

## 42 Of My Favorite Italian Recipes

This eBook brought to you by:  
[Buy-Ebook.com](http://Buy-Ebook.com)

Our site has got a great collection of the best ebooks which are sold on the Internet, but at a lower price than on any other site.

### Affiliates

Earn 60% Commission On Every Sale! We sell 500+ eBooks.

As a [Buy-Ebook.com](http://Buy-Ebook.com) Associate, we will pay you a Massive 60% referral fee for every sale that you generate. You can [sign up for FREE](#) and start making money straight away.

If you want to directly link to some ebooks related to content of your site, [get affiliate link here](#). Choose any from 500+ titles.

### NOTE:

If you Would like to Offer this Ebook to Your Web Site Visitors as a FREE Download, then please do so. You can post this ebook to your web site, offer it in your newsletter, print it out as a book, give it to your friends, etc. No royalties are necessary. Give it away or offer it as a bonus with your products. You are not allowed to make any changes to it without permission.

The Author, his publishers, agents, resellers or distributors assume no liability or responsibility to any person or entity with respect to any loss or damage or alleged to be caused directly or indirectly by the use of and the advice given in this publication. It is recommended that the users of this publication seek legal, accounting and other independent professional business advice before starting a business or acting upon any advice given. This book is not intended for use as a source of legal, business, accounting or financial advice, but is distribute for information purposes only.

## 42 Of My Favorite Italian Recipes

### HEARTY MANICOTTI

(8 main dish servings)

1 lb. Italian sweet sausage links  
1 lb. ground beef  
1 medium onion, chopped  
2 16 oz. cans tomato puree  
1 6 oz. can tomato paste  
1 tsp. sugar  
1/2 tsp. pepper  
2 tbsp. parsley, chopped  
basil  
salt  
1 8 oz. package manicotti shells  
4 cups ricotta cheese  
1 8 oz. package mozzarella cheese  
Parmesan cheese

In covered 5 quart Dutch oven. Over medium heat, in 1/4 cup water, cook sausage links 5 minutes. Uncover, brown well, drain on paper towel.

Spoon fat from Dutch oven. over medium heat brown ground beef and onions, stir in tomato puree, paste, sugar, pepper, 1 tsp. basil, 1 tsp. salt, 1 cup water; simmer, covered 45 minutes.

Cut sausage into bite-size pieces; add to mixture and cook 15 minutes, stirring occasionally. Meanwhile, cook manicotti as label directs; drain. Preheat oven to 375 degrees.

In a large bowl, combine ricotta and mozzarella (diced) cheeses, parsley, 3/4 tsp. basil, 1/2 tsp salt; stuff into shells.

Spoon half of meat sauce into 13" x 9" baking dish. Place half of shells over sauce in one layer. Spoon remaining sauce, except 3/4 cup, over shells, top with remaining shells in one layer. Spoon reserved meat sauce over top. Sprinkle with parmesan. Bake 30 minutes.

### ITALIAN SAUSAGE TERRINE

(30 1/4" slices or sliced 1/2" thick as entree)

1 lb. sweet Italian sausage, casings removed  
1 lb. chicken livers  
1 medium onion, chopped  
1/4 cup flour

1/4 cup brandy  
1 tsp. salt  
1/4 tsp. allspice  
1/4 tsp. nutmeg  
pinch ground cloves  
1/4 tsp. pepper  
2 garlic cloves chopped  
3 eggs  
1/2 lb. sliced bacon

In a large skillet cook sausage, stirring until brown. Drain on paper towels, set aside in bowl.

In blender combine remaining ingredients except bacon, for 45 seconds. Stir in sausage.

Preheat oven to 350 degrees. Line loaf pan with heavy foil, letting 3" hang over the sides. Place bacon slices crosswise across bottom and up sides, letting slices overhang pan. Pour in sausage mixture; fold bacon over top. Place loaf pan in a shallow pan; pour 1" hot water into shallow pan. Bake 1-1/2 hours.

Remove loaf pan from water, fold foil over top. Place heavy can on terrine to weight down. Press firmly 2 minutes. Refrigerate with weight until firm, about 6 hours.

To remove terrine, loosen foil from sides of pan, grasp ends of foil, and lift out. Cut into slices.

