavy cream

1 cup brandy

Salt and pepper

Saute chicken in butter; add sliced onion. When chicken is sauteed to a golden color, place in roasting pan and dot with butter. Saute mushrooms in butter in a skillet and then cover chicken with the sauteed mushrooms. Add cream bake with cover on roasting pan at 300°-350° for one hour, basting every 5 minutes while baking. During the last 15 minutes, add brandy and curry mixture after mixing well and cover the chicken with the sauce by spooning it over the chicken.

AGNES MANCUSO

MANCUSO'S RESTAURANT, The Borgata of Scottsdale, 6166 N. Scottsdale Road
Scottsdale, Arizona - (Also in Paradise Valley, AZ; Costa Mesa, CA; Palm Desert, CA)

POLLO alla VESUVIO

(Riccio's prides itself on serving everything absolutely fresh. Breads are baked in-house. Stocks, made from scratch, are long-simmered and tended by hand. The sausages are handmade; produce and seafood handpicked. Three generations of Riccios evoke a style found on unhurried dining in a romantic Old World atmosphere. Here, you become part of the family.)

SERVES 4

2 whole chickens
4 tablespoons Virgin olive oil
4 whole garlic cloves, peeled and crushed
1/4 teaspoon salt
4 teaspoons garlic, freshly minced
1/4 cup Marsala wine
1/4 cup fresh chicken stock
1 teaspoon finely chopped Italian parsley
Crushed dried red pepper (to taste)

Wash and pat dry both chickens. First, cleave the two chickens into four halves; then cleave each half into eight pieces, total. Heat the virgin olive oil in a heavy skillet over high heat until hazy. Add whole garlic cloves and cook until lightly brown. Add chicken pieces and cook until brown and crisp on both sides. Place skillet in oven at 450° for approximately 15 minutes. Remove skillet from oven, drain off oil and remove garlic cloves. Add minced garlic, salt, black and red pepper. Then place skillet over high heat until minced garlic is browned. Add Marsala wine and chicken stock. Continue cooking until wine and stock are absorbed. Garnish with parsley and serve.

DANNY, BOBBY & TISHA RICCIO
RICCIO'S, 2155 North Palm Canyon, Palm Springs, California

CHICKEN BIANCO

(Succulent slices of chicken, sausage, onion and green bell peppers sauteed in a delicate mixture of pimento, oregano, parsley, garlic and wine.)

SERVES 2-4

6 medium chicken breasts, cut into 1-inch pieces
12 ounces sweet Italian sausage, sliced
1 medium green bell pepper, sliced
1/3 pound butter
8 ounces canned pimento, sliced
1 teaspoon oregano
1-1/2 teaspoons fresh parsley
3 cloves garlic
Juice from 1/2 lemon

In a deep frying pan, saute chicken slices, onions and green bell pepper in butter until onions are translucent. Add pimento, oregano, parsley, garlic, white wine. Simmer 8 minutes and serve.

CHEF CHRISTINA VARALLI (via JOHN VARALLI)
SCANNICCUIO'S, 119 South California Avenue, Atlantic City, New Jersey

PETTI di POLLO VICONTESSA

(Breast of Chicken, Vicontessa - a family recipe from Abbiategrasso, Milan, Italy)

SERVES 4

3 tablespoons olive oil
2 tablespoons butter
2 chicken breasts, boned,
skinned and pounded into 12 scalopined pieces (1/4-inch thin each)
1-1/2 ounces cognac
3 ounces Marsala wine
3 ounces chicken broth
1 cup sliced Parisien mushrooms (sauteed in advance)
2 tablespoons pimienta (cut in strips)
juice of 1/2 lemon
3/4 cup heavy cream
Salt and pepper

Heat oil and butter almost to the smoking point in a large shallow pan, over medium heat. Gently slip the scaloppine of chicken into pan. Brown completely on each side. When scaloppine are golden brown, eliminate the fat. Then pour cognac and Marsala wine into pan. Light the cognac and Marsala wine and flame the chicken until fire goes out. Then season with salt and pepper, add chicken broth and reduce liquid to half. Add mushrooms, pimienta, lemon juice and cream. Simmer for a few minutes to a desirable thickness.

Note: Chicken Vicontessa may be served with Fettuccine (mixed with butter and Parmesan cheese) or rice (mixed with butter and Parmesan), or a vegetable of your choice. Dry white wine is an excellent compliment to this dish.

BRUNO CHICCHINI

BRUNO'S ITALIAN RESTAURANT, 8223 - 109th Street, Edmonton, Alberta, Canada

POLLO CALABRESE

(Chicken, Calabria style)

SERVES 2

1/2 chicken, cut into pieces
3 tablespoons olive oil
1 clove garlic
1/2 cup mushrooms, quartered
6 green olives (not pitted)
1/4 cup butter 3 ounces white wine
3 ounces (1/4 cup) water
4 bay leaves
1/2 teaspoon rosemary
1/2 teaspoon thyme
1/4 teaspoon salt

Dash black pepper

Pre-cook chicken in 350° oven for 25 minutes. Brown garlic in olive oil on high heat. Add chicken mushrooms, olives. Mix. Add butter and white wine and bring to a boil. Add remaining ingredients and return to boil for 2 minutes. Cover and simmer 20 minutes.

MICHELE RICCIO via ASSUNTA RICCIO and ROSALINDA DRISCOLL
RUDY'S RISTORANTE ITALIANO and PIZZERIA, 9614 14th S.W., Seattle, Washington

PALERMO CHICKEN MARSALA

SERVES 2

8 large mushrooms, sliced

1/2 medium onion, sliced

1/2 green pepper, cut in thin strips

1/2 cup vegetable or olive oil

4 pieces (4 ounces each) boneless chicken breasts

Flour to coat chicken

1 clove garlic, minced

SAUCE:

1 cup Marsala wine

1/2 cup water

2 tablespoons flour

Salt and pepper to taste

Fettuccine or rice, cooked

Saute mushrooms, onions and peppers in oil. Remove from pan and set aside. Dredge chicken lightly in flour, then brown. Add reserved vegetable and garlic and simmer. For sauce, combine wine, water and flour and mix well. Simmer 5 minutes or until sauce begins to thicken. Add salt and pepper to taste. Serve over cooked fettuccine or rice.

KATHLEEN MIRENDA

PALERMO VILLA RESTAURANT, 2315 North Murray Avenue, Milwaukee, Wisconsin

BAKED CHICKEN GIOVANNA

(A simple, tasty chicken dish)

SERVES 4-6

1 3-pound frying chicken, cut into pieces

MARINADE:

3/4 cup Virgin olive oil

1 cup dry sherry

1 tablespoon, crushed

1 tablespoon oregano, flaked

1 tablespoon salt

1/2 tablespoon black pepper

Paprika

Mix marinade ingredients and allow chicken pieces to marinate at least 30 minutes. Pour half the marinade into a shallow baking pan and arrange chicken pieces skin side down. Pour remaining marinade over chicken. Bake at 350° for one hour. Turn pieces halfway through cooking time. During last five minutes, sprinkle lightly with paprika.

JOHN H. WILLIS

former MARIO'S ITALIAN CELLAR, 1730 "L" Street, Sacramento, California

CHICKEN CACCIATORE

SERVES 4

1 whole (2-3 pound) chicken, cut up

Flour, to dredge chicken

1/2 cup oil

1/2 cup onion, minced

1 clove garlic, cut up

1 cup celery, cut up

1 large green bell pepper, cut up

1 large can tomatoes

1 small can tomato sauce

1/4 cup parsley, chopped

1 bay leaf

1 can mushrooms

Dredge chicken in flour and brown on all sides in hot oil in large skillet. Set chicken aside. In same oil, brown the vegetables (pulp the tomatoes and add to vegetables with tomato sauce). Return chicken to pan; add parsley and bay leaf. Simmer 30 minutes. Add mushrooms and simmer for 10 more minutes. Serve with spaghetti using the vegetables for the spaghetti sauce (Variation: During last 10 minutes of simmering, add shredded Mozzarella - enough to cover chicken pieces - and simmer covered until cheese begins to melt and is bubbly.)

ANDRETTA BRUNETTI via JOHN SAVUTE

SAVUTE'S ITALIAN RISTORANTE, 3303 North Broadway, Wichita, Kansas

CHICKEN TETRAZZINI

(Named for Italian coloratura Soprano Luisa Tetrazzini)

SERVES 6

1 (5-6 pound) stewing hen, cleaned and dressed

1 quart water

1-1/2 teaspoons salt

1 small yellow onion, peeled

1 medium sized carrot, peeled

1 stalk celery

1 bay leaf
3-4 peppercorns
1 pound spaghetti or linguine
1/2 pound mushrooms, wiped clean, sliced and lightly sauteed in butter

SAUCE:

1/4 cup butter or margarine
1/4 cup flour, sifted
2 cups reserved chicken stock
1-1/2 cups milk, or 3/4 cup each milk and dry white wine
1 cup heavy cream
2 teaspoons salt
1/8 teaspoon white pepper
1 to 2 tablespoons lemon juice (optional)
1/8 teaspoon nutmeg (optional)

TOPPING:

3/4 cup soft, fine bread crumbs,
mixed with 3/4 cup grated Parmesan cheese

Remove fat from body cavity of hen, then place hen, giblets, water, salt, onion, carrot, celery, bay leaf, and peppercorns in a large heavy kettle, cover and simmer about 2 hours until tender. (Note: Chicken liver should be removed after 10-15 minutes, cooled, and reserved.) Cool hen in stock, then skin and cut meat from bones in bite size chunks. Also dice all giblets, skim stock of fat, strain and reserve. For sauce, melt butter over moderate heat, and blend in flour, add stock and remaining sauce ingredients and heat, stirring, until thickened. Preheat oven to 350°. Cook pasta by package directions, drain and combine with sauce, mushrooms, chicken and giblets, including liver. Place in a buttered shallow 3-quart casserole, sprinkle with topping and bake, uncovered, 30 to 40 minutes until bubbly. Brown quickly under broiler and serve.

VARIATIONS:

Turkey Tetrazzini: Prepare as directed, substituting a 6-pound turkey for the chicken.

Ham Tetrazzini: Prepare sauce as directed and cook pasta. Toss with 3 cups diced ham and the mushrooms, top and bake as directed.

RON FRIEBORN, Indian Wells, California

ROLLATINI di POLLO don FOSCO

(Fosco's Stuffed Chicken Breast, a recipe that originated in Tuscany Region of Italy)

SERVES 4

4 large chicken breasts, boned
1/2 pound ground pork
1 medium onion, chopped
2 cloves garlic, chopped
1 egg
1/2 cup fresh white breadcrumbs
1/4 cup cooked spinach, chopped

1/2 teaspoon salt
1/4 teaspoon pepper
Basil, to taste
Oregano, to taste
Sage, to taste
2 teaspoons butter, melted
1/2 cup Marsala wine
1 cup brown gravy
1/3 cup crispy bacon bits

Cut chicken breasts into halves and pound until 1/4-inch thin. Fry ground pork, adding onion, bacon and arlic until brown.

Drain fat. Stir in egg, untoasted breadcrumbs, salt and pepper, herbs and spinach. Place equal portions of stuffing on each chicken breast. Roll up and secure with toothpicks. Place rolls in greased baking pan and brush with butter. Sprinkle with salt and pepper. Add Marsala wine and cook at 400° for 35-40 minutes. When finished, take rolls out; cool and add brown gravy to Marsala juice and cook 5 more minutes. Replace rolls in the resulting sauce and sprinkle with parsley. Serve with mashed potatoes or polenta.

CHEF HUGO BAUMANN via SILVANO MARCHETTI & FOSCO NANNINO
IL PALIO RISTORANTE, Main Road Somerset, Bermuda

INVOLTINI di PETTI di POLLO

(Staffed Chicken Breasts with Mushroom Cream Sauce)

SERVES 6

12 6-ounce boneless chicken breasts, skinned and trimmed
12 prosciutto, sliced thin
3/4 pound Bel Paese cheese, cut into 12 oblongs
24 asparagus spears, blanched
1 minute and trimmed to 4-inch lengths
3/4 pound Parmesan and Romano cheese, freshly grated and mixed
1/2 cup fresh parsley, minced
Olive oil
All-purpose flour
1 pound mushrooms, thinly sliced
3/4 cup dry Marsala
6 cups whipping cream
Salt and freshly ground pepper

Pound chicken breasts between sheets of waxed paper to thickness of 1/4-inch. Arrange chicken breasts shiny side down. Cover each with 1 prosciutto slice. Set Bel Paese cheese oblong in center. Place 2 pieces asparagus beside cheese. Sprinkle with about 3 tablespoons Parmesan-Romano mixture, then parsley. Roll up tightly. Preheat oven to 350. Heat thin layer of oil in heavy large skillet over medium heat. Dredge chicken rolls in flour, shaking off excess. Arrange seam side down in skillet and brown on both sides. Transfer to baking sheet. Pour oil

over. (Do not wash skillet.) Bake chicken until tender, about 15 minutes. Meanwhile, set skillet over high heat and add mushrooms and Marsala. Tilt pan, heat wine and ignite. When flame subsides, boil until liquid is reduced by half. Add cream and boil until reduced to sauce-like consistency. Season with salt and pepper. To serve, set 2 chicken rolls on each plate and spoon Marsala sauce over.

JACQUILINE ARMSTRONG
former LOFURNO'S, Seattle, Washington

POLLO RIPIENO alla LUCANA
(Stuffed Chicken Lucania Style.)

SERVES 3-4

1 chicken (2-1/2 pounds)
4 tablespoons lard, or butter
4-5 chicken livers
Salt and pepper
2 eggs
4 tablespoons Pecorino cheese, grated
1-2 sprigs sage (optional)
1 sprig rosemary (optional)

Clean chicken and wipe with damp cloth. Heat 1 tablespoon lard in small pan, add livers and pinch of salt and pepper and saute gently for 5 minutes. Chop finely. Beat eggs, add cheese, salt, pepper and livers. Sprinkle salt inside chicken and roll up with cheese mixture. Sew up opening and truss or tie chicken, inserting sage and rosemary under string if desired. Rub chicken with lard and sprinkle with salt and freshly ground pepper. Put chicken in roasting pan and roast in moderate oven (375°) for about 1 hour, turning chicken occasionally and basting with pan juices. Cut into portions and serve with pan juices.

GIANNI GUIDO
GUIDO, via Venticinque Luglio, Lecce, Italy

POLLO alla FIORENTINA

(Chicken stuffed with sausage and spinach. At Mario's, a superb operatic chorus of waiters and waitresses sing while you dine.)

SERVES 4

2 Chicken fryers, halved (2-1/4 to 2-1/2 pounds each)

STUFFING:

1/4 pound ground Italian sausage
1/4 pound spinach, chopped, cooked and drained
1/2 cups butter
2 tablespoons shallots
Dash salt and pepper

Dash dry vermouth

Remove and discard chicken wings. Carefully separate chicken breasts from bone, all the way down to the thigh, leaving only drumstick and thigh bone intact. Roll back meat on thigh to remove thigh bone without puncturing skin. This leave only the drums stick bone with the chicken. Cook Italian sausage and drain off fat. Add cooked, drained spinach. In a separate pan, melt butter and saute shallots lightly. Add sausage-spinach mixture. Add vermouth, salt and pepper. Let cool. Place stuffing into chicken cavity. Mold chicken breast, forming pear shape, with drumstick sticking up. Place in 400° oven in a greased roaster.

MARIO LALLI

MARIO'S RESTAURANT, El Paseo, Palm Desert, California

PETTI di POLLO ai SPINACCI e FORMAGGIO

(Breasts of Chicken with Spinach and Cheese - from San Remo, in the Liguria Region of northern Italy. Maryse and Gilbert's Restaurant is situated outside of Corofin Village, over the River Fergs. It is renowned for its French and Italian cuisine and has achieved special recognition from the "Board Failte" - Irish Tourist Board. Candlelight and personal service provide customers with comforts of a continental touch. Try "Pasta al Salmone" - there's something for everyone)

SERVES 4

4 large chicken breasts (or 8 small, skinned)

12-14 ounces Parmesan cheese, fresh grated

4 spoonfuls olive oil

2 cloves garlic, whole, peeled

juice of 1/2 lemon

1 glass cooking wine (dry)

Salt, pepper, paprika

Italian parsley (chopped unevenly)

Slice the breasts (but not completely) with a sharp knife, lengthwise to form a pocket. Fill breasts with spinach, (unevenly chopped with a scissors), and the Parmesan. Heat oil (not too hot) and brown the breasts on both sides, turning gently occasionally. Add garlic, salt, pepper and paprika. Turn a few times and add lemon juice and wine. Cover and cook 30-35 minutes. Serve garnished with Italian parsley. (Note: "Risotto alla Milanese" goes well with this dish.)

MARYSE MENSILE

MARYSE and GILBERT'S RESTAURANT, Corofin County Clare Republic of Ireland
(United Kingdom)

POLLO ARROSTO in TAGAME

(Pan-Roasted Chicken with Garlic, Rosemary, and White Wine.)

SERVES 4

2 tablespoons butter

2 tablespoons vegetable oil

2-3 cloves garlic, peeled

1 frying chicken (2-1/2 pounds) washed in cold water, quartered, and thoroughly dried in a towel.

Small branch of fresh rosemary, cut in 2,

or 1/2 teaspoon dried rosemary leaves

Salt Pepper, freshly ground (about 6 twists of the mill)

1/2 cup dry white wine

Heat butter and oil in a deep skillet or saute pan over medium high heat. When butter foam begins to subside, add garlic and chicken quarters, skin side down. When chicken is well browned on one side, turn pieces over and add rosemary. If garlic starts to blacken, remove it, but if it remains a golden brown, leave it until chicken is cooked. Control the heat so that the cooking fat stays hot but does not burn. When chicken is browned well on all sides, add large pinch of salt, the pepper and the wine. Allow the wine to bubble rapidly for about 2-3 minutes, then lower heat until it is just simmering and cover the pan. Cook slowly until chicken is tender at the pricking of a fork. (A young fryer should take about 30-35 minutes.) Turn the chicken two or three times while cooking. (If the cooking liquid had dried up, add 1-2 tablespoons water as needed.) Transfer the chicken to a warm serving platter, removing the garlic if not removed earlier. Tilt the pan, drawing off all but 2 tablespoons of fat with a spoon. Return pan to high heat, adding 2-3 tablespoons water and scraping up the cooking juices. Pour juices over chicken and serve.

PAULINE LEUNG, Public Relations Manager

HILTON INTERNATIONAL TAIPEI, 38 Chung Siao W Road Sec. I, Taipei,
Republic of Taiwan

SICILIAN CHICKEN with MINT and ALMONDS

(The assertive flavors of the Middle East, typical of the Sicilian kitchen, radiate from this dish.)

SERVES 4

1/4 cup mint leaves, fresh packed

1 large garlic clove

1 (3-1/2 pound) chicken, quartered

3 tablespoons lemon juice

3-1/2 tablespoons olive oil

1/4 teaspoon pepper, freshly ground

1 medium lemon

Salt

1/3 cup whole almonds, blanched

2 tablespoons white wine vinegar
1 tablespoon mint leaves, freshly minced
Mint sprigs, fresh

Mince together the 1/4 cup mint leaves and garlic clove. Arrange chicken pieces in shallow dish. Run with mint mixture. Combine lemon juice, 1 tablespoon of the olive oil and pepper in a small bowl. Pour over chicken and turn to coat evenly. Cover chicken and *refrigerate at least 5 hours or overnight*. Using sharp knife, cut very thin strips of peel lemon peel; boil them 5 minutes and drain. Remove chicken from dish, scrape mint mixture off chicken and into marinade and reserve marinade. Pat chicken dry and salt lightly. Heat remaining oil in heavy large skillet over medium heat. Add almonds and cook until golden, stirring frequently. Remove, using slotted spoon. Add chicken to skillet and brown well on all sides. Stir in vinegar, scraping up browned bits. Add peel and marinade. Reduce heat to cover and cook 15 minutes. Add almonds and 1 tablespoon mint leaves. Cover and cook, turning occasionally until chicken is tender, 10 to 15 minutes. (Add water if necessary to prevent sticking to pan.) Transfer chicken to heated platter and pour juices over. Garnish with mint sprigs.

SILVIO PARELLI

PIPPO NUNNARI, Via Ugo Bassi, Messina, Sicily

FARAONA alla GHIOTTA

(Tasty Guinea Fowl. This is a classic, centuries-old Umbrian dish which Guglielmo has adapted from the pigeon to the guinea fowl. The word "ghiotta" means both a pan into which grease from a spit falls, and also "tasty." Guglielmo has been cooking this dish for over 20 years and his customers never seem to tire of it. There are two red wines that go especially well with this dish - Sagrantino di Montefalco, and Rubesco di Torgiano. In Umbria, this dish is usually served with spinach or Runner Beans and whole wheat bread.)

SERVES 4

1 guinea fowl (about 3 to 3-1/2 pounds)
1 clove garlic
1 sprig rosemary
3 sage leaves
1/2 teaspoon salt
Pinch of pepper
2 cups white wine
1 teaspoon vinegar
1 quarter lemon peel
Liver from guinea fowl
1 anchovy
4 slices toasted bread

Take one whole guinea fowl. Mix olive oil, rosemary, sage and garlic in a pan. Add salt and pepper. Add guinea fowl. Cook together over high flame for 10 minutes. Add wine, vinegar, lemon peel, anchovy and the whole liver. Cover. Cook over moderate fire for 20-30 minutes. Remove fowl. Cut into 4 pieces. Toast 4 large slices of bread. Place pieces of fowl on the toast. Sieve remaining sauce in a pan; pour over the fowl on toast. Serve promptly on hot plates.

