

## RECIPES

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## 1. SEAFOOD

1.1. **Calamari Affogati.** Aglio olio peperoncino, add calamari and cook low till tender. Reduce, add white wine, simmer shortly, then reduce again.

1.2. **Crab Cakes.** 1/3 cup mayo, 3–4 tsp mustard, 1 tbsp horseradish, 1 tbsp wasabi paste, 1 tbsp hot sauce, 1 egg, breadcrumbs. Add these to 2/3 lb lump crabmeat. Breadcrumbs coat, sauté butter. Good with Roero Arneis or Champagne.

1.3. **Badass Shrimp.** Bacon, garlic, butter, (white wine), shrimp, Louisiana hot sauce or Texas Champagne. Serve over white rice.

1.4. **Gumbo / Etouffee.**

1.5. **Rice with fish, tomato & parsley.** Aglio, olio, pomodoro and fish (filets of sole). Add prezzemolo at the end. White rice.

1.6. **Riso con gli scampi. Brodo:** Teste a gusci degli scampi, aglio, prezzemolo, carote, cipolle, pomodoro, (sedano).

**The rest:**400 g riso, 800 g scampi, 50 g cipolla, 4 spicchi d'aglio, 150 g pomodoro pelato passato, 50 g olio, 50 g panna, 1/2 bicchiere brandy. Soffrigere cipolla e aglio tritati. Unire gli scampi puliti e soffrigere un attimo. Unire il brandy e far ritirare. Unire pomodoro, allungare con un po' di brodo se necessario. Cuocere 20 minuti. Versare il riso, cuocere aggiungendo brodo un mestolo alla volta. A fine cottura aggiungere la panna.

1.7. **Alicette.** Pulire e lavare alici crude (viscere e spine). Far scolare per 15 minuti. Condire: 1 strato alici, sale abbondante, aceto... Far macerare almeno per 45 minuti. Scolare per 15 minuti. Condire con prezzemolo, aglio, peperoncino tritati e olio.

1.8. **Ceviche with Avocado.** Make a pico de gallo with a lot of extra lime juice. Add the raw fish and shrimp, avocado and salt. Serve with hot tostadas.

1.9. **Salmon with Olive Oil and Capers.** This is outstanding. Lemon juice and parsley. Serve with hot toast.

1.10. **Insalata di Mare (Nonna).** Impossible.

## 2. SAUCES

2.1. **Pesto.** Olive oil, pinoli, garlic, basil, salt. Also can add walnuts, pecans, butter. With Parmesan.

2.2. **Alessandro's Sardine Sauce.** Aglio olio, peperoncino. Pepper, tomatoes, white wine, capers, gaeta olives, sardines, parsley.

### 2.3. Pasta sauces.

- burro e salvia
- Alfredo (butter, cream, parmesan)
- Alfred (butter, cream, Chevrot)
- alla carbonara (have added artichokes)
- pomodoro e basilico
- funghi
- cream with Speck
- butter, Parmesan, with truffle cream
- butter, Parmesan, with Porcini cream
- anchovies, pecorino romano, peperoncino
- Amatriciana
- Sugo all'abacchio
- Brujit

2.4. **Amatriciana Sauce.** Sauté smoked pancetta till lightly browned, add onion and abbiandire. Add chopped tomatoes and white wine. Cook down. Add fresh basil at the end according to purpose. Goes with pecorino romano or sardo.

2.5. **Sugo all'abacchio.** Rosolare abacchio (7 hg) con 3 cucchiari d'olio e una cipolla tritolata. Aggiungere vino bianco quasi a coprire, carota e sedano. Far cuocere a fuoco lento coperto per 40 minuti e far ritirare non completamente. Aggiungere 1 (1 + 1/2) kg pomodoro pelato frullato e un po' d'acqua e far cuocere per altri 40 minuti.