## LASAGNE

(3 - 4 Servings)

1 onion  
1/4 cup olive oil  
8 oz. ground beef  
1 tsp. salt  
1/2 tsp. white pepper  
5 tbsp. red wine  
1 tbsp. tomato paste  
6 tbsp. whipping cream  
pinch dried oregano  
1-1/4 lb. lasagne  
1/4 cup butter  
pinch ground nutmeg  
1/4 cup grated Parmesan cheese

Peel and dice onion. Heat oil in pan and fry meat and onions for 5 minutes, until brown. Add salt, pepper, wine, and tomato paste and cook until thick. Stir in cream and oregano.

Cook lasagne in boiling water until just tender. Drain and rinse under cold water. Dry with paper towel.

Arrange lasagne and meat sauce in layers in greased ovenproof dish, ending with a layer of lasagne. Dot with butter and sprinkle with nutmeg and grated cheese. Bake at 350 degrees for 10 minutes.

### CHICKEN TETRAZINNI (8 - 10 Servings)

1 boiled chicken  
1/2 lb. macaroni  
1/2 lb. mushrooms, sauteed  
2 cups chicken broth  
1/2 cup almonds slivered  
3 tbsp. butter  
2 tbsp. flour  
1 cup whipping cream  
3 tbsp. white wine, dry

Cut meat from chicken bones. Cook macaroni, drain, add mushrooms and almonds. Make sauce of butter, flour, broth; remove from heat, stir in cream, wine. Preheat oven to 375 degrees. Add 1/2 sauce to chicken, 1/2 half to macaroni. Place macaroni in baking dish, greased, make hole in center, fill with chicken. Bake until lightly browned.

### SPAGHETTI CARBONARA (2 - 4 Servings)

8 oz. spaghetti  
4 oz. bacon  
1 green pepper  
5 tbsp. Parmesan cheese  
5 tbsp. chopped parsley  
1-1/4 cups cream  
1/4 cup butter  
8 slices cooked ham, lean  
1 tsp. dried oregano  
1 tsp. dried basil

Cook spaghetti in boiling salt water for 15 minutes.

Meanwhile, chop bacon. Core pepper and chop finely. Put bacon in saucepan, cook until crisp. Stir in cheese, parsley, cream, green pepper. Cook slowly 5 minutes.

Drain spaghetti, toss with butter, place in greased oven dish. Roll up ham slices, lay on spaghetti, cover with bacon sauce.

Sprinkle with herbs. Bake at 425 degrees for 10 minutes. Serve hot.

## PASTA SALAD

(4 - 6 Servings)

12 oz. pork luncheon meat  
2 celery stalks  
2 red-skinned apples  
4 sweet dilled pickles  
2 cups cooked pasta (shells, spirals or bows)  
1/4 cup sliced stuffed olives  
2 anchovy fillets (option)  
2/3 cup mayonnaise  
1 tsp. soy sauce  
juice of 1 lemon  
1/2 tsp. salt  
pinch cayenne pepper  
1 tsp. apple pie spice

Slice luncheon meat and celery. Core and slice apples and slice pickles. Mix together pasta, meat, olives, celery, apples and pickles. Chop anchovy fillets (optional) - add to following: Combine mayonnaise, soy sauce, lemon juice and seasonings. Chill lightly before serving with pasta salad.

## ITALIAN SALAD

(6 Servings)

1 cup cooked beets  
1 cup cooked carrots  
1 cup chopped celery  
head lettuce  
1/2 cup green peas  
1/2 cup cucumbers, pared, seeded and diced  
Mayonnaise thinned with cream or sour cream

Prepare the vegetables and chill. Then combine with dressing. Prepare beds of lettuce and top with salad.

## ITALIAN DRESSING

(2 cups)

3/4 cup wine vinegar  
2/3 cup red wine  
1 clove garlic  
1 tsp. salt  
2 tsp. capers  
1/2 cup oil

1 tbsp. mustard seed  
2 peppers - green or red  
2 tsp. prepared mustard  
1 tsp. black pepper  
1 tsp. rosemary - dried  
1 tsp. oregano - dried

Mix vinegar and wine, set for 1 hour. Finely chop garlic. Add salt, capers, mustard seed and pound to paste. Remove pepper insides and cut into slivers. Boil garlic paste, add peppers and spices, stirring. Remove from heat, add oil, cool.