GUGLIELMO CHIOCCHETTI
RISTORANTE LA FORTEZZA, via della Fortezza, 2-b Assisi, Perugia

FETTUCCINE WITH SLICED DUCK
(With Walnuts and Blood Oranges)

SERVES 2

2 Duck breasts
3 shallots
1 red bell pepper
2/3 cup walnut halves
2 tablespoons clarified butter (unsalted)
2 tablespoons walnut oil
2 large blood oranges: one cut in half and one sliced for garnish
3/4 cup cream
Italian parsley garnish
2 pounds fresh fettuccine

Remove skin and trim all fat from Duck breasts. Saute the breasts in hot walnut oil for about 1 minute on each side. Set the breasts aside for a few minutes and then slice into thin scallops. They must remain very rare. Peel and slice the shallots. Add to coarsely chopped red bell pepper and continue until a medium fine dice is achieved. Chop the walnut halves into large pieces and toast lightly in the oven. Heat the clarified butter in a large saute pan. Add the shallot-red pepper dice. Stir to evenly distribute and add the very rare duck breast slices, the walnut pieces, and salt and pepper to taste. Squeeze both halves of the blood orange into the pan, toss quickly but thoroughly. Add the cream. Reduce over high heat. Place freshly cooked, still hot fettuccine noodles (preferably, fresh fettuccine from Pastabella or your local pasta shop) in a large, warm bowl. Add the duck breast-reduced cream mixture and toss well. Check for seasoning. Correct if necessary. Serve garnished with Italian parsley and blood orange slices.

EXECUTIVE CHEF ROBERT SCHNEIDER via NAFTALI ZISMAN
PASTABELLA, 30 Fremont Street, San Francisco, California

THE SICILIAN PICCATA
(The famous "Pinocchio" brings France this recipe from Sicily)

SERVES 4

4 escallops of veal (about 1 pound total)
A little flour to dust veal
2 eggs, beaten
Bread crumbs, grated fine (to coat veal)
Parmesan cheese, grated (about 2 ounces)
Parsley, finely minced
Oil
Butter (2 ounces)
3 cloves garlic, finely chopped (minced)

Each escallop must be well flattened and cut into parts. Dust each slice of veal with flour, dip into eggs and then into breadcrumbs coating well. Heat oil in frying pan that has a thick bottom. When oil is hot, put in veal escallops, lower heat and fry gently on both sides, until lightly browned. Then -place veal escallops on large dish, powder them with Parmesan cheese and some parsley. Discard oil and put oil in same frying pan. Melt the butter very quickly on high heat; when butter begins to foam, take frying pan off heat and add garlic. Stir well and return to heat a few (3) seconds. Remove from heat again and, with a spoon, coat the veal escallops with the garlic-butter sauce. Serve immediately on a hot dish.

SALVATORE BRUNO
PINOCCHIO, 124 Avenue du Maine, Paris, France

VEAL PICCATA
(in lemon-parsley)

SERVES 2

3/4 pound veal round, sliced 1/4 " thick, pounded thin (as for scaloppine)
3/4 teaspoon salt
1/8 teaspoon pepper
1/3 cup flour, unsifted
1 tablespoon butter
1 tablespoons lemon juice
1 teaspoons parsley, minced

Sprinkle both sides of veal with salt and pepper, and cut in pieces about 3-inches square. Dredge veal squares in flour, shaking off excess so they are lightly dusted. Heat oil and butter in heavy skillet over moderately high heat about 1 minute. Add veal and brown 1 to 2 minutes on each side. Drain on paper towels. Add lemon juice and parsley to skillet; stir quickly to get up browned bits. Return veal, warm 1 to 2 minutes, basting with lemon-parsley mixture and serve.

RON FRIEBORN, Indian Wells, California.

PICCATA ADELE
(Veal in Wine and Mushrooms)

SERVES 1

4 thin slices veal (about 1/2 pound)
1 clove garlic, chopped
2 tablespoons cooking wine
2 tablespoons broth
1 or 1-1/2 artichokes, chopped
1/2 pound mushrooms, chopped
2 tablespoons oil Italian seasoning

Heat oil in frying pan. Add garlic and veal slices. Fry 1-2 minutes only. Add cooking wine

and broth. Add artichokes and mushrooms. Season and fry for an additional 1-2 minutes. That's all! Serve with fresh vegetable. Garnish with a square of butter for flavor.

MARIO MILANA

LEO RESTAURANT, 16 Angela Heights, Hathaway Rd., Gresswold, Transvaal, Johannesburg (Republic of South Africa)

VEAL LUCIANO

(Inspired. by true Northern Italian influence; the creator of this dish, Luciano herself, was raised in Pinzolo, Italy in the Northern Italian Alps. Our meal at Luciano's was most memorable - and we were generously well-fed, too. Connecticut magazine voted Luciano's "Best Italian" in the County '85, '86, '87 as well as "Best Value Statewide," '85, and there are four Luciano's statewide.)

SERVES 4-6

1-1/2 pounds veal, sliced thin (pork or chicken may be substituted)

5 chicken livers

2 Italian pork sausages (skinned and crumbled)

1 clove of garlic (finely chopped)

2-3 tablespoons Parmesan, freshly grated

2 egg yolks 1/2 cup chicken stock

1/2 cup dry white wine

1/4 cup butter

Bacon, cut into small pieces

Sage leaves

Flour

Salt to taste

Flatten veal carefully until very thin, to about 4"x4" pieces. Combine chicken livers, sausage, garlic, parsley, Parmesan and egg yolks and mix into a paste. Spread on each slice of meat. Roll slices up tightly and secure with toothpicks. Put a small piece of bacon and one sage leaf on each toothpick. Dust all meat rolls with flour. Brown the meat rolls in melted butter, turning occasionally. Sprinkle lightly with salt, add white wine and continue cooking slowly until wine is gone. Add stock, cover pan, and continue to cook until tender (approximately 20 minutes). This dish is delicious served with rice or traditional Polenta.

LUCIANO G. MASE

LUCIANO'S CABIN RESTAURANT, 232 Boston Post Road, Clinton, Connecticut

VEAL SICILIANO

(An often requested dish at Faustini's, the name is derived from the Sicilian Red Corvo wine with which it is made.)

SERVES 2

12 ounces veal slices, "scaloppine" (pounded thin)

Flour

1/2 cup oil

1 medium bell pepper (julienne)

1/2 medium Spanish onion, sliced

1 can plum tomatoes

(preferably Italian from the San Marzano region; they are riper and sweeter)

1 dozen green olives, pitted

1 dozen black olives, pitted

6 ounces of Red Corvo wine

1/4 teaspoon salt

1 teaspoon garlic powder

1/4 teaspoon black pepper

1/2 tablespoon oregano

4 ounces chicken stock

Scaloppine the veal by pounding until thin. Coat both sides evenly with flour. Heat frying pan containing 1/4 cup of the oil and fry veal slices until light brown on both sides. Drain all the oil and set pan aside. In another frying pan, heat remaining 1/4 cup of oil and saute peppers and onions until onions are transparent. Discard oil and add peppers and onions to the veal. Take 6 plum tomatoes and gently squeeze them, discarding as much of the juice as possible (you want to use mostly pulp while keeping the tomatoes whole). Add the olives, wine and remaining ingredients. Heat until bubbling, then simmer on low heat for approximately 10 to 15 minutes, shaking pan back and forth until sauce thickens. It is now ready to serve. Excellent with Red Corvo wine accompanying the dish.

ROBERT A. FAUSTINI

RISTORANTE FAUSTINI, 190 Main Street, East Haven, Connecticut, USA

VEAL SCALOPPINE MAMMA CHIARA

(Originated on the Isle of Capri, Italy)

SERVES 4

4 slices veal

(scaliopined or pounded thin)

4 slices Italian smoked ham

1 cup mushrooms, sliced

Parsley

2 zucchini, sliced thin

1/2 pound Mozzarella, .

grated or sliced.

Saute the veal slices quickly in butter. Layer on top of each veal slice one slice smoked ham, 1/4 cup of the mushrooms, some zucchini slices, a sprinkle of parsley, and top with 1/4 of the Mozzarella for each slice of veal Bake at 350° for 15 minutes or until cheese melts. Serve with white wine and sprinkle with a bit of garlic and rosemary.

CHEF EDUARDO NAPOLANO

TRATTORIA AUX TROIS CONTINENTS, INC., 1112 Wolfe St Montreal, Quebec, Canada

VEAL SCALOPPINE TOSCANA

(A Northern Italian dish found primarily in Tuscany and Emilia-Romagna where fresh herbs are widely used in cooking.)

SERVES 4-6

1 pound of veal, thinly sliced and pounded

1/2 cup flour

1 clove garlic

1 clove shallots

2 sage leaves

6 fresh basil leaves

Pinch of thyme

1/4 pound mushrooms, sliced

1/3 cup Marsala wine

1/4 cup melted butter

2 tablespoons whipping cream

Salt and pepper to taste

Chop the garlic, shallots and herbs very fine. Chop mushrooms. Dust the sliced veal with flour. Place in heated buttered pan. Cook very briefly on each side. Remove all butter and fat from pan. Add mushrooms, garlic, shallots, herbs, wine, salt and pepper to taste. Allow the wine to reduce. Add whipping cream, stir and serve.

EUGENIO MASSONI

RISTORANTE MARCELLO, 2100 Taraval Street, San Francisco, California

SCALOPPINE di VITELLO "LA MAMA"

(Veal Escallops "La Mama")

SERVES 4

1-1/2 pounds Veal, sliced thin

2 cups button mushrooms, cooked, tinned, sliced

1/2 cup vegetable oil

3 tablespoons butter

1 cup Marsala wine

1-1/2 cups fresh cream Flour

Salt

Lightly flatten the veal scaloppine. Season them and dip them in flour. Heat the butter and oil until sizzling in large pan and saute the veal quickly on both sides. Remove excess fat. While the meat is sizzling, add the Marsala wine, the mushrooms (well drained), and immediately following, the cream. Stir well. Simmer until the sauce starts to thicken. Serve very hot.

GIULIANO & LUCIANO BROCCARDO (Brothers)
LA MAMA RESTAURANT & PIZZERIA, Television Centre, Eileen Road, 2194 Blairgowrie
Randburg, Transvaal Republic of South Africa)

FAGOTTINI alla BRUNO
(Bruno's Veal Rolls borrowed from Tuscany)

SERVES 4

8 slices veal (scaloppined - thinly sliced)

8 slices cooked ham

8 pieces Parmesan cheese (Grano Padano recommended)

Oil

Butter

Beat the veal slices until thin (scaloppined) and place 1 slice of ham on each slice of veal. Then, in the center, place 1 piece of Parmesan cheese. Carefully roll each veal slice and hold together with wooden cocktail picks. Flour each roll and place in pre-heated frying pan with a little oil and two nuggets of butter. Cook on a low flame, turning them frequently to avoid burning, for about 15 minutes. When cooked, sprinkle the rolls with some white wine. Serve with french fries or other vegetables desired.

DANILO SPADONI

former TRATTORIA TOSCANA da BRUNO, Milan, Italy

CERINO'S VEAL PARMIGIANA

SERVES 2

2 (4-ounce) pieces of veal,
pounded to 1/4-inch thin

2 eggs

1/2 cup milk

Salt and pepper to taste

Flour

Bread crumbs

Oil

2 slices prosciutto

1 tomato, sliced

4 slices Mozzarella cheese

Paprika

Beat eggs and milk together. Season veal with salt and pepper to taste. Dip veal slices in flour, then in egg mixture (allowing excess to drain off), then in bread crumbs, coating well. In a skillet, heat oil and brown veal on both sides (oil must be hot enough so that the coating will not slide off.. Place browned veal portions on cookie sheet. Top each with a slice of prosciutto, two slices of tomato and 2 slices of Mozzarella cheese. Sprinkle with paprika and place in oven at 400 for about 5 minutes.

CARRIE CERINO via ALEX CERINO

CARRIE CERINO'S RESTAURANT, 8922 Ridge Road, North Royalton, Ohio

VALIGINI - (INVOLTINI di CARNE)

(Meat Roll with Stuffing, a typical dish of Reggiana, Italy)

SERVES 4

11-1/2 pounds veal scallops, sliced thin

3-4 ounces butter

3-4 ounces breadcrumbs

Reggiana cheese (Parmesan)

Garlic

Onion

2 eggs

Olive oil

Tomato sauce

Salt and pepper

Mixed Italian herbs

Chop parsley (washed and drained) together with garlic, into fine pieces. Put into bowl. Melt half the butter and pour into breadcrumbs, cheese, eggs, salt and pepper. Amalgamate ingredients well. If necessary, add a few spoonfuls of milk for desired stuffing texture. Put stuffing onto meat scallops. Roll the meat so stuffing is well packed. Tie meat rolls with non-colored thread. Prepare a pan with butter and a spoonful of oil and heat. Add chopped onion and garlic. As soon as onion browns, add tomato sauce diluted with a glass of hot water. Salt and pepper to taste, with a pinch of Italian herbs. Put meat rolls into the sauce, dose pan and cook it on low flame. Turn rolls several time to cook evenly and to prevent sticking to pan.

L. GERTSCH

PIZPAZ, Bahnhofstrasse 1, Interlaken, Bern Switzerland

OSSO BUCO alla MILANESE

(This most popular Italian dish traditionally uses veal shank, but the Thai translation is Braised Veal Knuckles. The Italian Pavilion was established in Bangkok in 1967, proudly serving Bangkokians and travelers authentic Italian cuisine. In 1983 the restaurant received the "International Gastronomic Award-Europe '83" awarded in Madrid, Spain, for quality, atmosphere and service.)

SERVES 4

4 Veal "knuckles" (sliced shanks)
1/2 pound carrots, sliced
1/2 pound celery, sliced
1/2 pound large onions, sliced
5-6 ounces flour, sifted
3 tablespoons tomato paste Chicken broth

Mix cleaned veal with flour to coat them. Put in pan with a lot of oil to cover the knuckles. Fry knuckles until they turn yellowish and remove from oil. In another pan or pot, add vegetable oil. When oil is hot, put in carrots, onions, and celery; saute until they turn yellowish and aromatic. Add flour and saute together. Add tomato paste and continue sauteing. Then add clear chicken broth until the liquid covers all 4 veal slices. When sauce is boiling, reduce heat to simmer until tender. Don't let the veal dry out; take time to slow simmer the veal until the sauce condenses. Use the sauce to top the veal when ready to serve.

AMORN DIREK, Managing Partner

THE ITALIAN PAVILION RESTAURANT, 19 Nana Tai Soi 4, Sukhumvit, Bangkok, Thailand

OSSO BUCO alla MILANESE

(Braised Veal Shanks, typical of Lombardy Region)

SERVES 6

6 osso buco (ask the butcher to saw the hind shanks in pieces two inches long)
2 ounces of butter
1 pound of fresh button mushrooms, cut in slices
a little flour
1-1/2 cup of canned Italian tomatoes
1 cup of dry white wine
2 ladles of boiling hot broth
1 tablespoon of finely chopped parsley
a small piece of lemon peel, chopped together with the parsley
salt and pepper

Clean the osso buco with a cloth without cutting away the outer skin and tie them to keep their shape. Choose a heavy casserole with a tight-fitting lid and large enough to contain the osso buco in one layer and rather close together. Flour well the osso buco. Put all the butter in the casserole and when foaming put in the meat and sear them on both sides. Remove the osso

buco and keep them hot. Add mushrooms and fry them for two minutes. Put back the osso buco and add the wine. When the wine is reduced, add the tomatoes and stir gently, adding salt and pepper. Add the boiling broth, stir a little more, cover the casserole and lower the heat. Simmer gently for two hours. Put the meat on a serving dish, pour over them their sauce and sprinkle with the chopped parsley and lemon peel. Should be served with a risotto or mashed potatoes.

ANNA MARIA PAVIA

GEORGE'S RESTAURANT, via Marche 7, Rome, Italy

FRACOSTINA di VITELLO alla- FORNARA

(Baked Rack of Veal)

SERVES 6

1 whole rack of veal with bones,
(about 22 pounds with bones)

Garlic, fresh

Rosemary,

Carrots

Celery

White wine

Salt and pepper to taste

Potatoes for roasting

Place rack of veal with vegetables in roasting pan and season; roast in hot oven, 450°-500°. Baste with fresh white wine. Slice and serve with roasted potatoes when done.

VINCENZO POLESE

TRATTORIA POLESE, Piazza Sforza Cesarini 40, Rome

OSSO di VITELLO STRACOTTO

(Roast Rib of Veal - Typical of Abruzzo Region. A nice tasty meal that does not involve a lot of last minute work in the kitchen when you have guests for dinner. Mr. Marrone says "We serve this dish at the table on wooden chopping boards with sauce served in a sauce boat.")

SERVES 4

4 rib chops of veal on the bone (approx. 500 grams each)

2-3 sprigs fresh rosemary

1/4 litre dry white wine

1 teaspoon black peppercorns

4 cloves garlic, crushed

1/2 cup olive oil

1 litre water (approx.)

Salt to taste

Flour

Use an oven dish. Heat the oil gently on top of the cooker. Flour the meat, add to the pan and brown on both sides. Add rosemary, garlic and wine, and allow wine to evaporate. Add peppercorns, water, and a little salt. Stir to amalgamate the ingredients. Transfer dish to preheated oven (low temperature, about 300°). Leave dish uncovered and let cook for about 2 hours, adding water if necessary. When cooked, the meat should be a nice brown color, with a little sauce. WINE SUGGESTION: Montepulciano d'Abruzzo.

GIOVANNI MARRONE

TAVERNA 58, Corso Manthone 46, Pescara 61527, Italy

VEAL CHOPS LISA

SERVES 4

VEAL CHOPS:

4 (6-ounce) rib veal chops with pocket
3 ounces prosciutto ham, cut into slivers
3 ounces Mozzarella cheese, diced
3 tablespoons pine nuts
Pinch of ground sage
3 eggs
3 cups bread crumbs
Flour, for dusting
1/2 cup Parmesan cheese, ground
1/2 cup clarified butter
1/2 cup salad oil

SPINACH NOODLES:

1 cup frozen spinach, chopped, thawed and drained
3 large eggs
3 cups flour

CHEESE AND BUTTER SAUCE:

1 pound butter, room temperature
8 ounces imported Parmesan cheese, grated
Pinch white pepper
1/2 cup cream (optional)

Mix together the ham, Mozzarella cheese, pine nuts and sage. Divide mixture and stuff the veal chops. Beat eggs well. Mix Parmesan cheese with bread crumbs. Season outside of chops with salt and pepper. Roll in flour. Shake off excess, dip in beaten egg and then in crumbs. Pat well so crumbs will adhere to chop. Mix butter and oil together in saute pan. Have oil hot so chop will brown fast. Brown completely; place in covered casserole and bake one hour at 350. Meanwhile, combine spinach, eggs and flour; knead until elastic and smooth. Form pasta into four (4) logs about 2-inches in diameter. Allow to rest covered 20 minutes to relax dough. Slice into 1-inch slices. Use pasta rolling machine to roll and cut desired size noodles (can also be used for lasagna noodles). These fresh noodles will take only 3 minutes to cook in boiling water.

Combine cheese and butter sauce ingredients until light and fluffy. Toss spinach noodles in butter sauce and serve with Veal Chops Lisa.

CARRIE CERINO via ALEX CERINO

CAME CERINO'S RISTORANTE, 8922 Ridge Road, North Royalton, Ohio

VEAL BOLOGNESE all GENNARO

SERVES 2

4 ounces veal cutlets, pounded thin, then sliced in half

4 slices thinly sliced baked or boiled ham

4 slices Mozzarella cheese

2 ounces Ricotta cheese

Egg

Milk

Bread crumbs

Vegetable oil

Alfredo sauce (optional)

Pound each slice of ham into each half-cutlet. Lightly pound each slice of Mozzarella into each halfcutlet, also. Then spread 1/2 ounce Ricotta cheese over each ham and cheese-covered cutlet (2 ounces for 4 half-cutlets). Roll the cutlets ("rollantine" style) and dredge each roll in all-purpose flour, then dip in egg and milk mixture, then cover in bread crumbs. Saute each breaded cutlet roll in vegetable oil until golden brown. Alfredo sauce makes an excellent topping for these "rollantine" cutlets.

MICHAEL GENNARO, JR. and THE GENNARO FAMILY

GENNARO'S RISTORANTE, 851 Savannah Highway, Charleston, South Carolina

COSTOLETTE alla VALDOSTANA

(Veal Chop's Stuffed with Cheese - a specialty of Valle d'Aosta)

SERVES 6

6 Veal chops

1/4 pound Fontina cheese, thinly sliced

Salt and white pepper

2-1/2 tablespoons flour

1 egg, well beaten

1/4 cup fine dry breadcrumbs

6 tablespoons butter

Slit each chop horizontally almost to the bone to make pocket. Push slices of Fontina cheese into pockets; lay slices flat, press top and bottom together and seal edges by beating hard. Sprinkle lightly with salt and pepper on both sides. Dip chops in flour, then in egg, and finally in breadcrumbs. Saute in hot butter on both sides until golden brown, about 10-15 minutes.

LOUIS CRISTALLO
BRASSERIE VALDOTAINE, via De Maistre, Aosta, Italy

MIGNONNETTES di VITELLO alla REGINA VITTORIA
(Mignonettes of Veal alla Queen Victoria)

SERVES 4

8 slices veal (sliced thin)

Pate de Foie Gras

2 cups assorted cheeses, finely diced:

Fontina, Caciotta, Bel Paese, Mozzarella, a little Taleggio, Parmigiana,
Valdostana, Caciio Reale (or whichever is available)

2 ounces Prosciutto di Parma ham (chopped)

3 tablespoons fresh cream

Butter

Salt and pepper

Saute the veal in butter and keep it warm. Mix all the cheeses in a saucepan and melt it over low heat until the mixture is smooth; then add the chopped Prosciutto ham and the fresh cream. Spread the veal-slices with Pate de Foie Gras and put them one over the other, like a sandwich. Finally, add the melted cheeses over the meat and put in oven for 10 minutes or until the cheese begins to brown. Sprinkle Parmesan cheese over it and serve.

FRATELLI ZUCCARINI, former Manager for GIOVANNI & MARIO FORTI,
former RISTORANTE G. RANIERI, Rome, Italy

SALTIMBOCCA alla ROMANA
("Jump in Your Mouth," Roman-Style.)

SERVES 4

1 pound Veal, fresh and lean, scaloppine (cut in small round slices)

Parma Ham (or similar), sliced

Sage, fresh chopped

Flour

1 glass dry white wine

1-2 ounces butter

Salt and pepper

Dust scaloppine of veal with the flour. Then fry on both sides, about 5 minutes, in a skillet with oil. Still in skillet, top each scaloppine with a slice of ham (secure it to the veal with a toothpick) and- sprinkle some chopped fresh sage over each. Add white wine and butter to thicken the sauce; simmer about 4 minutes. Serve on a hot plate and garnish with sauteed fresh peas in butter. Bon Appetito!

