



# BIG B GROCERY

**YOUR LOCAL MEAT STORE**  
**"AMERICAN OWNED AND OPERATED"**

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**BIG B KNOWS WHAT IT TAKES TO FEED A FAMILY**

## Italian cooking

### Sauce

#### Alfredo Sauce

#### Ingredients

1 1/2 cup milk

1 1/2 cup heavy cream

1/2 cup imported Parmesan cheese, grated

1/2 cup imported Romano cheese, grated

6 egg yolks from fresh jumbo eggs

Salt and black pepper to taste

#### Procedures

1. **HEAT** milk and cream in a heavy bottom saucepan until it begins to simmer. Turn off heat. Slowly whip in cheese, and then remove from heat.
2. **PLACE** egg yolks in a separate bowl and slowly whip in a portion of the hot milk and cream mixture. Slowly add egg yolk mixture back into remaining cream mixture. Place back on very low heat and continually stir until simmering. Take sauce off heat so it thickens. (This will increase temperature of egg yolks, known as tempering).
3. **SEASON** to taste with salt and black pepper. Serve over your favorite pasta.

## **Bolognese Sauce**

### **Ingredients**

2 Tbsp olive oil  
1 onion, finely chopped  
1 carrot, finely chopped  
1 celery stalk, finely chopped  
2 garlic cloves, finely chopped  
½ lb ground beef  
6 oz Italian sausage, skinned  
1 cup red wine  
18 oz can crushed tomatoes, chopped (ground)  
1 tsp fresh rosemary, chopped (¼ tsp dry)  
1 tsp fresh sage, chopped (¼ tsp dry)  
Salt to taste  
Pepper to taste

### **Procedures**

1. **HEAT** oil in a large pan. Add celery, carrot, onion, and garlic and cook about 5 minutes. Add meat and cook 10 minutes over medium heat, stirring occasionally.
2. **DEGLAZE** pan with wine; let reduce. Add tomatoes and remaining ingredients and stir. Simmer for about 1 hour.
3. **SERVE** over fresh, hot pasta

## **Herb Parmesan Cream Sauce**

### **Ingredients**

YIELD: 1 cup

2 cups heavy cream (or 16 fl oz)  
2 Tbsp fresh basil, chopped (2 tsp dry)  
½ cup Parmesan cheese, grated  
Salt to taste  
Pepper to taste

### **Procedures**

1. **HEAT** cream in a sauce pan and lightly boil until it is half its original volume, being careful not to scorch.
2. **STIR** in Parmesan cheese, basil, salt and pepper.
3. **USE** immediately.

## **Pesto Sauce**

### **Ingredients**

1/2 cup pine nuts  
2 cups fresh basil, chopped  
3 garlic cloves, chopped  
1 cup extra virgin olive oil  
1/2 cup Parmesan cheese  
1/2 cup Romano cheese  
Salt and pepper to taste

### **Procedures**

1. **PLACE** pine nuts, garlic, basil and oil in a food processor and pulse until finely blended.
2. **TRANSFER** pesto from food processor to bowl. Add all remaining ingredients.
3. **TOSS** with your favorite pasta or chill and use in 2-3 days.

## **Siena Sauce**

### **Ingredients**

2 Tbsp extra virgin olive oil  
1 Tbsp garlic, chopped  
1/2 cup kalamata olives, pitted and chopped  
1/2 cup green olives with pimiento, chopped  
1/4 cup small capers, rinsed  
1/2 cup red wine  
1 cup tomatoes, diced  
29 oz can tomato puree  
1/2 tsp salt  
1/4 tsp crushed red pepper flakes

- 2 medium red bell peppers, cut in 1-inch pieces
- 1 Tbsp sugar
- 2 fresh sweet basil leaves, chopped

## **Procedures**

1. **HEAT** olive oil in a small sauce pot; add garlic and sauté for one minute (do not brown). Add bell peppers and sauté until al dente. Add olives and capers and stir. Add red wine and bring to a boil. Add remaining ingredients **except basil**.
2. **BRING** to a boil, reduce to low heat and simmer for approximately 30 minutes. Add basil to sauce and stir well; remove Siena sauce from heat.
3. **SERVE** over your favorite pasta.
4. **GARNISH** with chopped basil, if desired.

