



Con Amore da Luciana

Edited by Lucio and D. Robert Foah



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Antipasti



Fritto Misto

Wash and thinly slice unpeeled eggplant and zucchini lengthwise. Puncture each slice with a fork several times. Drain between paper towels by pressing lightly. Flour each slice lightly and shake excess flour off. Fry each slice on both sides in olive oil (light) until golden brown. Add a little salt and pepper.

To make a complete first course fried mozzarella is served at the same time. Slice fresh, soft mozzarella into 1/3 inch slices. Flour lightly and dip in beaten egg. Dredge both sides of the slices in breadcrumbs. Shake off excess and fry in light olive oil until golden brown.

Optional: top with marinara sauce and grated parmigiano.



Eggplant in Balsamic

4-5 eggplants
Balsamic vinegar
Garlic cloves - 2

Remove skin from eggplants and cut lengthwise into thin slices. Fry them until dark brown in light oil. Place them on paper towels to drain off excess oil. In a container add layers of eggplants and some cut garlic cloves. Make about 5-7 layers. Add ¼ cup balsamic and ¼ cup water mixed to the layers. Put in refrigerator and cool overnight.

“I HATE Cilantro!”



Camembert Mousse

1 envelope of unflavored gelatin
¼ cup cold water
2 wedges of Camembert Cheese (1 1/3 oz)
¼ lb blue cheese or gorgonzola
1 teaspoon Worcester sauce
1 egg separated
½ cup heavy cream – whipped

Sprinkle gelatin onto cold water in a glass cup. Set cup in pan of hot water until gelatin dissolves. Blend cheeses together until smooth. Add Worcester sauce, egg yolk and gelatin. Beat egg white until stiff. Fold egg whites with whipped cream into mousse mixture. Pour into 2-3 cup molds or one larger mold. Refrigerate overnight. Unmold or to a plate or small platter, serve with bread, crackers, toast

Souffle di pane – Bread soufflé

One loaf of French bread, day old
3 eggs
3 cups of milk
1 cup of cheddar cheese
3 tablespoons of Parmigiano

Take a pyrex dish and butter it. Cut the bread in ½-inch slices. Butter them and layer them on the bottom. Then add cheddar, then parmigiano until you have used it all. Repeat layers — bread, cheddar, parmigiano. Mix eggs with salt, pepper and milk and pour over bread layers. Put in fridge for a few hours and one hour before serving put in the oven at 350° for one hour with fresh Parmigiano on top.

Artichoke Souffle

1 ½ Artichoke per person
Bechamel sauce made with Parmigiano
3 egg yolks

Clean and quarter the artichokes. Sauté with olive oil (2 T) 1 clove of garlic, ¼ cup of water. Sauté until tender and the sauce is thicker. Keep overnight.

In a butter coated Pyrex dish, add one layer of artichokes, one layer of bechamel sauce, a few pieces of butter, bread crumbs and parmigiano cheese. Bake in oven at 375 for about 30 minutes.