MASIMO MOZZETTI
ALFREDO alla SCROFA, via della Scrofa 14, Rome, Italy

AGNELLO alla FIORENTINA
(Roast Leg of Lamb alla Florentine)

SERVES 6

1 leg of lamb (approximately 3 pounds)
6 cloves garlic
1 ounce fresh (or 1/2 ounce dried) mary
1 ounce fresh (or 1/2 ounce dried) sage
A little red peppers
1 large onion
2 carrots
1/2 stalk celery
1 quart dry white wine
1 quart stock
Salt and pepper
A little flour

Take bone out of leg and keep separate. Put meat on wooden board and season with salt, pepper, red peppers, mary and sage. Make small cuts in meat and put garlic in cuts. Roll meat up and fasten with string. Put some oil into a casserole and add lamb, together with the bones, carrots, celery and 2 halves of onion. Brown meat on all sides. Add 1/4 quart white wine. When wine has evaporated, place casserole in hot oven (400°) for 45 minutes. Take out meat and keep warm. Add stock to casserole and leave on high flame until liquid has reduced to 1/4 its original volume. Pass everything through a fine strainer and thicken the sauce with a little flour. Cut lamb into slices. Place the slices of meat on a dish and pour the sauce over the top.

GIULIANO CANTINI

LA TOSCANA, Schiekade 135, Rotterdam, Holland, The Netherlands

AGNELLO SCOLTADITO
(Lamb Boswell - Old Regional recipe)

SERVES 4 (SERVES 2 GENEROUSLY)

2 ounces butter
1 onion, peeled and chopped
4 ounces mushrooms, peeled and sliced
4 ounces tomatoes, peeled and chopped
1 pound lamb fillet, cut
1 tablespoon paprika pepper
1 garlic clove, peeled and crushed
Salt and pepper .
1 small glass whiskey
1/4 pint single cream 1/4 pint good brown stock

Melt half the butter in a heavy frying pan, and saute onion until soft but not brown. Add mushrooms and tomatoes and cook for a few minutes. Remove from heat In a separate sauce pan, melt

remaining butter. In this, saute into 1-inch strips lamb until juice are sealed. Add paprika, garlic (if used) and seasoning; continue to cook for 10 minutes stirring continuously fame with the whiskey, then quickly add the cream, brown stock, and vegetable mixture. Cook for a few minutes more, stirring continuously until well amalgamated and warmed through. Serve on a salver inside a border of piped creamed potatoes in the shape of the outline of Skye. Garnish with grilled mushrooms, parsley and watercress.

MARROLI FRANAURE

HOSTARIO DELL'ORSO, Via Dei Soldati 25, Rome, Italy

SALTIMBOCCA

(A salty prosciutto veal dish in wine)

SERVES 4-6

2 pounds veal round, sliced

1/4 -inch thick and pounded thin (as for scaloppine)

1/4 pound prosciutto, sliced paper-thin

2 tablespoons fresh sage, minced, or 1 teaspoon dried sage

1/8 teaspoon pepper

3-4 tablespoons butter or margarine

1/4 cup dry white wine

Veal slices should be about 4" x 4". If extra long, halve crosswise. Turn prosciutto slices so that they are roughly the same size. Sprinkle one side of each veal slice with sage and pepper, top with prosciutto slice and toothpick in place. Melt butter in a large skillet over moderately high heat and brown veal quickly on both sides. Transfer to heated platter, remove toothpicks and keep warm. Add wine to skillet, let boil, uncovered, for 1 to 2 minutes, scraping with a wooden spoon to get up' any brown bit. Pour over veal and serve.

RON FRIEBORN, Indian Wells, California

STEAK SINATRA

(Steak Sinatra, named for "Ole Blue Eyes" Frank Sinatra when he was served at posh Palm Springs-area restaurants, is considered by most chefs to be a "generic" Italian--style of serving cubed steak and peppers. While the former Baci restaurant featured a gourmet seafood-with pasta menu, this popular dish also was available at Baci and other fine Italian dinner houses.)

SERVES 2

10-ounces filet, cut in

1-inch cubes

Touch of oil

Dash salt and pepper

Dash oregano

Butter

Oil

1 clove garlic, chopped and cooked to your preference.

1/4 onion, chunked Then add a splash of white wine,
Green bell pepper, chopped
Dry white wine (Chablis) a dash of salt, pepper and sage, to
Dash salt, pepper and sage to taste, and serve immediately.

Lightly brown filet cubes in a skillet very lightly oiled. Add salt, pepper and oregano. Add the onion, garlic and pepper, butter and oil and saute in same skillet with filet cubes, stirring frequently until meat is browned.

STEVE WARSH

former BACI SEAFOOD RISTORANTE, 73-703 Highway 111, Palm Desert, California

BEEF alla FIORENTINA

SERVES 4

2-1/2 to 3 pounds tender beef, sliced
1 carrot, finely chopped
1 onion, finely chopped
1 celery stick, finely chopped
1-2 ounces chicken livers, finely chopped
2 cloves garlic, finely chopped
1/2 glass olive oil tomato puree (or fresh ripe tomatoes, peeled, seeded, chopped)
1/4 pound mushrooms, finely chopped
1 glass red wine
Salt and pepper to taste
1 large cup beef stock and water (in equal measure)

Put celery, carrots, onion and garlic into casserole with nearly all the oil and cook slowly until ingredients soften. Then add chicken livers and cook. Add red wine and simmer until evaporated. In another pan brown both sides of the slices of beef in the rest of the olive oil for a few minutes. Now combine all the wine-simmered ingredients, mushrooms, tomato puree, salt, pepper, beef stock and water. Cover and cook slowly for about 30 minutes.

CINALI MARINO

RISTORANTE MAMMA GINA, Borgo Sant' Jacopo 50125, Florence, Italy

COSTATA di MANZA al BAROLO

(Boned Rib of Beef, marinated in Barolo Wine)

SERVES 6-8

1 (3 pound) boned rib of beef
1 onion, quartered
1 carrot, sliced
1 stalk celery, roughly chopped
1 bay leaf
Salt

4-5 black peppercorns
1 bottle Barolo red wine
2 tablespoons pork fat, chopped
4 tablespoons butter
1 teaspoon potato flour, or cornstarch

Put meat in large bowl. Add onion, carrot, celery, bay leaf, a little salt and the peppercorns, and pour the wine over it. *Allow to marinate 24 hours* turning meat occasionally. Remove meat from marinade and carefully pat dry. Tie it into a round. Heat pork fat in pan large enough to hold the meat and as fat begins to run, add butter. Stir until melted. Add meat and brown on all sides. Strain marinade into another pan and cook over a fairly high heat until reduced ' by half. Season meat with salt and pour over the reduced wine. Cover and cook over a low heat for about 2 hours, or until very tender. When meat is really tender (one should be able to eat it with only a fork or even a spoon), transfer it to a heated serving dish and keep hot in a warm oven. Skin the sauce of fat and bring it to a boil again. Mix the potato flour to a thin paste with water and stir this into the boiling sauce. Cook, stirring constantly, for 5 minutes. Pour a little of the sauce over the meat and serve the rest separately.

PAOLO DONATI
former TAVERNA della ROSA, Turin, Italy

FILETTI al VERMOUTH
(Italian Beef filets with Vermouth)

SERVES 4
4 filets of beef, cut
1-inch thick
4 tablespoons butter
1/2 cup green olives, sliced
1 teaspoon salt
1/4 teaspoon black pepper, freshly ground
1/4 cup dry Vermouth
1/4 cup heavy cream

Trim the fat from the filets. Melt the butter in a skillet; add the filets and olives. Cook over high heat 2 minutes on each side, shaking pan a few times. Sprinkle meat with salt and pepper. Add Vermouth and cream. Cook over low heat 2 minutes longer on each side for rare meat, or to desired rareness. Arrange filets on a hot serving dish; pour sauce from the pan over them.

"C.C." GATTA, Indian Wells, California

SCALOPPINE alla PIZZAIOLA

(One of Osteria Da Salvatore's favorites with the tourists.)

SERVES 1

Beefsteak, sliced thin

Olive oil

Garlic

Salsa di Pomodoro

Salt, Pepper and Oregano to taste

Saute garlic until translucent. Add steaks and seasoning and brown the meat on both sides until almost cooked. Add Salsa di pomodoro and simmer about 15-20 minutes. Serve hot.

SALVATORE GUIDA

OSTERIA DA SALVATORE, via Castel Fidardo, Rome, Italy

STRACOTTO al CHIANTI CLASSICO

(Tuscan Beef Pot Roast in Wine. A recipe handed down from the famous Medici family of history books, translated by the author from cartooned recipe handwritten in Italian by Sr. Rossi.)

SERVES 4

1 (2 pound boneless chuck) pot roast

1 onion

1 carrot

Sultana Grape Raisins (handful)

Pinoli nuts (handful)

Almonds (less than a handful)

2 cloves garlic

1 small pepper

Salt and pepper

1 bottle Chianti Clarico wine

1/2 liter beef broth

Olive oil

Cut onion finely and saute in pan in olive oil. Tie pot roast with twine to keep together. Pound garlic slightly, pinole nuts, almonds with a little oil, to make a paste; add raisins and add the whole mixture to the sauteed onion. Put roast in roasting pan with a little beef broth, and begin to cook in very moderate oven (30°0-350°). Add Chianti wine to nuts and raisin paste and use this to baste the roast frequently during 2-hours it cooks as juices turn nearly a caramel color.

K. ROSSI

GIOVANNI DA VERRAZZANO, piazza G. Matteotti 28, Greve-in-Chianti, Florence, Italy

SPAGHETTI alla POLPETTE
(Neapolitan Meatballs and Spaghetti)

SERVES 4-6

MEATBALLS:

1 pound each of ground beef and ground pork (ground together)
1 clove garlic, finely chopped,
1 or 2 eggs
1 cup seasoned breadcrumbs
Few springs parsley
Salt and pepper to taste

SPAGHETTI AND SAUCE:

1 pound Italian sausage
1 tablespoon chopped parsley
1-2 pounds country-style spareribs
2-3 cloves garlic, chopped
1 medium onion, chopped
1/4 cup olive oil or vegetable oil
1 can tomatoes, crushed (16 ounces)
1 can tomato paste (16 ounces)
Salt, pepper, oregano to taste
Grated Parmesan cheese to taste

Mix well all meatball ingredients. Roll into 3-inch balls (a bit larger than golfballs); brown in frying pan in oil until center of each meatball is cooked (medium heat). Drop meatballs into sauce during last hour sauce simmers. In large saucepan, saute onion and garlic in oil until lightly browned. Add Italian sausage (sliced in half), pieces of spareribs. Cook until brown. Add tomatoes, tomato paste, salt, pepper, oregano and 1/2 cup water. Simmer 2-3 hours, adding water if needed until oil forms on surface. Skim some of oil.

In large pot, bring water to full boil, drop in spaghetti reducing heat a bit and cook at low boil until tender but firm. Drain. Toss lightly with sauce. saving some sauce, to top each serving. Top with meatballs. Serve hot.

JOSEPHINE LAVRADO, Fairfield, Connecticut

OLIVETTE della CASA

(Meat Rolls -- Al Pero's "House Specialty," His other entrees include: Risotto di Pesce [Rice with Fish;], Baccala i Mantecato-Vicentina-Cappuccina [Fish and Coffee]; Seppie alla Veneziana [Fish Steaks, Venice Style], Sardee in Saor [Stuffed Sardines])

SERVES 6

1 egg, beaten
8 ounces Italian tomatoes, pureed
1/4 cup bread crumbs
1/4 cup bread, cut into
1/2-inch pieces and soaked in milk

1-1/2 pounds beef, ground (not too lean)

1/4 cup Parmesan cheese, grated

2 tablespoons dried parsley

1/4 cup (1 ounce) more Mozzarella

In a large bowl, combine eggs, 1/3 cup of the tomato puree, bread crumbs and bread pieces. Mix in beef. Mold into a flat, square or rectangular loaf, about 3/4-inch thin. In a small bowl, combine 1/2 cup Mozzarella, Parmesan cheese and parsley. Spoon the cheese mixture onto the center of the meat, leaving about an inch border of meat all around. Roll the meat, sealing the edges. Place seam-side down on a baking dish. Cook, uncovered, about 30 minutes or until nearly done. Spoon remaining sauce over meat roll and, continue cooking a few minutes. Sprinkle top with 1/4 cup Mozzarella and finish baking uncovered until cheese melts. Then remove from oven and slice roll so that Mozzarella filling appears in the center of each slice.

SALVADEGO GUGLIELMO

AL PERO, via S. Lucia 72, Padua, Italy

BRACIOLA

(Rolled stuffed beef)

SERVES 6

12 slices (5"x 3"x 1/4") beef round, pounded thin as for scaloppine

Salt and pepper

Flour (for dredging)

1/2 cup onion, minced

1/2 cup ground beef chuck or sweet Italian sausage meat

2 tablespoons olive oil

1 cup soft white bread crumbs

1/2 teaspoon salt

1/8 teaspoon pepper

1 egg, lightly beaten

1/2 teaspoon oregano or basil

2 cups thin tomato sauce, or 2 cups beef broth

1 cup each: sliced mushrooms and finely chopped celery

Sprinkle beef with salt and pepper; set aside while you prepare stuffing. Brown minced onion and ground beef chuck or sausage meat in olive oil for 5 to 8 minutes over moderately high heat; drain off drippings. Off heat, mix in breadcrumbs, salt and pepper, egg, oregano or basil. Spoon filling onto meat. Roll, tie and dredge rolls in flour. Brown a few at a time in drippings in a Dutch oven, 5 to 7 minutes over moderate heat. Drain on paper towels. Add to either broth mixture or tomato sauce, cover and simmer 1-1/2 hours until tender (or bake 1-1/2 hours at 350°). Good with gnocchi or any buttered pasta.

ANNA DOLCEACQUA CARANGELO, Santa Barbara, California

CARLO'S FAMOUS ITALIAN ROAST BEEF
(Also used in their "Mama Sandwich" and other dishes)

SERVES 10-12

5-7 pounds top round of beef

Salt and pepper

Garlic, pressed

Gravy-browner

Water

Place beef round in roasting pan and sprinkle with salt and pepper. Rub pressed garlic all over top. Spread gravy-browner over entire roast. Add about 1-1/2 inches water to pan. Place roast in middle of oven rack and cook about 2 to 2-1/2 hours at about 35°0 in conventional oven, or until "medium-rare" by testing. The gravy is also good for beef dips (just add salt and pepper to taste). The roast may be refrigerated and reheated with the juice or gravy next day and sliced for an Italian beef "sub."

"CARLO" and JOAN GATTUSO

CARLO'S ITALIAN DELI and RESTAURANT, 119 S.Indian Canyon, Palm Springs, California

CARLO'S FAMOUS ITALIAN TORPEDO

(The "torpedo" submarine sandwich is famous across the U.S. as a popular Italian-style sandwich for lunches. Carlo says he helped to make it even more famous at his Palm Springs restaurant-deli by winning a battle in the local Superior Court to keep his "torpedo" sign - a giant Italian "sub" painted in his front window.. Carlo's has been at the same location 38 years. Palm Springs visitors from all over the world return to Carlo's year after year for his unique "hot torpedo.")

SERVES 1

1 long Italian roll, split in half lengthwise

6 slices Italian salami

1 slice Provolone cheese (cut in 2 pieces)

1 slice Cotto salami

1 slice Mortadella (Italian bologna)

Lettuce, shredded and tossed with equal parts

Wine-vinegar and oil, salt and pepper, and peppercini (for topping)

Fill a split Italian roll with all ingredients except lettuce topping. Toast the roll beforehand or briefly grill with meats and cheese filling until toasty hot; top with lettuce.

"CARLO" and JOAN GATTUSO

CARLO'S ITALIAN DELI & RESTAURANT, 119 South Indian Cyn, Palm Springs, California

CHICKEN LIVER RISOTTO

SERVES 4

1 pound chicken livers
6 tablespoons butter or margarine
1 large yellow onion, peeled and minced
1/2 cup mushrooms, thinly sliced
1 cup rice, uncooked
2-1/2 cups hot chicken broth
1/2 teaspoon salt
1/8 teaspoon pepper
2 tablespoons parsley, minced
1/4 cup Parmesan cheese, grated

Halve the livers at the natural separation and pat dry on paper towels. Melt 1/4 cup butter in a large skillet or flameproof casserole that has a tight-fitting lid, over moderately high heat. Add livers and saute 3 to 4 minutes, stirring until lightly browned. Remove with a slotted spoon to a heated plate, cover and keep warm. Melt remaining butter in the same skillet, add onion and stir fry 4 to 5 minutes. Add mushrooms and stir-fry 5 minutes longer, until onion and mushrooms are brown. Add rice, broth, salt and pepper. Mix well and heat, uncovered, until beginning to boil. Turn heat to low, cover and simmer 15 to 20 minutes until rice is tender. Add livers, parsley, and Parmesan.

ALFRED CARANGELO, Santa Barbara, California

FEGATO BURRO SALVIA

(Calf's Liver with Sage and Butter - A very simple dish which originated in Tuscany Region of Italy. The secret to its success is the skinning and very thin slicing of the liver.)

SERVES 4

12 *very thin* slices of calf's liver, freshly skinned
1/2 pound of butter, unsalted
12 leaves fresh sage

Put a thick skillet on to heat. In a separate pan, melt the butter and add the sage. (Do not burn the butter.) Salt the liver and check that the skillet is as hot as possible. Place the liver in the skillet and turn over after 30 seconds; turn again for 30 seconds and then immediately place on warm plate. Liberally coat with butter and sage. Serving suggestion: Serve with fresh boiled spinach and "pearled" potatoes.

ROBERTO MUSETTI

former ESTORIL da LUIGI e ROBERTO, Piccadilly Circus London, England, United Kingdom

ROGNONCINI TRIFOLATI all ACCIUGA e LIMONE

(Calf's Kidney in a Sharp Sauce)

SERVES 2

1 pound Calf's kidney
1 ounce wine vinegar
1 ounce butter, softened at room temperature
2 tablespoons flour
4 pieces anchovy filets, finely chopped
10 ounces olive oil
1 clove garlic, finely chopped
Salt and black pepper, freshly ground
1/4 cup fresh parsley, chopped
10 ounces lemon juice

Split the kidneys in half. Wash them under cold water and dry them with absorbent kitchen towel paper. Try to remove all the fat and as many white tubes as you can from the kidneys, then cut them into thin slices. With a wooden spoon, blend together the butter, flour and the anchovy filets and set aside. Heat the oil with the garlic in a frying pan. Add kidneys and saute for a few minutes. (It is important not to overcook kidneys or they toughen.) Lower heat and add anchovy mixture very gradually, stirring constantly. Adjust the seasonings. Cook 1 minute. Turn off heat, add parsley and lemon juice and serve at once (with papate Masce or with plain boiled rice tossed with a little butter).

RICHARD HATTER, Food & Beverage Manager
former GULF HOTEL-BAHRAIN, Manama, Bahrain

SALSICCE e PEPERONI

(Sausage and Peppers)

SERVES 4-6

2 pounds sweet Italian sausage
4 medium bell peppers - green, red and yellow combination
1/2 cup olive oil
1 shallot, minced (optional)
Salt and pepper to taste

In a skillet, brown the sausage slowly in a small amount of olive oil, turning frequently to brown evenly. In a separate skillet, fry slices of peppers that have been cored, in olive oil, until they begin to brown. Add shallots to the peppers. When sausage is well done and the peppers are the desired doneness (they become sweeter and crisper the longer they are cooked, but also blacken), drain the sausage and peppers of excess oil on paper towels. A favorite quick and colorful summer dish, tasty anytime.

RICHARD PROTO, West Haven, Connecticut

TODD'S SPECIAL

(A beef, sausage and spinach dish served throughout Italy and particularly enjoyed in Turin)

SERVES 8-10, generously

3 cups red wine
2 medium onions
1 whole garlic, separated and peeled
3 tablespoons butter
2 cups olive oil
3 pounds beef (preferably sirloin), diced
2 pounds Italian sausage links
Salt and pepper to taste
1 package frozen chopped spinach
1/3 pound Parmesan cheese, fresh grated
3 cans (4 ounces each) mushrooms, sliced
3 eggs
Linguini (if desired)

Flash the wine. In another pan, saute onion and garlic with oil and butter. Add diced beef. Sprinkle salt and pepper over meat while browning. Add wine. In another pan, brown sausage links. Add spinach to the beef mixture and stir frequently until thawed and cooked. Meanwhile, slice sausage links about 1/4-inch each slice and add to beef mixture. Blend in cheese well, then add mushrooms. Mix in eggs just before serving. Serve over fresh linguini, or eat as is. A dry red Italian wine is a "must" with this dish.

TODD LINDER

former LINDERON'S PASTA DELI, Billings, Montana

ARROSTO di MAIALE UBRIACO

(Drunk Roast Pork ... A recipe from Mantua, in the Lombardy Region of Northern Italy)

SERVES 6

3 medium carrots
2-1/2 pounds pork loin, boned
1 tablespoon vegetable oil
2 tablespoons butter
1/2 ounce flour (spread on wax paper or large plate)
2 tablespoons "Grappa" (or good grape brandy)
2/3 pint Barbera or other sturdy Italian dry red wine
1/8 teaspoon nutmeg
2 bay leaves
Salt
Black pepper, freshly ground

Peel and wash carrots, cut lengthwise into sticks about 1/2-inch thick. Tie up pork loin tightly and fasten securely in several places with cotton twine. Pierce meat in several places at both ends (using long sharp tool such as meat probe), keeping holes about 1-1/2 inches apart and

parallel. Stuff carrot sticks into each hole. Put roast into braising pot or flame-proof deep casserole just large enough to contain it. Add oil and butter and turn heat to medium-high on top of stove.

Dredge meat in flour and when butter-foam in pot begins to subside, put in meat, turning frequently until it is evenly browned on all sides. Add "Grappa." After it has boiled away (in a few seconds), pour in wine - enough to nearly cover the meat. Add nutmeg, bay leaves, several large pinches salt, and a liberal grinding of pepper. Turn meat once or twice. When wine comes to a boil, reduce heat and cover pot tightly, placing double sheet of aluminum foil between lid and pot. Cook at a very slow heat for at least 3 hours, occasionally turning meat. After 1-1/2 hours, check liquid - if substantial, remove foil and set lid slightly askew and raise heat slightly. The meat is done when it is very tender when probed with a fork. It will be quite dark with a small amount of dense, syrupy sauce. Cut meat into thin slices and arrange so they slightly overlap on warm serving dish. Spoon over the sauce along with tiny bits of carrots that may have slipped out. Serve at once. Buon Appetito!

