

DiFIORE FAMILY COOKBOOK

Compilation of traditional family recipes and family favorites
Contributions 2000 and 2017

THE DIFIORE REUNION • LAS VEGAS, NEVADA

October 13, 2017

Contributions by DiFiore Family members (2000 and 2017)

[Left intentionally blank]

Sicilian Complete Lunch (or Dinner) for Four

Ljudmila and Francesco DiFiore (2000)

Aspra, Sicily

“We hope that our contribution can be interesting (and original).

We requested them of my father Matteo and my Aunt Giuseppina, the oldest of the DiFiores and still going strong.”

ANTIPASTO

Sfincione

For Sicilians, the sfincione represents the typical Christmas dish; instead of the usual bread, this particular kind of pizza is eaten. The origins are Arabian, but the name is Sicilian. The Sfincia (Sfincione means big Sfinicia) is a dish eaten year-round now.

1 kg	Yeast-based pizza dough	4	Anchovies (small pieces)
½ kg	Skinned tomatoes (seeds removed)	3	Onions (very thin slices)
200 gm	Breadcrumbs		Olive oil
100 gm	Grated Caciocavallo		Salt
½ kg	Sliced Primosale (not too thin: ½ cm)		

Preheat oven 250 degrees

Bake: 35 minutes

- Place the pizza dough on an oiled breadboard and roll into a disk. Cover it completely with the Primosale and add the tomatoes in thin slices (seeds removed).
- Spread bread crumbs, grated Caciocavallo, anchovies, onions, salt and olive oil.

PRIMO

Pasta Con I Broccoli in Tegame

½ kg	Bucatini (pasta)	1	Raisins (spoonful)
1 kg	Cauliflower, cored and cut into flowerets	100 gm	Breadcrumbs
1	Onion		Sugar
4	Anchovies (mash to paste with olive oil)		Olive oil
2	Pinoli (pine nuts) (spoonful)		

- Cook the cauliflower in boiling salted water. Drain and reserve water.
- Fry the onion in olive oil until translucent; add the cauliflower and cook for 10 minutes.
- Combine the raisins, pinoli, and anchovy paste and mix well.
- Cook the pasta in the reserved cauliflower water, adding salt to taste. When cooked *al dente*, drain the pasta and mix with the cauliflower, onion and anchovy mixture.
- Sprinkle with breadcrumbs and a bit of sugar.

DOLCE**Gelo de Mellone****(Watermelon pudding with Asian origins)**

1 – 5kg	Watermelon	100 gm	Chocolate (semi-sweet or bittersweet)
100 gm	Sugar for each liter of melon juice		Jasmine flowers
80 gm	Cornstarch for each liter of melon juice		

- Cut the water melon into pieces, discarding seeds and rind.
- Push through a sieve or juice to create a clear juice.
- Add cornstarch and sugar.
- Cook on a low heat stirring constantly for 30 minutes.
- When firm (not too much), pour into individual glass serving dishes (ramekins).
- Grate chocolate over the tops and add jasmine flowers. Refrigerate and serve cold.

ANTIPASTO

Caponatina alla Siciliana

Vince DiFiore (2000)

Rolling Hills Estates, California

6 cups	Eggplant, diced	1 tbsp.	Sugar
2 cups	Celery, diced	12	Large green olives (or so)
½ cup	Olive oil	1 tbsp.	Capers
1	Onion, minced	2 tbsp.	Tomato paste
1/3 cup	Wine vinegar		• Diluted in one cup of water
1 tbsp.	Parsley, chopped (optional)		

- Sauté celery in olive oil for 7 minutes, stirring occasionally; remove celery and set aside; add eggplant to oil in skillet and sauté for 10 minutes, stirring often.
- Remove eggplant and set aside on a plate with paper towels.
- Sauté onion in olive oil until translucent; add vinegar, sugar, and diluted tomato paste.
- Cover and simmer for 15 minutes.
- Add eggplant, celery, parsley, olives and caper; salt and pepper to taste. Cover and simmer for 10 minutes.
- Serve as a cold antipasto.

