A Loving Collaboration of Family Recipe's

Compiled by: Maria McNamara

Introduction



Almond Biscotti

Source: Aunt Mary Poliferno



Description

Perfect Almond Biscotti...

Ingredients

- 4 cups flour
- 2 1/2 tsps baking powder
- 4 eggs
- 5 tsps almond extract
- 1/2 lb butter (2 sticks)
- 1 cup sugar
- 2 tsps vanilla

Instructions

Preheat oven to 350*

Cream butter and sugar to light and fluffy. Add eggs one at a time. Add flavorings. Add flour and baking powder. Mix Well

Grease cookie sheets

Measure dough in 1/2 c measuring tool. Form measured dough in flattened rectangular loaves

Bake for 20 -25 mins

When done, slice each loaf width-wise to make approx. 5 - 6 cookies. Put cookies on greased cookie sheet (on their side). Broil on Low for 2 to 4 mins or until cookies start to lightly brown. Cookies may need more time to lightly brown. Do this on both sides of cookies. Make sure you watch them closely, or they may get too brown or burn. When cooled, sprinkle with confectioner's sugar if desired.

Enjoy!

Baked Pigs In the Blanket

Source: Helen



Description

pigs in a blanket

Ingredients

- 1 lb chopped meat (beef and pork)
- 1 small diced onion
- 1 cup Cooked Rice
- 1 cabbage

Instructions

Parboil cabbage about 15 mins. If inside of cabbage is still hard replace in the same water and boil until soft.

Place meat mixture in each leaf: Place in baking dish like manicotti. Mix small can progreesso tomato with a little water. Spoon a little oil over the piggies and cover.

Bake in 350* oven about 1 hour.

Broccili Rabe



Description

Broccoli Rabe..

Ingredients

- 1 bunch Broccoli Rabe
- 2 sausage links

Instructions

Rinse Broccoli Rabe

Boil in water for 5 mins and squeeze out water.

Brown and cook sausage with minced garlic (to taste)

Add Rabe to desired taste

Also you can add red hot pepper

Great with Italian Bread!! :)

Chicken Cutlets

Source: Poliferno Grandma and Aunt Mary, Aunt Yolanda



Description

chicken cutlets

Ingredients

- 6 chicken breast
- 1 garlic powder
- 1 bread crumbs
- 1 mushrooms
- 2 minced garlic

Instructions

Coat cutlets with garlic powder and bread crumbs and black pepper if you like.

Brown in a little oil

Place cutlets in baking pan with NO OIL

Sautee mushrooms in drippings with minced garlic and water to cover bottom of pan.

Pour over the cutlets

Bake at 350* for 1/2 hour - covered

Sprinkle cheddar cheese and let melt.

Cornelia's Crumb Cake

Source: Aunt Yolanda's friend, Cornelia



Ingredients

- 2 cups flour
- 2 tsps baking powder
- 1 tsp salt
- 1 cup sugar
- 1/2 cup oil
- 1 egg
- 1/2 cup milk
- 2 tsps cinnamon
- 1 tsp vanilla extract

Instructions

Sift flour with baking powder and salt. Add sugar and oil, mixing with a fork to form crumbs. Reserve 1 cup for topping. Add egg, milk and vanilla.

Add cinnamon to reserved cup of crumbs

Pour into greased 9" round or square baking pan (glassware is fine)

Bake for approx. 30 mins

Sprinkle with confectioner's sugar when cooled if desired.

* Bake for 50 mins if adding fruit. Sometimes I add a thinly peeled and sliced apple to the top of the batter and then sprinkle the crumbs over the fruit.

Enjoy!

Easter Meat Pie Aka: Pizza Rustica, Pizza Piena

Source: Grandma Poliferno's Pie Crust.. and Grandma Rosie's Meat Pie Filling



Description

Traditional Easter Meat Pie!