## **Marinara Sauce**

### **Ingredients**

- 1 can of crushed tomatoes (16 oz)
- 6 freshly chopped basil leaves
- ½ cup of red wine
- ½ cup of water
- 3 tbsp of olive oil
- 3 sliced cloves of garlic
- 1 tsp of sugar
- salt

### **Method**

1. In a medium sized saucepan, heat the olive oil over a medium-low heat.
2. Add the sliced garlic and cook gently until light brown in colour, taking care not to burn the garlic.
3. As the garlic just begins to brown add the tomatoes with the juice from the can and stir well.
4. Then add the liquids together with the sugar and salt and bring to the boil, stirring frequently.

5. Once the sauce starts to boil, reduce the heat to low, cover the pan with the lid and simmer gently for around 20 minutes or until the sauce has thickened.
  6. Once the desired consistency has been reached, remove the pan from the heat and stir in the freshly chopped basil.
  7. Serve with cooked pasta.
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## **Method 2**

### **Ingredients**

- 1 can of crushed tomatoes (15 oz)
- ½ an onion, diced
- Extra-virgin olive oil
- Fresh basil leaves, chopped
- Dried oregano
- Salt and pepper

### **Method**

1. Heat about 1 tbsp of olive oil in a medium sized saucepan.
  2. Add the chopped onion and fry over a gentle heat until the onion is translucent and soft.
  3. Add the tomatoes with their juice to the onion and stir well.
  4. Finally add some dried oregano, freshly chopped basil leaves and season with salt and pepper.
  5. Simmer over a low-medium heat for 25 - 30 minutes or until the sauce has thickened and reached the desired consistency.
  6. Check the seasoning and adjust to taste if necessary before serving with freshly boiled pasta.
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## **Method 3**

### **Ingredients**

- 1 can of Italian tomatoes (35 oz)
- ¼ cup of olive oil
- 4 cloves of garlic
- 3 leaves of freshly chopped basil
- ½ tsp of dried oregano
- salt and pepper to season

## **Method**

1. Chop the garlic into small pieces.
2. Heat the olive oil over a medium heat in a medium sized saucepan.
3. Add the garlic and fry gently until light brown.
4. Crush the tomatoes or mash them with a fork or potato masher and add to the garlic with the juices from the can.
5. Then add the oregano, chopped basil, salt and pepper and stir the ingredients to mix thoroughly.
6. Bring the mixture to the boil, stirring occasionally.
7. Once the sauce begins to boil, reduce the heat to low and simmer gently for 25 - 30 minutes or until the sauce has thickened.
8. The sauce is now ready to serve or can be stored in an airtight container until needed.

## **Main Dish {Only Big B Favorite}**

### **Five Cheese Lasagna**

#### **CREAM SAUCE:**

1/4 Cup Butter  
1/4 Cup Flour  
2 Cup Milk

#### **CHEESE FILLING:**

1/4 C. Sun-dried tomatoes — oil Packed — minced  
1 tablespoon Fresh garlic — minced  
3 1/2 C. Ricotta cheese  
3 Eggs  
1 C. Grated Parmesan cheese  
1/2 C. Grated Romano cheese  
1/2 tsp. Salt  
1 tsp. Black pepper

#### **OTHER:**

4 C. Mozzarella cheese — shredded  
1 C. Spinach lasagna noodles or Regular if unavailable  
Marinara sauce — as desired

Extra Parmesan cheese  
freshly grated

To make sauce melt butter with medium heat in heavy, 1 quart sauce pan. Add flour and stir until well blended; cook until frothy. Add milk, stirring constantly with wire whisk as mixture comes to a simmer. Cook and stir until thickened (3-4 minutes). Chill while mixing other ingredients. Drain and mince tomatoes and garlic. Place other cheese filling ingredients in 3-quart mixing bowl with tomatoes and garlic. Add 1-1/2 cups of cooled cream sauce and mix until well blended. Refrigerate, reserving 1/2-cup for later use.