### ITALIAN CHEESE TOAST

(8 Slices)

1-1/4 cups half and half  
1 tbsp. olive or salad oil  
1 tsp. cornstarch  
1/2 tsp. paprika  
1 tbsp. capers  
1 12" loaf Italian bread  
1 8 oz. package Mozzarella cheese  
1 tbsp. chopped parsley

In 2-qt. saucepan, combine first 4 ingredients. Cook over medium heat, until boiling, stirring constantly. Boil 1 minute. Reduce heat, stir in capers, cover, keep warm.

Preheat broiler. From Italian bread, diagonally cut 8 one inch thick slices (save remaining bread).

Toast bread in broiler on each side. Put sliced cheese on each piece and broil until melted.

Spoon cream mixture over cheese. Garnish with parsley. Serve immediately.

### ITALY'S HERO SANDWICH

(4 Servings)

12 sweet Italian sausages  
1/4 cup water  
2 medium onions  
2 tbsp. olive/salad oil  
4 5" long hard rolls  
5 green or red peppers

In skillet, place sausages, add water. Cover, simmer 5 minutes. Remove cover and cook 15 minutes or until browned, turning occasionally.

Cut onions into thin slices, peppers into 1/2" strips. In hot oil saute onions until limp. Add peppers and cook over medium heat until peppers are tender, about 10 minutes. Add cooked sausage.

Split rolls in half lengthwise. Layer bottom of each roll with onions and pepper and 3 sausages. Spread top of roll with mayo, butter or ketchup.

## VEAL ROLLS

(4 servings)

4 veal cutlets  
1/2 tsp. paprika  
2 tsp. mustard  
1 sweet dill pickle  
1/2 cup liver sausage  
1/4 cup butter  
2/3 cup plain yogurt  
1/2 tsp. salt  
1/2 tsp. white pepper

Pound veal until very thin, dust with paprika, spread with mustard.

Cut pickle lengthwise, in four. Spread liver sausage on veal and place a piece of pickle on each. Roll slices up and secure with toothpick.

Melt butter in skillet and brown the rolls on each side. Add yogurt and season with salt and pepper. Cover, cook over low heat 20 minutes.

Remove toothpicks; arrange on serving dish, spoon over the sauce and serve with rice.

## VEAL AND FRUIT RAGOUT

(4 servings)

1-1/2 lb. veal  
2 tbsp. butter  
3/4 cup water  
3 tbsp. flour  
8 oz. green grapes  
1 dessert apple  
1 ripe pear  
1/2 tsp. salt  
1/2 tsp. paprika pepper  
3 tbsp. cream

Remove any fat from meat and cut into chunks. Melt butter, add veal and fry until brown on all sides. Add 1/2 cup water, cover, simmer 40 minutes, until veal is tender.

Mix flour with remaining water to form smooth paste. Stir into veal and cook another 5 minutes.

Peel grapes, halve and remove seeds. Peel and quarter apple and pear. Remove cores and dice.

Stir in salt, paprika and cream into veal mixture, then fold in fruit. Heat 2 - 3 minutes. Serve hot.

## ROAST VEAL

(4 servings)

2 lb. veal roast  
1 tsp. salt  
1/2 tsp. white pepper  
2 tsp. paprika  
2 carrots  
2 tomatoes  
2 onions  
5 tbsp. oil  
7 tbsp. white wine  
6 tbsp. whipping cream  
parsley

Preheat oven to 400 degrees. Trim meat, rub all over with salt, pepper, paprika. Place meat in roasting pan.

Peel and chop carrots, onions, tomatoes and place with meat. Pour over the oil and wine and roast in oven 1 - 1-1/2 hours. Transfer to serving dish and keep warm.

Either blend vegetables and cooking liquid in blender or rub through strainer. Reheat, check seasoning and stir in cream. Pour around the meat and serve garnished with parsley.

\*\* Cooked spinach topped with cheese and browned in broiler would make a good side vegetable.