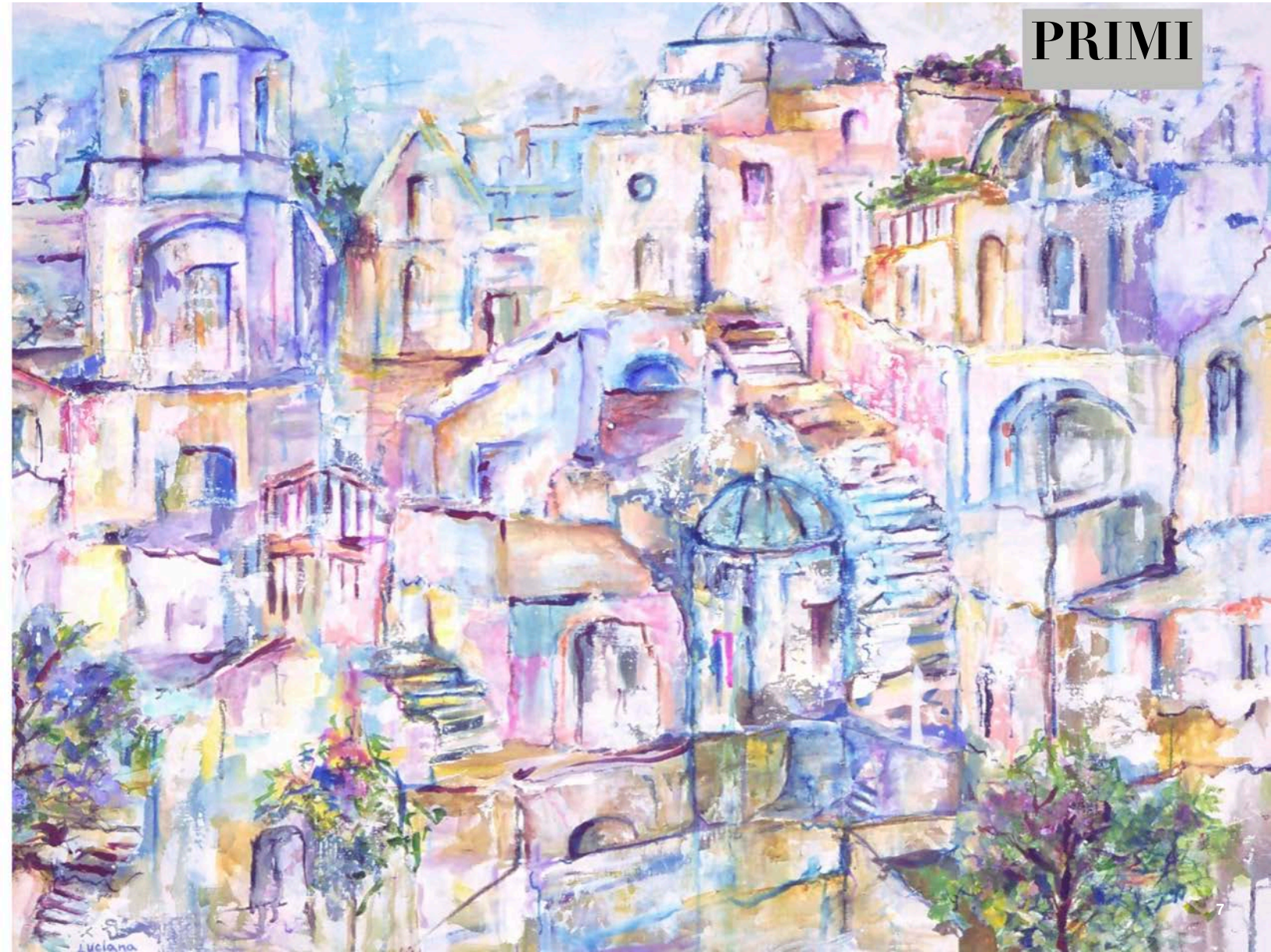
Cheese Souffle

Make a Bechamel sauce with Parmigiano cheese. Add 3-4 egg yolks and additional Parmigiano (1/4 cup) Take egg whites and whip them until firm. Add on top of the bechamel mixture. Bake at 350 for about 30 minutes.



**“It’s too hot outside
to use the oven!”**

PRIMI





Risotto with Strawberries alla Luciana

Use Arborio rice — about 1 cup
2-3 cans of Chicken broth
2-3 tablespoons of Olive Oil
One package of strawberries
Parmigiano cheese
Onions/carrots/celery – chop and mix

Sauté onions/carrots/celery in 3 tablespoons of olive oil until soft. Add rice to mixture and sauté another 1-2 minutes until coated. Lower heat to medium and slowly add broth over the next 30-40 minutes. On the side wash and blend the strawberries and set aside.
When rice is done slowly add the strawberry puree to it and taste until you can barely taste the strawberry but it has an aroma of strawberries. Add a few tablespoons of Parmigiano and serve.

(you can also use pears and gorgonzola together, or any type of squash in place of the strawberry.)

Rigatoni in the oven

1 lb. rigatoni (Imported Italian rigatoni)
1 stick of butter
2 T flour
1 ½ - 2 cups milk
Parmigiano

Cook rigatoni per instructions, making sure it is “al dente.”
In a small pot dissolve butter and add flour. Whisk until even and slowly add milk a little at a time. Continue whisking until it becomes a little thick.
Grease a pyrex dish, Drain pasta and add some butter, milk and parmigiano. Pour in Pyrex dish and then add mixture. Sprinkle more parmigiano on top. Cook under a broiler until crispy on top. Serve.

Riso Freddo – Cold rice salad

Jasmine rice

Cook the rice and when ready mix with olive oil, salt, pepper and some lemon. Add diced carrots, celery, capers, mushrooms, frozen peas (cooked), small cooked shrimp and mix with some mayonnaise.

Put mixture in a formed dish and place in fridge for 2 hours. Turn over and serve on a dish - Garnish with Shrimp or marinated artichokes.



Hay and Straw Timballo

One package of egg fettucine and one package of spinach fettucine. (you can use all one type also)

Parmigiano
Butter
Half-and-half
Seasoned bread crumbs

Cook pasta and drain. Over low heat add 3 tablespoons (or so) butter to the pan and melt.