Pepperonata

Bea DiFiore Groppuso (2000)

Gilroy, California

2 lbs.	Mixed peppers, slices lengthwise	¾ cup	Olive oil
1 lb.	Tomatoes, peeled and diced	¾ cup	Vinegar
1 lb.	Onions, sliced	1 tsp	Salt

- Sauté onions in olive oil until glossy; add tomatoes and salt. Simmer 1 hour.
- Add sliced peppers and vinegar.
- Cook until excess liquid has evaporated. Keep refrigerated for 2 days before serving.
- Serve cold as part of an antipasto platter.

Caponata á la Bea DiFiore Groppuso

Bea DiFiore Groppuso (2000)
Gilroy, California

A vegetable antipasto that will keep a week or so in the refrigerator (also freezes well).

6	Eggplants	½ cup	Wine vinegar
6 tbsp.	Salt	1 tsp	Sugar
4	Tomatoes (or 4 cups tomato puree)	1	(handful) Capers
2 tbsp.	Olive oil	1 or 2	Bay leaves
4	Peppers	1 cup	Pitted green olives
4	White onions	½ cup	Olive oil
1 cup	Celery		Salt and pepper to taste

Preheat oven: 350 degrees

Bake: 1-1/2 to 2 hours

- Cut eggplant into small cubes, sprinkle with salt, place in a colander and cover with a weight (a pot lid). Let stand 30 minutes. Peel and seed tomatoes; cut peppers and celery into pieces; slice onions thinly.
- Heat 2 tbsp olive oil in small saucepan, cook tomatoes for 15 minutes and puree the tomatoes.
- Pat eggplant dry.
- Heat vinegar in small saucepan and add sugar.
- Mix together all ingredients including capers, bay leaves, olives, olive oil, salt and pepper.
- Place in an oiled roasting pan and bake, turning every 30 minutes.

NOTE: this method in preparing caponata is an unconventional method. Rather than frying each item separately as our grandmothers and mothers did, this is a more modern method and, in my view a healthier version.

Zucchini Puffs

Bea DiFiore Groppuso (2000)
Gilroy, California

4 cups	Grated unpeeled zucchini, minced	3+	Garlic cloves, minced
1-3/4 cups	Bisquick	3 tbsp.	Parsley, minced
¾ cup	Romano cheese, grated	1	Onion, large
½ cup	Olive oil	½ tsp	Salt
4	Eggs, beaten	½ tsp	Oregano, crushed

Preheat oven: 350 degrees

Bake: 15 to 30 minutes

Combine all ingredients in a large mixing bowl and stir until well-blended.

Fill greased regular sized muffin tins for a side dish or use small muffin tin to 2/3 full for antipasto, or a greased 9x13" baking dish. Serve hot or cold.

PASTA and SAUCES

Pasta ‘cu Sardi e’ Finocchio

Pasta with Sardines, Anchovies and Fennel Sauce

Bea DiFiore Groppuso (2000)

Gilroy, California

1	Large bunch of tender fennel greens Medium onion, diced Handful of pignoli (pine nuts)	1	Salt and pepper to taste Can sardines, diced Spaghetti or Perciatelli
---	--	---	---

- Boil the fennel greens in a large kettle of water until tender. Remove and cut up in small pieces with scissors. **SAVE THE WATER!**
- In the meantime, sauté the onion and anchovies. Add the pignolis, salt and pepper to taste. Add the cut-up fennel to the sardine mixture with enough of the water from the fennel cooling to make the consistency desired. This is the “sauce” for the pasta. Simmer until the pasta is ready.
- Boil the pasta in the saved fennel water.
- Drain the pasta, mix in a little of the sauce and stir.
- Prepare each individual pasta dish with more of the fennel sauce on top.