## VEAL CHOPS WITH KIDNEY SAUCE

(4 servings)

4 veal loin chops  
1/2 tsp. onion salt  
1-1/2 tsp. salt  
1/2 tsp. white pepper

1 tsp. mustard  
1 calf kidney  
3 tbsp. oil  
4 eggs  
3 tbsp. chopped parsley  
1 tbsp. chervil  
1/4 cup butter  
5 tbsp. brandy

Trim chops. Season with onion salt, 1/2 tsp. salt and the pepper; spread on mustard. Heat oil in skillet and fry chops over medium heat 3-5 minutes on each side; remove and keep warm.

Beat eggs with 1/2 tsp. salt, 5 tbsp. water (cold) and the herbs. In saucepan, melt butter and cook eggs until slightly scrambled. Keep warm.

Slice the kidney and cook in pan used for the chops for 30 seconds. Sprinkle with remaining salt.

Stir in brandy. Arrange chops on dish, spoon on eggs and kidney on top.

#### ITALIAN FISH BAKE (4 servings)

2 potatoes, sliced  
1 large carrot, sliced  
1 small cauliflower  
4 oz. frozen green beans  
2 7 oz. cans tuns, drained  
2 tomatoes, peeled, sliced  
1 beet, sliced  
5 anchovy fillets (optional)  
1 onion, chopped  
1 clove garlic  
1 tbsp. capers  
4 eggs, separated  
1/3 cup hazelnuts  
1/2 cup breadcrumbs  
1/2 cup cheddar cheese  
1 tbsp. parsley  
salt and pepper

Cook potatoes and carrots in boiling, salted water 15 - 20 minutes. Divide cauliflower into sprigs and add with beans for the last 10 minutes. Drain.

Lightly grease 4 pint oven dish. Layer cooked vegetables, tuna (flaked), tomatoes and beet alternately.

Mix finely chopped anchovy (optional), onion, garlic (crushed), chopped capers and egg yolks to a smooth consistency.

Stir in ground hazelnuts, breadcrumbs, grated cheese, then fold in parsley and stiffly beaten egg whites. Season to taste.

Spread topping over vegetables and bake at 400 degrees 20 - 25 minutes.

## EGGPLANT & TOMATO BAKE

(4 servings)

2-3 eggplants  
3 tsp. salt  
1/4 cup flour  
2/3 cup oil  
2 onions, chopped  
1 8 oz. can tomatoes  
1 tsp. dried basil  
1/2 tsp. oregano, dried  
1 tsp. sugar  
1/4 tsp. black pepper  
8 oz. mozzarella cheese  
1/4 cup parmesan cheese  
1/4 cup tomato paste

Slice eggplants into 1/2" slices; sprinkle with 2 tsp. salt. Roll slices, moistened, in flour. Fry slices in heated oil, in skillet until brown on each side. Drain. Add onions, tomatoes, remaining salt, tomato paste, basil, oregano, sugar and pepper to oil remaining in skillet and cook 10 minutes. Cool slightly, bend mixture or push through strainer. Place half the mixture in greased baking dish. Add a layer of eggplant slices and a layer of cheese slices. Top with remaining tomato mixture and sprinkle top with cheese. Bake at 400 degrees for 20 minutes.

## STUFFED EGGPLANTS

(4 servings)

4 large eggplants  
7 tbsp. oil  
10 oz. ground pork  
10 oz. ground beef  
3 egg yolks  
1 tsp. garlic salt  
3/4 tsp. black pepper  
1 tbsp. breadcrumbs, soft  
5 tbsp. brandy  
5 tbsp. cheese, grated

Halve eggplants, lengthwise, place on baking sheet, brush with oil, bake at 400 degrees for 30 minutes. Remove flesh, mix with all ingredients except cheese, fill eggplant shells. Sprinkle with cheese, bake 30 minutes. Serve with baked tomatoes.

## BAKED STUFFED TOMATOES

(4 servings)

8 large tomatoes  
1/2 tsp. celery salt  
pinch garlic salt  
sliced bread  
3/4 cup grated cheese  
3 tbsp. chopped parsley  
2 tbsp. butter  
worcestershire sauce  
1 tsp. cornstarch  
1/2 cup sour cream  
juice of 1 lemon  
1 tsp. sugar  
5 tbsp. cooked ham

Cut tops off tomatoes, scoop out centers. Sprinkle insides with mixture of celery and garlic salts. Turn upside down and let drain.