LUIGI G. ZANI

former TRATTORIA LUIGI'S, Aberdeen (Grampian), Scotland United Kingdom)

ITALIAN PORK CHOPS PIZZAIOLA

*(The Italians, like the Chinese and French, are particularly imaginative
in the preparation of pork dishes)*

SERVES 4

8 loin or rib pork chops, cut 1/2-inch thick

2 tablespoons olive oil

2 teaspoons salt

1/2 teaspoon black pepper, freshly ground

2 cloves garlic, minced

1/4 can (thin) tomato sauce

1/4 cup dry red wine

1/4 teaspoon oregano

2 green bell peppers, cored and cut julienne

1/2 pound mushrooms, sliced

3 Italian sausages, sliced and browned

Trim fat from chops. Heat oil in skillet. Brown chops on both sides. Sprinkle with salt, pepper and garlic. Add tomato sauce, wine, oregano, green peppers and mushrooms. Cover and cook over low heat 15 minutes. Add sausages and cook 10 minutes longer. Taste for seasoning.

BRITTA CANE, Cathedral City, California

CONIGLIO ALLA REGGIANA

(Rabbit, Reggiana-style - cooked in regional tradition. From the chef's own recipe collection.)

SERVES 4-6

1 rabbit (2-1/4 to 4-1/2 pounds, already cleaned)

7 spoonfuls of oil

5 spoonfuls of vinegar

Some sage leaves, minced

Some rosemary, minced

Some juniper berries

Salt

Pepper

In a tureen, shake and beat with a fork the oil, the vinegar, the juniper berries, salt, pepper and the sage and rosemary already minced. Wash the rabbit (already cleaned) first in a pot full of hot water, then in a pot with cool water. Cut it in 8 pieces, and put all the pieces in the tureen with the other ingredients prepared before. Leave them for 1 hour, turning the pieces every 10 minutes. After 1 hour, put everything in a pot and cook it for more than 1 hour with low fire and covered.

IVAN LUSETTI, President Cooperativa Reggiana Ristorante
VIRGILIANO, Piazza Virgiliano, Mantua

CONIGLIO RIPIENO

(Stuffed Rabbit)

SERVES 6

1/2 kg. rabbit, boned

1 litre white wine

Olive oil

Juniper berries

Rosemary

2 pork filets

Salt and pepper

1/2 pound rabbit, minced

1 egg, beaten

Center of loaf of fresh bread, soaked in milk

1/2 pound salami or ham

Polenta, grilled (for garnish)

Marinate the boned rabbit for 6 hours in the wine and a little olive oil, juniper berries and rosemary. Quickly seal pork filets in a pan, season and remove from heat. Season the minced rabbit and mix with egg and milk-soaked bread. Lay the boned rabbit on a surface, pat dry and spread the salami and the mixture over the rabbit. Place pork filet in the center with the rosemary. Roll up rabbit tightly and secure by sewing. Slowly bake in a heavy dish for 2-2-1/4 hours. When cooked, slice rabbit, place on heated serving dish. Pour juices over rabbit before

garnishing with polenta.

CHEF FRANCO ZANOTTO via REMIRO BRESOLIN
IL CASINO, 108 Tory Street Wellington, New Zealand

CONIGLIO con PINOLI
(Pine Nut Rabbit, typical of Tuscany Region)

SERVES 5

1 rabbit (about 3 pounds), skinned
2 ounces pine nuts, mashed
2 level teaspoons rosemary, mashed
2 level teaspoons sage, washed
1 clove garlic, mashed
1 teaspoon salt
Pinch of fresh ground pepper
Olive oil
White wine

Take a skinned rabbit and remove paws, head and liver. Mix garlic, sage, rosemary, salt and pepper, adding whole pine nuts. Open up the rib-cage, turning the ribs back-wards and spread the pine nut mixture all over the cavity. Make slashes in the fore and hind thighs, filling them with the same mixture. Close the rib-cage with toothpicks and rub the rabbit with leftover mix. Brown it in a baking in with a little oil, then put in the oven at 200°. Keep the meat moist with white wine. Take out of the oven as soon as it has reached a fine brown-red hue. Cooking time will be approximately 1-1/2 hours. Slice the rabbit and serve. (Side dish recommended: baked vegetables.)

GIANNI BRUNELLI
OSTERIA LE LOGGE, via del Porrione 33, Siena, Italy

CONIGLIO in PORCHETTA
(Rabbit in Porchetta - Roast Pork - an old Maremman farmer's recipe from a 100 year old restaurant that began as a small posting inn, now run by the 4th generation of Butellis.)

SERVES 5

1 medium rabbit (about 2 pounds)
1/4 pound butter
1/2 cup olive oil
1 cup broth
2 pork sausages (or, 1/4 pound pork meat, mix of fat and lean)
2 cloves garlic
1 level tablespoon fennel seeds
Salt and pepper to taste

Wash the rabbit and dry. Pass through a grinder the liver, heart and the 2 pork sausages (or pork meat), the garlic, fennel seeds with salt and pepper to taste. Saute the ground meat

delicately in about 2 ounces of the butter, adding a bit of the broth if the mixture tends to dry. When all is well amalgamated, and of a moist and suitable consistency, remove from flame. Stuff the cavity of the rabbit, close and sew or pin-with toothpicks. Roast in roasting pan in a moderately heated oven (about 375°), until golden for about 40 minutes. Avoid its drying by basting frequently with the remaining butter and broth. Serve hot, or as a delicious cold dish in summer. Accompaniments which compliment this dish are mashed potatoes or a zucchini casserole.

CLARA DETTI

DA LAUDOMIA, 58050 Poderi di Montemerano, Grosseto, Italy

CONIGLIO ai FIORI di FINOCCHIO

(Rabbit baked with "Flowers" of Fennel - the wild fennel flowers and seeds that are dried and ground with a mortar and pestle.)

SERVES 4

"Saddle" of Rabbit

1-2 ounces Butter .

3 liters White wine

1/2 ounce Flowers of fennel or fresh ground fennel seeds

SAUCE:

2 pounds Veal bones, cut

Carrots, peeled

2 ounces onions, peeled and cubed

1/2 pound fresh tomatoes

1 ounce tomato paste

3 quarts cold water

In a saucepan, heat butter and saute saddle of rabbit (that beforehand has been salted, peppered and sprinkled with fennel flowers) over medium heat, careful not to burn the butter. Bake at 300° for 25-minutes. Remove rabbit and drain the fat, careful not to remove fennel flowers. Prepare the sauce by mixing all sauce ingredients in a large pot and bring to boil. Remove fat on top and cook slowly for 7 hours, removing fat every so often. Maintain water level above the bone level adding water as necessary. Filter and reduce over low heat. Reduce by wine to evaporate the alcohol and In a saucepan, heat butter and add the brown sauce. Cook several minutes and adjust seasonings. Debone the saddle, slice the meat with fennel flowers and place on heated platter. Cover with sauce and serve. At Locanda dell' Amorosa, the dish is garnished with pureed tomatoes mixed with parsley, butter and a touch freshly grated nutmeg and freshly grated Parmesan cheese. Tablespoonfuls of potatoes are arranged to decorate the plate.

MARCHESE CAROLO CITTERIO

LOCANDA dell'AMOROSA, Sinalunga, Siena, Italy

ITALIAN EGGS and ASPARAGUS

(Late Aunt Philomena Arpaia, made this, another of Grandma's Neapolitan dishes. Aunt Phil's husband, Frank Arpaia loved it ... the Arpaia's were from the vicinity of Arpaia about 30 miles northwest of Naples.)

Serves 2-3

1 pound fresh asparagus,
cleaned and cut into 2 inch pieces
1/2 cup olive oil
1 cup mild onion, chopped
1/2 cup chicken stock
1/2 cup Parmesan, cheese, grated
1 teaspoon dried basil
Salt and pepper to taste
6 large eggs

Saute asparagus in oil in a skillet over medium heat, turning often. When asparagus begins to brown, add onions. Cook until onions soften. Add chicken stock. Simmer 5 minutes. Add cheese, basil, salt and pepper to taste. Cover and simmer 5 more minutes or until sauce slightly thickens. Drop eggs, one at a time, into skillet on top of asparagus, careful to keep yolks intact. Cover and simmer until whites set. Do not overcook eggs. Serve piping hot with additional grated cheese.

ANNA ARPAIA TROPEANO, formerly of North Haven, Connecticut

EGGS alla ROMANO

(Pappa John and Momma Caterina Romano immigrated to the United States from Castelamonte, a small village near Torino in the Piedmont area of Northern Italy. Fine foods and hospitality of their homeland are found at House of Romano.)

SINGLE, LARGE OMELET

3 eggs, beaten
1 teaspoon butter
2-1/2 ounces sweet Italian sausage (pre-cooked)
6 slices pepperoni
1 ounce mushrooms
1 ounce green peppers
1 ounce onions, thinly sliced
2 ounces Mozzarella cheese
1 small fresh tomato, diced
4 ounces Marinara sauce

In an omelet pan or 6-inch frypan, melt butter over medium heat; add the well-beaten eggs. On one half of the omelet, as it begins to cook, arrange the pre-cooked sausage, pepperoni slices, mushrooms, peppers, onions and half of the Mozzarella cheese and half of the diced tomato. Cook until bottom of omelet is done without browning (the top will still be loose or semi-liquid); fold omelet over as you slide it onto platter. Add 4 ounces Marinara sauce to cover omelet and

sprinkle with rest of Mozzarella and diced tomato. Finish cooking in oven at 400° for 5 minutes. Try it with hot garlic bread! Excellent meal anytime of day.

DEBRA B. ROMANO SMITH, THE ROMANO FAMILY
former ROMANO'S, Palm Desert, California

EGGS FLORENTINE

SERVES 6

1/4 cup margarine or butter
1/4 cup flour
1 teaspoon salt
2 cups milk
2 (10-ounce) packages frozen, chopped spinach
1/4 teaspoon nutmeg
12 poached eggs
1/4 cup Parmesan cheese, grated

Melt margarine in sauce pan. Blend in flour and salt. Gradually add milk, stirring constantly until well-blended. Cook over medium heat, stirring constantly until thickened. Cook spinach and drain well. Combine 1/2 cup of the white sauce and spinach. Stir in nutmeg. Pour mixture into 6 ramekins or heat-proof baking dishes. Arrange 2 eggs on top of each. Spoon remaining white sauce over eggs and sprinkle top with cheese. Bake in hot oven (400°) until browned, about 10 minutes.

"C.C." GATTA, Indian Wells, California

FRITTATA alla MARINARA

(An 18th Century Neapolitan seafood omelette. "If Cuoco Galante" by Vincenzo Corrado, published in 1765, was the first real Neapolitan cookery book. This recipe is closely based on the frittata as it was originally made. Italian frittata are cooked more slowly than French omelettes and not folded.)

SERVES 6

1 pound mussels
1 pound clams
12 oysters
2 tablespoons olive oil 1 clove garlic
1 pound shrimp
6 eggs
Lots of parsley, finely chopped
Salt and pepper
2 or 3 more tablespoons olive oil.

The weights for the mussels, vongole and shrimp are as in the shells and whole. If you leave out oysters, increase the amount of the other shellfish. Heat olive oil in large pan. Saute garlic in

the oil until takes on color, then add the shellfish. Once they are open, take them out and remove them from their shells which are discarded. Strain both and cook the shrimp in it. Remove and peel shrimp. Beat eggs with the chopped parsley and a pinch or so of salt and pepper. Dilute mixture with a tablespoon of the broth, strained again through a very fine strainer. Combine egg mixture with shellfish and peeled shrimp. Heat 2 or 3 tablespoons olive oil in a large frying pan, pour in mixture and fry it, turning it once after it has begun to set.

ANTONIO CICCHI

CIRO, via Santa Brigida 71, Naples, Italy

UOVA alla PAESANA

*(Eggs, peasant-style, or country-style - A delicious version of bacon and eggs as we know it.
They are familiar farmer's breakfast in the Po Valley in Northern Italy)*

SERVES 4

4 eggs, fried, sunny side-up

8 slices bacon, fried thick and crisp

Tomatoes, fried (for garnish), or tomato sauce

Polenta

Follow recipe for Polenta in this book. Place thick slices of crispy bacon on the polenta, and crown with eggs fried sunny-side up. Garnish with tomatoes or serve with tomato sauce.

RICHARD CICCHI, Santa Barbara, California

UOVA alla CACCIATORA

(Eggs Hunter style)

SERVES 4

4 tablespoons margarine, or butter

2 tomatoes, thickly sliced

1 tablespoon onion, chopped

4 chicken livers, cut into pieces

1/4 teaspoon salt

1/8 teaspoon oregano

4 eggs

4 slices hot toast

Melt 2 tablespoons margarine in skillet. Saute tomatoes, turning once, until golden brown. Remove and keep warm. Cook onion and chicken livers in margarine. Stir in salt and oregano. In a separate skillet, melt remaining margarine. Break eggs gently into skillet. Gently cook eggs over low heat, spooning margarine over them 3-4 minutes or until desired firmness is reached. Top each slice of toast with chicken livers, tomato sauce, egg. Serve immediately while still hot.

BRITTA CANE, Cathedral City, California

PEPERONI e UOVA

(Peppers and eggs with a chopped fresh tomato make a colorful lunch, scrambled.-or as an omelet.)

SERVES 3-4

3 tablespoons olive oil

1 pound green or red bell peppers, cored, seeded, sliced

6 eggs, beaten

3 tablespoons Parmesan cheese, freshly grated

Heat olive oil in large skillet. Fry peppers, turning occasionally, until lightly browned but slightly crisp. Beat eggs together with Parmesan and pour into cooked peppers. Scramble until desired consistency is reached, or make as an omelet (frittata).

RONALD H. FRIEBORN, SR., Indian Wells, California

CRAB FRITTATA

SERVES 6

1 7-1/2 ounce canned crab meat,

or 8 oz. fresh or frozen

2 tablespoons butter, or margarine

1 clove garlic, crushed.

2/3 cup onion, chopped

1 cup asparagus, chopped

1 cup mushrooms, sliced

1-1/2 teaspoon salt

1/4 teaspoon black pepper

3 eggs

1/2 cup nonfat milk

1/2 cup Parmesan cheese, grated

Parsley

Drain and slice crab. Melt butter in large skillet. Add garlic, onion, asparagus and mushrooms. Saute until tender. Add salt and pepper. Cook, covered, 5 to 7 minutes. Beat eggs, milk and cheese. Combine crab with asparagus-egg mixture in buttered 1-quart shallow casserole or ovenproof skillet. Bake at 350° for 20 minutes or until firm. Garnish with parsley.

RICHARD PROTO, West Haven, Connecticut

ONION FRITTATA

(Italian Omelet that is browned on both sides)

SERVES 2-4

1 medium sized Bermuda onion, peeled and sliced paper thin

3 tablespoons olive oil, or other cooking oil

1 clove garlic, peeled and crushed

4 eggs, lightly beaten

3/4 teaspoon salt

1/8 teaspoon pepper

1 teaspoon basil

2 tablespoons Parmesan cheese, grated

Saute onion in half the oil over moderately low heat, 5-8 minutes until limp but not brown. Add garlic and stir-fry 1 minute. Mix onion and garlic with eggs, seasonings and cheese. Heat remaining oil in heavy 9" or 10" skillet over moderate heat for 1/2 minute. Add egg mixture and cook without stirring 3-4 minutes until browned underneath and just set on top. Cut in quarters and brown flip side 2-3 minutes.

VARIATIONS:

Ham and Tomato Frittata: Omit onion. Saute 1/2 cup slivered prosciutto or cooked ham and 1 coarsely chopped, peeled and seeded tomato in oil 5 minutes, then proceed as directed.

Artichoke Frittata: Omit onion. Saute 1/2 cup thinly sliced parboiled or drained canned artichoke hearts in oil 3-4 minutes. Add garlic and proceed as directed.

RICHARD CICCHI, Santa Barbara, California

ITALIAN PIZZAS

ALLE COZZE (with Mussels) - Add 1 pound shelled Mussels during last 5-10 minutes.

MARGHERITA or della REGINA (of the Queen) - Substitute fresh basil for oregano and add sliced or diced Mozzarella cheese. (No garlic.) Made in colors of the Italian flag - red, white, green - for Queen Margherita.

ALLA ROMANO - Add anchovies (filets or coarsely chopped) and a pinch of pepper. Finish with sliced Mozzarella and sprinkling of grated Parmesan cheese.

ALLA SICILIANA (Sicilian Style) - Add chopped onions and anchovies. Finish with shredded caciovallo or provolone cheese.

ALLA LIGURE (Ligurian Style) - Substitute rosemary for oregano and a handful of pitted black olives.

ANTICA ALLA FRATTESE (Ancient from Fratta) or **PIZZA BIANCA** (white pizza) - Omit tomato. Top pizza with grated cheese, oil and pinch of pepper only. Pre-dates discovery of tomatoes. Provolone, Pecorino or Caciovallo cheeses are used. Mozzarella may be added.

ALL'ORTOLANA (Kitchen Garden Style) - Omit tomatoes and substitute roasted and peeled red, yellow and green peppers, cut into strips. Add a handful of green olives.

ALLA SIRACUSANA (Syracuse Style) - No tomatoes. Top with fried eggplants, Mozzarella slices, oregano, peppers, green olives and a few spoonfuls of tomato sauce.

ALL' AMALFITANA (Amalfi Style) - No tomatoes. Top with 1/2 pound uncooked fresh small sardines (heads removed) and dressed with a mixture of olive oil, salt, pepper and 1 clove minced garlic.

CONCHIGLIOCCHI (With the Eyes) - Add tomato slices, oil, anchovies, 2 tablespoons Parmesan cheese and pepper. Cook 15 minutes. Break 4 eggs on top of pizza and cook 5 more minutes. Add salt and continue cooking until eggs are done, 5-8 minutes.

DELLA LUNA (Of the Moon) - Spread oil on pizza with the fingers. Nothing else. Cook 20 minutes and top with 1/4 cup pesto.

QUATTRO STAGIONI (Four Seasons) - Score uncooked rolled out pizza dough into 4 sections . With knife. Place a different condiment in each section, as follows. First section: pitted black olives with chopped anchovies and oil. Second section: pickled artichokes in oil. Third section: sauteed

. Fourth section: raw mussels or clams tossed in olive oil and minced garlic added during last 5 minutes of cooking. Other topping variations: tomato filets and diced Mozzarella; prosciutto strips and diced Mozzarella; chopped onions, Gruyere cheese and ham. Sauteed onions and zucchini; eggplant and oregano.

OTHER PIZZA VARIATIONS:

GREENS - Fresh spinach or beet greens; Parmesan or Pecorino or Provolone cheese; olive oil.

FENNEL - Onions, olive oil, thin-sliced stalks of fennel, Parmesan or Pecorino cheese.

CARDOONS - White thistles (cardi) found in Italy is substituted for fennel in Fennel Pizza.

OLIVES - Chopped tomatoes, Mozzarella, green olives (pitted, chopped), olive oil.

CAVIAR - Actually olives marinated in herb oil, Mozzarella and olive oil.

PUGLIAN LAMPASCIONI (Shallots) - Shallots, Pecorino or Romano, olive oil.

ARTICHOKES - Artichoke hearts, Mozzarella (tomatoes and herbs optional).

MACEDONIAN PIZZA - Zucchini, tomatoes, onions, pitted plums, green pepper, olive oil.

BLACK TRUFFLES - Two finely sliced truffles, garlic, mashed anchovy filets, pepper.

Truffles are available in many gourmet food shops;

GORGONZOLA - Gorgonzola, garlic, onions, olive oil (tomatoes optional).

SCAMORA & POTATOES - Scamora or Mozzarella, potatoes, anchovies, olive oil, pepper.

CICINIELLI - Cicinelli (tiny transparent fish from Naples), garlic, oregano, olive oil. Cicinielli may not be readily available in the U.S.

ALSO CHOOSE: Pancetta (bacon), sausage, salami, tripe, prosciutto (ham), peppers, figs, chicken livers, pineapple, spaghetti, hearts of palm, tuna, snails, eels, squid, smoked salmon, smoked herring, sardines, shrimp, prawns, seaweed, oysters, clams, mussels, mushrooms, zucchini, asparagus, broccoli, eggplant - and you'll still have an "authentic" Italian pizza.

AUTHENTIC NEAPOLITAN PIZZA

(the Tomato Pie)

There is no way to improve upon the taste of a genuine Neapolitan pizza; neither is it easily copied. Neapolitan pizza is quite different from what is produced in most pizza shops that have become such a familiar part of the American scene. It is different in the way it is baked, the consistency and taste of the dough, in the flavor of the tomato topping.

Classic Neapolitan pizza is never baked in a pan. It must be baked on a hot brick or stone surface. A pan traps the pizza in the oil with which it has been seasoned, giving it a greasy, fried taste rather than a crisp, clean, baked taste. The dough should be elastic, not rubbery, tender but not spongy, faintly sour but not yeasty tasting. When done, it should be crisp on the outside and firm throughout. Except for the raised edges, which resemble a "bubble of bread" a pizza should have a uniform thickness of not more than 3/8 inch crust.

The tomatoes used for the topping are simply tomatoes and not a sweetish sauce. Ideally, they should be plum tomatoes, so fully and perfectly ripe that they can go into the oven raw without preliminary cooking; in practice, this rarely works out unless you grow your own, and just about all tomatoes in the market are so watery they must be scalded with a little olive oil before they can go on a pizza. If you cannot find fresh tomatoes, substitute a high quality imported Italian brand of the San Maranzano variety. Following, are variations of the pizza that have evolved as "*traditional*" pizzas. Cheese or seafood are added during the last 5-10 minutes of baking unless otherwise specified.