2.6. **Sauce Béarnaise.** Ingredients 30 mL (2 tablespoons) tarragon vinegar 30 mL (2 tablespoons) sherry wine vinegar (or dry white vine) [go with dry white, extra and reduce more] 1 shallot 2 egg yolks 75 - 100 g (1/3 - 1/2 cup) 3 - 4 oz melted butter (warm but not hot) salt and cayenne pepper to taste 1 tablespoon fresh chopped tarragon [should be more]

Preparation 1) Put the vinegars and finely chopped shallot and herbs in a small saucepan; simmer until reduced to 1 tablespoon. Strain and set in pan of cool water to cool. 2) Add the egg yolks and whisk. 3) Turn on heat under pan of cool water hot water and continue whisking. Gradually add the softened butter, whisking until the sauce thickens and all the butter has been added. 4) Season.

2.7. **Steak sauce.** Prepare fresh crimini mushrooms or dried porcini (sauté rehydrateds in butter and cook down in red wine with bacon, pepper, and garlic). Add a bit of fresh cream and gently warm. Serve over rare filets or medium-rare ribeyes.

## 3. SANDWICHES

3.1. **Salmone affumicato e rucola.** Mayonnaise goes well also.

### 3.2. Scrambled eggs, bacon, avocado sandwich.

### 3.3. Fontina Ham Sandwiches.

## 4. POTATOES

- mashed with Fontina
- mashed with Smoked Salmon
- Leek soup (see below)

## 5. SOUPS

### 5.1. Tortilla Soup.

- 6 (6-inch) corn tortillas, preferably a little old and dried out
- 1/4 cup grapeseed oil, peanut oil, other high smoke-point oil
- 1 small onion, chopped (1/2 cup)
- 2 cloves garlic, finely chopped
- 1 medium Anaheim, poblano or jalapeño o chile, seeded, veins removed, chopped (Depending on the hotness and flavor desired. You can also mix chiles - 1 Anaheim and a half jalapeo.)
- 4 cups chicken broth or homemade chicken stock
- 1 can (14.5 oz) diced tomatoes, undrained
- 1/2 teaspoon coarse salt (kosher or sea salt)
- 1 1/2 cups shredded cooked chicken
- 1 ripe medium avocado
- 1/2 cup shredded Monterey Jack cheese (2 oz) (or other mild, melting cheese)
- Chopped fresh cilantro
- 1 lime, cut into wedges

1. If you are starting with somewhat old, dried out tortillas, great. If not and you are starting with relatively fresh tortillas, put them on a baking sheet and put them in the oven at 200F for 10-15 minutes to dry them out a bit. It is best to start with tortillas that don't have a lot of moisture in them. Cut tortillas in half; cut halves into 1/4-inch strips. In 3-quart saucepan, heat oil over medium-high heat. Fry strips in oil, 1/3 at a time, until light brown and crisp. Remove from pan; drain on paper towels. Reserve.

2. Heat oil remaining in saucepan over medium-high heat. Cook onion in oil 2 minutes, stirring frequently. Add garlic and chile; cook 2 to 3 minutes, stirring

frequently, until vegetables are crisp-tender. Stir in broth, tomatoes and salt. Heat to boiling. Reduce heat; cover and simmer 15 minutes. Add chicken; heat until hot.

3. To serve, peel and pit the avocado. Cut into 1-inch slices. Divide half of tortilla strips among 4 individual serving bowls; ladle in soup. Top with avocado and cheese; garnish with remaining tortilla strips and cilantro. Serve with lime wedges.

Recipe adapted from Muir Glen.

5.2. **Caldo de Camarón.** Sauté onions with fresh jalapeños or serranos. Add shrimp and cook about halfway. Add water, garlic, cumin, and pepper. Simmer and serve with lemon and fresh cilantro.

5.3. **Caldo de Res.** Select meat:

You can choose beef shank *anillo* or “ring” meat (the kind that has the *tuetano* or marrow bone. I like this meat, but you might have to boil it longer.

Or, you can choose beef short ribs, which I really like, also. (Rinse meat thoroughly, especially rib meat, because it might have tiny bits of “sawdust” from the cutting of the bones.)

Your Tio Nen browns the meat in a tiny bit of olive oil, but others boil the meat raw.

Boil meat in plenty of water, depending on the quantity of meat and the number of people who will be eating the soup.

Add garlic (again, to taste), maybe 2 or 3 cloves (not the whole head), salt, and a small onion, cut in four sections.