Ingredients

- 5 cups flour
- 1 tsp salt
- 1 cup shortening
- 2 eggs
- 1 cup water .. as needed (to make dough)
- 1 lb prosciutto in thick slices
- 1 lb supprasatta in thick slices
- 1 lb basket cheese
- 20 eggs
- 1 lb mozzarella
- 1 tbsp Grated Cheese
- 1 lb ricotta
- 4 sticks pepperoni

Instructions

For Pie Crust:

Sift flour and salt. Add shortening. Add eggs and water. Knead, refrigerate 10 mins. Roll 1/8" thick. Fit into pan. Reserve enough dough to cover top. Prick dough with fork. Sprinkle bottom with a little flour. Pour filling into lined pie pan and cover with top pie crust. Trim leaving about 1/2" overhang. Fold dough under and back to flute thickly. Cut slits in pie to allow steam to escape. Sprinkle top crust with water before putting in oven.

Bake at 450* for 1/2 hour. Reduce heat to 375* and bake for 45 mins. Spread well-beaten egg on the top crust and bake anohter 10 mins.

**COVER AT SOME POINT IF GETTING TOO BROWN. IF YOU COVER IT WHEN BAKING AT 450*, MAKE SURE THE TIN FOIL IS LOOSE OVER CRUST, OR ELSE THE WET CRUST WILL STICK TO THE FOIL. (I COVERED IT WHEN ON 450 LOOSELY, AND IT WAS FINE. **BUT MAKE SURE YOU COVER THE SIDES OF PAN ALSO. DONT JUST LAY FOIL ON TOP OF PAN BECAUSE THEN THE FLUTED CRUST BROWNS WAY TOO FAST.

Buy all meats, basket cheese and muzzi in a block and chip generously, (not too small), Start with mixing eggs together. Then add ricotta. Mix too creamy. Then add crumbled basket cheese and muzzi, and pepper. (I don't add salt. Cured meats are salty enough). Lastly, add generously chopped meats. Mix well. Pour in pie crust. Continue on.

Escarole with Chicken Soup

Source: Aunt Yolanda



Description

Escarole

Ingredients

- 1 bunch Escarole
- 1 chicken
- 1/2 lb hamburger meat
- 1 egg
- 1 Bread
- 1/4 cup Grated Cheese

Instructions

Wash escarole thouroughly. Boil until tender

Place chicken in 8 cups water and boil until done, can boil with carrots, celery and onion

Mix hamburger meat with egg, parsley, salt, pepper, bread (soaked in water), and grated chesee. Fry or bake

Remove chicken from soup. Add meatball and let cook for 10 mins.

Add escarole, let cook for 10 mins

Add 2 eggs, (mix and beat eggs with cheese, salt/pepper

Cook everything together until eggs are done.

Fried Manicotti

Source: Grandma, Aunt Mary, Aunt Yolanda



Description

Homemade Manicotti

Ingredients

- 1 cup water
- 3 eggs
- 1 cup flour
- 1 lb ricotta
- 1 parsley
- 1 pepper
- 2 tbsp Grated Cheese

Instructions

Beat together the water, eggs and mix in one cup flour. Mix well.

Grease a small frying pan very little.

Fry one tablespoon at a time making very thin like pancakes

Fill the pancake like manicotta with the filling mixture and roll up. (Filling mixture: ricotta, parsley, blk pepper, grated cheese)

Pul the rolled manicotti in a baking pan and cover with grated cheese and tomato sauce.

Bake about 30 mins.

Italian Marinara Sauce & Meat Sauce



Description

Italian Marinara Sauce

Ingredients

- 1/2 cup oil
- 1 large onion
- 2 cloves 2 or more minced cloves
- 1 can 28oz peeled plum tomatoes
- 1 handful of fresh basil
- 1 meatballs

Instructions

Slightly brown 1/2 chopped in oil, add garlic and continue to translucent.

In blender chop the tomatoes, 1/2 onion, parsley, oregano, a small slice of green pepper, and fresh basil.

Add mixture to the pan.

Cook an hour (minimum), you will see oil come to the top.

The amount of ingredients is to your taste. I don't add salt at all.