Soak bread in hot water, squeeze dry, place in bowl. Mix in grated cheese, parsley, chopped ham. Fill tomatoes with stuffing, replace tops.

Melt butter, add worcestershire (dash), cornstarch blended with cream, lemon juice, sugar, 5 tbsp. water. Hat, don't boil, pour around tomatoes. Cook at 400 degrees for 15 minutes.

## VEAL PAPRIKA

(4 servings)

1 lb. boneless veal  
1/2 lb. mushrooms  
1 cup chicken broth  
1 medium onion  
3 tbsp. flour  
1/2 tsp. paprika  
1/2 tsp. salt  
1/4 tsp. pepper  
dash caraway seeds  
1/2 cup sour cream

Cut veal into 1-1/2" cubes. Slice mushrooms. Chop onions. In 2 qt. casserole combine veal, 1/2 cup broth, mushrooms, onion,

paprika, salt, pepper, caraway. Cover, cook on HIGH 10 minutes and at MEDIUM-LOW 22 minutes or until veal is tender. Stir occasionally. Blend flour with remaining broth; stir until smooth. Mix into veal dish. Cook at HIGH 2 - 3 minutes, or until sauce thickens. Blend in sour cream.

#### FETTUCINE ALFREDO

(4 servings)

8 oz. medium egg noodles  
1 cup Parmesan cheese  
1/2 cup heavy cream  
pepper to taste  
1/2 cup butter

Grate cheese. Cut butter into quarters. Cook noodles. While noodles are standing, in glass serving bowl, combine cheese, butter and cream. Cook at MEDIUM 3 - 4 minutes or until butter melts. Stir twice. Stir in drained noodles, toss well. Season with pepper.

#### BAKED ZITA

(4 servings)

8 oz. zita macaroni  
15 oz. spaghetti sauce  
1/2 cup mozzarella cheese

Shred cheese. Combine cooked and drained zita and sauce in 2 qt. casserole. Cook, covered at HIGH 10 minutes, stir once. Sprinkle with cheese. Let stand 10 minutes before serving.

#### MINI PIZZA SNACKS

(2 servings)

2 English muffins  
1/2 cup spaghetti sauce  
1 oz. mozzarella cheese  
oregano

Half and toast muffins, shred cheese. Place muffins on plate, spread with spaghetti sauce, top with cheese and season with oregano. Cook at MEDIUM 1 - 2 minutes, or until cheese melts.

#### MEATBALL MORSELS

(36 balls)

1 lb. ground beef

1 egg  
1/2 cup soft bread crumbs  
1/4 cup ketchup  
1 tbsp. parsley flakes  
1 tsp. onion powder  
1 tsp. salt  
1/4 tsp. pepper

Thoroughly combine all ingredients; shape into 1" balls (36).  
Arrange 18 meatballs on dish. Cook at HIGH 4 - 6 minutes; stir once. Rotate dish after 3 minutes. Drain liquid. Repeat with remaining meatballs. Serve with favorite sauce or gravy.

### MACARONI AND CHEESE

(4 servings)

8 oz. elbow macaroni  
3/4 lb. cheddar cheese  
1 cup milk  
1/8 tsp. dry mustard  
1/2 tsp salt  
1/4 tsp. onion powder  
1/4 tsp. pepper  
bread crumbs, buttered

Cook and drain noodles. Cut cheese into cubes. In 3 qt. casserole, combine noodles, cheese, milk, salt, onion, pepper, mustard. Cook, covered, at HIGH 10 - 12 minutes; stir twice. Top with bread crumbs, cook uncovered, at HIGH, 3-5 minutes.

### WHITE CLAM SAUCE

(3 cups)

3 8 oz. cans minced clams  
1/4 cup olive oil  
1 garlic clove, minced  
3/4 cup parsley  
2 tbsp. white wine  
1 tsp. basil  
1/2 tsp. salt

Drain juice from clams, save. In saucepan, over medium heat, in hot oil, cook garlic until tender. Stir in clam juice and remaining ingredients, except clams. Cook 10 minutes, stirring occasionally. Stir in clams, cook sauce until clams are warm.