Cook lasagna noodles according to package directions. Cool under cold water and drain. Place 3 lasagna noodles in a 9×13x2 lightly oiled baking dish, overlapping slightly. Spread 1-1/2 cups cheese filling over noodles; sprinkle with one cup mozzarella and 1/4-cup fontina cheese. Repeat pasta and cheese layering three more times; top with remaining three lasagna noodles. Spread 1/2-cup of reserved cream sauce over top and cover lightly with foil. Preheat oven to 350~ and bake for 1 hour. Remove from oven and keep warm at least 30 minutes before serving.

Serve topped with hot marinara and Parmesan cheese. (Can be refrigerated a day before baking if desired.)

## BAKED MANICOTTI WITH CHEESE FILLING

1/3 c. olive oil  
1 1/2 c. chopped onion  
1 clove garlic, crushed  
2 cans (2 lb. 3 oz.) Italian tomatoes, undrained  
2 tbsp. chopped parsley  
1 tbsp. salt (can be less or to taste)  
1 tbsp. sugar  
1 tsp. dried oregano  
1 tsp. dried basil leaves  
1/4 tsp. pepper

**MANICOTTI:**

6 eggs, at room temp.  
1 1/2 c. unsifted all-purpose flour  
1/4 tsp. salt  
1 1/2 c. water

**FILLING:**

2 lbs. ricotta cheese  
1 pkg. (8 oz.) Mozzarella cheese, diced  
1/3 c. grated Parmesan cheese  
2 eggs  
1 tsp. salt  
1/4 tsp. pepper  
1 tbsp. chopped parsley  
1/4 c. grated Parmesan cheese

1. **MAKE SAUCE:** In hot oil in 5 quart Dutch oven or pot, saute onion and garlic 5 minutes. Mix in rest of sauce ingredients, mashing tomatoes with fork (or tomatoes may be mashed in blender first then added). Bring to boil, reduce heat. Simmer mixture, covered, stirring occasionally 1 1/2 hours.

2. **MAKE MANICOTTI:** In medium bowl, combine 6 eggs, the flour, 1/4 teaspoon salt, 1 1/2 cups water with electric mixer, beat just until smooth. NOT FROTHY - let stand 1/2 hour.

3. Slowly heat 8-inch skillet. Pour in 3 tablespoons batter, rotating skillet quickly to spread batter evenly over bottom. Cook over medium heat until top is dry but bottom not brown. Turn out on wire rack to cool. Continue cooking until all batter is used. As the manicotti is cooled, stack them with wax paper between them. Preheat oven to 350 degrees.

4. **MAKE FILLING:** In large bowl combine ricotta, Mozzarella, 1/3 cup Parmesan, the eggs, salt, pepper and parsley; beat with wooden spoon blend well. Spread about 1/4 cup filling down the center of each manicotti and roll up.

5. Spoon 1 1/2 cups sauce into each of two 12 x 8 x 2 inch baking dishes. Place eight rolled manicotti, seam side down, in single layer; top with five more. Cover with 1 cup sauce, sprinkle with Parmesan cheese. Bake, uncovered, 1/2 hour or until bubbly.

6. **TO FREEZE:** Line baking dish with large piece of foil; assemble as directed. Fold foil over to seal, and freeze in dish. When frozen, remove dish.

**TO SERVE:** Unwrap, place in baking dish and let stand 1 hour to thaw. Bake, covered, 1 hour in 350 degree oven. (This recipe is worth the effort.)

## **Cheese Ravioli with Fresh Vegetables**

### **Ingredients**

1 lb mini round cheese ravioli, cooked according to package directions  
1/4 cup extra virgin olive oil  
1 clove fresh garlic, chopped  
2 7-oz jars roasted red peppers, sliced in strips  
1 whole, medium fresh zucchini, sliced in half moons  
1/2 cup black olives, sliced  
1 cup chicken broth  
Grated Parmesan to taste  
Fresh chopped parsley for garnish  
Salt and freshly ground black pepper

### **Procedures**

1. **HEAT** olive oil over medium heat in saucepan. Add roasted red pepper strips, zucchini moons, garlic and black olives. Cook while stirring for 2 minutes or until the zucchini reaches desired texture. Add chicken broth and let sauce simmer for 2 minutes. Season with salt and cracked black pepper to taste.
2. **DRAIN** cooked ravioli well. Toss ravioli in a small amount of olive oil to prevent sticking. Add cooked ravioli to sauce. Blend well, allowing sauce to cover ravioli.
3. **PLACE** sauced ravioli on serving plate. Top with grated Parmesan cheese and parsley.