For Meat Sauce, Add the browned Meatballs (recipe in this cookbook) to the sauce and let cook together

Notes

If sauce is too watery, simmer with lid off, until thickens.

Italian Meatballs

Source: Aunt Yolanda and Aunt Mary



Description

Meatballs Poliferno Style..

Ingredients

- 1/2 lb ground beef
- 1/2 lb ground pork
- 1 salt and pepper to taste
- 1 chopped parsley to taste
- 1 cup Grated Cheese
- 1 loaf of Italian bread
- 2 clove garlic or more to taste
- 1 egg

Instructions

Soak 1/2 loaf of hardened Italian bread in water. Squeeze all the water out hard.

Mix all ingredients together then add the squeezed out bread to the mixture.

Form meatballs and fry in oil, or bake in oven.

Italian Sponge Cake (Italian Cream Cake)

Source: Grandma Poliferno



Description

Traditional Italian Cream Cake could not get any more authentic than from my Grandmother.. Straight from Southern Region of Italy!

Ingredients

- 6 egg yolks
- 1 cup sugar
- 1 cup flour
- 1 tsp vanilla
- 1/2 tsp grated lemon rind
- 6 egg whites
- 2 tbsps flour
- 1 cup sugar or less than 3/4 cup
- 3 egg yolks
- 1 cup whole milk
- 1 cup half-n-half
- 2 tsps vanilla or lemon extract

Instructions

**This recipe makes 4 layers of cake and 3 layers of cream. Layers: Sponge, then vanilla, sponge, then middle layer with whipped cream w/mini choc chips, sponge, bottom layer with chocolate cream. Sponge.

Beat Egg whites first with electric mixer or blender.

In Blender (or with whisk), place egg yolks and sugar in mixing bowl and beat until lemon colored. Add flour a little at a time, blending in whites until stiff, but not dry. Fold into cake mixture. (Fold slowly, don't whip it)

Grease and flour cake pan (10-inch). Bake at 350* for 30 mins *You can sprinkle the bottom layer with rum to taste.

Cream Filling (double for a 10")

**Ingredients listed above: 2 T corn starch; 2 T flour, 1/2 cup sugar, 3 egg yolks, 1 c whole milk, 1 cup half n half, 2 tsp vanilla or lemon extract.

In a 3 Qt pan, put everything in the pan and whisk until no lumps.

On medium heat, cook until just boiling while stirring.

Remove 1/2 for the vanilla cream and the other 1/2 for chocolate. Add the cocoa while cream is hot.

Notes

1 Recipe (of sponge cake) = 2 layers of cake.

For 1 Recipe - put 1 Tbsp of hersey's semi sweetened cocoa powder for the chocolate filling. If you double the recipe add 2 Tbsp of cocoa.

Lentil Soup

Source: Aunt Yolanda



Description

Lentil Soup

Ingredients

- 1 tbsp oil
- 1 box lentils
- 1 potato
- 1 carrot
- 1 onion
- 1 celery stalk
- 1 tbsp sauce
- 1 fresh tomato or 1 tbsp sauce

Instructions

Bring lentils to a boil and boil for 3 - 4 mins.

Drain

Place in pan with oil, and add diced potato, carrot, onion, celery and tomato. Cover with water (approx 1/2 the pan

Cook for 1 1/4 hours. Add water if needed ordesired.

Stir frequently.

Can add rice or pasta or escarole

With rice - Boil 1/2 c for 25 mins

Add to lentils

Pasticiotti (30 Pastires)

Source: Grandma Poliferno's Recipe

Description

DOUGH:

3 1/2 Cups Flour

1 C Sugar

1 grated lemon rind (or 1 tsp lemon extract)

4 eggs

3 tsp. (1T) baking powder

3/4 c shortnening

FILLING:

1 1/2 C Sugar

6 egg yolks

4 Tbsp corn starch

2 C whole milk

4 Tbsp flour

2 C half-n-half

4 tsp vanilla

TO MAKE DOUGH:

Mix flour baking powder, sugar, and shortening to resemble crumbs. Add eggs and extract. Work into dough. Spray tins with Bakers Joy baking spray with flour. Form a small ball, the size of a walnut, out of dough. Press into tins. Fill with cream. Flatten more dough to cover. Gently rub tops of pastries with milk before baking.Bake at 350* for 25 mins.