AUTHENTIC NEAPOLITAN PIZZA DOUGH

YIELDS ONE 10-11 INCH PIZZA CRUST

1-1/2 cup semolina (hard durum wheat) flour

1 teaspoon salt

1/2 ounce fresh cake-yeast,

or 1/2 package dry yeast dissolved in 1/2 cup lukewarm water

1 tablespoon olive oil

By hand, pour the flour onto a work surface, shape it into a mound and make a shallow hole in the center. Place salt, dissolved yeast and olive oil in the hollow and draw the sides of the dough with your hands until all the ingredients are well blended and form a ball of dough. Then knead for about 8 minutes. (If you use a food processor, blend all ingredients and knead by hand for 5 minutes.) Rising: Pizza dough goes through a single fairly rapid rising. It *doubles* in volume in about 3 hours. Put the kneaded dough in a lightly floured bowl with wet (wrung out) dishtowel, folded in half, over the bowl. Place bowl in a warm, protected place, such as an unlit oven with gas pilot. It is ready to use when it has doubled in volume, in 3 hours or so.

AUTHENTIC NEAPOLITAN PIZZA and PIZZA alla MARINARA

When the dough is ready for the topping, preheat oven stone or tiles 30 minutes in a hot oven (450°). Roll out pizza dough into a round disk about 10 or 11 inches in diameter, which should work out to a thickness of about 1/4 inch. Turn the dough over from time to time as you roll it to keep it from shrinking back. Try not to roll past the edges. As you reach the desired diameter, use fingertips to push some of the dough from the center toward the edge, making the edge at least twice as thick as the rest of the crust will be to form a "bubbled" edge. Place dough on a lightly floured wooden paddle or sheet of cardboard (a light sprinkling of cornmeal also helps prevent sticking and adds flavor to bottom of crust). Spread toppings evenly over the dough, but only when you are ready to bake the pizza, and in the order suggested, so the pizza will not become soggy. Slide pizza from paddle onto the hot stone or tiles (which have been pre-heated for at least 30 minutes). Bake pizza for about 15 to 20 minutes until the dough on the bubbled edge of the pizza has turned a rich golden color with a few specks of brown.

ANNA BENEVENTO

DA DELICATO, Largo Sermoneta 34, Naples, Italy

COAL OVEN PIZZA and CLAM PIE

Frank Pepe *invented* the coal oven pizza in 1925 when he opened *Pepe's Pizzeria Napoletana, New Haven, Connecticut*. Pepe's has continued to serve his famous uniquely flavorful traditional pizzas for 62 years. But none compares to his legendary specialty, White Clam Pie. When available, the oval crust is topped with whole fresh clams, olive oil, oregano and lots of garlic.

CHICAGO STYLE PIZZA

(Invented in 1943 by Ike Sewell at Pizzeria Uno.)

With well over 2,000 pizza restaurants in the Chicago area, it is claimed that Chicago - not Naples - is the pizza capital of the world. One thinks of the Chicago pizza as the deep-dish type, but restaurants now serve all varieties: thin crust, medium crust, thick crust, stuffed, rolled, square, and even stacked! And it's more savory and made to perfection than even in Italy, because Americans, particularly Italian-Americans, even more particularly Chicago's Italian-Americans demand it!

PIZZA MARGHERITA

(Made for Queen Margherita in red-white-green colors of the Italian flag. Adds Mozzarella but omits anchovies traditionally used in Neapolitan style. The Romans combined both Mozzarella and anchovies in "alla Romana style.")

MAKES ONE 10-11 INCH PIZZA

1 pound fresh ripe plum tomatoes, rinsed, peeled,
drained and cut into strips
2 tablespoons olive oil
1 tablespoon salt
6 ounces whole-milk mozzarella
3 tablespoons olive oil
1 tablespoon oregano
1 tablespoon freshly grated Parmesan cheese

Saute the tomatoes in a medium covered saucepan with the olive oil and salt for 2-3 minutes. When the tomatoes leave softened a bit, remove the cover and cook for 6-7 minutes more, stirring frequently Drain and discard the liquid after allowing the tomatoes to sit in a strainer over a bowl for 5 minutes.

Then mash and strain the tomatoes. Set aside to cool. Unless you can find buffalo mozzarella, prepare mozzarella as follows: Shred or grate the mozzarella into a bowl. Add the olive oil, mix thoroughly and let steep for at least one hour before using . Place pizza dough on oven paddle and place tomatoes on dough evenly, then salt, then mozzarella, then oregano, then Parmesan cheese. Place the pizza on the preheated baking stone or tiles at 450° for 15 to 20 minutes, until the bubbled rim of the dough is a rich golden color with a few brown specks.

ANNA BENEVENTO

DA DELICATO, Largo Sermoneta, 34, Naples

THE GRAND APIZZA

(Best in the East!, says owner Fred Nuzzo - The Grand Apizza, named for the historic Grand Avenue Italian section of New Haven where it has been serving 3 generations for 32 years, is an authentic Neapolitan pizza. Fred Nuzzo says his son is now also serving this addictive delight to North Haveners at Grand Apizza-North)

MAKES 4 LARGE PIZZAS

DOUGH:

3 pounds high-gluten flour
1/4 ounce yeast cake (on cold days, 1/2 ounce)
1 quart "tapped" water (meaning lukewarm, on cold days use warmer water to dissolve yeast)
3/8 ounce salt
1 tablespoon oil (optional for homemade pan pizza)

SAUCE:

1 (32-ounce) can Italian plum tomatoes
1 (32-ounce) can California plum tomatoes

1 (28-ounce) can California pureed or crushed tomatoes

Salt and pepper to taste

TOPPINGS (choose one or more):

Fresh garlic, Mozzarella cheese, mushrooms, onions, peppers, sausage, meatballs, bacon, pepperoni, anchovies, (for clam pies, use red or white; for Mozzarella add a bit of oregano)

Place water in dough mixer (commercial types hold 60 quarts), using a dough hook. Dissolve yeast and salt in water 5-10 minutes. Add flour and mix on slow speed 15 minutes (or until all lumps are gone). Remove hook, cover dough, let rise about 1 hour. Place risen dough on floured surface, and divide into one-pound pieces. Knead and roll each into rounds (about 3/4-inch thick and make higher ridge around the edge). Let rest 15 minutes. (Refrigerate to retard dough and take out 1/2 hour before use.) Place on wooden paddle with some corn meal on paddle to help the pie slide into the oven. Ladle tomato sauce mixture onto dough and add your choice of toppings. For plain tomato pies, just add grated cheese, oil and a dash of oregano and bake. Don't overload the top.

Brick oven temperature is 550° preheated. Or, in conventional oven, use baking tiles and lower heat to 350° - 450° depending on oven - (and add a little oil and sugar to home-made pizzas). Humidity affects rising and baking time. Fantastico!

FRED R NUZZO

GRAND APIZZA, 111 Grand Avenue, New Haven, Connecticut

NEW YORK STYLE PIZZA

(Best in the West! -Michael Anthony's side-walk cafe pizzeria makes the most authentic "back East pizza" on the West Coast. Mrs. De Paola even serves it "by the slice" but her recipe calls for ingredients for 50 pizzas! That's okay, Mrs. De Paola - in December 1981, President Reagan's staff ordered 40 pizzas with extra cheese in Cincinnati. The President doesn't know what he's been missing right in his own Western White house backyard. Here's instructions for your own pizza party):

SERVES A SMALL ARMY (or all the President's men -- about 50 medium pizzas)

50 pounds flour (unbleached)

6 gallons water

2 tablespoons dry yeast

1 cup olive oil

3 ounces salt

6 ounces sugar

NOTE: If you are going to make many pizzas, It is better to make the dough in two or more batches, as it is easier to work with that way and the rising takes place more easily.

Dissolve yeast with 1 cup warm water. Put flour in a 60-quart mixer. Add yeast and other ingredients. Mix at low speed for 12 minutes - and that's it! Allow dough to rise (it will double in volume in 3 hours) by placing in large container covered with a damp cloth in a dry, warm place. Roll out the dough and select your toppings; which should not be a thicker layer than the crust. Bake at 400° (conventional oven).

TOPPINGS: Choose a "Cheese," "Vegetarian," or "Whole House" Pizza with any or several

of the following toppings: onions, sausage, olives, meatballs, bell peppers, mushrooms, pepperoni, salami, anchovies, jalapeno, pineapple or Canadian bacon.

MR. & MRS. EMILIO DEPAOLA

MICHAEL ANTHONY'S PIZZERIA, 1020 State Street, Santa Barbara, California

PIZZA CALABRESE

(Calabrian Fish Pie)

SERVES 6

1-1/2 pounds bread dough (once risen, made with- 4 cups flour)

7 tablespoons softened lard

Salt and pepper

2-1/2 pounds tomatoes (ripe)

4 tablespoons olive oil

8 ounces tuna (canned)

3-4 anchovy filets

1 cup (scant) black olives, pitted

2-3 tablespoons capers melted lard

Put the dough on a pastry board, open it up in the middle, add the lard and a little salt and pepper and knead vigorously until smooth and elastic. Cover and put aside in a warm place to rise. Feet and chop tomatoes *discarding the seeds*. Heat olive oil in large pan, add tomatoes, sprinkle with salt and cook over brisk heat 15 minutes. Drain canned fish, chop anchovies and olives. Mix in tomato sauce and capers. Break dough into 2 pieces, one larger. Grease deep baking pan (12 inches diameter) with melted lard and line with larger piece of dough. Fill with fish mixture, cover with remaining dough and press edges firmly together. Brush surface lightly with lard. Allow to rise again until dough looks puffy. Bake in moderate oven, 375° for a little over an hour, until pastry is risen and golden brown. Serve hot or cold.

DINO GARGANO

SIRENETTA, via Garibaldi, Taranto, Italy

PIZZA, DUBLIN STYLE

(Flanagan's is renowned for its "original" pizzas)

SERVES 2-4

1 Pizza dough

2 ounces tomato sauce

4 ounces Mozzarella cheese

2 slices ham

3 slices "black pudding"

3 slices "white pudding"

Either use prepared dough (approximately 1/2 pound), or make your own with 1-1/2 cups semolina, 1 teaspoon salt, 1/2 ounce fresh yeast cake dissolved in 1/2 cup lukewarm water, and one tablespoon olive oil. Roll out and stretch pizza dough to about 12-inches in diameter. Spread

tomato sauce evenly over dough. Cover with Mozzarella cheese. Break up ham and add it with the pudding on the pizza. Sprinkle with a little oregano. Bake for 6 minutes at 350° degrees.

GERRY HYNES

FLANAGAN'S RESTAURANT, 61 Upper O'Connell Street, Dublin, Republic of Ireland
(United Kingdom)

ITALIAN BREADS

Pizza-Like Breads:

BORLENGHI - from Emilia

CROSTATA - throughout Italy

FOCACCI - throughout Italy

PUDDICA (a Focaccia) - from Puglia

SCHIACCIATINE - Pita-like

TESTAROI-PANICACCI - from Lericci

Fried Breads:

CALCIONI ABRUZZESI - Calzone from Abruzzi

CASSONI - from Emilia

CHIZZE - from Emilia

DON ZALLINE - from Tuscany

PANZEROTTI - throughout Italy

PIADINA - Romagna, Po River

SCIATT ("toad") - Valtellina, Northern Italian Mountains

SGABEI - from Lunigiana

TIGELLE - from. the Apennines

Gnocchi (classified as breads):

CRESCENTINE - from Bologna

CHISOLINI - from Mantua

BURT (Lena) - from Piacenza

Other Breads:

CASTAGNACCIO - Ligurian chestnut, pine nut, raisin sweet

FARINATA - Ligurian bread made with chick-pea flour

FRISEDDE - Puglian toasted bread

GRISSINI - thinnest cracker-like salty bread from Piedmont

PANELLE - simplest Farinata from Palermo, Sicily

PANICCIA - Piedmont version of Farinata

TORTA PASQUALINA - Easter torte of Liguria, a bread ring containing 2 hard-cooked eggs

CALZONE

(Originated with Mr. Italo, of Ventura, in the Lazio region of Italy)

SERVE 5 4-6

- 1 pound loaf of frozen bread dough, thawed
- 2 tablespoons margarine
- 6 slices Provolone cheese
- 6 slices hard salami
- 4 slices Mortadella (pressed ham)
- 4 slices ham
- 3 tablespoons pizza sauce
- 2 slices red onion thinly sliced and separated into rings (optional)

Roll pizza dough (or bread dough) out onto a lightly floured surface making about an 11 x 14-inch rectangle. Spread margarine over top of dough. Arrange the cheese, meats and onion rings over center of dough and then spoon sauce over fillings. Fold shorter sides of rectangle into the center and over) lap them a few inches. Pinch together center seam and dough ends to seal in filling. *Carefully* transfer to a greased baking sheet or pan. Brush top of dough with an eggwhite and water. If desired, sprinkle with poppy or sesame seeds. Bake in pre-heated oven at 450°(gas), for 15-20 minutes. Allow to cool a few minutes before cutting and serving. (It's HOT inside!).

LAWRENCE B. CUNNINGHAM

ITALO'S RESTAURANT, 51-230 Eisenhower Drive, La Quinta, California

ITACO

(This smaller, single-serving version of Calzone, is an Italian version of the Mexican taco.)

MAKES 4-6

- 1 pound pizza dough, or 1 pound loaf of frozen bread dough, thawed
- 2 tablespoons margarine
- 6 slices Provolone cheese
- 6 slices hard salami, or any combination of sliced salami, Mortadella, ham, etc.
to total 14 slices of meats, or less
- 3 tablespoons pizza sauce
- 2 slices red onion, sliced thinly into rings (optional)
- Chili peppers, sliced (to taste)

Roll pizza or bread dough and follow instructions as for Calzone, except begin by cutting dough into 4 to 6 rectangles for individual Itacos. Arrange choice of filling ingredients, slicing smaller as necessary. This is a Mexi-Italiana turnover to satisfy smaller appetites but with all the full pizza taste.

LAWRENCE B. CUNNINGHAM

ITALO'S RESTAURANT, 51-230 Eisenhower Drive, La Quinta, California

BROCCOLI or ZUCCHINI BREAD

(The nice thing about this treat is that, depending on how many times the loaves are cut in half, 2 loaves can serve 4-8 people, but also can make hors d'oeuvre sized pieces for up to 24 people.)

2 loaves Italian or French bread
4 packages frozen chopped broccoli or zucchini
4-5 cloves garlic, finely chopped
2-3 tablespoons vegetable oil
1/2 pound sliced pepperoni
1/2 to 1 pound shredded Mozzarella cheese

Lightly saute garlic in frying pan. After steaming broccoli until thawed and tender and hot, slice loaves of bread, lengthwise down the center, and place both the cooked broccoli (or zucchini) and garlic evenly between halves of bread; place pepperoni evenly on top of broccoli, then place shredded Mozzarella over pepperoni. Close halves of bread and slice each loaf in half vertically to make individual portions. Wrap each half-loaf in aluminum foil snugly to keep in place and place on rack or cookie sheets. Bake at 350° for about 20 minutes until piping hot. Pierce each loaf, still wrapped, with a sharp knife about an inch deep and a few inches long (as one would split a baked potato) and serve. Broccoli Bread (or Zucchini Bread) can also be prepared ahead by following instructions except baking; instead freeze until ready to bake and serve. Delicious!

JOSEPHINE LAVRADO, Fairfield, Connecticut

CASTAGNACCIO

(A Ligurian chestnut-flour sweet, served hot, warm, or cold)

SERVES 6

3-3/4 cups chestnut flour, sifted
Salt
1/2 cup water, approximate
1-1/2 teaspoons fennel seed
2 tablespoons pine nuts
1/4 cup raisins

Mix chestnut-flour in a bowl with water seasoned with a pinch of salt, adding the flour gradually, using a whisk for a thick batter. Pour batter in a deep pie dish, well-greased, and sprinkle fennel seeds, pine nuts and raisins (revived in warm water) on top, then moisten the top with oil. Bake in preheated 400 oven until top forms a nice crust. (Tuscan version adds olive oil and sugar to the dough).

RICHARD PROTO, West Haven, Connecticut

FOCACCIA

(Called "Puddica" in Puglia it's a thick pizza with smoother, more bread-like texture)

4-1/2 cups flour

Salt

1-1/2 cubes (2/3 ounce) compressed yeast,
dissolved in 1/2 cup warm water

Mix pinch of salt with flour; add yeast and about 1/2 cup water to make a soft but firm dough. Knead until smooth and elastic. Let rise at least 1/2 hour, then roll it out and put in greased pan. It should be at least 1-1/2 inches thick. Cook in preheated 400 oven 30-45 minutes. Let cool before cutting and serving. It is very good with cheese, ham, salami and so on.

VARIATIONS: Add to dough or top with any one or more of the following. Rosemary, sage, garlic, tomatoes, white wine (substitute for water, Puglian style); cheeses, sausage, onions (Umbrian or Ligurian style); ciccioli (transparent tiny fish, Friuli style) in southern Italy is called Sfrizzoli; in Calabria Ricotta, hard-boiled eggs, prosciutto and Mozzarella or Provolone are added; and in Naples is called Tortano). Sicilian version of onion Focaccia is called Scacciata; in Como, its Fitascetta.

RICHARD PROTO, West Haven, Connecticut

SFINCIUNI

(A Focaccia from Palermo)

SERVES 6

BREAD:

1/3 cup olive oil

Juice of 1 lemon

Salt and pepper

4 tablespoons Pecorino, Romano, or Caciocavallo cheese, grated

3-1/2 cups flour

1-1/2 cubes (2/3 ounce) compressed yeast, dissolved in 1/2 cup water

TOPPING:

1/3 cup olive oil

1 large onion, chopped

3-4 tomatoes, peeled, seeded, chopped

1/4 cup parsley, chopped

3/4 cup Pecorino, Romano or Caciocavallo cheese, cut into small pieces

4 anchovy filets, washed and cut into pieces

4 tablespoons olive oil

2 tablespoons dry breadcrumbs

Anchovies for garnish

Warm the olive oil and add lemon juice, salt, pepper and cheese. Work this mixture into the flour, then add yeast. You should get a soft but firm dough. Knead well. Put into a bowl dusted with a little flour, make a cross-shaped incision in the top and let it rest 2 hours, covered with a

cloth, in a warm place.

While the dough rises, prepare topping. Heat the oil in pan and add onion and tomatoes. Allow to cook for a few minutes. Add parsley, cheese, anchovies. Let cook gently over low flame 10-15 minutes. Set aside. After 2 hours, briefly knead dough again and spread on greased round baking pan. Let rise for another 1/2 hour in a warm place. When dough is ready, poke indentations into the top with your finger and spread half the sauce over it. Bake in a preheated 400° oven for 1/2 hour. In the meantime heat 4 more tablespoons of oil in a frying pan with 2 tablespoons dry breadcrumbs. Take Sfinciuni out of the oven and cover it with the rest of the sauce, garnish it with a few more pieces of chopped anchovy and cover it all with breadcrumbs. Moisten with a little fresh oil and put back in the oven another 10 minutes to bind it all together and serve.

RICHARD PROTO, West Haven, Connecticut

SCHIACCIATINE

(A pita-like bread made with the same dough as for pizza - Good with salamis, other antipasti)

SERVES 6

3-1/2 cups flour (approximate)

1 cube (2/3 ounce) compressed yeast, dissolved in 1/2 cup water

1 cup water

Pinch salt

Rosemary leaves (or oregano)

Olive oil

Add water and salt to yeast mixture. Add flour until dough becomes too stiff to stir. Turn out onto a floured board and knead in enough flour to form elastic dough. Let rest in a cool (not cold) place 1/2 hour, covered with a towel. Then divide dough into 6 portions and roll each out in to circles 4-inches wide and very thin. Moisten each Schiacciatine with a little oil and cook in preheated 400° oven as with pizza. When they turn golden and are just barely cooked, brush them with a little more oil and sprinkle with salt and a few rosemary leaves and return to oven for a few more minutes.

RICHARD PROTO, West Haven, Connecticut

TARALLI

(Taralli are very hard doughnuts, great for dunking. Taralli are first boiled and then baked.)

YIELDS 2 DOZEN

3 cups flour

1 teaspoon salt

1/2 tablespoon freshly ground black pepper

2 tablespoons baking powder

1/4 cup lard or shortening
5 large eggs
Boiling water

Sift together in large bowl, the flour, salt, black pepper and baking powder. Mix lard and flour mixture together by rubbing between the fingers until crumbly. Make a well and break eggs into well. Mix dough with fingers until you can gather a rough ball. Knead until smooth and elastic. Divide dough into 24 pieces. Roll into small "sausage-shapes" and then into "rings," closing ends firmly together. Preheat oven to 375. Meanwhile, flour 2 cookie sheets. Boil water. Drop a few Taralli at a time into boiling water; cook 2-3 minutes until each batch comes to the top. Remove with slotted spoon and place on floured cookie sheets. With point of a sharp knife, draw a crack around the top of the Taralli. Bake 15-20 minutes at 375 until lightly browned.

ALFRED B. CARANGELO. Santa Barbara, California

ITALIAN EASTER BREAD

YIELDS 2 LOAVES

2 cups sugar
5 cups flour
6 eggs
1 package dry yeast
2 cups sugar
1 tablespoons vanilla
1 tablespoon anise flavoring
1/2 pound margarine or butter

Mix flour, sugar and butter or margarine. Add eggs and yeast. Add remaining ingredients and mix well. Cover and let rise for 2 hours. Bake in 350° oven in 2 loaf pans. Sprinkle with confectioner's sugar after loaves cool.

LOUIS and LOUISE DOLCEACQUA, Hamden, Connecticut

ITALIAN CHEESES

(Available in the U.S. in Italian markets and specialty food stores, if not at your supermarket)

Italians have been making cheese for thousands of years. The cheese that comes from the Alps is very different from that which comes from the Po Valley, the Abruzzi, or from the hot South. There is creamy "Bel Paese" and blue-striped "Gorgonzola" sharp sheep's cheese from Rome, and the hard, flaky "Parmesan" cheese which is made from whey and, when freshly grated, is used to perk up soups, sauces and pasta dishes.

ASIAGO - When ripe, a semi-soft slicing cheese, great for pastas and pizza.

Bel Paese - A semi-soft, very mild cheese made from cow's milk. It is used as a table cheese as well as cooking.

CACIOCAVALLO - Similar to Provolone cheese. It originally came from the Southern provinces but is now also made in Northern Italy. It is mild, has a spicy tang when young, and is used mostly as a table cheese, although it hardens as it matures and can then be grated.

FONTINA - A fairly firm cheese, similar to Gruyere in texture, with tiny holes on the surface. Not only is it indispensable in preparing fondue, but it is an excellent table cheese. (Not to be confused with Danish Fontina.)