## **Cheese Ravioli with Mushroom Ragu**

### **Ingredients**

1/2 cup Spanish onions, diced  
1/2 cup fresh carrots, diced  
1/2 cup fresh celery, diced  
2 Tbsp sweet butter  
6 oz pancetta, diced in 1/4" cubes  
1/2 lb beef tenderloin, diced in 1/2" cubes

6 garlic cloves, chopped  
1/2 lb domestic mushrooms, sliced  
1/2 cup shiitake mushrooms, sliced & de-stemmed  
1/4 lb Portobello mushrooms, cubed  
Salt and freshly cracked black pepper to taste  
1 cup dry white wine  
1 cup chicken broth  
14.5-oz can diced tomatoes  
1/4 cup sweet butter  
1 lb square cheese ravioli, cooked according to package directions

Parmesan cheese, grated  
Fresh parsley

### **Procedures**

1. **MELT** 2 Tbsp butter in a heavy bottom roasting pan. Add pancetta, beef, onions, carrots, celery, and garlic. Brown on medium-high heat while stirring for about 10 minutes. Add mushrooms and cook 5 more minutes, then season with black pepper. Add white wine, chicken broth and tomatoes.
2. **SIMMER** sauce on medium heat and cook about 2 hours, or until meat is tender. Add 1/4 cup of chilled butter while stirring sauce until butter is completely melted. Taste and adjust seasoning with salt and pepper.
3. **ADD** cooked, drained ravioli to sauce and stir to coat pasta. Place sauced ravioli on serving plate. Top with grated Parmesan and parsley.

### **CHEF TIPS**

- Substitute reconstituted dried porcini mushrooms for domestic mushrooms
- Substitute thick bacon for pancetta
- Add roasted red peppers to sauce
- Add capers or black olives to sauce

### **Chicken Giordano**

## **Ingredients**

### **Sauce:**

1 Tbsp butter  
1/4 tsp dry thyme  
1/2 tsp fresh rosemary, finely chopped  
1 tsp garlic pepper  
1 Tbsp cornstarch  
1/4 cup chicken broth  
1/4 cup water  
1/4 cup white wine  
1 Tbsp milk  
1 tsp lemon juice  
Salt and pepper to taste

### **Chicken:**

2 lbs boneless, skinless chicken breasts, sliced width-wise into 1/2" strips  
1/4 cup extra-virgin olive oil  
2 small rosemary sprigs  
1 clove garlic, finely minced  
Juice of 1/2 lemon

### **Vegetables:**

1/4 cup extra-virgin olive oil  
1/2 bunch fresh asparagus (remove bottom inch of stem; cut remainder into 1" pieces)  
1 zucchini, julienne cut  
1 yellow summer squash, julienne cut  
2 roma tomatoes, cut into 1/2" pieces  
1/2 red bell pepper, julienne cut  
1 cup broccoli florets, blanched  
1/2 cup frozen peas  
1 cup spinach, cut into 1/2" pieces  
1/2 cup carrots, julienne cut

1 lb farfalle pasta (bow ties), cooked according to package directions

## **Procedures**

### **Sauce Preparation:**

1. **MELT** butter in a sauce pan over medium heat. Stir in thyme, garlic pepper and rosemary. Whisk to thoroughly blend and cook for 1 minute.
2. **COMBINE** chicken broth, water, wine, milk, and lemon juice in a mixing bowl. Add cornstarch and whisk until cornstarch has dissolved and there are no lumps.
3. **ADD** liquid mixture to sauce pan. Whisk all ingredients together and bring to a boil. Season with salt and pepper to taste, and then remove from heat.

### Chicken & Vegetables Preparation:

1. **COMBINE** all chicken ingredients in a mixing bowl and blend well.
2. **MARINATE** for 30 minutes.
3. **HEAT** a sauté pan over medium high heat. Add ¼ cup extra virgin olive oil.
4. **SAUTE** chicken strips until internal temperature reaches 165°F.
5. **ADD** all vegetables and sauté until cooked through.
6. **ADD** cooked, drained pasta and sauce to sauté pan. Stir until pasta is thoroughly coated with sauce.
7. **TRANSFER** to a serving platter and garnish with chopped parsley.