*Helpful Hint: roll the walnut size dough in between suran wrap and flatten to make it easier to fill the tin. Should be very thin.

TO MAKE ITALIAN CREAM:

Mix dry ingredients together in a saucepan. Then add yolks, milk and half-n-half. Stir constantly with burner on medium or a little higher, until cream bubbles. Continue cooking, siirring constantly and rapidly for a minute or two longer. Remove from burner. Separate cream into bowls. In one bowl, add at least 2 tablespoons of cocoa to make chocolate cream. Stir until totally blended. Cover both fairly soon after making it, or else a hard top with form on the creams. Refrigerate for later use, or fill tins with cream when cooled a bit.
***After pastries cool, sprinkle with confectioners sugar.

TO MAKE 60 PASTICIOTTI (DOUBLE RECIPE)

DOUGH:

7 cups Flour

FILLING:

3 cups sugar

2 cups Sugar1/2 cup corn starch

2 tsp grated lemon rind or extract

1/2 cup flour

8 eggs

8 tsp (2T & 2 tsp) vanilla

6 tsp (2Tbsp) baking powder

12 yolks

1 1/2 cups shortening

4 cups whole milk

4 cups half-n-half



* For Chocolate Cream, mix in 1/4 c cocoa to half of above filling.

Ingredients

- 3 1/2 cups flour
- 1 cup sugar
- 1 tsp lemon extract or 1 grated lemon rind
- 4 eggs
- 3 tsp 1 Tbsp baking powder
- 3/4 cup shortening
- 1 1/2 cups sugar
- 4 tbsp corn starch
- 4 tbsp flour
- 4 tsp vanilla
- 6 egg yolks
- 2 cups whole milk
- 2 cups half-n-half

Instructions

TO MAKE DOUGH:

Mix flour baking powder, sugar, and shortening to resemble crumbs. Add eggs and extract. Work into dough. Spray tins with Bakers Joy baking spray with flour. Form a small ball, the size of a walnut, out of dough. Press into tins. Fill with cream. Flatten more dough to cover. Gently rub tops of pastries with milk before baking.Bake at 350* for 25 mins.

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DOUGH:

FILLING:

7 cups Flour

3 cups sugar

2 cups Sugar

1/2 cup corn starch

2 tsp grated lemon rind or extract

1/2 cup flour

8 eggs

8 tsp (2T & 2 tsp) vanilla

6 tsp (2Tbsp) baking powder

12 yolks

1 1/2 cups shortening

4 cups whole milk

4 cups half-n-half

* For Chocolate Cream, mix in 1/4 c cocoa to half of above filling.

Pumpkin Pie

Source: Pat's Grandmother



Description

Pumpkin Pie (Recipe from Pat's grandmother)

Ingredients

- 2 Unbaked 9-inch deep-dish pie shells (4 cup volume)
- 4 eggs
- 1 can 29 ounces Libbys solid pack pumpkin
- 1 cup granulated sugar
- 1 cup brown sugar
- 1 tsp salt
- 2 tsp cinnamon
- 1 tsp ginger
- 1 tsp nutmeg
- 2 cans (12 fluid oz each) undiluted carnation evaporated milk

Instructions

Prepare pie shells. Preheat oven to 425*

Beat eggs lightly in large bowl. Stir in remaining ingredients in order.

Pour into pie shells

Bake for 15 mins at 425*, then reduce temperature to 350* and bake for 40 - 50 mins (until knife inserted in center comes out clean)

Pie Crust:

2 1/2 cups all purpose flour

1 tablespoon sugar

1 cup crisco shortening

cold water

Place flour and sugar in large bowl. Cut shortening, then add water to form dough. Roll onto heavily floured surface to form a circle. (you may need to keep flipping and flouring lightly so it doesn't stick) Lift gently into glass pie dish and form high fluted edges. (for one-crust pies) - OR - Prepare top and bottom crusts for a two-crust pie. (ex.. fruit pie)

Notes

HINTS: (For Pumpkin Pie)

Instead of two pies I make one very large pie (10") and fill it almost full. Then I have some filling left over. I usually freeze it to make pumplin pie squares later.