### SPINACH SAUCE

(2-1/2 cups)

1/4 cup butter  
1 10 oz. package frozen chopped spinach  
1 tsp. salt  
1 cup ricotta cheese  
1/4 cup parmesan cheese  
1/4 cup milk  
1/8 tsp. nutmeg

In saucepan, over medium heat, in hot butter, cook spinach and salt 10 minutes. Reduce heat to low, add remaining ingredients, mix well, do not boil.

### WALNUT SAUCE

(1-1/2 cups)

1/4 cup butter  
1 cup walnuts coarsely chopped  
1/2 cup milk  
2 tbsp. parsley, minced  
1 tsp. salt

In skillet over medium heat, in hot butter lightly brown walnuts, about 5 minutes. Stir in remaining ingredients, heat.

### SHRIMP MARINARA SAUCE

(4 cups)

1 tbsp. olive oil  
1 garlic clove, minced  
1 15 oz. can tomato sauce  
1 6 oz. can tomato paste  
1/4 tsp. pepper  
2 tbsp. parsley, chopped  
1 tbsp. sugar  
3/4 tsp. salt  
1/2 tsp. oregano leaves  
1 lb. frozen shrimp, shelled and deveined

In skillet over medium heat, in hot oil lightly brown garlic. Add tomato sauce and next six ingredients, heat to boiling. Reduce heat to low, cover, simmer 10 minutes. Add frozen shrimp and cook until shrimp are tender, about 8 minutes; stir occasionally.

### PESTO

(1/2 cup)

1/3 cup olive oil  
1/4 cup parmesan cheese

1/4 cup parsley, chopped  
2 tbsp. basil  
1 tsp. salt  
1/4 tsp. ground nutmeg  
1 small garlic clove

Quarter garlic clove. In blender place all ingredients, at medium speed mix well.

## MEAT SAUCE

(4 cups)

2 tbsp. olive oil  
1 lb. ground beef  
1 medium onion, chopped  
1 garlic clove, minced  
1 16 oz. can tomatoes  
1 12 oz. can tomato paste  
4 tsp. sugar  
2 tsp. oregano leaves  
1-3/4 tsp. salt  
1/4 tsp. cayenne pepper  
1 bay leaf, crumbled

In 5 qt. Dutch oven over medium heat, in hot oil cook ground beef, onions, garlic until meat is well browned. Drain excess fat. Stir in tomatoes, their liquid and remaining ingredients. Reduce heat to low, partially cover and simmer 35 minutes or until very thick, stirring occasionally.

## SPAGHETTI WITH HAM AND PEAS

(4 servings)

1 8 oz. package spaghetti  
1/4 cup butter  
1 tbsp. flour  
1/4 tsp. salt  
1/4 tsp. cracked pepper  
1-1/2 cups half & half  
1 10 oz. package frozen peas, thawed  
1 cup fontona cheese  
1 cup mozzarella cheese  
1 4 oz. package sliced, cooked ham

Prepare spaghetti as label directs. Drain, keep warm.

Meanwhile, in 3 quart saucepan, over low heat, melt butter; stir in flour, salt, pepper; gradually stir in half and half. Cook, stirring, until thickened. Add peas (thawed) and shredded cheeses, stir in ham; heat.

In large bowl, toss spaghetti and cheese mixture until spaghetti is well coated. Serve immediately.

## MEAT PIZZAS

(4 servings)

1 stale roll  
1/4 cup warm water  
2 onions  
1 lb. ground beef  
1 egg  
salt and pepper  
1/4 tsp. cayenne pepper  
1 - 2 tsp. chili sauce  
1/4 cup oil  
2 eggs, hard-cooked  
2 tomatoes  
12 stuffed green olives  
4 slices cheese  
8 anchovy fillets (opt.)

Soften roll in warm water, squeeze out water, crumble into small pieces.

Peel and finely chop onions, mix with bread, beef, egg, salt, and pepper, cayenne and chili sauce. Divide into 4 portions and form into a patty. Fry patties in oil 3-4 minutes on each side, until crisp. Transfer to baking sheet.