GORGONZOLA- A rich, creamy, blue-green veined cheese made from whole cow's milk. It can be mild (dolce) or sharp (piccante). It is used as a table cheese and is particularly tasty over pasta.

ITALCO- Relative of Robiolu.

Mascarpone - A rich, fresh cream-cheese that spreads easily. It can be eaten sprinkled with sugar and/or cocoa powder for a treat.

MOZZARELLA - Originally made from Water Buffalo milk, now made from cow's milk. A bland, smooth cheese that is used for its melting-chewy qualities on lasagna, pizza and other baked dishes, and in sandwiches for its mild, nutty flavor. Fresh Buffalo Mozzarella, great delicacy, is now available in gourmet Italian food shops. Fresh Mozzarella is very perishable and should be used within 2 to 3 days after purchasing. Smoked Mozzarella keeps a bit longer.

PARMESAN - (Parmigiana) A firm cow's milk cheese. The best, most expensive is Parmigiana-**REGGIANO** (from Parma, Italy). Aged Parmesan is grated and served over pasta, in soups, salads and many other dishes, and is best when freshly grated. In Italy, when this cheese is very fresh and moist, it is eaten as a table cheese.

PECORINO - A medium sharp cheese made from sheep's or goat's milk. Aged pecorino is used alone in dishes or combined with Parmesan.

PROVOLONE - A hard but creamy cheese made from cow's milk, it can be mild or sharp, fresh or smoked. It melts easily and can be grated or sliced.

RICOTTA - Made from either cow's or goat's milk. Ricotta resembles a smooth cottage cheese. Fresh Ricotta is used in cooking but can also be a table cheese, and is a pasta filling as well as sweetened filling for pastry.

ROBIOLU - High fat mixture of cow's, sheep's, goat's milk (one step past heavy cream) often marketed combined with fruit and spice.

ROMANO - Can be substituted for Parmesan in most dishes. It is a firm, sharp cheese made from goat's milk, usually grated.

TALEGGIO - From Northern regions, similar to Canembert.

PANE con FORMAGGIA
(Bread with Cheese)

SERVES 4

1/2 loaf French bread (cut lengthwise)
4 ounces butter
1 teaspoon garlic, minced
1-1/2 cup Mozzarella cheese, freshly grated
4 teaspoons basil, chopped

In a small sauce pan, slowly saute garlic in butter. Cut loaf of French bread in half, lengthwise, then cut the half-loaf into 4 to 6 pieces. Reserve the other half for another use. Brush each - piece of bread with the garlic butter; then sprinkle with grated Mozzarella and basil. Use more Mozzarella as desired. Toast in 450 oven for 3 to 5 minutes or until cheese is melted and bubbly. Makes a good appetizer or accompaniment to dinner.

ELSIE McFARLAND

CARO AMICO, 3606 S.W. Barbur Boulevard, Portland, Oregon

MOZZARELLA IN CARROZZA

(Mozzarella "in Carriage," a sandwich hearty enough for either lunch or supper.)

SERVES 6

SAUCE:

1/2 cup butter or margarine
1/4 cup lemon juice
2 tablespoons capers, drained and minced
2 tablespoons parsley, minced
6 anchovy filets, finely chopped

SANDWICHES:

6 (1/4-inch) slices Mozzarella cheese
12 slices Italian-style or firm textured, day-old white bread, trimmed of crusts
3/4 cup olive oil or other cooking oil
1/4 cup butter or margarine 3 eggs, lightly beaten

Heat all sauce ingredients, uncovered, over low heat for 15 minutes. Cover and keep warm at the back of the stove. Sandwich each slice of Mozzarella between 2 slices of bread, then trim so edges of bread are even with the cheese. Or, using a large round cookie cutter, cut bread and cheese so they are the same size. Dip edges of each sandwich in milk, then in crumbs, to coat evenly. Heat oil and butter in a large heavy skillet over moderately high heat about 1 minute. NOTE: Oil should be about 1-inch deep in skillet, so add more if necessary.) Dip sandwiches in beaten eggs to coat well, then fry, a few at a time, in oil, about 1 minute on each side until golden brown. Drain on paper towels. Serve hot, topped with some of the sauce.

MARIA GRAZIA BENEVENTO DOLCEACQUA, Salerno, Italy and New Haven, Connecticut

PANZAROTTI
(Fried Cheese-Stuffed Ravioli)

SERVES 6

2-1/2 cups flour, all purpose

1/2 cup olive oil

2 egg yolks

Salt

STUFFING:

1 cup fresh Mozzarella cheese, diced

2 eggs

5 tablespoons Parmesan cheese, grated

Salt

1/4 pound salami or Parma ham, diced (optional)

Oil for frying

DOUGH: Sift flour into a mound on pastry board or into bowl. Make well in center. Add oil, pinch salt, egg yolks and about 1 tablespoon lukewarm water. Amalgamate ingredients and knead to a firm dough. If too thick, add water; if too thin, add flour. When smooth and elastic put in lightly floured bowl, cover and allow to "rest" about 30 minutes. Roll out into one thin sheet and cut into circles about 2-1/2 inches in diameter.

STUFFING: Put Mozzarella into a bowl with eggs, Parmesan, salt to taste (and Salami, or ham if used). Mix thoroughly; put teaspoon of mixture on each circle of dough and seal with fork. Deep fry. Panzarotti a few at a time until crisp and golden brown. Drain and serve very hot.

GIANNI PICCINNI, GIACONDO, via Piave, 53 Cosenza

PARMESAN PIE with TRUFFLES

(From Bologna. In Autumn, Truffles or Tartufi, are plentiful in Northern Italy)

MAKES AN 8-10 INCH PIE

White Truffles, cut into thin slices

Fresh Parmesan cheese, cut into squares

Olive oil

Polenta, cooked (optional)

Grease baking dish and place a single layer of truffles on the bottom, then a layer of Parmesan squares, another layer of truffles and finishing with Parmesan. Douse with olive oil and put in hot oven for a few minutes - just enough to soften the cheese and bind the truffles.

VARIATION: Start with a layer of Polenta, then alternate layers of truffles and Parmesan.

BOB MILLIGANI, Lancaster, California

SAUCES OF ITALY

In Italy, the sauce is part of the dish, a necessary ingredient. It is not used to mask the food, but rather to enhance it. Although used sparingly, there is great variety of Italian sauces--and omato sauce is only one of the many sauces for pasta, meat, fish, poultry, and even some vegetables.

AGLIO-OILIO-PEPERONCINO - garlic, olive oil, sweet peppers, anchovies, Parmesan.
AGRA DOLCE - sweet and sour sauce (from Milan)
AL BURRO - with butter and grated Parmesan
AL PEPERONCINO- red pepper sauce (over cauliflower)
AL RAFANO - Venetian horseradish sauce (meal, fowl)
AL SUGO - with tomato sauce and grated Parmesan
AMATRICIANA - tomatoes, red peppers, bacon onions, garlic
BESCIAMELLA - cream sauce (Northern Italy)
BOLOGNESE - tomatoes, meat, onions, herbs (bologna)
CARBONARA - smoked ham (bacon), cheese, eggs, olive oil
CARRETIERRA - tuna, mushrooms, tomato puree, ground pepper
CON LE VONGOLE - clams, garlic, parsley, pepper, olive oil, sometimes tomatoes
DI FEGATINI - chicken liver sauce (over gnocchi)
Di FORMAGGIO - cheese sauces
Di FUNGHI- mushroom sauce (from Verona)
Di NOCI- walnut sauce from Northern Italy (ravioli, fish)
Di PUMODORO - tomato sauce
Di ZUCCHINI - zucchini sauce (from Marches)
GRANO EN INDIANO - Curried corn sauce (Rome)
MARINARA - tomatoes, olives, garlic, clams, mussels
PIZZAIOLA - thick, unsieved tomato sauce with garlic
PESTO - basil leaves, garlic, cheese, sometimes pine kernels and marjoram (Genoa)
POMMAROLA - tomatoes, garlic, basil
PUTTANESCA - capers, black olives, parsley, garlic, olive oil, black pepper
RAGU - same as Bolognese
VERDE - parsley, basil, pine-nuts

CONDIMENTO per ANTIPASTO

(Antipasto Dressing)

SERVES 4

1 teaspoon chopped parsley
1/4 teaspoon dried oregano, crushed
1/2 teaspoon salt
1/8 teaspoon white pepper
1/4 cup red wine vinegar
1/2 cup olive oil

In a mixing bowl, combine the parsley, oregano, salt, pepper and vinegar. With a fork, beat the olive oil into the mixture, a little at a time. Correct the seasoning by adding more salt if needed. Provides 3/4 cup dressing enough for 4 servings antipasto.

RON FRIEBORN, Indian Wells, California

CONDIMENTO all' OLIO e ACETO per INSALATA
(Oil and Vinegar Dressing for Green Salad)

SERVES 6

1/4 teaspoon salt

1/8 teaspoon pepper

1 clove garlic, mashed

2 tablespoons wine

6 tablespoons olive oil

Combine the salt, pepper, garlic and vinegar (either in bowl in which the salad is to be served or vinegar a separate bowl). Gradually add the olive oil, beating it with a whisk until an emulsion is formed. Remove garlic before combining dressing with greens.

LORI CARANGELO, Indian Wells, California

MARINARA SAUCE WITHOUT SALT

MAKES 4 Cups

1 clove garlic

1 tablespoon olive oil

2 cans (16 ounce each) unsalted tomatoes

2 cans (8 ounces each) unsalted tomato sauce

1 teaspoon oregano leaves

1 tablespoon chopped or dried parsley

Saute garlic in olive oil. Add tomatoes and tomato sauce, slowly. Stir in oregano and parsley. Bring to a boil and simmer, covered, for from 20 minutes to 2 hours. (The longer the better!) Break up the tomatoes in the sauce with a potato masher occasionally and stir.

This sauce has great versatility. It's wonderful over fresh cooked pasta, as a pizza sauce and in any dish calling for tomato sauce. Perfect for those watching their salt intake.

ALFRED CARANGELO, Santa Barbara, California

RAGU

(Bolognese Meat Sauce)

SERVES 6

(or enough for 1-1¹/₄ pounds spaghetti)

6 tablespoons butter

2-1/2 tablespoons olive oil

1 onion, finely chopped

1 carrot, finely chopped

1 stalk celery, finely chopped

2/3 cup bacon, finely chopped

3/4 cup pork, minced

3/4 cup beef, minced

1/4 cup sausage meat

2-3 chicken livers (optional)

2/3 cup dry white wine

Salt and pepper

4 teaspoons tomato paste

1-1/4 cups stock

4 tablespoons light cream or milk

Heat half the butter and all the oil in a deep frying pan. Add the onion, carrot, celery and bacon. Fry over low heat until vegetables soften and begin to change color. Add pork, beef, sausage (and livers if used). Fry gently until they begin to brown, crumbling with a fork. Moisten with wine and cook until it evaporates, then season with a little stocks. Stir this into the sauce, cover and cook slowly, stirring from time to time and gradually adding rest of stock. After cooking 1-1/2 hours, stir in cream and continue cooking until reduced. Add remaining butter, stir until melted and mixed into sauce. (If desired, sauteed chopped mushrooms can be added at this point.)

GUISEPPI BRUNETTI

ANTICO BRUNETTI, via Caduti di Cefalonia, 5, Bologna, Italy

GENOESE PESTO

MAKES ABOUT 1-1/2 CUPS

2 cups fresh basil leaves, packed

2 large garlic cloves

2 to 4 tablespoons pine nuts

1/2 teaspoon coarse salt

or 1/8 teaspoon fine salt (optional)

1/2 cup Parmesan cheese, freshly grated

1/2 cup pecorino Sardo cheese, grated,
or 2 tablespoons pecorino Romano cheese
1/2 cup Extra Virgin olive oil

Place all ingredients, except cheeses and olive oil, in blender or food processor. Blend mixture until it is a smooth paste. Add cheeses and blend for a second or two; then, with machine still running, slowly pour in oil in a steady stream. Blend until smooth. Toss with hot fettuccine (which may be buttered before adding Pesto, if desired).

From "*WINING and DINING with JOHN GRISANTI*"

JOHN GRISANTI'S RESTAURANT, 1489 Airways Boulevard, Memphis, Tennessee

SPINACH AND PARSLEY PESTO

MAKES 1-1/2 CUPS

2 cups fresh parsley, stems removed, chopped
3 cups fresh spinach, stems removed, chopped
1/4 cup pine nuts
2 cloves garlic
1/2 teaspoon coarse salt,
or 1/8 teaspoon fine salt (optional)
1 cup freshly grated imported Parmesan cheese
1/2 cup Extra Virgin olive oil

Place all ingredients, except cheese and olive oil, in blender or food processor and blend until smooth. Add cheese and blend for a second or two; then, with machine still running, add oil in a slow, steady stream. Blend until smooth. Toss with pasta, boiled new potatoes, or spread on broiled fish.

Wine suggestion: Zaca Mesa Sauvignon Blanc.

From "*WINING and DINING with JOHN GRISANTI*"

JOHN GRISANTI'S RESTAURANT, 1489 Airways Boulevard, Memphis, Tennessee

SALSA alla DON ABBONDIO

(A cheese sauce from Calabria)

SERVES 2

1/4 cup butter
1 clove garlic, chopped
8 ounces ground veal
2 ounces white wine
1 cup whipping cream
4 ounces Gorgonzola cheese
1/4 teaspoon oregano
1/4 teaspoon black pepper

3 ounces Romano cheese, grated

Over high heat, brown garlic in butter. Add ground veal and saute until liquid from veal is reduced. Add white wine and whipping cream. Bring to boil and reduce liquid by one-half Add Gorgonzola cheese, oregano, and pepper. Cover and simmer. Add Romano cheese. An excellent sauce over rigatoni with a sprinkling of parsley flakes for color.

MICHELE RICCIO via ASSUNTA RICCIO and ROSALINDA DRISCOLL
RUDY'S RISTORANTE ITALIANO & PIZZERIA, 9614 14th SW Seattle, Washington

SALSA CUCINA

(House Sauce. "This sauce is served as a vegetarian sauce base-- adding meat, chicken or sausages to make a deliciously blended, fresh tasting dish, at Mex-Y-Italy Rose. This method gives a good supply for spaghetti, lasagna, rigatoni or any other food you wish to refrigerate or freeze and have ready without long preparation each time," says Ms. Martinez.)

MAKES 6 QUARTS

VEGETABLES:

1 red bell pepper
1 green bell pepper
1 yellow bell pepper
1/2 stalk celery
2 medium zucchini
1 large whole garlic clove
Bunch of parsley

SPICES:

1-1/2 tablespoons oregano
2 tablespoons basil
1 tablespoon thyme
1 tablespoon marjoram
1/2 cup sugar
2 teaspoons cloves with nutmeg
1 tablespoon salt (or to taste)

CANNED FOODS AND WINES:

1 #10 can chopped tomatoes
1 #10 can tomato sauce
1 cup red cooking wine
1 cup white cooking wine
1 cup olive oil

Brown all the vegetables in the olive oil. Add the spices. Simmer 3 minutes. Add canned foods and wines. Simmer on medium heat (electric) or medium gas flame for 3 hours, covered.

FRANCES I. MARTINEZ
MEX-Y-TALY ROSE, 2411 S.E. Belmont, Portland, Oregon

SALMORGILIO

(Sicilian Lemon Parsley Sauce - served with both roast meat and fish.)

MAKES 1 CUP

1 cup olive oil juice of 2 lemons
4 teaspoons parsley, finely chopped
2-1/2 teaspoons fresh oregano, finely chopped
Salt

Beat olive oil in warm bowl, gradually adding 1/4 cup (3 tablespoons) hot water, lemon juice, parsley and oregano. Add salt to taste and warm the sauce in top of double boiler. Pour over meat or fish and serve immediately.

SALVATORE D'ANDREA

DEL' ARCO, via Nino Bixio 110, Trapani

PORCINI SAUCE

(Mushroom Sauce for Pasta)

MAKES 2 CUPS (approximate)

4 ounces dried porcini mushrooms
3 cups hot water
3 Italian sweet sausages (or 12 ounces round pork)
1 small red onion, chopped fine
1 clove garlic, minced
1 cup Italian parsley (if available), chopped fine
1/4 cup olive oil
4 tablespoons (2 ounces) butter
1 tablespoon tomato paste
2 cups beef broth
Salt and pepper to taste

Soak mushrooms in hot water for 1 hour. Drain and save water for another use. Remove skin from sausages, break up the pork and combine well with onion, garlic and parsley. Heat the oil and 3 tablespoons of the butter over medium heat; when butter is completely melted, add the pork mixture. Saute 5 minutes. Dissolve tomato paste in 1/2 cup of broth. Add to pork and cook for 5 minutes. Add mushrooms and another 1/2 cup of broth. Season with salt and pepper to taste. Lower heat and cook for 1/2 hour, adding remaining broth as needed. Mix remaining 1 tablespoon of butter with flour until completely blended. Add to sauce and stir well. Cook another 5 minutes until no flour taste remains.

GIULIANO BUGIALLI via DAVID J. HOLT

ITALIA COOKING SCHOOL, 1010 Western Avenue Seattle, Washington

HERBS AND SPICES OF ITALY

(Commonly Available in the US.)

BASIL (BASILICO) - A member of the mint family, basil has a distinctive and spicy aroma. Fresh, it may very well be the best of all herbs, used to flavor tomatoes, tomato sauce, soups, salads, and of course, pesto. It retains the most flavor when cut and added at the last moment. Leaves can be preserved by covering with oil (preferably olive oil) in a lidded jar and refrigerating or freezing.

BAY LEAF (LAURO) - A stiff green leaf used to flavor soups, casseroles, stews, and roasts.

BORAGE- Sometimes difficult to obtain, is used for flavoring salads, and ravioli filling.

CINNAMON (CANNELLA)- Used primarily in the sweet dishes, occasionally added to meat and garnishes.

FENNEL (FINNOCCHIO) - "Florence Fennel" is grown extensively throughout Italy, can be eaten raw and is marinated in olive oil and lemon juice. A member of the carrot family, the bulb of this plant has an anise flavor and is used whole or sliced, as a cooked vegetable or raw in salads. The leaves are used in sauces, mayonnaise, and egg and fish dishes. The seeds flavor sausages, cooked meats, dried figs and cookies.

GARLIC (AGLIO) - Used properly, garlic adds just the right flavor to meats, sauces, casseroles and vegetables. When browned in oil or butter and then discarded, just the faint taste remains. The pungent flavor that can be overwhelming is not typical of Italian cooking (except in Pasta Aglio -Pasta with oil, garlic and pesto).

ITALIAN PARSLEY (PEZZEMELLO)- Notably different from the curly parsley familiar to most Americans, this is a flat-leafed variety used to flavor soups, stews, salads, and serves as a garnish to these and many other dishes.

MARJORAM (MAGGIORANA) - Available fresh during the summer, this aromatic herb is used in soups, stews and vegetables and fish dishes. This is the sweet variety.

MINT (MENTA) - Used with vegetables, soups, salads, fish and fowl, should be used sparingly since it is very aromatic.

NUTMEG (NOCE MOSCATA) - Used to flavor spinach, ravioli, cheese dishes, etc., nutmeg is always freshly grated in Italian cooking. The packaged ground nutmeg cannot compare in flavor and a aroma to the fresh nutmeg.

OREGANO (ORIGANO) - The wild variety of marjoram is what we know as oregano. The unmistakable flavor of oregano is found in pizza, sauces and casseroles. ""

PEPPER (PEPE) - Peppercorns were used as far back as the Greek and Roman periods. Black and white peppercorns come from the same berry ... the white picked when the berry is almost ripe, the black picked when it is unripe. Both are then dried. Black peppercorns have the stronger flavor, but white is preferable for some dishes. Use the whole peppercorn and grind as needed.

ROSEMARY (ROSMARIO) - Lamb and pork are often flavored with rosemary, as are some breads. An overwhelming herb that must be used sparingly, the fresh as well as the dried.

SAFFRON (ZAFFERANO) - Saffron is very expensive and used sparingly. The most economical way to use saffron is to steep threads in tepid water for a few minutes, strain and add the liquid to the dish for color and taste.

SAGE (SALVIA) - Once established in a garden, this herb blooms year after year. A member of

the mint family, sage is used to flavor veal, liver and sausage.

SALT (SALE) - The salt generally used in Italy is sea salt, extracted from evaporated sea water. The fruity flavor improves the simplest dish. Sea salt can be obtained in many markets as well as in natural foods stores. In many recipes, lemon juice is the perfect substitute for salt, especially for people on salt-restricted diets.

THYME (TINO) - This easy-to-grow herb with its mint-like aroma, is used in stuffings, soups, casseroles and beans.

VANILLA (VANIGLIA) - To flavor cakes, keep a vanilla bean (which is expensive) in ordinary sugar to give additional flavor to whatever sweet you are preparing.

MAKING ESPRESSO

(Italian Coffee)

Italians have been perfecting their espresso coffee technique since its introduction in the 16th Century. The elegant steam machines used in restaurants brew each tiny cup of this full-bodied coffee individually. To brew espresso coffee at home, you'll need an espresso coffee pot (several styles available) or an ordinary coffee pot and finely ground espresso roast coffee. Instant espresso is now available also.

CAPPUCCINO

(Popular Italian drink probably been named for Capuchin monks who wear coffee-brown robes.)

SERVES 4-6

1 pint hot espresso

1 cup scalding hot milk

Cinnamon powder or nutmeg (optional)

4 sticks cinnamon (optional)

Beat espresso and milk in a heated bowl until frothy. Pour into cups ... A cappuccino cup is in between the size of a demitasse cup and a regular coffee cup. Sprinkle lightly with cinnamon, add cinnamon sticks for stirring and serve. Set out sugar bowl for those who want it.

COFFEE ROYAL

MAKES 1 SERVING

3/4 cup hot espresso coffee

1 to 2 teaspoons cognac, other brandy, or rum

1 teaspoon sugar

For each serving, pour espresso coffee into serving cup. Add cognac (or brandy or rum) and sugar. Stir gently. Garnish with a lemon slice, if desired.