## **Chicken Marsala**

### **Ingredients**

4 chicken breasts, boneless & skinless  
1/2 cup flour  
Salt to taste  
Pepper to taste  
dried oregano to taste  
4 Tbsp oil  
4 Tbsp butter or margarine  
2 cups fresh mushrooms, sliced  
1 cup Marsala wine

### **Procedures**

1. **POUND** chicken breasts between sheets of plastic wrap until about 1/4" thickness.
2. **COMBINE** flour, salt, pepper and oregano in a mixing bowl. Dredge chicken pieces in the flour, shaking off any excess.
3. **HEAT** oil and butter in a skillet over medium heat. Cook chicken breasts on medium heat for about 2 minutes on the first side, until lightly browned. Turn breasts over to cook other side, and then add mushrooms to skillet. Cook breasts about 2 more minutes, until both sides are lightly browned. Continue to stir mushrooms. Add Marsala wine around chicken pieces.
4. **COVER** and simmer for about 15 minutes.
5. **TRANSFER** to serving plate.

## **Linguine in Saffron Sauce**

### **Ingredients**

1 lb linguine, cooked according to package directions

### SAFFRON SAUCE

10 cups chicken broth (2 1/2 its)

1 small pinch of saffron

2 tsp tarragon

1 cups heavy cream

1/4 lb sweet butter

Fresh parsley, chopped

### **Procedures**

1. **PLACE** chicken broth in a saucepot and bring to a simmer.
2. **CHOP** saffron carefully and add it to broth along with the tarragon. Let broth reduce to 1/3 quart. Add cream and reduce sauce to desired consistency. Strain the sauce and add butter a little at a time.
3. **HOLD** sauce until ready to serve. Add drained pasta to sauce and stir to thoroughly coat.
4. **TRANSFER** to large platter and garnish with chopped parsley. Serve immediately.

## **Tuscan Garlic Chicken**

## **Ingredients**

4 each (4 oz) boneless, skinless chicken breasts  
1 1/2 cups flour, plus 1 tablespoon  
1 Tbsp salt  
2 tsp black pepper  
2 tsp Italian seasoning  
1 lb fettuccine pasta, cooked according to package directions  
5 Tbsp olive oil  
1 Tbsp garlic, chopped  
1 red pepper, julienne cut  
1/2 cup white wine  
1/2 lb whole leaf spinach, stemmed  
2 cups heavy cream  
1 cups Parmesan cheese, grated

## **Procedures:**

Pre-heat oven to 350°F.

1. **MIX** 1½ cups flour, salt, pepper and Italian seasoning in a shallow dish. Dredge chicken in the mixture, shaking off any excess.
2. **HEAT** 3 Tbsp oil in a large skillet. Cook chicken breasts 2 at a time over medium-high heat until golden brown and crisp (2-3 min). Add more oil for each batch as necessary.
3. **PLACE** cooked chicken breasts on a baking sheet and transfer to preheated oven. Cook for 10-15 minutes or until internal temperature reaches 165°F.
4. **HEAT** 2 Tbsp oil in a sauce pan. Add garlic and red pepper and cook for approximately 1 minute. Stir in 1 Tbsp flour, wine, spinach and cream and bring to a boil. Sauce is done when spinach becomes wilted. Complete by stirring in parmesan cheese.
5. **COAT** cooked drained pasta with sauce, then top with chicken and remaining sauce. Garnish with extra Parmesan cheese.

## **Vegetable Lasagna**

### **Ingredients**

7 oz pack goat cheese

1/3 cup pitted black olives, chopped  
1 Tbsp fresh thyme (or 1 tsp dry), chopped  
1/2 Tbsp fresh basil (or 1/2 tsp dry)  
1/2 Tbsp fresh oregano (or 1/2 tsp dry)  
2 tsp garlic, minced  
Salt and pepper to taste  
4 cups prepared pasta sauce (your choice)  
1 lb whole-wheat lasagna, cooked according to package directions  
Freshly ground black pepper  
2 small zucchinis, diced  
2 small summer squash, diced  
3/4 cup roasted red pepper, diced  
1/4 cup Parmesan cheese, grated

### **Procedures:**

Pre-heat oven to 375°F.