Cook until meat is tender.....depending on the quality/quantity of the meat. (You will find that, the better the meat, the less cooking time is required.)

When the meat is soft, begin to add your vegetables: Carrots and potatoes go in first because they take longer to cook. Cut corn on the cob in 3 or 4 pieces per cob. Corn will take the longest to cook. Cabbage, potatoes (cut in rather small pieces), zucchini (sliced), and one small tomato ( cut in small pieces, for color).

You can add a little crushed cumin (again, to taste), being careful not to “over-spice” the soup.

Toward the end, throw in cilantro and you will have a yummy beef soup.

The following is your dad’s version:

1. Brown stew meat in olive oil.
2. Boil for 2 hours in seasoned water: lots of garlic, lots of cumin (crushed), black pepper, and salt to taste (careful with high blood pressure).
3. Veggies, all kinds, like squash, carrots, cabbage, etc.....when potatoes are ready, the soup’s done.

5.4. **Borsch (Tanya Ioudovina).** Boil whole peeled beets until cooked and remove. Add salt, chopped cabbage, and potatoes. Grate a carrot and sauté with a chopped onion in butter. Grate the cooked beets and add to the pot. Add the carrot and onion when all the vegetables are cooked. Add raw chopped garlic. Optional: First boil meat with marrow bone, then add beets to the pot... Also can add lemon or cranberry juice, grated apples (a little) and/or pepper. Serve with fresh dill and sour cream.

5.5. **Leek Soup.** Roast leeks, potatoes, carrots in oven till dry. Puree together and add to chicken broth. Saffron? Cream and Parmesan. Serve immediately. Garnish? Excellent with baked ham.

5.6. **Garlic mashed potatoes.** Boil potatoes normally, add butter, pecorino romano, and raw garlic cloves, mashed together.

## 6. MEATS

6.1. **Skirt Steaks with Béarnaise Sauce.** Grill steaks on the stovetop.

6.2. **Cerdo en Adobo.** [Link](#)

Cerdo en Adobo de Guajillo (Chef Alejandro Kuri)

Rinde 4 porciones Ingredientes:

- 1 kg. de pulpa de cerdo americano cortada en cubos
- 2 cebollas blancas
- 1 cabeza de ajo partida por la mitad
- 2 clavos de olor
- 1 cucharadita de comino
- 1/2 ramita de canela
- 12 chiles guajillos
- 2 jitomates rojos
- 1 cucharada de vinagre blanco
- 1 naranja agria (el jugo)
- 1/4 de taza en aceite
- Sal y pimienta

Preparación: Coloque en una cacerola la carne de cerdo americano y ponga la cantidad suficiente de agua hasta que quede sobrecubierta. Cueza la carne con la cebolla y el ajo hasta que quede suave. Muela en un molino de especias o en un licuadora el comino, la canela y el clavo. Fría los chiles previamente desvenados durante 5 minutos, después agregue el jitomate y continúe friendo por unos 3 minutos más. Licue lo anterior con el vinagre y el jugo de la naranja, ponga a fuego lento durante 10 minutos y salpimente al gusto. Salsee la carne y sirva.

6.3. **Bijoyini's Curry.** Ok - on hot oil, put some whole cloves and cardamom and bayleaf (if you have any). If not, then put chopped onions. Fry until they are a deep golden brown and fragrant. Put lots of chopped ginger and garlic. Fry for 5-7 minutes. Don't burn them. Put in the chopped tomatos and some tomato paste (or tomate frito if they have that stuff in Courm). Put in the curry masala and cover until water is released from tomatos. Uncover. Fry the hell out of the tomato paste on a slow flame. Then put the meat, some water and cook away until the meat is tender and soft. YUM.

Variation: You can also fry some potatoes in a separate pan and add towards the last 15 minutes of the meat being done. Potatos with meat = YUM! But don't put raw potatos with the tomatoes. They take FOREVER and is not as tasty.

6.4. **Sausage and Cabbage.** Sauté onions and sausage brown. Add cut cabbage and habañeros. Cook down.

6.5. **Bourguignonne / Coq au Vin.** Brown meat with bacon and onions. Add pepper and lots of red wine. Reduce. Mushrooms work.