Add pasta, $\frac{1}{2}$ & $\frac{1}{2}$ ($\frac{1}{4}$ cup) and 4-5 tablespoons of parmigiano — mix well. Add about 2 tablespoons of breadcrumbs to mixture. Line a pyrex bowl with butter or butter spray and then cover completely with a thin layer of breadcrumbs.

Pour pasta into the bowl and sprinkle more parmigiano on top.

Bake in 375° oven for 20-30 minutes until golden brown.

Remove and flip it over onto a dish.

Serve with or without tomato sauce.

Rice balls (Luciana and Nonna Ida's recipe)

Arborio rice — about $1\frac{1}{2}$ cups
3 eggs
 $\frac{1}{2}$ cup Parmigiano cheese grated
Bread crumbs
Marinara sauce
Mozzarella diced

Cook the Arborio rice per instructions and let cool. When cool add 2 eggs and Parmigiano cheese and mix well. Use a ladle and make $\frac{1}{2}$ of a ball with a small well in the middle to add a spoonful of sauce and a piece or two of mozzarella. Make the remaining top of the ball and press together firmly. Dip in third egg mixture and roll in breadcrumbs all over.

In light oil fry until golden brown all over and serve while warm. In a side dish put the extra Marinara sauce for people to serve with the Rice balls.

Marinara sauce — 1 package of POMI diced tomatoes and 2 cans of tomato sauce. Chop some onion and garlic and lightly brown in a tablespoon of olive oil. Add POMI and cans of sauce and heat for 20 minutes over low flame. You can add fresh basil, anchovy paste, red wine to taste.



Luciana's Lasagna

One package of Lasagna
One package of whole milk mozzarella
Grated Parmigiano cheese

Meat Sauce (see below)
Beschamel Sauce (see below)

Meat Sauce – Chop Onion (1); celery (2 stalks) and carrots (2) and sauté in 2 Tablespoons of olive oil until golden. Add 1 lb. of ground meat and brown lightly. Slowly add some chicken broth to the meat and stir until it becomes smooth. Add a large can of chopped tomato and 2-3 small cans of tomato sauce. Add a little more chicken broth, some red wine and some tomato paste. Cook for about ½ hour over low heat. Add some salt and pepper to taste.

Beschamel Sauce – melt one stick of butter and slowly add two tablespoons of flour and whisk until smooth. Slowly add milk over low heat (a little at a time) and continue whisking until it firms up. Add some salt and pepper.

Cook pasta per directions and drain. In a rectangle Pyrex dish start layering Lasagna , meat sauce , beschamel, mozzarella, grated parmigiano. Repeat three times for a total of 3 or 4 layers. Cook in the oven at 350 for about 30-40 minutes. You can use broiler at the end to brown the top if desired.





Luciana's Pasta with Mushrooms

- One lb of Mushrooms
- Onions
- Olive Oil
- Butter
- Chicken Broth – one can
- Pasta

Cook pasta per directions.

Mushroom sauce – Take of the stems and cut up the mushrooms. Saute Onion in oil and butter mixture. Add the mushrooms for 2-3 minutes over medium heat. Add chicken both (save some of the can) Cover for a few minutes.

Drain pasta and add butter and parmigiano and remaining broth. Add mushroom mixture, mix and serve.



Secondi



Spinach Pie

- 2 Pie crusts (Pillsbury)
- 1 raw egg
- 1 hard boiled egg
- ¼ lb ground beef
- 1 package of fresh spinach
- 4 slices mozzarella
- 1 onion
- Grated parmigiano
- Chicken broth

Defrost pie crusts. On the side, sauté the ground beef with half the onion. Keep it moist by adding a little chicken broth. Boil spinach with very little water until cooked "al dente". When cold, squeeze all the water out and sauté with other half of onion plus one raw egg.

Mix the spinach and meat and put it in the pie crust. Add mozzarella which has been cut into small pieces and the sliced hard boiled egg. Sprinkle some parmigiano and cover pie with second pie crust. Fold edges and press together to seal firmly. Cut a few slits in the top crust to let any steam out.

Place pie in oven at 350°. Cook for 30-45 minutes until golden brown.



Sformato di Pollo e Prosciutto in Gelatina – Chicken and Prosciutto in Gelatin

Make a gelatin with an envelope of (Knox) unflavored gelatin and chicken broth. Boil 4-5 chicken breasts and let cool. In a formed dish add one layer of gelatin and chill. After it sets slice and add some chicken, then add more gelatin set and cool. After that sets add prosciutto and more gelatin. Set and cool. Repeat with chicken and prosciutto layers (about 4 layers total).