Shell and slice eggs. Slice tomatoes and olives. Cut cheese into strips. Top each patty with mixture. Add anchovy fillets (optional) and cheese.

Bake at 400 degrees 5 - 7 minutes, until cheese melts.

## VEAL CHOPS WITH AVOCADO

(4 servings)

4 veal loin chops (3/4")  
2 tbsp. butter  
1/4 lb. mushrooms, sliced  
1/4 cup minced onions  
2 tbsp. medium sherry  
1 tsp. salt  
dash hot pepper  
1 small avocado  
2 tsp. cornstarch  
1/2 cup heavy cream  
1 tsp. fresh dill

Preheat oven to 350 degrees. Slash fat on edge of chops. in 10" skillet, over medium heat, cook mushrooms and onions in hot butter, about 5 minutes.

Arrange chops in skillet. Add sherry, salt and hot pepper. Heat to boiling. Cover and bake 1 hour or until meat is tender.

Cut avocado in half; remove seed and skin. Slice and arrange over chops. Bake, uncovered, 10 minutes. Put chops on warmer plate.

Blend cornstarch in and 1 tbsp. cream until smooth; stir remaining cream. Gradually stir into hot liquid in skillet and cook over medium heat, stirring until thickened. Stir in chopped dill.

### VEAL STEAKS WITH SPAGHETTI (4 servings)

2 veal shoulder arm steaks each 1" thick  
2 tbsp. all-purpose flour  
2 tbsp. olive oil  
1 8 oz. can stewed tomatoes  
1 6 oz. can tomato paste  
1-1/2 tsp. salt  
1/4 tsp. pepper  
1/4 tsp. oregano  
1 8 oz. package spaghetti

On waxed paper, coat veal steaks with flour. In 12" skillet over medium heat, in hot oil, cook meat until well browned on both sides.

Add remaining ingredients except spaghetti; heat to boiling. Reduce heat to low; cover and simmer 1 hour or until steaks are fork-tender, turn once. Serve over cooked spaghetti.

### WESTERN FRITTATA (4 servings)

2 tbsp. butter  
4 oz. Canadian bacon  
2 medium onions  
7 eggs  
1/2 cup Swiss cheese  
1/4 tsp. pepper

In 10" skillet heat 2 tbsp. butter over medium heat. Add bacon sliced and cut into 1/2" strips, cook 1 minute. Add sliced

onions, cook 3 minutes, stirring frequently; remove from heat. In bowl beat eggs, grated cheese, pepper and bacon-onion mixture. In skillet melt butter over medium heat. Add egg mixture, reduce heat to medium-low, cook 10-15 minutes until bottom is set. Meanwhile, preheat broiler. Broil frittata until top is set and lightly browned, about 3 minutes.

## PEPPERONI BITES

( 60 )

1 pouch dry cheddar cheese soup mix  
1-1/2 cups flour  
2 tsp. baking powder  
1/4 cup shortening  
3/4 cup pepperoni finely chopped  
1/3 cup green pepper finely chopped  
1/3 cup onion, chopped  
3/4 cup milk

Preheat oven to 400 degrees. In medium bowl combine soup mix, flour, baking powder. Mix well, cutting in shortening until mixture is coarse. Add pepperoni, green pepper, onion and milk. Stir with fork until soft dough forms, about 5 minutes. Drop dough by heaping teaspoonsfuls onto ungreased baking sheet. baked 10-12 minutes until bites are golden brown. Serve warm as snacks.

## MOZZARELLA LOAF

(6 servings)

1 long loaf Italian Bread with sesame seed  
1 16 oz. package mozzarella cheese  
1/2 cup salad olives  
1-1/2 tsp. oregano

Preheat oven to 400 degrees. Cut Italian loaf crosswise into 1" slices. Cut cheese into 1/4" slices. Place cheese and olives between bread slices.

Bake bread on cookie sheet for 15 minutes or until cheese is melted. Sprinkle loaf with oregano. Serve immediately.