6.6. **Involtini.** Make with chicken breast or veal scallops, rehydrated dried porcini, and very finely sliced pancetta. Brown with onions in oil and butter, then simmer in white wine and the porcini water. Reduce.

6.7. **Boudin.**

6.8. **Nicholas' Steak Sauce.** Deglaze the steak's drippings with dry white wine, add Dijon mustard, reduce, season. At end, add fresh butter and reduce completely. Should end up nicely brown.

6.9. **Spezzatino.** Soffritto, add veal cubes, brown, add wine and herbs (juniper berries and cinnamon incl.) Polenta.

6.10. **Duck Confit.**

6.11. **Straccetti con Rucola.** Aglio, olio, peperoncino, etc.

6.12. **Picadillo.** Boil round steak in a little water with onion, potato... Grind meat. Sauté the ground meat in oil, add broth, cumin, garlic, black pepper, simmer. Add green pepper near end of cooking.

6.13. **Carne Guizada.** Sauté beef with onions. Add water, garlic, pepper, cumin, turmeric, tomato, and simmer. Near end, add green bell peppers.

6.14. **Lamb.**

- Roast with garlic, rosemary, olives, and potatoes.
- In tegame: Olive oil, garlic, lightly brown. Cover and cook low. Reduce, add white wine, garlic, rosemary, salt.

6.15. **Braised Lamb Shanks.** Season flour with salt and pepper, shake lamb shanks in paper bag with this mixture. Then fry till brown in olive oil. Remove the meat and add an onion cut in quarters, and garlic. Cook 10 min. Then add red wine. Cook a bit. Add meat and vegetables (carrots etc.) and thyme. Cook till meat falls off the bone.

6.16. **Saltinbocca alla Romana.** Wrap veal scallops around prosciutto and sage. Dredge in flour and cook in oil or butter. White wine and reduce.

6.17. **Chicken-Fried Steak.** Double egg and dredge works best. Fry pickled jalapeños same meal. Ask Mom about cream gravy.

6.18. **Fried catfish.** No egg. Just flour, salt, and cayenne. Cole slaw or remoulade sauce.

6.19. **Alessandro's Osso Buco.** Dredge shanks in flour, brown slowly in olive oil, simmer in a couple tomatoes, chicken broth and white wine about an hour. Season rosemary, garlic... Also, <http://www.cookingforengineers.com/recipe/200/Osso-Buco>.

6.20. **Brujit. Pasta:** 3 uova, 3 hg farina.

**Sugo:** 6 cucchiari olio, 1/2 cipolla, 10 cm costa sedano, 1/2 carota. Soffrigere tutto, non rosolato. Aggiungere 350 g pezza vitellone, tagliata. Amalgamare, non rosolare, a fuoco alto e far ritirare ritirare l'acqua. Unire 1 bicchiere abbondante di vino rosso, 1 foglia d'alloro, 10 chiodi di garofano. Sale, pepe, 2 cucchiari pelato passato. Far bollire e cuocere a fuoco basso per 1 ora. Condire la pasta col parmigiano.

## 7. PIZZE

### 7.1. Classic Pizza.

- Boscaiola (white, with sausage, mozzarella, mushrooms, black truffle oil)
- Margherita with shrimp and arugula
- Napoli (red sauce, mozzarella, anchovies, maybe capers, oregano, black pepper)
- Protocol for red pizza sauce: Sauté tomatoes in oil till edges golden, with onion, reduce to near-dry in lots of olive oil.

7.2. **Truffle.** : Dry out sliced cimini mushrooms in the oven first. Put truffle oil (all over dough), salt, mozzarella, mushrooms, sausage bits

7.3. **Anchovy.** : Sauce: cook onions in olive oil, then add tomatoes, white wine, cook stirring until all the water is gone. salt? Put anchovy oil, tomato sauce, anchovies, mozzarella

#### 7.4. **Alessandro's Pizzas.**

- truffle oil, artichokes, mushrooms, mozzarella
- robiola stagionata and duck prosciutto

7.5. **Crostini.** With mozzarella and anchovy sauce. The anchovy sauce is just anchovies dissolved in butter.