*“You can’t get good veal . . .
ANYWHERE!”*



Polpettone di Tonno

2 cans of Progresso tuna fish
4 eggs
4 Tablespoons of breadcrumbs
4 Tablespoons of Parmigiano cheese

Mix tuna, eggs, breadcrumbs, and parmigiano. Add a little pepper. Roll it all in a log shape and wrap tightly in tin foil. Boil for ½ hour in large pot covered completely in water. Refrigerate overnight and then remove ½ hour before serving. Slice the "Tuna Log" in ¼ inch slices and cover with Mayo (Homemade Mayo is best).

Vitello Tonnato

Boil veal roast in salted water the night before and cool in wax paper overnight. Make the sauce, in a blender add mayo, one can of tuna, tablespoon of capers, and anchovy paste or (fillets of anchovy 2-3) while blending add one tablespoon of extra virgin olive oil. Slice the veal into thin slices and cover with sauce.



Ossobuco alla Luciana

Serves six

Six veal shanks, each 1 ½ inch thick
Butter
Flour
1 onion
1 carrot
1 celery stalk
Salt and pepper
Beef or chicken stock – 1 cup or more

Wash veal and flour each shank.

In a separate skillet sauté chopped onion, celery and carrot in butter until soft. Add the six veal shanks and brown them lightly on both sides. Add broth and simmer covered for about an hour. If gravy gets too thick add a bit more broth or (white wine). Just before the veal is done add the lemon zest of 1 lemon and cook for a while longer. Remove veal from skillet and reduce the sauce. Cook and slowly add some more wine or broth. Keep veal warm and when serving cover with gravy mixture.