Be sure to use pure pumpkin, not prepared pumpkin pie filling.

I don't measure the water, just add enough to make the dough workable but not sticky.

Sausage & Peppers

Source: Aunt Helen (Pat)



Description

Sausage & Peppers - Aunt Helen (Pat)

Ingredients

- 8 sausage links
- 4 lb green peppers
- 1 chopped onion
- 1 garlic clove
- 1 can tomatoes

Instructions

Place sausage in shallow pan. Add chopped onion and garlic. Spread can of tomatoes over sausages. Place in oven 300*

Let tomatoes and sausage cook 3/4 hour.

Turn over for complete browning.

May cut in half. Add green peppers, sal and pepper.

Cooking time in all.. about 2 hours.

Strawberry Cream Cheese Pie

Source: Aunt Helen (Uncle Frank)



Description

This recipe is from Helen Poliferno. She has been making it
for us for yearsand
every year it tastes better and better!

Ingredients

- 1 9 inch pie shell
- 8 oz cream cheese
- 1 cup confectioner's sugar
- 1 cup whipping cream
- 1 tsp vanilla strawberry glaze
- 16 oz package frozen thawed strawberries
- 1 1/2 tbsp cornstarch

Instructions

Mix cream cheese and confectioner's sugar until smooth.

Stir in vanilla. Set aside.

In Med. bowl whip cream until stiff and fold into cream cheese mixture until smooth.

Pour into pie shell and chill.

Thaw and drain frozen strawberries.

In small pan mix juice and corn starch until smooth

Cook over medium heat til thickened and shiny. Cool

fold berries into cooled juice mixture until smooth.

Spoon over pie filling

String Beans & Sausage

Source: Aunt Yolanda



Description

String Beans & Sausage

Ingredients

- 5 potatoes
- 2 sausage links
- 1 can Stewed tomatoes, crushed (28 oz)
- 1 bunch basil
- 1 bunch string beans

Instructions

Boil potatoes then add beans

Brown sausage, add fresh tomato or stewed tomatoes or tomato sauce, salt, pepper and basil

Simmer together gently

Peel potatoes and mash in tomatoe and oil mixture

Add beans with 1/2 cup water from the beans and cooke together 3 - 4 mins.

Stuffed Peppers

Source: Aunt Yolanda



Description

Stuffed Peppers

Ingredients

- 1 small onion
- 6 green and red peppers

Instructions

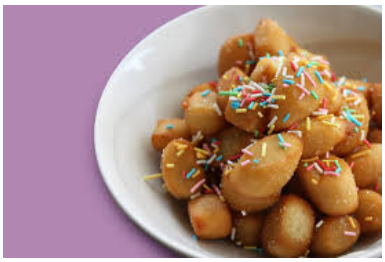
Saute until tender in a pan with a little salt and oil, (chopped basil, parsley and fresh tomatos), to be added after onions and peppers become soft. If no fresh tomato, add some sauce when almost done. Scrable some chipped meat in the pan with the peppers then add 1 egg, bread crumbs and mix together with chopped meat and peppers.

Let cook together until flavor goes thru.

Stuff pepper halves, coer with sauce and bake for 1 hour in 350*

Tordilli Red (Burgundy); White Wine

Source: Aunt Yolanda



Description

cookies

Ingredients

- 2 cups red or white wine
- 2 cups oil

Instructions

Boil together the above ingredients.

When cold, add flour until batter comes away from the pan. (approx 4 - 5 cups)

On board, add 1 egg (beaten) and enough flour until you can roll them and until no oil apprears on hands

Shape and roll like gnocchi

Fry until brown or bake at 350*, 375* or 400*

Bake 35 - 40 mins.