### 8. EGG DISHES

8.1. **French toast.** As usual but make lox sandwiches.

8.2. **Machacado con Huevo a la Mexicana.** Machacado: Dried, salted beef. Scramble with eggs. *A la Mexicana* means sauté onion, serrano, and tomato first and cook together. Also can do without the machacado or with migas.

8.3. **Migas.** After frying the tortillas, take them out of the pan. Cook the above vegetable combination until the water is gone. Add in eggs, and a few seconds later, put the tostadas back in. Avoid soginess.

8.4. **Chicken livers.** Accumulate livers in the freezer (3 or 4 chickens). Thaw. Chop in fine pieces. Fry pieces of bacon. Take some of the bacon grease out. Add butter. Add whole garlic cloves and liver. Sauté lightly (do not brown either liver or garlic). When cooked through, pour in copious amount of strong red wine. Cook down. Add thyme, coarsely ground black pepper, salt.

8.5. **Risotto.** Heat butter and oil (half and half by volume). Add finely sliced onion. Sauté until onions are translucent. Add dry arborio rice. Sauté until onions and rice are just starting to brown. Add half glass of dry white wine. Boil off almost all the wine. Decant mushroom liquid into the rice (from dried porcini rehydrated in warm water - let the dirt settle, don't get it in the rice). Serial reduction / addition of hot chicken broth. Serve with grated parm, truffles/truffle oil.

8.6. **Eggs scrambled with spinach and mushrooms.** Also good with sausage.

8.7. **Chorizo Norteño.** Ground pork loin, apple cider vinegar, garlic, pepper, cumin, oregano, clove, chili powder. Don't forget queso flameado. Specifically: Chorizo by Mamanos: Meat: lean pork loin, 4 lb. batch, Grind meat. Spices: 6 tsp ground clove (fine), 6 tsp ground black pepper (fine), 5 tsp salt. Molcajete: 15 cloves, whole, 15 black pepper, whole, 2 garlic cloves, 5 oregano, pinch, 3 ounce bottle chili powder, Gebhardt, 5.5 fluid ounce white distilled vinegar. Mix well the first three spices into the meat. Molcajete: Crush well the next four spices and use some of the vinegar to make mixture. Add this to pork, working it well into the meat with hands. Wash molcajete with a little vinegar and add this to meat. Mix again. Make paste with chili powder and remaining vinegar and add to meat, working it in well so that all meat is reddish, evenly. Mix very well. Refrigerate

at least 4 days before using, checking smell daily and adding clove and/or pepper if needed. Note: Chorizo will be better after 6 days in the refrigerator.

8.8. **Aline's Tourtière.** 425° 15 min, 350° 45 min. Add foil to edge of crust half way through if necessary. The pie is usually 50/50 pork/beef - sometimes more pork - it is considered a pork pie. The main spice is allspice - I usually put at least 2 tsps. in the mix

Additionally: 1 minced onion 1-2 cloves garlic 1/4 tsp each of thyme, rosemary, pepper 1 tsp salt a dash of cinnamon.

Remove all but 2-3 tbsps of meat juice after it has cooked and add bread crumbs, cracker crumbs, or shredded cooked potatoes. Add the herbs and spices. (Some families use bread, others potatoes. We always used bread, as did the other families I grew up with. Some families eat it plain as we did, others made a white gravy to pour over each slice). Brush egg glaze on inner crust before filling, cover with top crust and brush with glaze. Bake.

8.9. **LEOs.** Lox, eggs, onions.

8.10. **Fulvia's Omelette.** Sauté onion and zucchini. Parmesan.

8.11. **Alessandro's Omelette.** Old, dry Tuma d'la Paja. This is truly extraordinary.

## 9. POULTRY

9.1. **Chicken.** Roast with garlic, rosemary, olive oil, and potatoes. Or stuff with breadcrumbs, giblets, mushrooms and pecans.

9.2. **Arroz con Pollo.** Sauté chicken in oil with onions and rice. Add water (or cheat and use chicken broth), tomato, garlic, cumin, black pepper, (turmeric), green pepper.