## PUFF PASTRY PIZZAS

(4 servings)

1 lb. frozen puff pastry  
12 slices salami  
1/4 cup chopped cooked ham  
2 onions, sliced

2 slices cheese, cubed  
2 tomatoes, peeled  
1 tsp. paprika  
1 tsp. pepper  
2/3 cup oil  
5 tbsp. parsley

Thaw pastry. On a floured board, roll out thinly and use to line four 4" pie pans. On pastry arrange salami, ham, onion, cheese, and sliced tomatoes. Sprinkle with seasonings and over each spoon 3 tbsp. oil. Bake at 420 degrees for 20-25 minutes. Sprinkle with chopped parsley and serve hot.

#### VEAL TOAST

(4 servings)

4 veal cutlets or scallops  
juice of 1-1/2 lemons  
1 tsp. salt  
1 tsp. pepper  
1/4 cup oil  
4 slices bread  
1/4 cup mango chutney  
2 sliced tomatoes  
4 slices cheese  
2 tsp. paprika  
3 tsp. parsley

Pound veal and sprinkle sides with lemon, salt and pepper. Fry on each side for 4 minutes, in oil. Toast bread and sprinkle with chutney. Place veal on bread and top with tomatoes, then cheese. Broil until cheese is melted.

#### VEAL SCALLOP OPEN SANDWICH

(4 servings)

2 tbsp. butter  
4 slices bread  
1 head lettuce  
4 small veal scallops  
3 tbsp. flour  
1/4 cup oil  
1/2 tsp. celery salt  
4 tomatoes  
1/2 tsp. garlic salt

Butter bread. Separate lettuce into leaves, wash and pat dry and shred. Pound veal to flatten; coat with flour. Fry veal in oil 2-3 minutes each side until lightly browned. Remove from pan; keep warm. Halve tomatoes, place in pan cut sides down. Fry 3

minutes, turn over, sprinkle with celery and garlic salt. Remove from heat. Place bread on four individual dishes. Place veal on each; add layer of lettuce; top with two tomato halves and serve.

## MEDITERRANEAN FONDUE

1 lb. shelled shrimp  
juice of 1 lemon  
8 oz. Gruyere cheese  
2 pints chicken stock  
1/4 cup chopped dill  
pinch cayenne pepper  
1/2 tsp. pepper  
1/2 tsp. sugar  
2 onions

Sprinkle shrimp with lemon juice and leave 10 minutes. Peel and chop onions. Grate cheese. Pour stock into metal fondue and heat. Add grated cheese and stir over low heat until melted; do not boil. Remove from heat, stir in onions, dill, cayenne, sugar and pepper. Bring pan to table and place on spirit burner. Drain shrimp, pat dry. Spear on fondue forks, dip in to fondu for 1 minute, then eat. Serve with slices of crusty Italian bread, hot.

## ITALIAN BREAD

(2 loaves)

1 tbsp. sugar  
2 tsp. salt  
2 packages active dry yeast  
cornmeal  
5 cups all-purpose flour  
1 tbsp. butter  
water  
salad oil  
1 egg white

In large bowl, combine sugar, salt, yeast and 2 cups flour. In 1-quart saucepan over low heat, heat butter and 1-3/4 cups water until very warm (butter doesn't need to melt).

With mixer at low speed, gradually beat liquid into dry ingredients until just blended. Increase speed to medium, beat 2 minutes.

Beat in 1/2 cup flour to make thick batter. Continue beating mixture at medium for 2 minutes. Scrape bowl often with spatula. With wooden spoon, stir in enough additional flour (about 1-3/4 cups) to make a soft dough.

Turn dough onto floured surface, knead until smooth and elastic, about 10 minutes, adding flour while kneading.

Cut dough in half, cover pieces with bowl. Let dough rest 20 minutes for easier shaping.

Grease large cookie sheet; sprinkle with cornmeal.

On floured surface with floured rolling pin, roll each half into 15" by 10" rectangle. From 15" side, tightly roll dough, pinch seam to seal.

Place loaves, seam side down, on cookie sheet and taper ends. Brush loaves with oil; cover loosely with plastic wrap. Refrigerate 2 - 24 hours.

Preheat oven to 425 degrees. Remove loaves from fridge, uncover. Let stand 10 minutes. cut 3 or 4 diagonal slashes on top of each loaf. Bake 20 minutes.

In small bowl with fork, beat egg white with 1 tbsp. water. Remove loaves from oven, brush with egg, return to oven, bake 5 minutes.