1. **MIX** goat cheese, olives, thyme, basil, oregano, and garlic in a bowl; season with salt and pepper.
2. **SPREAD** 1 cup pasta sauce on bottom of a 9" x 13" baking dish.
3. **ADD** a layer of cooked lasagna and season with black pepper.
4. **ADD** a layer of zucchini, squash, and red pepper. Drop spoonfuls of goat cheese mixture over vegetables and spread to cover.
5. **REPEAT** layers, finishing with pasta and sauce.
6. **SPRINKLE** Parmesan cheese on top. Cover with foil and bake for 40 minutes, until internal temperature reaches 165 °F.
7. **UNCOVER** and bake 5 minutes or until top browns. Let stand 10 minutes; serve immediately.

## **Asparagus with Lemon and Minced Onions**

### **Ingredients**

1 Tbsp olive oil  
1 bunch fresh asparagus  
1 lemon, quartered  
1/4 tsp salt  
1 pinch black ground pepper

1 Tbsp yellow onion, minced  
1 lemon, sliced thinly

### **Procedures**

1. **CUT** 1" off of the bottom of the asparagus. Discard.
2. **HEAT** pan over medium heat. Add extra virgin olive oil. Cook for approximately 3 minutes or until asparagus starts to soften. Place the remaining ingredients in a saucepan, except lemons. Squeeze quartered lemons into saucepan and place lemon in as well. Fill pan with enough water to cover the asparagus half way and cover. Cook at medium to high heat until the asparagus is bright green and tender.
3. **PLACE** asparagus and onion on platter to serve. Garnish with sliced lemon.

### **Green Beans with Tomato and Garlic**

#### **Ingredients**

1 lb fresh green beans, cleaned with ends removed  
2 Tbsp olive oil  
2 cloves garlic, finely chopped  
1/2 cup tomatoes, seeds removed and finely diced  
Salt and pepper to taste

#### **Procedures**

1. **BLANCH** green beans for 1 minute in a pot of salted boiling water. Drain and cool beans under cool running water.
2. **HEAT** olive oil in a sauté pan and mix in garlic. Cook for 1 minute and add green beans. Cook green beans with garlic for 1 minute. Add diced tomatoes to green bean mixture. Cook for 1 minute, or until green beans are tender but still green.
3. **SEASON** with salt and pepper. Serve immediately.

### **Roasted Corn and Tomato Salad**

#### **Ingredients**

6 medium vine-ripened tomatoes  
1 1/2 cups roasted corn kernels  
1 small red onion, 1/4" diced

6 Tbsp olive oil  
3 Tbsp balsamic vinegar  
1/2 tsp kosher salt to taste  
1/4 cup fresh basil leaves, julienne  
Freshly ground pepper to taste  
1 cup large toasted croutons (homemade, if possible)

### **Procedures**

1. **CORE** tomatoes and cut into 1/2" cubes.
2. **COMBINE** tomatoes, corn, diced onions, oil, vinegar, salt, basil and freshly ground pepper in a large bowl and toss gently to blend. Let sit for a few minutes.
3. **ADD** croutons and toss just before serving.

## **White Bean Salad with Tomatoes and Crispy Pancetta**

### **Ingredients**

2 19-oz cans white kidney (cannellini) beans, rinsed well (or 38 oz dried beans soaked in water until tender)  
1/4 cup + 2 Tbsp extra virgin olive oil  
1/4 cup uncooked pancetta, sliced and chopped  
1/2 cup yellow onion, 1/4" diced  
2 tsp rosemary, finely chopped  
3 Tbsp red wine vinegar  
1/4 cup tomatoes, diced  
1/2 tsp salt  
pinch ground black pepper  
3 Tbsp Parmesan cheese, grated  
1 Tbsp fresh basil, chopped

### **Procedures**

NOTE: If using dry beans, allow to soak according to package directions. Then boil in salted water for about 10 minutes (add 1 tbsp salt to 1 gallon of water). Drain beans and cool in refrigerator.

1. **HEAT** olive oil in a sauté pan. Add pancetta and cook slowly over medium heat until crispy. Add onion and sauté until translucent. Add rosemary and cool for 1-2 minutes, then remove from heat.