Quick White Clam Sauce

Cee Cee Favorini Balog (2000)

Chantilly, Virginia

1	Small can of minced clams	1/3 cup	Olive oil
1 clove	Garlic		Salt and pepper to taste
1 tbsp.	Chopped Italian parsley		

- Heat oil; gently and lightly brown garlic
- Add minced clams, including water
- Simmer about 1 minute (do not overcook)
- Add parsley, salt and pepper.
- Serve over linguini or spaghetti

Escarole and Beans

Elma DiFiore (2000)
Boynton Beach, Florida

1	Large escarole	Canned chicken broth
4 cloves	Garlic	Salt and pepper
½ cup	Olive oil	Crushed red pepper, to taste
1	19 oz. can Progresso cannellini beans	

- Wash escarole leaves and break in half
- Peel garlic and cut at side
- Put ½ cup olive oil in pot with garlic, sauté to a light brown
- Take wet escarole leaves and put in pot
- Cover and steam
- Add some chicken broth to keep escarole moist
- When partially cooked, add salt and pepper with crushed red pepper
- When leaves are almost cooked (about ½ hour), put cannellini beans in pot from can plus ½ can of water
- Simmer another 20 minutes
- If desired, cook some small elbows or ditali pasta. When cooked, drain and add to escarole and beans.

Don't forget the Italian bread to round out the nourishing meal.

Marinara Sauce

Elma DiFiore (2000)
Boynton Beach, Florida

1	28 oz. can Italian plum tomatoes	1/3 cup	Olive oil
3 cloves	Garlic (lanced)	1/4 tsp.	Pepper
½ tsp.	Salt		Crushed red pepper, optional
½ tsp.	Basil	About 3	Anchovies, cut in half, optional
½ tsp.	Oregano		

- Put tomatoes in a bowl; crush with your hand into pieces
- Add salt, basil, oregano and pepper to tomatoes
- In a 2-quart saucepan, simmer cloves of garlic in olive oil until light brown
- Add tomatoes from bowl into the pot.
- Add red pepper and anchovies
- Simmer about 40 minutes

This sauce goes well with linguine and Italian bread

Light Tomato Sauce

Good as a sauce for vegetables, such as stuffed zucchini, as well as, pasta.

Freezes well when made in large batches.

Kent and Martha DiFiore (2000)

Salt Lake City, Utah

2 lb.	Fresh Roma tomatoes	2/3 cup	Onion, chopped
2/3 cup	Carrots, chopped	1/4 tsp.	sugar
2/3 cup	Celery, chopped	1/2 cup	Extra virgin olive oil
2 tsp.	Salt		

- Peel tomatoes by dipping them in hot water for 15-30 seconds
- Cut peeled tomatoes length-wise and place in a covered non-reactive pan
- Cook over medium heat for 10 minutes
- Add carrots, onions, celery, salt and sugar
- Simmer uncovered for 30 minutes
- Puree in a food processor or through a food mill, return to pan
- Add olive oil
- Cook uncovered for 15 minutes
- Salt to taste

Grandma's Tomato Sauce

"This is what I remember of Rosaria Barone DiFiore's sauce"

Christina DiFiore Braidotti (2000)

West Chester, Pennsylvania

3/4 tbsp.	Olive oil	1	Large can of crushed tomatoes
1/2 clove	Garlic, chopped	3 tbsp.	Sugar (heaping)
1	Onion, medium, chopped	As desired	Salt, pepper, basil, oregano
1	Large can of tomato sauce	1-1/2 lbs.	Sweet Italian sausage, whole
1	Large can of tomato paste		

- Sauté chopped onion and garlic over a low heat in olive oil until translucent
- Add cans of tomatoes, spice and sugar
- Pierce whole sausage with a fork, add to sauce
- Let simmer for about 1-hour, stirring frequently

Should cover about 3 lbs. of pasta of your choice

Salsa de Acciuga (Anchovy Sauce)

Sicilia

Amelia Gemignani DiFiore (2000)

Submitted by Matt DiFiore

Vienna, Virginia

3-4	8 oz. cans of DelMonte tomato sauce	Handful	Gaeta or Kalamata olives, quartered
1 can	Flat anchovies	3-4 tbsp.	Capers packed in water
2 cloves	Garlic, finely chopped		(if packed in vinegar, wash first)
	Olive oil, as needed		Salt and pepper to taste

- Cover bottom of pan with olive oil; sauté garlic in oil
- Add capers, anchovies and olives
- Sauté approximately 10 minutes
- Add tomato sauce
- Salt and pepper, to taste
- Cook 8-10 minutes
- Serve over fine linguine, thin spaghetti or capellini
- Do not add onions or cheese

Salsa di Acciughe all' Ebraicia

(Jewish Anchovy Sauce) – can be served cold

Frank Favorini (2000)