Luciana's meatballs

Ground beef
Grated Parmigiano
Bread crumbs
Tomato paste
Egg
Chicken broth

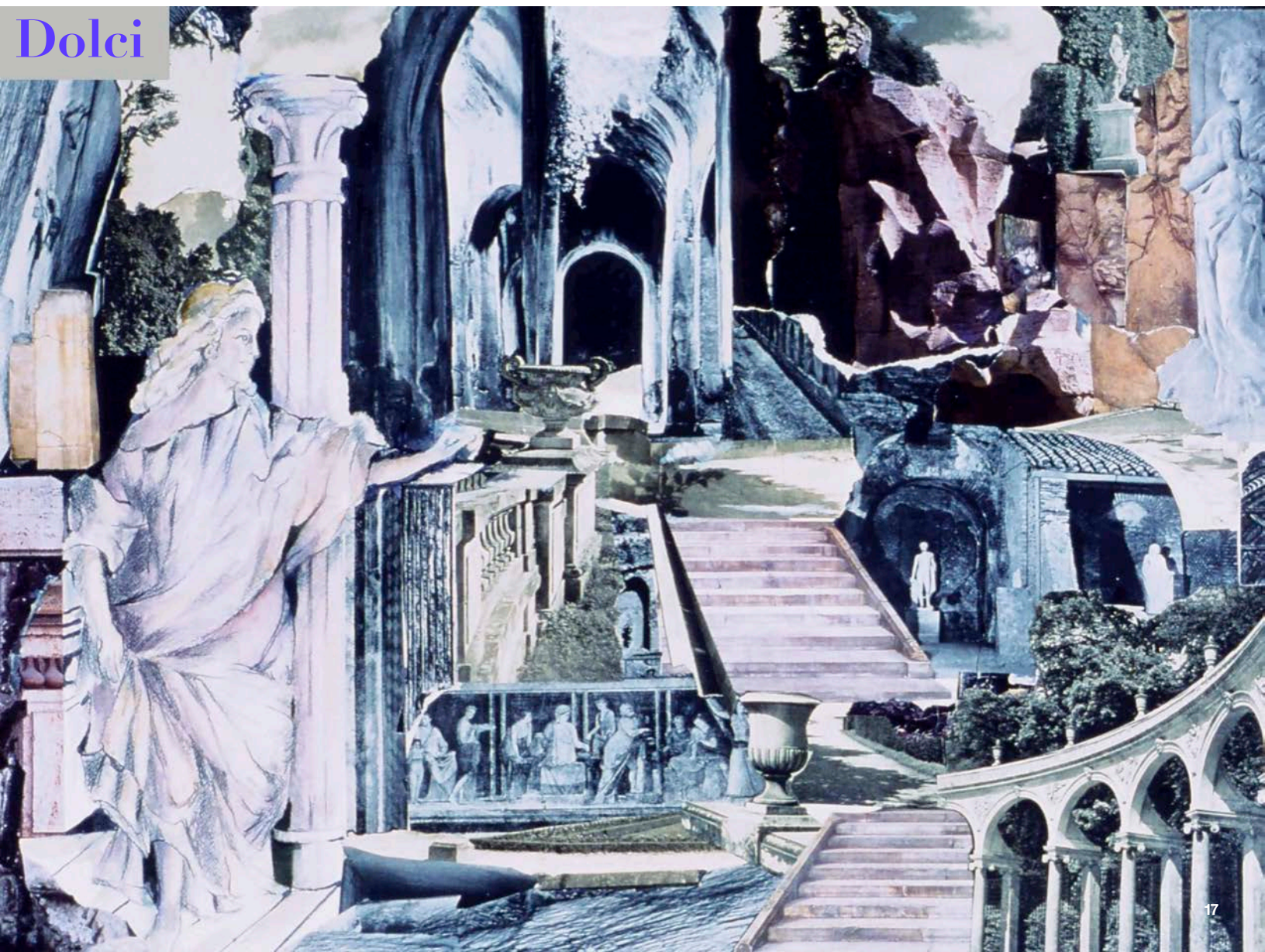


In a large bowl mix the meat, 3-4 Tablespoons of cheese, 3-4 Tablespoons of breadcrumbs, one egg, a Tablespoon of tomato paste and make into balls (a little larger than golf balls).

In a pan heat 2 Tablespoons of olive oil. Cover the meatballs lightly in breadcrumbs and brown in the oil. Once they are brown lower heat and slowly add some chicken broth. Cover and cook for 20-30 minutes. If needed add some more broth to keep them moist.

One night, serving not-fully whipped cream, mom said, "This is . . . BLAH!"

Dolci





Frozen Zabaglione Cake

- 6 egg yolks
- 6 Tablespoons of Sugar
- 1 teaspoon of Flour
- 1-2 Tablespoons of Marsala
- Box of lady finger cookies
- 1 pint of heavy cream

Heat over double boiler low heat and mix constantly. Do not let boil. Add one KNOX gelatin in a cup with the marsala and add to the mixture. Cool and add 1 pint of heavy cream and mix slowly. In a metal bowl lined with wax paper form lady fingers slightly moistened with Marsala. Pour the mixture into the bowl and then cover with lady fingers (dry) Cover with wax paper and put in freezer. Remove about one hour before serving.

Panettone with Ice Cream

- 1 Panettone cake
- Ice cream (Vanilla and Coffee — or any flavor)
- Favorite Liquor (Marsala, Bailey's, etc)

Cut the top off of the Panettone so it is like a lid. Scoop out some of the inside of the Panettone and wet the side with liquor. Add ice cream (a little soft) and add some more liquor if desired. Put Panettone lid back on and freeze. Remove about 10 minutes before serving and slice the Panettone. Serve.

**“I can’t bake
I don’t know why!”**



Zuppa Inglese (English Soup – Dessert)

One sponge cake infused with milk and alkermes (liquor)
 Beat 8 eggs to make a cream (see below)
 1 pint of whipping cream beat and make into whipped cream. (Chill)
 Cover the sponge cake with the egg cream and then cover with whipped cream and
 Add fresh fruit on top.

Cream for Zuppa Inglese

1 tablespoon of sugar per egg
 1 egg per person
 Lemon rind grated

Mix the eggs with the sugar and add 3 tablespoons of milk for each egg (or one cup
 eggs) Heat over low flame ALWAYS stirring until thickened. Remove from flame
 continue to mix until it cools down and add lemon rind. Put in fridge.

Zabaglione

Same recipe as the Cream (above) except remove the lemon rind and alkermes and
 its place 3 tablespoons of Marsala Wine per egg.



Tiramisu – From Lea Gnesi

6 egg yolks
 3-4 Tablespoons sugar
 14 Ounces Marscarpone
 Brandy/Rum to taste
 24 Lady Fingers
 4 ½ Cups espresso
 Unsweetened Cocoa

Mix egg yolks with sugar, marscarpone and rum. Beat until fluffy.
 Dip 12 Ladies Fingers in coffee and place in large pan. Pour ½ of the
 mixture
 Then dip other 12 LF in coffee and top with marscarpone mixture. Sprinkle
 cocoa on top of mixture. Refrigerate for 2 hours. Serve chilled.





We hope you enjoy these recipes.
We have printed the instructions just as mom
dictated them or wrote them down.
We took the liberty of sprinkling a bit of her
more infamous quotes throughout.
Buon Appetito!



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