2. **MIX** red wine vinegar, tomatoes, salt, pepper, grated Parmesan, basil and  $\frac{1}{4}$  cup olive oil in a bowl. Add hot pancetta and onion to the bowl and allow to cool down.
3. **COMBINE** beans with pancetta mixture and serve at room temperature.

Note: Try freshly grated Parmesan cheese and a drizzle of olive oil on top.

## Soups

### Angel Hair and Three Onion Soup

#### Ingredients

- 4 Tbsp olive oil
- $\frac{1}{2}$  lb baby (pearl) onions, fresh (or  $\frac{1}{2}$  frozen bag, thawed)
- 1 medium red onion, sliced thin
- 1 medium Vidalia onion (or other sweet onion), sliced thin
- 6 cups (48 fl oz) chicken stock
- Salt (to taste)
- $\frac{1}{4}$  tsp red pepper flakes
- $\frac{1}{2}$  lb angel hair pasta, broken in 2-inch pieces
- $\frac{1}{4}$  cup chopped flat leaf parsley
- 4 tsp grated Romano cheese

#### Procedures

- **PLACE** oil and all onions in a large sauce pan over low heat and sauté, stirring occasionally, about 20 minutes, until onions are golden. Add stock and salt to taste. Sprinkle with red pepper flakes and simmer for about 1 hour.
- **ADD** pasta and parsley and cook until pasta is just al dente.
- **LADLE** into soup bowls. Sprinkle with grated Romano cheese

### Cream of Tomato and Basil Soup

## **Ingredients**

4 Tbsp butter  
1 ea small red onion, diced  
2 cups dry white wine  
3 cups canned diced tomatoes (or 1 12-oz can)  
2 cups heavy cream  
3 Tbsp fresh basil, chopped  
Salt to taste  
Black pepper to taste

## **Procedures**

1. **MELT** butter in a heavy sauce pan. Add red onions and sauté until tender, about 5 minutes. Add white wine and reduce by 3/4. Add tomatoes and heavy cream bring to a simmer and reduce by 1/2.
2. **PUREE** soup in a food processor. Stir in 2 Tbsp chopped basil, salt and pepper.
3. **GARNISH** with remaining fresh basil and tomatoes and serve.

## **Italian Sausage Soup**

### **Ingredients**

1 lb sweet Italian sausage, ground  
1 cup white rice  
1 cup chopped tomatoes in puree (1-10 ¾ oz can)  
1/2 lb chopped frozen spinach (1-10 oz box), thawed and drained  
6 cups beef broth  
1/4 tsp black pepper, ground  
Pecorino Romano cheese, for garnish

### **Procedures**

1. **COOK** ground sausage in a soup pot and break the meat up with a fork as it cooks. Add in rice, beef broth, tomatoes and black pepper and bring to a simmer.
2. **COOK** 12-15 minutes or until rice is tender. Stir in chopped spinach and let simmer for a few minutes.
3. **LADLE** soup into soup bowls and garnish with freshly grated Pecorino Romano cheese.

## **Lentil Stew with Capers**

### **Ingredients**

1 lb bag Italian dried lentils  
1/4 cup olive oil  
1 small yellow onion, minced  
1 medium carrot, minced  
1 rib celery, minced  
1 clove fresh garlic, chopped  
1 sprig fresh rosemary  
pinch fresh thyme, chopped  
4 cups chicken stock  
Sea salt to taste  
2 Tbsp plus 1/2 cup chopped tomatoes  
1 Tbsp capers  
4 Tbsp extra virgin olive oil  
2 Tbsp parsley, chopped  
4 pinches of ground black pepper

### **Procedures**

1. **SOAK** lentils for 2 hours in cool water. Drain.
2. **COMBINE** extra virgin olive oil, onions, carrots and celery and garlic in heavy sauce pot. Cook on medium heat until vegetables are tender (about 7 minutes). Do not brown garlic and onions. Add lentils, rosemary sprig, and thyme. Cook for 2 minutes. Add chicken stock. Reduce heat and simmer until lentils are soft, approximately 30-45 minutes. Turn off heat. Season with sea salt to taste.
3. **ALLOW** soup to stand for 2 hours to combine flavors. (This soup is better the next day!)
4. **SERVE** re-heated soup garnished with chopped tomatoes and capers. Add fresh black pepper and chopped parsley. Serve immediately.