9.3. **Faraona.** aglio olio e faraona. far rosolare a fuoco vivo. Aggiungere sale e alicia schiacciata. Aggiungere vino quasi a coprire e un po' di aceto, salvia, e rosmarino. Cuocere a fuoco lento per 50 minuti. Far ritirare non proprio tutto.

9.4. **Alessandro's Cacciatora.** 3-4 onions, brown with chicken 10-15 minutes. Add pomodori pelati, basilico, and red wine and cook another 30 minutes or more. Pepper at the end.

9.5. **Nonna's Cacciatora.** Aglio olio. Put in spalla di agnello and cook slowly till most of the moisture is gone. Cover and cook through. Do not brown. In a mortar, mix 1 anchovy, garlic, rosemary, 1 glass white wine. Add to meat and cook covered for another 10 minutes. Reduce about halfway.

## 10. RISOTTI

- Milanese (marrow, saffron) (with or without truffle cream, detto sporco)
- porcini
- with asparagus
- with artichokes
- fish broth
- Copenhagen: Carlsberg Elephant, cream, dill, and smoked salmon.
- shrimp (crema di scampi)
- alla pescatora

10.1. **Risotto al rosmarino.** per 4 persone:

1 cipolla oro

30 grammi di rosmarino fresco

3 cucchiaini di olio extravergine di oliva

1 bicchiere di vino bianco

320 grammi di riso arboreo

brodo vegetale

1 pugno di parmigiano

1 noce di burro

Tritare bene la cipolla ed il rosmarino, che deve essere freschissimo e profumato. Rosolare in olio la cipolla tritata e 15 grammi di rosmarino tritato. Aggiungere il riso, farlo tostare e poi spruzzarlo con il vino bianco. Quando tutto il vino sar evaporato, aggiungere il brodo vegetale e portare a cottura il riso. A cottura ultimata, mantecare il riso con il restante rosmarino tritato, il burro e il parmigiano. Tempo di cottura medio: 20 minuti.

Potete gustare questa specialità presso l'Agriturismo Valcurone che ci ha gentilmente fornito la ricetta.

10.2. **Plouf (Maria Shubina).** Cook cubed lamb in oil and onions. Add raw rice and sauté. Add water, salt, pinoli. Cook rice covered. Garnish with grated raw carrots. (Raisins)

10.3. **Rice dressing (Angelo family).** About 1 1/2 cups rice. Cook in skillet until light brown in color in small amount of vegetable oil. Put water or broth on rice and set aside. If you need more later add some broth. Brown ground meat, celery, onions, parsley and green onions then set aside.

In butter, not shortening, brown pine nuts. Drain off butter when brown. Mix everything together and add more broth or water (be sure to add a little salt). Bake in oven about 45 minutes to 1 hour on 350°.

## 11. SALADS AND DRESSINGS

11.1. **Pico de Gallo.** Onions, tomatoes, serranos or jalapeños, cilantro, lime juice.

11.2. **Galya's Salad.** Grapefruit, raw spinach, avocados, onion, feta.

11.3. **Dean's Mom's Salad.** Oil, garlic, black peppercorns, oregano, salt, tomatoes.

11.4. **Mustard Salad Dressing (Granma).** Strong French mustard, olive oil, a little white wine vinegar. Good also on grilled sausage.

11.5. **Puntarelle Dressing.** Alici, aceto, aglio.

## 12. PLANTS

12.1. **Artichokes.**

- alla giudia
- alla romana (braised with garlic and mentuccia)
- spicchi soffritti aglio olio (colle uova pure)
- For breaded-fried: batter: water, flour, beer yeast.

12.2. **Cianfotta.** Olive oil, garlic, onion, potato, pomodoro, eggplant, zucchini, prezzemolo.

12.3. **Eggplant and Tomatoes al forno.** Olive oil, garlic, parsley, salt.

12.4. **Minestrone.** 300g beans, 4 carrots, (1/2 cabbage), (lentils), 2 tomatoes, 1 onion, 1 clove garlic, 4 potatoes, 200g green beans, 2 zucchini, (peas), spinach, fresh basil. In that order.