Reston, Virginia

¼ lb.	Anchovies, finely chopped	1	Full celery heart, finely chopped
2 cloves	Garlic	1	Carrot, finely chopped
½ cup	Italian parsley	2 tbsp.	Olive oil
2 ½ lbs.	Tomatoes, peeled and seeded		Salt and freshly ground pepper to taste
1 small	Onion, finely chopped	1 lb.	Long pasta (not egg)

- Finely chop anchovies and vegetables
- Blend anchovies with garlic and parsley
- Heat in oil in pan and add anchovy mixture; heat gently until anchovies are dissolved, set aside.
- Heat tomatoes with onion, celery and carrot; season generously with fresh ground pepper
- Simmer about 30 minutes or until vegetables are soft
- Press through a food mill; blend anchovy mixture and tomato mixture
- Stir well over moderate heat until you have a dense, satiny sauce (about 15 minutes)
- Serve with your choice of pasta (not egg pasta)

Linguine all; Arrabbiata

(Pasta Arrabbiata)

Bea DiFiore Groppuso (2000)

Gilroy, California

1 lb.	Linguine	1-3 tbsp.	Red wine
1 lb.	Italian sausage (sweet or hot) sausage casing removed	½ cup	Romano or Parmigiano cheese, grated
¼ cup	Extra virgin olive oil	Pinch	Dried oregano (optional)
1 tsp.	Garlic, chopped	½ tsp.	Crushed red pepper
½ tbsp.	Fresh parsley, chopped	1	35 oz. can of artichoke hearts in brine, rinsed and halved
3-4 leaves	Fresh basil		

- Heat oil in a heavy saucepan
- Cook garlic until almost golden
- Add sausage meat in small chunks and wine, stirring continuously
- Sauté over medium heat until wine evaporates
- Add tomatoes, salt, crushed pepper and all the herbs
- Cook over medium heat to low heat for 15 minutes
- Add the halved artichoke hearts and cook 3 to 5 minutes more
- Serve over al dente linguine with freshly grated cheese

Vodka Pasta Sauce

Christina DiFiore Braidotti (2000)

West Chester, Pennsylvania

6 tbsp.	Butter	1 cup	Tomato puree
1 cup	Vodka	1 cup	Whipping cream
½ tsp.	Red pepper flakes	1 tsp.	Salt

- Heat butter in a saucepan until melted
- Stir in vodka and red pepper flakes
- Simmer for 2 minutes, stirring
- Stir in tomato puree, whipping cream and salt, simmering about 5 minutes
- Pour over your favorite pasta

Penne with Cauliflower and Baby Lima Beans

Serve 4 as a main dish; 6-7 as a side dish

Christina DiFiore Braidotti (2000)

West Chester, Pennsylvania

1	Small onion	½ stick	Butter
2/3 tbsp.	Olive oil	1 pkg.	Cauliflowerettes
1 clove	Garlic	1 pkg.	Baby lima beans (can be fresh)
	Fresh parsley	1 lb.	Penne pasta
1 pint	Light cream		Grated parmesan cheese (as desired)
1	Chicken bouillon cube		Salt and pepper to taste
1 cup	Boiling water	1 cup	White wine

- Sauté onion and garlic in olive oil until transparent
- Add wine and turn up the heat, cooking until wine evaporates
- Add in hot water and bouillon cube, cooking until cube dissolves
- Throw in fresh parsley
- Salt and pepper to taste
- In the meantime, boil water and cook pasta; when pasta is almost al dente, pour into the water cauliflower and lima beans.
- Drain vegetable and pasta when done
- Pour pasta and vegetables back in pot and add butter
- Add the light cream to boiled water and stir
- Pour over the pasta
- Add Parmesan cheese, as desired

Pasta and Beans

Cee Cee Favorini Balog (2000)

Chantilly, Virginia

1 can	16 oz. white kidney beans (Cannellini)	2 cloves	Garlic
½ cup	Celery, chopped Par-boiled	1 can	8oz tomato sauce
4 tbsp.	Olive oil	2 tbsp.	Parsley, chopped
			Salt and pepper to taste
		1 cup	Uncooked elbow macaroni