ROGER SMITH and LAURA NOEL, Palm Springs, California

SELECTING WINES

For formal affairs, Italians serve "appertivi" (appetizer wines) before dinner. Dry Sherry and Vermouth are common choices. Another is Campari, a well-known Italian appertivi, usually served with soda or tonic over ice. Dinner wines may be red or white. Red wines are predominantly dry and rich. Some red wines have tart characteristics while others may be astringent. Rose wines, which are simply pale red wines, may be sweet or dry or even lightly carbonated. White wines are usually lighter in flavor than red wines, but can be dry and tart or sweet and full-bodied. Red dinner wines go best with hearty or highly seasoned foods such as beef, pork, lamb, pasta, cheese and egg main dishes. Burgundy is a common choice but other possibilities are Claret, Zinfandel, Gamay Beaujolais and Cabernet Sauvignon. Popular Italian red wines are Chianti, Lambrusco, Bordolino, Valpolicella, Barbaresco and Barolo. Red wines are usually served at cool room temperature. An all-purpose rose compliments many kinds of foods. Serve rose wines chilled. White wines are compatible with the flavors of most fish, seafood, poultry and veal dishes. Some of the choices include Chablis, Sauterne, Rhine, Riesling and Chardonnay. Popular Italian white wines are Frascati and Soave. Serve chilled. Sweet dessert wines may be served as dessert or as an accompaniment. Port, Tokay, Cream Sherry and Marsala are examples. Sparkling wines, such as Champagne or Sparkling Burgundy are good before, during or after meals. Effervescent Asti Spumante is an Italian favorite.

BETTER-KNOWN WINES OF ITALY

(Available throughout the U.S.A.)

ASTI SPUMANTE - famous Italian "Champagne."

BAROLO - one of the greatest red wines of Italy, from Nebbiolo grapes.

CHIANTI - red or white, from Tuscany.

FRASCATI - most famous of "Castelli" wines; fragrant, dry white wine, sweet or semi-sweet, clear golden, higher alcohol content than most whites, from Lazio region (Castelli near Rome).

LACRIMA CHRISTI - "Tears of Christ," a sparkling white wine made on the slopes of Vesuvius.

LAMBRUSCO - best known dry red wine, slightly effervescent, from Bologna.

MARSALA - most famous Italian dessert wine, fortified with brandy; used in cooking both sweet and savory dishes.

MOSCATO, MOSCATELLO - light, sweetish, semi-sparkling; made from Moscatello grapes on Ligurian coast.

NEBBIOLO - most common and abundant red wine, from Nebbiolo grape, throughout Italy; finest are Barolo, Baresco, Gattinara.

ORVIETO - white; can be sweet or dry; from Orvieto, Umbria.

SOAVA - white, from Venice.

TREBBIANO - from white trebbiano grape in Emilia-Romagna region, and Tuscany and Sardinia.

ITALIAN APERTIFS/LIQUERS

AMERICANO - despite its name, one of the most popular Italian apertifs; a vermouth to which brandy, bitters, lemon-peel are added.

APEROLI - non-alcoholic bitters.

AURUM - orange flavor.

CAMPARI - reddish-brown bitters, flavored with orange-peel, herbs (quinine-taste).

CYNAR - produced from the artichoke.

MARASCHINO - from bitter cherries.

MARTINI - brand name vermouth (not martini cocktail).

RATELLA - from almonds or black cherry kernels.

STREGA - herb and spice

VERMOUTH - a favorite; a blend of white wines, usually from Muscato, fortified and distilled with herbs.

CERINO'S RICOTTA CHEESE-CAKE
(The most requested recipe of the year in, 1986)

MAKES A 10-INCH ROUND CHEESE-CAKE

1 pound Ricotta cheese
1 pound Philadelphia cream cheese
1 pint sour cream
1-1/2 cup granulated sugar
4 whole eggs
3 tablespoons cornstarch
3 tablespoons flour
3 tablespoons lemon juice
1 teaspoon vanilla
1/2 cup melted butter
Rolled graham cracker crumbs

Mix cheese and sour cream together well. Add sugar and eggs, one at a time. Do not overmix. Stir in flour, cornstarch, lemon juice and vanilla. Fold in melted butter. Butter a 10-inch spring-form baking pan and dust well with graham cracker crumbs to form the crust: Pour in cheese mixture. DO NOT PRE-HEAT OVEN. Bake at 325 for one hour. Turn off oven but do not remove cake for 2 hours.

CARRIE CERINO via ALEX CERINO
CARRIE CERINO'S RISTORANTE, 8922 Ridge Road, North Royalton, Ohio

TORTA PASQUALINA

(Easter Cheese and spinach Pie. This restaurant features both French and Ligurian dishes, such as this traditional Ligurian treat.)

SERVES 6

8 cups flour, all-purpose
5 tablespoons olive oil
2 pounds spinach olive oil
1/2 onion, finely chopped
1 pound Ricotta cheese
1 cup milk
Salt
4 tablespoons butter
6 eggs
Pepper
Pinch marjoram
1/4 cup Parmesan cheese, grated

Mix flour, oil, alt and gradually add enough water to make a stiff dough which leaves the sides of the bowl cleanly. Knead and divide into 10 equal size balls (originally it was divided into

33 pieces--one for each year of Christ's life). Put dough balls on lightly floured pastry board. Cover with damp cloth and leave for 15 minutes. Wash spinach and cook in as little water as possible soft. Heat oil and saute onion until soft but not brown. Drain spinach and chop finely, and add to onion. Mix and cook for a few minutes longer — then set aside. Mix Ricotta with milk and a pinch of salt; set aside. Brush deep, large pie dish with oil. Roll one pastry ball into wafer-thin sheet, keeping rest of pastry balls under damp cloth. Line pie dish, brush lightly with oil and trim excess pastry. Repeat this layering of rolled out dough and oil between layers with 5 pastry balls. Spread Ricotta cheese on top. Hollow out 6 wells in filling and drop a sliver of butter and one egg in each. Sprinkle with salt, pepper, marjoram and Parmesan. Roll out last 4 pastry balls and layer with oil brushed between. Prick top layer with fork, brush generously with oil and trim overlapping pastry. Bake in moderately hot oven (400), for about 40 minutes, or until the pie is golden brown. Serve hot or cold.

PASQUINI DIVA

former NANNINA, Imperia, Italy

RICOTTA RICE PIE

(This traditional Easter recipe was passed on to Cousin Marie from her mother-in-law years ago. Marie and her sisters, Anna and Frances shared great Italian-American recipe secrets.)

Yields 3 (10-inch) pies

CRUST:

3 tablespoons margarine

1 cups sugar

4 cups flour

4 eggs, beaten, one at a time

4 teaspoons vanilla

1 teaspoon lemon extract,

or orange extract, or orange juice

A little water or orange juice for desired consistency

FILLING:

2 pounds Ricotta cheese

1 dozen eggs

1 quart milk, warmed

2 cups sugar

1 orange, with rind

1/2 lemon, with rind

2 cups rice, cooked

Nutmeg (optional)

Prepare crust ahead by cutting margarine into flour with a fork or pastry blender. Add sugar, baking powder. Beat each egg and add to flour, one at a time, mixing after each. egg. Add lemon or orange extract.

Form in a ball until smooth. Add liquid (water or juice) until able to roll into 3 separate balls

and roll each out on floured surface. Put into pie pans, pinching edges of crusts.
For Filling, beat 6 egg whites with a little sugar until stiff. Set aside. Beat other 6 whole eggs with the 6 yolks and 2 cups sugar. Add juice from 1 orange and grated rind, juice from 1/2 lemon and grated rind, to warm milk. Add milk-juice mixture to whole-egg-sugar mixture. Add Ricotta and cooked rice. Beat all together, then fold in egg whites and sugar meringue until smooth. Pour into crust with a little flour on the bottom. Put aluminum foil around edge.
Bake one hour at 350°. Test after 45 minutes. (Lower heat to 300° if too brown and continue baking, 1 hour or until set.) Pour rice Ricotta filling into pie shells and sprinkle with nutmeg if desired. Bake at 350° for 1 hour or until golden brown.

MARIE ARPAIA NEGRI, Manchester, Connecticut

SPUMA di CIOCCOLATA

(Chocolate Mousse)

SERVES 6

8 ounces semi-sweet chocolate,
cut into small pieces
3 edge
1 cup whipping cream
4 tablespoons orange-flavored liqueur or rum (optional).
Whipped cream
Grated chocolate

Preheat oven to 200°. Put chocolate pieces into a small ovenproof bowl and place in oven until chocolate has melted 4 to 5 minutes. Remove chocolate from oven and set aside to cool slightly. Beat eggs until foamy in medium bowl. Beat one cup cream, until stiff, in large bowl. Add eggs, gradually, to cooled chocolate. Blend in orange liqueur or rum (if desired). Beat at slow speed. Do not over beat. Add chocolate mixture thoroughly into whipped cream. Spoon mousse into individual glasses. Decorate with additional whipped cream and grated chocolate. Refrigerate overnight. Serve chilled.

FRANCES ARPAIA RACCIO, Clinton, Connecticut

BLUEBERRY TORTONI

(My late Cousin Anna acquired this recipe years ago from Mamma Leone's famous Italian restaurant...which was on 48th Street, near the Broadway stage shows in Manhattan.)

Serves 8
1/2 cup sugar
1/4 cup water
3 eggs yolks
2/3 cup almond paste
3 tablespoons pineapple juice,
or light cream

Dash salt

1-1/2 cup heavy cream, whipped

1 cup fresh blueberries, rinsed and drained,
or 1 cup frozen blueberries, dry packed

Combine sugar and water in saucepan and bring to boil until a candy thermometer registers
Beat egg yolks until thick and lemon colored. Gradually beat hot syrup into yolks until
mixture is very thick. Gradually beat in almond paste, pineapple juice, and salt. Fold in heavy
cream, and blueberries. Spoon mixture into 4-ounce souffle cups. Decorate top with a few
blueberries and grated almonds. Freeze until firm. When frozen hard, wrap in plastic freezer
wrap to prevent crystalizing. Serve frozen.

former MAMMA LEONE'S, New York City, New York

ITALIAN RUM CAKE

SERVES 8

6 eggs, at room temperature

1 cup sugar

1 cup instant flour

1/2 cup (1 stick) unsalted butter or margarine, melted

1 teaspoon vanilla extract

1/4 cup rum

RUM BUTTER FOSTING:

1/2 cup (1 stick) butter, softened

1 package (1 pound) confectioners' sugar, sifted

1 egg, well beaten

1 teaspoon vanilla extract

2 tablespoons dark rum

FROSTING: Cream butter until soft and fluffy. Gradually beat in some of the sugar. Beat in
egg, vanilla and rum. Add remaining sugar, gradually, until frosting is a good spreading
consistency. Spread on cake and refrigerate to harden frosting (easier to cut neat, thin slices).

CAKE: With a mixer, beat eggs in a bowl at high speed until thick and lemon-colored.

Gradually, at high speed, beat in sugar (1 tablespoon at a time) for 10 minutes, or until mixture
has tripled in volume. Fold in flour gradually with wooden spoon. (Instant flour gives a smooth,
fine-grained cake that is easy to handle.) Melt butter in small skillet; let stand a few minutes to
cool. Pour clear melted butter slowly into batter, leaving milky residue behind in the pan. Fold
butter into batter. Fold in vanilla. Grease bottoms (only) of two 9-inch layer cake pans. Line
bottoms with foil and grease foil. Pour batter into pans and spread evenly. Bake in a preheated
350° oven for 25-30 minutes, or until cake feels springy to the touch. Cool layers in pan for 10
minutes. Cut sides of cake away from pan with a sharp knife. Tap cake to loosen. Remove layers
from pans, remove foil and let layers cool on racks. Sprinkle layers with rum.

"C.C." GATA, Indian Wells, California

PANETTONE
(Italian Christmas Bread)

MAKES 2 ROUND LOAVES
(or 1 LARGE TREE-SHAPED LOAF)

1-3/4 cup milk
5 tablespoons butter or margarine, at room temperature, cut into small pieces
1 package dry granulated yeast (1/4 ounce)
or equivalent compressed yeast
1/4 cup lukewarm water
1 tablespoon granulated sugar
2 eggs
1 cup granulated sugar
1/2 teaspoon anise extract, or
2 teaspoons anise seed
1 teaspoon salt
4 cups all-purpose flour
1/2 cup seedless raisins
1/2 cup candied mixed fruit
1/2 cup shelled pine nuts (pignolis)
1/2 cup blanched almonds, chopped

GLAZE:

1 egg plus
1 tablespoon water

Icing:

1/2 cup confectioners' sugar
2 teaspoons warm milk
1/4 teaspoon vanilla extract

In a small sauce pan, heat milk until tiny bubbles begin to form around edge. Remove milk from heat, add butter or margarine and set aside to cool. In a small bowl, dissolve yeast in lukewarm water. Add 1 tablespoon sugar and set aside until yeast looks bubbly (about 5 minutes).

In a large mixing bowl, beat together eggs and 1 cup sugar. Add anise and cooled milk-butter mixture and stir. Test temperature with your finger. If it is lukewarm (not hot), add yeast mixture and stir. Add salt. Add flour, one cup at a time, beating after each addition. Add more flour if necessary to make dough form a ball. Sprinkle flour on hands and work surface, turning out dough ball and kneading for about 5 minutes until well kneaded and feels smooth. Place in clean, oiled bowl, cover with wax paper and set aside in warm place to double in volume (about 1-1/2 hours). Lightly grease cookie sheets.

When dough is risen, punch down dough to remove excess gas bubbles. Turn dough out onto floured surface and press out into a broad flat rectangle and sprinkle with fruits and nuts. Roll dough over them and knead to distribute fruits and nuts evenly through dough. Shape dough into either two round balls or loaves, or into a Christmas tree shape or bells. Gently lift onto greased

cookie sheet(s). Cover shaped dough with oiled wax paper and set in warm place to rise for about 1 hour to double. Preheat oven to 350°.

Make glaze by beating egg and water together and brush over top of dough just before baking. Bake 35-40 minutes or until golden brown and loaf sounds hollow when tapped. Slide Panettone off baking sheet to cool on wire rack on wax paper.

Make icing by beating all ingredients in an electric mixer. When Panettone is cool, dribble icing over top. Decorate with bits of candied fruit.

RICHARD PROTO, West Haven, Connecticut

CASSATA all'ITALIANA

(Donatello's scrumptuous version of the famous frozen Italian dessert.)

SERVES 8

1/3 cup raisins

1/2 cup dry Marsala

1/2 cup sugar

1/2 cup water

2 egg whites

3/4 cup whipping cream, whipped

1/2 cup mixed candied fruit, diced

1/2 cup toasted hazelnuts, husked and sliced

3 tablespoons blanched raw pistachios, chopped

1 (16-ounce) basket strawberries, hulled

Sugar

Mint sprigs

Soak raisins in Marsala in small bowl for 1 hour. Drain well and set aside. Cook sugar and water in heavy small sauce pan over low heat until sugar dissolves, swirling pan occasionally. Increase heat and boil until candy thermometer reads 234°-240° (softball stage).

Meanwhile, beat whites with electric mixer until soft peaks form. Slowly pour hot syrup down side of mixer bowl and beat until incorporated. Continue beating until whites are thick and cool. Gently fold in whipped cream, candied fruit, hazelnuts, raisins and pistachios. Spoon into 5-inch loaf pan, pressing down to prevent air bubbles. Smooth top. Cover cassata with plastic wrap and freeze for at least 3 hours. Puree strawberries in processor and strain to eliminate seeds. Add sugar to taste. Run sharp knife around cassata. Wrap hot towel around pan and invert cassata on to platter. Spoon sauce onto plates and top with slice of cassata. Garnish with mint.

via ANDREA ALEXANDER

DONATELLO RISTORANTE, 501 Post Street, San Francisco, California

SICILIAN CASSATA

(This is a homespun and delicious version of a most famous Sicilian sweet.)

SERVES 6

1-1/2 pounds Ricotta, very fresh

1/3-1/2 pound sugar

1-1/3 pound candied lemon peel

3-1/2 ounces cooking chocolate

6 tablespoons rum

1 pound sponge cake, or sponge fingers

Using a large bowl and a wooden spoon, cream the Ricotta until very smooth. Add sugar, 1 tablespoon of the rum, candied peel, and the chocolate chopped in very small pieces. Sprinkle the remaining rum on the sponge cake. Line the bottom and sides of a mold or souffle dish. Fill mold with Ricotta mixture and refrigerate for at least 3 hours before serving. (If you wish to unmold cassata, line the mold with greaseproof paper brushed with rum.)

ENZO CORTESE

MULINO TRATTORIA, 281 Liverpool Street, East Sydney, Sydney, Australia

SEMIFREDDO di TORRONE

(A fancy frozen chocolate nougat cream ... Torrone is Italian nougat candy, sold in both hard and soft varieties in Italian markets, some supermarkets and specialty stores)

SERVES 8

3 eggs, separated (room temperature)

1/2 cup sugar

2-3/4 cups whipping cream

2 tablespoons dark rum

1 tablespoon vanilla

4 ounces bittersweet (not unsweetened) chocolate,
finely chopped

3 ounces hard torrone, crushed into rice-size pieces

1-1/2 tablespoons powdered sugar

4 teaspoons unsweetened cocoa powder

Chocolate curls

Line 5 x 10-inch loaf pan with plastic wrap, allowing overhang. Whisk egg yolks and sugar in bowl until thick and pale. Using electric mixer, beat 1-1/4 cups of the cream until soft peaks form. Using dry, clean beaters, beat whites until stiff but not dry. Fold whipped cream, egg whites, rum and vanilla into yolk mixture. Combine chopped chocolate and torrone in a small bowl. Sprinkle 1/3 of mixture into prepared pan. Top with 1/3 of the cream, pressing firmly. Repeat 2 more times with remaining chocolate mixture and cream. Fold plastic wrap over top. Freeze at least 3 hours. (Can be prepared up to 1 week ahead.) Unmold dessert onto platter. Let

soften 30 minutes in refrigerator. Sift together sugar and cocoa. Beat remaining 1-1/2 cups cream until soft peaks form. Fold into cocoa mixture. Continue beating cream until stiff peaks form. Spread thin layer of whipped cream over dessert, covering completely. Spoon remaining cream into a pastry bag fitted with a large star tip. Pipe cream decoratively along edges and base of dessert. Garnish dessert with chocolate curls.

BRITTA CANE, Cathedral City, California

GELATO al CAFE

(Traditional Coffee Ice Cream. "This is a very simple recipe, and takes only 35 minutes to prepare," writes Giolitti Nazzareno. "You'll understand that it's not easy to explain an Italian recipe in English words - Sorry if my English is not really good but I've tried to do my best." [You did fantastico!])

MAKES 2 POUNDS

17-18 ounces Milk, heated

5-6 ounces Cream

4 ounces Sugar

3-4 ounces bitter powdered
coffee (instant)

6 egg yolks

1/5 ounce "neutro" powder, or carrubian or Guam powder

In a small amount of hot milk, put the coffee powder and shake it with a spoon. Mix the 6 egg yolks, sugar and carrubian or guam powder, shaping the mixture with a spoon as it becomes a paste. Add the hot milk-coffee to the paste and blend with a spoon, in a deep dish, and wait 20 minutes (to cool at room temperature). Process the paste in an ice cream maker for 15 minutes and you'll have the traditional and famous Giolitti's ice cream. Enjoy!

GIOLITTI NAZZARENO

GIOLITTI, via Uffici del Vicario, 40 Rome

TANGERINE SHERBET

SERVES 4

10 tangerines

6-7 ounces sugar

1 lemon

1 glass of liqueur (maraschino, kirsch, strega)

1 glass of water

Put in a pan the tangerine-juice, the lemon-juice, the water, the sugar. Cook on a slow fire and let it thicken for 5 minutes. Take the pan away from the cooker and let it cool. Add the liqueur

and beat with a whip until the liqueur is absorbed. Put in the freezer until the sherbet is thickened.

Serve in goblets with a flower and a Chinese tangerine.

MARISA SENTUTI

former "G.B.," 6 Rome, Italy

GRANITA di LIMONE

(Lemon Ice is one. of many Italian fruit ices. Another traditional favorite is coffee-flavored ice)

SERVES 4

6 large lemons

2 cups water

1 cup sugar

1 tablespoon lemon rind, finely grated

Squeeze lemons to make about 1 cup lemon juice and 1 tablespoon grated rind. Set aside. Combine water and sugar in saucepan. Boil gently 5 minutes. Cool. Stir in lemon juice and rind. Ice may be frozen in a hand-turned freezer, electric freezer, or in deep tray in refrigerator-freezer. In the latter case, it is necessary to beat ice several times as it freezes with hand or electric rotary beater, or freeze it in ice-cube trays and crush in ice crusher.

"C.C" GATTA, Indian Wells, California

GELATO alla VANIGLIA

(Vanilla Ice Cream - This recipe shows you how to do it without an ice-cream maker)

MAKES 2 QUARTS

6 egg yolks

2 cups whole milk,

2 cups heavy cream

1 cup sugar

1 teaspoon vanilla extract

Beat egg yolks until foamy. Combine milk, cream and sugar in top of a double boiler. Heat until small bubbles form around sides of pan. Add small amount of cream mixture to the egg yolks, then stir into cream mixture in top of double boiler. Cook over simmering water, stirring constantly until mixture thickens enough to lightly coat a metal spoon. Add vanilla. Strain. Cool thoroughly. Pour into two deep metal freezer trays. Cover with foil. Freeze until firm but not hard. Chill bowl and beater. Beat with electric mixer at high speed until double in volume. Return to trays. Freeze until firm but not hard. Break up, beat again, freeze until firm but not hard. Repeat. Freeze until firm, about 2 hours.

RICHARD CICCHI, Santa Barbara, California

ZABAGLIONE

(Traditional Custard with Marsala Wine, customarily served to newlyweds in Italy, as an aphrodisiac)

SERVES 1-2 (1 cup)

3 egg yolks (if large, 4 if medium)

3 tablespoons sugar 1 cup dry Marsala

VARIATION: (for Zabaglione cream) 1 cup cream, whipped

2 tablespoons sugar

Heat water in bottom of a double boiler. Place egg yolks in bowl and add sugar. Stir with wooden spoon, always in the same direction, until sugar is completely dissolved and the mixture turns a lighter color. Add the Marsala slowly and transfer contents to top part of double boiler. When water is boiling, insert top of double boiler (making sure water from bottom part is not touching top pan). Stir constantly, always in the same direction until mixture thickens and sticks to the wooden spoon (approximately 4-5 minutes). **DO NOT ALLOW TO BOIL.** Remove top pan and keep stirring mixture another 2 to 3 minutes to cool the Zabaglione. Cover with lightly buttered wax paper and cool one hour before refrigerating. If a creamier Zabaglione is preferred, whip cream and sugar and combine with Zabaglione once it has cooled.