12.5. **Bolio (Maria Shubina).** Cook kidney beans. Sauté onions, add beans, walnuts, pomegranite juice, lemon juice, cilantro.

12.6. **Beet Salad (Maria Shubina).** Grate boiled beets. Toss with raw thin-sliced garlic, walnuts, mayonnaise, and raisins.

## 13. PULSES

13.1. **Pasta e Fagioli.** Cook beans with garlic and pancetta. Simmer in Amatriciana sauce. Garnish parsley. Also chickpeas.

13.2. **Hummus.** Soak chickpeas overnight. Bring to boil in salt water, simmer 1 hour, until soft. Mash with olive oil, lemon juice, crushed raw garlic, salt.

13.3. **Chickpeas Amatriciana.** Ganz selbstverständlich.

13.4. **White Beans (Nicholas).** Soak Greek gigantes overnight, drain. Boil until al dente or a little softer but not too soft. Add a few bay leaves in the water before you boil. Skim the foam. Drain, put in a baking dish and cover with Kalamata olive oil. While the beans are boiling, seed and peel 2-3 tomatoes and add them to just browned cup of chopped onions (brown them in olive oil) and cook in additional olive oil until soft. Add oregano, salt, pepper. Chop a few garlic cloves. Sprinkle garlic over beans, add salt and pepper (unless you put tons in onion/tomato mix) pour onion/tomato mix and bake for about an hour. Mix the beans up every 15 mins or so.

*Comment:* It's about a cup of tomato puree, 1 to 1 and 1/2 cup EVOO for about a pound to a pound and a half of gigantes.

13.5. **Frijoles Borrachos.** Serves 12

Beer and beans may sound like an unlikely combination, but the yeasty aroma released as the beer boils with the bacon, chiles, and onions will convince you. Of course, the folks who live in Northern Mexico and South Texas are very fond of their beer, an ingredient that marks this bean recipe as a signature norteno dish. A restaurant standard, these beans pair perfectly with Enchiladas Norteñas to make the quintessential Tex-Mex meal.

1 pound dried pinto beans, picked over and washed 1 medium onion, chopped 1 pound bacon or salt pork, chopped 2 serrano chiles, chopped 1 bunch cilantro, chopped (about 1 ounce) 1 large tomato, diced 3 garlic cloves Salt and pepper to taste 1 (12-ounce) can beer

FILL a 6-quart stockpot with water and add all ingredients. Bring to a boil, cover with the lid slightly ajar to allow for steam to escape, and simmer for 3 hours, until the beans are tender.

FOR EXTRA FLAVORFUL REFritos, sauté 2 to 3 tablespoons of leftover pico de gallo in the oil for a minute or two before adding the beans. Once the beans are added and heated through, mash as you would regular refritos.

Otherwise, refry with bacon, onion, and fresh jalapeños.

NOTE: I have found that borracho beans do not keep in the refrigerator as well as other beans, which I attribute to the yeast in the beer. That's all the more reason to save this bean recipe for when you invite a hungry crowd to dinner. Or, as this is a large recipe, freeze the leftovers within 48 hours of cooking the beans.

13.6. **Frijoles refritos.** Boil beans in salted water. Cook bacon in olive oil. When done, fold in mashed beans and bring to a boil.

13.7. **Lentils.** Cook with bacon and garlic (Specklinsen). Then simmer in Amatriciana sauce. Serve with pecorino sardo.

## 14. MISCELLANEOUS BOMBS

14.1. **Trattoria Toscana's Bruschette.** 1) Sausage-spinach, 2) Sausage-porcini.

In 1), I have replaced spinach with arugula and also with dandelion greens.

14.2. **Tomette allo Speck.** Sauté in butter.

14.3. **Side for Fried chicken or Calamari.** Squeeze liquid out of pickled jalapeños and fry along with chicken. (Giacomo's N. End)

## 15. BREADS

15.1. **Tortillas de Harina.** Proportions are 1 flour, 1/4 - 1/3 butter, 1/2 warm water. Salt. Knead, roll out.