- Heat olive oil and lightly brown the garlic
- Add celery, beans and tomato sauce; cook for 5 minutes
- In a separate pot with water, boil the elbow macaroni
- Add macaroni to bean mixture; salt and pepper to taste

Pasta a la Genovese

Bea DiFiore Groppuso (2000)

Gilroy, California

4	Chicken breast (skinless)	6 stalks	celery
1/8 cup	Olive oil	2	onions
	margarine		water
4	carrots		Salt and pepper to taste
		1 lb.	Linguine

- Chop the vegetables with medium size blade in food processor or grate with hand grater
- Lightly brown check breasts in olive oil and margarine mixture; when brown remove from the pan
- Slowly add the chopped vegetables until all have been mixed in the oil mixture
- Add water until desired consistency is obtained
- Return chicken to the sauce and cook until it is tender; adding liquid if needed during the process
- Remove chicken when tender and keep warm
- In the meantime, cooked the linguine and drain when cooked
- Add some of the sauce to the cooked and drained linguine
- Prepare each individual pasta dish with additional Genovese sauce

The chicken breasts may be served over the pasta or eaten as a separate course with a green salad.

Collard Green Lasagna

Serve 9 as a main dish; 15 as an appetizer

From the kitchen of Steven James (2000)

Published below as presented

Collard green lasagna is one of many “Impastas” I have created and compiled. These are vegetarian, non-pasta dishes which often imitate traditional recipes and/or create new ones. Beyond being delicious, some recipes provide a carbohydrate alternative for those who choose to limit or reduce them, while others utilize starches and carbohydrates in unique, innovative ways, most recipes eliminate dairy products entirely and, all dishes attempt to provide a creative “twist” to menu planning, and to add an element of fun to food. Everybody loves surprises – especially when it tastes good. . . Enjoy!

Commencement

At the risk of being too tutorial, let’s begin by stating the obvious. The kitchen must be neat and spotlessly clean and hygienic. Also, all the “helping hand” must be thoroughly washing . . . fingernails, too! When finished, we’re ready to make a delicious, fun and nutritious dish!

Implements:

Baking pan – 18x14; 2-1/2” – 3” deep
 Kitchen scissors
 Food processor or large mixing bowl
 Cheese grater
 Traditional oven
 Large steamer: 8 or 10-quart pot with steamer basket

Ingredients:

2lbs.	Fresh collard greens	½ lb.	Smoked soy cheese, unsliced for grating
2 lbs.	Sweet potatoes (2-large)	8 cups	Thick salsa or Putanesca pasta sauce
1-1 ½ lbs.	Eggplant (1-large)	2 cups	First pressed virgin olive oil
6	Jumbo white mushrooms	8 tbsp.	Nutmeg
2 lbs.	Pitted black Moroccan olives	4 tbsp.	Soy sauce
2 cups	Walnuts, chopped	4 tbsp.	Paprika
2 lbs.	Smoked soy cheese, sliced thick		

Preparation:

Time involved: total time from start to finish is about 3 hours, but some of the steps can be performed before the assembly of the dish. When assembled, the baking time is about 1-1/2 hours.

- **Preparing the collard greens:** Each leaf must be deveined. That means cutting the stem up into the leaf by making a “V” shape up into the leaf, and cutting the largest leaves in half. This is easily accomplished by using kitchen scissors. It takes about ½ to ¾s an hour to do

this for 2 lbs. of greens. Discard the stems. When complete, thoroughly wash the leaved, being sure to remove all dirt and sand. Next, in a large steamer pot, steam the leaves for about 5-7 minutes just to soften them slightly (do not over steam the greens!!) Let the greens cool so they can be comfortably handled, then place each leaf flat on a large plate or plastic cutting board until assembly. The leaves will be used as a *substitute* for the traditional pasta.