DAVID J. HOLT

ITALIA, 1010 Western Avenue, Seattle, Washington

SWEET DOUGH/BISCOTI

(Cookies)

YIELDS 4 DOZEN SMALL COOKIES

(or 2 PIE CRUSTS)

2-1/4 cups flour

3/4 cup sugar

1/4 teaspoon salt

1/4 cup butter

1/4 teaspoon grated orange rind

2 egg yolks

1/2 teaspoon vanilla extract

1 egg, beaten

Chocolate cookies: Blend 1-1/2 ounces (1-1/2 squares) semisweet chocolate, melted and cooled, into the dough before cutting. Decorations for plain or chocolate cookies: Marachino cherries, pine nuts, cinnamon sugar, ginger sugar, plain coarse sugar, sliced glazed fruit, almonds, cashews, pecans, pistachios, walnuts (chop the nuts). Sift the flour and salt together onto a pastry board or in a bowl. Make a well in the center of the mound and place in it the butter, orange rind, and combined egg yolks and vanilla. With your fingers, work these ingredients into the flour quickly to produce a thick, smooth paste. Shape it into a ball, wrap in waxed paper and chill for 30 minutes. Preheat oven to 350°. Roll dough to a thickness of 1/4 inch and cut rounds about 2-1/2 inches in diameter each. Brush them with the beaten egg and

decorate (see suggestions, below), then arrange on cookie sheet. Bake the cookies in preheated oven for 12 minutes or until lightly browned. Remove them to a rack to cool.

LOUIS and LOUISE DOLCEACQUA, Hamden, Connecticut

BISCOTTI al'ANICI

(Anise cookies or "toast" are "dunkable" delights)

YIELDS 2 DOZEN LARGE COOKIES

(or 31/2 DOZEN SMALL COOKIES)

1/2 pound butter

1 cup sugar

3 medium eggs

3 cups flour

2-1/2 teaspoons baking powder

6-8 drops anise oil, (or same amount half anise oil and half vanilla)

Preheat oven to 375°. Grease baking pans. In large bowl cream together sugar and butter. Add eggs and mix until smooth. Sift flour and baking powder together and stir into egg and sugar mixture. Flavor with anise oil. Knead until dough is smooth. Divide into 2 parts, then form each part into an oblong loaf 3-inches broad and about 3/4 inch thick. Place each loaf into greased baking pans and bake 15 minutes at 375° or until cake tester comes out clean. Remove from oven and cool slightly. Cut 1-inch slices across rectangle. Place slices on their sides on greased baking pans and toast for 1-2 minutes on lowest shelf under broiler, watching carefully and turning until each side is barely lightly browned.

ANNA DOLCEACQUA CARANGELO. Santa Barbara, California

GERMINUS

(Sardinian Macaroons)

MAKES ABOUT 1 POUND

3/4 pound almonds

3/4 pound confectioners (icing) sugar

4 egg whites, stiffly beaten

Juice of one lemon

Blanch almonds in boiling water 1 minute. Drain, cool and peel. Spread on baking sheet and dry out in *cool* oven 15 minutes, turning them from time to time; do not allow to color. Cut into slivers. Fold sugar into beaten egg whites together with almonds and lemon juice. Cover baking dish with (grease proof wax paper and place spoonfuls of the mixture on it, spaced well apart. Bake in slow (325°) oven about 25 minutes or until macaroons are lightly colored. Allow to cool before detaching from wax paper.

ERNESTO STELLE

GALLO D'ORO, piazza d'Italia, 3, Sassari, Italy

CASTAGNIOLE

(An Italian barber's mother's recipe for Italian fried dough)

SERVES 8-10

6 eggs, whipped well

2 teaspoons oil

1 jigger whisky or rum

1 lemon rind

1 tablespoon sugar

2-1/2 cups flour

Cooking oil

Add oil to whipped eggs and whip again. Combine rest of ingredients, adding or reducing flour as necessary just to "hold dough together." Heat cooking oil in frying pan and drop in large frying pan and drop in a large cooking-spoonful at a time of dough until brown, turn over and brown other side. If deep-frying, drop spoonfuls of dough into hot oil until light brown. Remove with slotted spoon and drain on paper towels. Delicious sweet treat when served with honey.

RICHARD CICCHI, Santa Barbara, California

CIAMBELLE

(Italian anise-flavored sweet bread ring)

SERVES 8-11

6 eggs (reserving 1 egg white for glazing)

1/2 cup melted butter, or one ounce brandy

1 cup sugar

2-1/2 teaspoons baking powder

1 teaspoon anise seed,

or 1/2 teaspoon anise extract

2-1/2 cups flour

1/2 teaspoon salt

Whip eggs well. Slowly add sugar and lemon rind and butter or brandy, stirring. Then add flour and anise flavoring. Mix well. Roll out the dough and shape into a large "doughnut" shaped ring. Glaze top of ring with egg white. Bake on a cookie sheet at 350° about 1/2 hour or until done when tested and golden brown.

RICHARD CICCHI, Santa Barbara, California

CREMA PASTICCERA
(Pastry Cream)

YIELDS 2 CUPS

1/4 cup sugar

1-1/3 cup light cream

2 egg yolks

2 whole eggs

2 teaspoons cornstarch

1/8 teaspoon salt

1/4 teaspoon vanilla extract

1/4 teaspoon finely grated lemon rind

In a sauce pan over low heat, dissolve 2 tablespoons of the sugar in the cream. In a mixing bowl, beat together the egg yolks, whole eggs, cornstarch, salt and remaining sugar. Vigorously beat in the scalded cream and cook it without boiling for a few minutes until the cream thickens. Remove pan from heat and stir in the vanilla extract and grated lemon rind. Let mixture cool, then chill it. This recipe provides 2 cups pastry cream. (It may be kept under refrigeration 2-3 days only; do not freeze it).

SCIROPO al RUM
(Rum Syrup)

1 cup water

1/2 cup sugar

1/2 cup rum

In a sauce pan over low heat, reduce the water and sugar to about 2/3 cup. Remove the pan from the heat and let syrup cool. Stir rum into it.

ITALIAN CREAM PASTRY with RUM SOAKED BOTTOMS

The recipes for pastry cream and rum syrup can both be used to make a popular Italian pastry. Using the sweet dough recipe in this book, form tart-cups using a cupcake pan, or small pies using small pie tins, fill with pastry cream, cover top of tart with sweet dough to make top crust, and allow a tablespoonful of rum syrup to settle at the bottom of the pastry shell. Bake at 350 until pastry turns a very light brown. Variations include substituting almond extract for vanilla extract in the cream and adding almond extract to the sweet dough mix. A dab of fruit, usually plum or berry conserve is often placed in the bottom of the pastry shell before filling it with the cream. Or, a chocolate cream filling is used instead.

MARIA GRAZIA BENEVENTO DOLCEACQUA, Salerno, Italy and New Haven, Connecticut

BOCCONOTTI

(Jam or cream-filled pastry from Naples)

MAKES 2-4 DOZEN

(depending on size)

Sweet dough:

4 cups flour

3 tablespoons sugar

Water to soften dough

2-3 tablespoons oil

GLAZE:

1 egg yolk, beaten

Filling:

Blackberry or quince jam,

or vanilla or chocolate pastry cream

Mix dough ingredients and roll pastry thin (but not too thin). Cut into 2 or 3-inch diameter disks. Place dab of jam or cream in the center of each disk. Fold over edges of disk to cover filling; press edges firms together to seal in shape of half-moon. Brush with egg yolk and bake in hot oven 20 minutes; test for doneness after 15 minutes, and every 5 minutes thereafter.

RICHARD CICCHI, Santa Barbara, California

CANNONCINI

("Little Cannons" look like their name, but are filled with pastry cream instead of ammunition - lethal only to the waistline. These shiny spirals of puff pastry are found throughout Italy.)

MAKES 10 PASTRIES

DOUGH:

2-1/4 cups flour (all-purpose unbleached)

1 cup cake or pastry flour

1-1/2 teaspoons salt

1 stick unsalted butter, at cool room temperature,
and cut into 1/2-inch pieces

1 cup cold water (plus 1-2 tablespoons if needed)

1 egg, beaten

1/3 cup sugar

FILLING:

1-1/2 cups Pastry Cream (See recipe in this book)

Mix both flours together in a large mixing bowl. Stir in salt. Add butter and work it in with your fingertips, or pastry blender until 20 mixture resembles coarse meal. Mix 1 cup water and the lemon juice and gradually add to flour mixture, tossing with fork until evenly moistened and dough begins to clean sides of bowl. If too may dry, add a bit more water 1 tablespoon as a time, as needed out Turn out onto floured work surface and press (DO NOT KNEAD) dough together, then roll into an 8"x 10" rectangle, 1/4-1/2-inch thick. Cut 1-inch-wide strips. Butter cannoli

sticks or other dough shaping forms. Wrap one strip of dough around each, moistening it with a brush while rotating the form or stick, overlapping the dough about 1/4-inch as you wrap beginning at one end of the stick and ending at the opposite end, to create the cannon shape. Lightly brush the outside of the dough shells with beaten egg and then roll in sugar. Place 2 inches apart on lined baking sheet. (They may be refrigerated, covered for 30 minutes or frozen, if wrapped airtight, prior to baking.) Heat oven to 400°. Bake until lightly browned and slightly caramelized, about 20 minutes. Cool completely on a rack, then gently move cannons from forms using tip of a knife. Just before serving, fill pastry bag with Pastry Cream and pipe into each cannon. If desired, dip in chocolate chips and/or lightly dust with confectioners' sugar.

DORIS DIBUCCIO, Branford, Connecticut

CANNOLI alla SICILIANA

(Sicilian pastry tubes filled with sweetened Ricotta, etc.)

MAKES 10 PASTRIES

FILLING:

1-1/2 cups Ricotta cheese
1/4 cup candied fruit, chopped
3 tablespoons pistachio nuts or almonds, chopped
2-3 tablespoons semi-sweet chocolate morsels, chopped
3 tablespoons sugar
1/4 teaspoon almond extract

PASTRY:

1 cup flour, sifted
2/3 cup sugar
1/4 teaspoon salt
1/4 cup Marsala wine
Salad oil
4 Cannoli tubes, or other tubular forms, 6" long
Powdered sugar

Combine Ricotta cheese, candied fruit, nuts, 2 tablespoons of the chocolate, sugar and almond extract. Stir well and chill. Sift flour, sugar and salt. Stir in wine, kneading until firm and elastic. If needed, add another drop or two of wine - Do not allow to become sticky. Continue to knead on floured surface until elastic. Place in lightly floured bowl and cover bowl with a damp towel. Let stand 2 hours. Roll out dough on lightly floured board to a rectangle, 22-1/2 x 9" x 1/8." Cut into 10 (4-1/2-inch) squares. Wrap each square diagonally around cannoli tube. Moisten surfaces of all points which will overlap with a drop of water and press firmly to seal. Deep fry hot fat (350°), 3 or 4 at a time, until golden brown. Drain on paper towels 1/2 minute. Using tongs, carefully slide the tubes out of the cannoli. Cool. Fill with Ricotta filling. Garnish ends with chocolate; dust with powdered sugar and serve.

MARIA GRAZIA BENEVENTO DOLCEACQUA. Salerno, Italy and New Haven, Connecticut

PASTA FOLLE

(Filled Pastry - a traditional Venetian dessert.)

SERVES 6

PASTRY:

2/3 pound flour

3 whole eggs, plus 2 yolks

Vanilla

Zest of 1 orange

3-4 ounces butter

FILLING:

3-4 ounces spinach, finely chopped 5 ounces Ricotta cheese 4 eggs

5 ounces sugar

juice of 1 orange

2 ounces rum

TOPPING:

3 egg whites

3-4 ounces icing sugar

3-4 ounces almonds, chopped juice of 1 lemon

PASTRY: Mix pastry ingredients together and knead. Roll out pastry and line cake tin.

FILLING: Cook spinach and drain thoroughly. Mix spinach with the Ricotta cheese. In a separate bowl, beat eggs with sugar, and orange juice and rum and combine the spinach and Ricotta mixture. Fill pastry-lined dish with the mixture.

TOPPING: Beat the egg whites, slowly add the icing sugar. Add chopped nuts and lemon juice. Spread topping over the mixture. Bake at 350°-375° for approximately 40 minutes. Serve hot.

CHEF FRANCO ZANOTTO via REMIRO BRESLIN
IL CASINO, 108 Tory Street, Wellington, New Zealand

SFINGE di SAN GUISEPPE

(Saint Joseph's Cream Puffs)

SERVES 8

FILLING:

1 cup Ricotta cheese

2 tablespoons semi-sweet chocolate morsels, chopped

1 teaspoon orange rind, grated

1/3 cup confectioners' sugar

1/2 cup heavy cream, whipped

1 teaspoon almond extract

PUFFS:

1 cup water

1/2 cup margarine or butter

1 cup flour

1/4 teaspoon salt 4 eggs
1 teaspoon orange rind, grated
8 Maraschino cherries
Candied orange peel

Combine Ricotta cheese, chocolate, orange rind and confectioners' sugar. Blend well. Fold in cream and vanilla. Chill. Combine water and margarine in deep sauce pan. Bring to a boil and cook until margarine melts. Quickly stir in flour and salt. Beat until dough forms a ball in center of pan. Remove from heat and let stand 5 minutes. Add eggs, one at a time, beating thoroughly after each addition. Beat in orange rind (mixture should be very stiff). Drop mixture from a tablespoon onto a buttered baking sheet. Bake in a moderate oven (375°) 20 minutes or until Puffs are firm and crusty. Prick with fork to release steam and leave in oven another 5 minutes. Remove from oven and cool. Cut off tops and fill with cheese filling. Decorate with Maraschino cherries and candied orange peel.

MARIA GRAZIA BENEVENTO DOLCEACQUA, Salerno, Italy and New Haven, Connecticut

NEPITELLE

(Delectable little tarts filled with dried fruit, walnuts and grated chocolate)

MAKES 24

PASTRY:

2 cups all-purpose flour
1/4 cup sugar
Pinch of salt
9 tablespoons butter, well-chilled and cubed
3 tablespoons sweet Marsala
2 teaspoons lemon peel, grated
1 egg, beaten

FILLING:

1/4 cup sweet Marsala
1/2 cup raisins
1/3 cup dried figs, finely chopped (about 1-1/2 ounces)
3 tablespoons sugar
1-1/2 ounces bittersweet (not unsweetened) chocolate, grated
1/4 teaspoon cinnamon
Pinch of salt

PASTRY: Sift flour, sugar and salt into large bowl. Cut in butter until mixture resembles coarse meal. Make well in center. Add Marsala, lemon peel and egg to well and mix together until blended. Gradually draw flour from inner edge of well into center until all flour is incorporated. Gather into ball. Wrap dough in plastic. Chill at least 30 minutes. (Can be prepared 2 days ahead). Butter 24 2-inch tartlet pans. Roll dough out onto lightly floured surface to thickness of 1/16-inch. Using floured cutter or drinking glass, cut out 3-inch diameter rounds. Fit rounds into prepared pans; trim edges; refrigerate shells.

FILLING: Heat Marsala in heavy small saucepan. Remove from heat. Add raisins and let stand

until plumped, about 30 minutes. Stir in remaining ingredients except sugar. (Can be prepared ONE week ahead and refrigerated.) Preheat oven to 400. Spoon 1 tablespoon filling in each shell. Bake until pastry is lightly browned, 15-20 minutes. Cool on rack. Remove tartlets from pans. Sprinkle with powdered sugar. (Can be prepared 1 day ahead, stored at room temperature.)

BRITTA CANE, Cathedral City, California

POACHED PEARS with RASPBERRY SAUCE

(Italia usually serves these pears over Zabaglione made with Triple Sec instead of Marsala and raspberry sauce over the pears, garnished with chopped pistachio nuts.)

SERVES 6

6 pears, peeled

6 cups white wine 3 cups sugar

Juice of 1 lemon

1 stick cinnamon

2 star-anise spice

SAUCE:

4 cups frozen raspberries

Sugar

2 tablespoons Kirsch, or 1 tablespoon lemon juice

In a non-corrosive pan, combine wine, sugar, lemon juice, cinnamon stick and star-anise. Boil 10 minutes. Pears may either be left whole or halved and cored with melon-ball cutter. Poach pears in the wine mixture 10-20 minutes (depending on ripeness) until they almost pierce easily with knife. (They'll continue cooking in liquid.) Remove from heat, cool pears in the liquid. Chill before serving. For sauce, drain raspberries and process with sugar to taste until smooth. Strain through fine sieve. Add Kirsch (or lemon juice) and chill. To serve, puddle a little raspberry sauce on a dish, place pear in sauce puddle and spoon more sauce on top of pear.

GIULIANO BUGIALLI via DAVID J. HOLT

ITALIA COOKING SCHOOL, 1010 Western Avenue Seattle, Washington

PERE COTTE con CREMA e CIOCCOLATO

(Italian Stuffed Pears with Chocolate and Whipped Cream - a Mari)

SERVES 12

12 Bosc pears (ripe)

6 cups dry white wine

Peel of half a lemon

4 whole cloves

2 cups granulated sugar

1-1/3 cups orange juice

2/3 cups lemon juice

FILLING:

Whipped cream

Chopped nuts

TOPPING:

Hot chocolate sauce

Peel pears while leaving stem on. Slice off bottom of each pear so that they will stand up straight. Core out center of pears. Line the cores with aluminum foil. Put pears in sauce pan. Pour in lemon juice, white wine and water to cover the fruit. Add the lemon peel, orange juice, cloves and sugar. Simmer covered for about 20 minutes or until cooked. Remove pears and place on serving dish to cool. Cover with foil. Remove lemon peels and cloves from the liquid and cook over low heat about 1-1/2 hours to reduce to syrup. Let syrup cool. After pears have cooled, remove the foil lining from the pears. Fill pears with the syrup and decorate with hot chocolate sauce and whip cream. Serve.

VICTOR MARI ALONSO

LA TOSCA, 7713 Inwood Road, Dallas, Texas

ARANCI SPECIALI

(Special Oranges)

SERVES 4

6 oranges

1/2 pound Sugar

2 liquor glasses of Van der Hum or Curacao, or Grand Mariner

1 glass dry white win

1 glass orange juice

Remove the rind from the oranges and cut in juliennes (thin strips). Remove the white inner skin of the oranges and discard. Caramelize the sugar; when brown, add the orange peel and liquid ingredients; boil 5 minutes. Pour sauce over oranges; allow to soak 24 hours in a cold place. Slice oranges (1-1/2 per person), pour sauce on top. Serve hot or cold with ice cream.

GIULIANO & LUCIANO BROCCADRDO (Brothers)

LA MAMA RESTAURANT & PIZZERIA, Television Centre, Eileen Road 2194 Blairgowrie
Randburg, Transvaal (Republic of South Africa)

PESCHE RIPIENE

(Ligurian Stuffed Peaches)

SERVES 6 (2 each)

13 Peaches (ripe), (1 for stuffing)

1/2 cup candied peel

1/2 cup candied pumpkin or other fruit, chopped

6 tablespoons sugar

1 cup white wine

Halve all the peaches and remove the pits. Split the pits, take out the kernels and chop finely. Scoop out flesh of one peach and put in bowl. Add chopped kernels, candied peel and pumpkin. Mix well but not to a paste. Fill halves of remaining 12 peaches with mixture and re-join halves

and secure with skewers. Dissolve sugar in the wine. Place peaches in shallow baking pan. Pour over wine and sugar mixture; bake at 375° for 40 minutes, or until soft, basting with pan juices.

DANIO ROSSI

LA CAMPANNINA, via Marconi, Ventimiglia, Italy

FICHE RIPIENE

(Stuffed Figs)

(As an antipasto served with prosciutto, they are very popular all over Italy, but in this recipe, they are stuffed with a cheese filling and would be served at the end of the meal as a dessert.)

SERVES 4

4 ripe even sized figs

8 ounces (1 cup) Ricotta cheese

1 large egg

2 ounces (1/4 cup) sugar

1-2 tablespoons brandy

4 almonds

Wipe the figs and cut down just enough to be able to open out the fruit in quarters but not cut all the way through. Add egg yolk and sugar to the cheese; beat until light. Add flavoring and fold lightly into cheese mixture. Put mixture into center of each fig and top each with an almond.

MARIA GRAZIA BENEVENTO DOLCEACQUA, Salerno, Italy and New Haven, Connecticut

FICHE al CIOCCOLATO

(Stuffed Figs in Chocolate.)

MAKES 1-1/2 POUNDS

1 pound large dried figs

1 cup toasted almonds

3/4 cup candied peel, diced

2 cloves, pounded or powdered

3/4 cup cocoa, or bitter chocolate

3/4 cup confectioner's (icing) sugar

Use only best quality figs. Trim any stalks. Cut figs open on one side. Stuff each with an almond, a few pieces of diced peel and a pinch of clove. Gently press shut. Arrange on baking sheet; bake at 350° for 15 minutes or until they darken slightly. Sift cocoa and sugar into shallow dish. Roll figs in cocoa mixture. Serve cold. (Figs will keep well in airtight container.) Or, instead of cocoa, melt bitter chocolate with sugar and 1-2 tablespoons water or wine. Coat figs; let dry.

EDUARDO CAPELLI

former NORMANNI, Cosenza, Italy

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La Quinta, CA

Andrea Alexander (158)
Donatello Ristorante
San Francisco, CA

Debra B. Romano Smith (123)
Romano's
Palm Desert, CA

Emilio DePaola (132)
Michael Anthony's Pizzeria
Santa Barbara, CA

Steve Warsh (60, 109)
Baci Seafood Ristorante
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Mario Lalli (92)
Mario's Restaurant
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Pastabella
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Mama Leone's
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David J. Holt (162)
Italia
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Jacquilene Armstrong (91)
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Il Palma di Alassio
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La Pallota
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La Buca
Bari, Italy

BOLOGNA

Guisseppi Brunetti (144)
Antico Brunetti
Bologna, Italy

BOLZANO

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Spaghetti Express
Bolzano, Italy

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