### **My Other favorite**

## **Gnocchi with Spicy Tomato and Wine Sauce**

## **Ingredients**

2 Tbsp extra virgin olive oil

6 cloves fresh garlic

1 pinch chili flakes

1 cup dry white wine

1 cup chicken broth

2 14.5-oz cans tomatoes

1/2 stick sweet cream butter, chilled, cut into 1" cubes

1/2 cup freshly grated parmesan cheese

Salt to taste

Freshly ground black pepper to taste

2 lb gnocchi (potato dumplings), cooked according to package directions

Fresh chopped basil to taste

## **Procedures**

1. **SAUTE** olive oil, garlic and chili flakes in a pan on medium heat until garlic turns a light golden brown. Add white wine and chicken broth and simmer about 10 minutes.
2. **REDUCE** wine and broth by half, add tomatoes and continue to simmer for 30 minutes.
3. **PUREE** half of the sauce in blender with butter and Parmesan cheese. Season to taste with salt and pepper. Remove sauce from blender and stir in with other half of sauce that was not pureed.
4. **REMOVE** gnocchi from boiling water, drain and mix with sauce.
5. **SERVE** gnocchi topped with Parmesan cheese and basil.

## **CHEF'S TIP:**

\*Add cream to sauce to add richness

\*Add vegetables of choice to sauce

\*Add sautéed chicken strips to sauce

## **Penne Pasta with diced tomato and fresh Ricotta cheese**

### **Ingredients**

4 medium fresh ripe tomatoes

8 basil leaves, chopped

1/4 cup extra virgin olive oil  
1 cup fresh ricotta cheese  
1/2 tsp marjoram, chopped  
12 oz penne rigate pasta, cooked according to package directions  
1/4 cup Romano cheese, grated  
1 large garlic clove, peeled and chopped  
Salt to taste  
Fresh ground black pepper to taste  
Fresh parsley, chopped

## **Procedures**

1. **CUT** a shallow "X" on the bottom of each tomato. Place tomatoes into boiling water and blanch for 15 seconds. Immediately cool in ice water.
2. **REMOVE** core, skin and seeds from tomatoes and dice. Place in a bowl and add 1/4 cup of olive oil, chopped basil and chopped garlic.
3. **BLEND** ricotta cheese with chopped marjoram; season to taste with salt and pepper.
4. **TOSS** tomato mixture in a hot skillet. When mixture is hot, stir in Ricotta cheese blend.
5. **ADD** hot, drained pasta to tomato/cheese mixture. Stir to thoroughly blend. Add salt and pepper to taste. Top with Romano cheese and chopped parsley.

## **Fettuccine Assortito**

1 C. green bell peppers, julienne  
1 C. red bell pepper, julienne  
1 3/4 C. broccoli florets, cut small  
1 C. zucchini, sliced 1/4" then cut in half  
1 C. yellow squash, sliced 1/4", then cut in half  
1 C. carrots, cut matchstick, 1/8" x 1 1/2"  
1 lb. fresh fettuccine pasta or 12 oz. dried pasta  
3 C. Fontina cheese sauce (recipe follows)  
3 T. butter or margarine  
3 T. pure olive oil  
1 3/4 C. ham, julienne

Wash vegetables and drain. Peel carrots. Cut vegetables and ham.

**Prepare Fontina cheese sauce as follows:**

In heavy non-aluminum pot, melt 6 tablespoon of butter, add 6 tablespoons of all-purpose flour and cook on moderate heat for two minutes, stirring constantly with a wire whisk.

Add 3 cups of homogenized milk and bring just barely to the boiling point.

Turn off the heat and add 6 ounces of shredded Fontiana cheese and blend into the goat milk. Adjust salt and pepper to taste.

Add the butter or margarine and put olive oil to a large heavy skillet over medium heat and sauté the vegetables and {Beef or Chicken or ham} together until crisp tender. Stir frequently.

While the vegetables/ham medley is sautéing, cook fresh fettuccine for 3 1/2 minutes in rapidly boiling water thoroughly.

To serve, blend the vegetables, ham and fettuccine thoroughly, add the hot Fontina cheese sauce and blend again, to coat all ingredients with sauce.

Pass grated Parmesan cheese at the table.