- **Preparing the eggplant:** cut the stem, then quarter the eggplant(s) and steam for 20 minutes until tender. Remove and let drain. Note: for preparation with a food processor, don't peel, otherwise, peel the eggplant prior to steaming.
- **Preparing the sweet potatoes:** bake the sweet potatoes at 325 degrees for 45-60 minutes so they can be "poked" with a fork. Remove from oven and let cool. Note: for preparation with a food processor, don't peel, otherwise, remove the skin or scoop out the skins after baking and when cool.
- **Preparing the mushrooms:** Thoroughly wash, then trim the stems (don't cut them off!) Cut lengthwise in thick medallion slices (remember, these should be "Jumbo" white mushrooms, otherwise double the number of mushrooms.)
- **Preparing the walnuts:** Purchase shelled walnuts, then in a food chopper or with a manual chopper, chop into small pieces. They will give some "crunch" to the dish. Note: all of these steps can be performed before the assembly of the dish, so organize your work to maximize efficiency!
- **Preparing the eggplants and sweet potatoes after cooking:** The object is to make a thick "paste" to be spread during assembly. With a food process, combine the unpeeled eggplant and sweet potatoes, which is preferable. If using a mixing bowl, combine the peeled sweet potatoes into a mixing bowl with the skinned eggplant. Mash together and mix thoroughly.

Assembly:

Ok, the hard work is finished, now the fun begins

- Pour $\frac{1}{2}$ cup olive oil into the empty baking pan and coat the inside of the pan thoroughly.
- We're going to create 3 layers of collard greens and 2 layers of the filling
- Place $\frac{1}{3}$ of the collard green leaves flat, as if it were lasagna pasta, about 3 layers of leaves for the base of the dish.
- Spread 2- $\frac{1}{2}$ cups of salsa or tomato sauce evenly on the greens.
- Place the mushrooms evenly on the sauce, each layer will take about 15 mushroom medallions.
- Place slightly more than $\frac{1}{3}$ of the black olives on and around the mushrooms.
- Sprinkle 1 cup of the walnuts evenly next.
- Sprinkle slightly less than $\frac{1}{2}$ the nutmeg and $\frac{1}{2}$ the paprika evenly.
- Sprinkle with $\frac{1}{2}$ the soy sauce.
- Place the soy cheese slices evenly to cover everything.
- Pour $\frac{1}{2}$ cup of the olive oil evenly over the ingredients.
- Next, cover everything with $\frac{1}{2}$ of the eggplant/sweet potato paste

- Layer with collard greens, about 3 leaves deep which finishes the first layer
- Repeat the layering process as above for the second layer.
- Top the second layer with the remaining collard greens.

Finishing and toppling:

- Place the remaining salsa evenly on top, Pour the remaining olive oil evenly over the top layer. Grate the block soy cheese evenly over the lasagna. Garnish with the remaining olives. Sprinkle the remaining paprika and nutmeg over the dish.
- Bake in a preheated 325-degree oven for 1-1/2 hours loosely covered with aluminum foil to maintain moistness for the top layer.
- Let the collard green lasagna cool for about ½ hour and serve moderately hot with a fresh salad with a raspberry vinaigrette dressing and brick oven baked Italian bread. A fruity red wine compliments the dish perfectly!

This dish freezes and refrigerates well, and like many pasta dishes, tastes better the second or third day!

- If frozen, reheat at 325-degree oven for 45 minutes, or microwave for about 5 minutes.
- If refrigerated, reheat for about 20 minutes or microwave for 2-1/2 minutes.

FINALE

Expect applause. . . if not a standing ovation. . . you've earned it!! My friends love this dish, not just because it tastes so good, but because it's such an interesting "twist" on the use of collard greens and as a substitute for traditional lasagna. The perfect recipe from a butcher's son, wouldn't you agree? Buon appetito!

© Copyright 2000 by Steven James, all rights reserved.

SALADS and SOUPS

Insalata di Mare

Frank Favorini (2000)

Reston, Virginia

2 cups	Italian Arborio or long grain rice	2	Ripe tomatoes, diced
2 tsp.	Salt	2 tbsp.	Parsley, chopped
4 cups	Water	½ cup	Pitted black olives
	Olive oil	1+	Juice from 1 or more lemons to taste
1 lb.	Shrimp (shells remaining)		Salt and pepper to taste
5 lbs.	mussels		Garlic-flavored olive oil
2	Red peppers		