15.2. **Banana Bread (Papo).** 1/3 cup oil, 1/2 cup sugar, 2 beaten eggs, 1 1/2 cup flour, 1/4 cup whole wheat flour, 1 tsp baking powder, 1/2 tsp salt, 1/2 tsp baking soda, 3 ripe bananas, 1 cup chopped walnuts. Mix dries and wets, then together with thin-sliced bananas and fold in walnuts at last. 45 min at 350° F.

15.3. **Banana Bread.** 3 or 4 ripe bananas, mashed, 1/3 cup melted butter, 3/4 cup brown sugar, 1 egg, beaten, 1 tsp vanilla, 1 tsp soda, pinch salt, 1 1/2 cups flour, walnuts or pecans. Oven at 350° F. Mix everything together, flour last. Bake an hour.

15.4. **Fulvia's Calabrese.** 400 g mandorle tritate, 250 g burro, 300 g zucchero, 6 uova, 250 g cioccolato fondente. Tostare andorle e tritare con 200 g di zucchero. Sciogliere il cioccolato a bagno-maria. Lavorare il burro, aggiungendo 100 g di zucchero, le mandorle. Amalgamare poi aggiungere il cioccolato e amalgamare. Aggiungere i rossi uno per volta e amalgamare. Montare a neve le chiare e mescolare al composto. 35-40 min 180° C.

15.5. **Fulvia's Pastiera Napoletana. Ripieno:** 700 g grano, 300 g latte, 30 g burro, 1 scorza limone gratata, 1200 g ricotta, 1 kg zucchero, 8 uova intere, 1 bustina vanillina, acqua fiori d'arancio (meno di un barattolo), 150 g cedro candito, paneangeli

**Pasta Frolla:** 800 g farina, 5 uova intere, 320 g zucchero, 320 g burro.

Mescolare grano, latte, burro e cuocere 1/2 ora. Freddo, aggiungere altri ingredienti. 2 ore in forno a 150° C.

15.6. **Pecan Pie.** <http://allrecipes.com/Recipe/Pecan-Pie-V/Detail.aspx>  
1 cup light brown sugar 1/4 cup white sugar 1/2 cup butter 2 eggs 1 tablespoon all-purpose flour 1 tablespoon milk 1 teaspoon vanilla extract 1 cup chopped pecans

Preheat oven to 350° F (175° C). In a large bowl, beat eggs until foamy, and stir in melted butter. Stir in the brown sugar, white sugar and the flour; mix well. Last add the milk, vanilla and nuts. Pour into an unbaked 9-in pie shell. Bake in preheated oven for 10 minutes at 400°, then reduce temperature to 350° and bake for 30 to 40 minutes, or until done.

**15.7. Chocolate Cake (Granma).**

- 2 cups sugar
- 1-3/4 cups all-purpose flour
- 3/4 cup HERSHEY'S Cocoa
- 1-1/2 teaspoons baking soda
- 1-1/2 teaspoons baking powder
- 1 teaspoon salt
- 2 eggs
- 1 cup milk
- 1/2 cup vegetable oil
- 2 teaspoons vanilla extract
- 1 cup boiling water

Heat oven to 350°. Grease and flour (you may use cocoa instead of flour in order to avoid white flour marks on cake) 2 round pans, 9 × 1 × 1/2 inches or rectangular pan, 13 × 9 × 2 inches. In large mixer bowl, combine dry ingredients with a mixer. (It's faster and easier.) Add eggs, milk, oil, and vanilla, beat on medium speed 2 minutes. Remove from mixer, STIR in boiling water (batter will be thin). Pour into prepared pan(s). Bake 30 to 35 minutes for round pans, 35 to 40 minutes for rectangular pan or until wooden pick inserted in center comes out clean. Cool cake in rounds 10 minutes, then flip it out. Cool completely. (Do not remove cake from rectangular pan.) Frost with Cocoa Whipped Cream.

**Cocoa Whipped Cream**

Combine 1/2 cup sugar, 1/3 cup cocoa, and 1-1/2 cups heavy cream. Chill at least 1 hour. Beat until stiff peaks form.

Spread on cooled cake layers. If desired, place thinly sliced bananas between cake layers.

**15.8. Kheer.** <http://kopiaste.org/2008/05/kheer-indian-rice-pudding/>