- Bring water to a boil
- Gradually stir in rice and salt
- Cover and cook over low heat until al dente
- Drain and rinse immediately with cold water
- Put rice in a bowl and add 2 tbsp. olive oil to prevent sticking
- Cook shrimp in boiling salted water for one minute
- Drain, rinse under cold water and peel
- Wash mussels thoroughly
- Cook in a large covered pot until shells open.
- Remove meat from shells, rinse and set aside.
- Wash peppers, cut in half, and remove seeds
- Roast in preheated (375 degree) oven for 20 minutes
- Cool, peel and cut into strips.
- Add all ingredients to rice. Toss well
- Season with pepper, salt, lemon juice, and garlic-flavored olive oil.
- Serve cold

Insalata di Fantasia

Effie (and Peter) Canepa (2000)
New York City, New York

2	Large radicchio heads, cut julienne		Salt and pepper to taste
4	Large Belgian endive spears- Cut crosswise into rounds	2	Avocados, cut into chunks
2	Arugula bunches, trimmed	2	7.7 oz. cans hearts of palms - Drained and cut crosswise into rounds
8 tbsp.	Extra virgin olive oil		
4 tbsp.	Fresh lemon juice		

- Combine radicchio, endive and arugula in salad bowl
- Toss with 6 tsp. olive oil and 3 tbsp. lemon juice
- Season with salt and pepper
- Top with avocado and hearts of palms
- Drizzle with remaining olive oil and lemon juice

Cod Salad

Cee Cee Favorini Balog (2000)
Chantilly, Virginia

1-1 ½ lbs.	Fresh cod filet	1 tbsp.	Parsley, minced
3 tbsp.	Olive oil	1 clove	Garlic, crushed
1-2	Lemons, juiced	½ tsp.	Oregano

- Cut cod into large pieces
- Drop into boiling water to which has been added 1 tsp. of salt
- Cook until fork tender (about 5-7 minutes)
- Drain cod, remove bones or skin and break into chunks
- Pour olive oil over the cod and add lemon juice
- Season to taste with salt and pepper
- Add parsley, garlic, oregano and marinate in the refrigerator for at least 1 hour

This salad can be served as a light main dish or as part of an antipasto tray.

Broccoli and Pasta Soup

Cee Cee Favorini Balog (2000)
Chantilly, Virginia

1 head	Broccoli	1 sm. can	Tomato sauce
4 tbsp.	Olive oil		Uncooked spaghetti cut into 2 pieces
1 clove	Garlic	1-1 ½ cups	Reserved water

- Boil broccoli in 2 cups of salted water
- Cook until fork tender
- Save 1-1 ½ cups of water
- Sauté drained broccoli in olive oil
- Add tomato sauce
- Cook the spaghetti and add to broccoli and tomato sauce
- Add reserved water as necessary
- Heat together 5 minutes more
- Add salt and pepper to taste

Cabbage Soup

Cee Cee Favorini Balog (2000)
Chantilly, Virginia

1 head	Cabbage, medium, cut into chunks	CHOOSE ON MEAT INGREDIENT	
1 sm. can	Tomato sauce	2 slices	Bacon
4 tbsp.	Olive oil	1	4" piece of pepperoni sliced ¼"
1 clove	Garlic	2 links	Mild Italian sausage cut into pieces
	Salt and pepper to taste		
1	Bay leaf		

- Brown garlic slowly in olive oil along with meat (bacon, pepperoni or sausage)
- Add cabbage and steam for about 15 minutes
- Add tomato sauce and seasonings and steam until tender

Chili Italiano

Roberto Favorini (aka Bob Balog) (2000)
Chantilly, Virginia

2 tbsp.	Oil (olive or peanut)	¼ cup	Tomato paste
1 cup	Onion, chopped	1 tbsp.	Balsamic vinegar
1 cup	Fennel bulb, chopped	1 tbsp.	Dried oregano
1	Fresh red chili pepper, Seeded and minced	1 tbsp.	Dried ground cumin
1 lb.	Italian sausage, cut into 1" pieces	1 ½ cups	Corn kernels (fresh, canned, frozen)
1 ½ lb.	Skinless, boned chicken thighs* Cut into pieces	4	Ripe plum (Italian) tomatoes, seeded, Coarsely chopped **
1 cup	Crushed tomatoes in puree	¼ cup	Fresh basil, chopped
(*)	If in a hurry, don't bother to skin, bone or cut up the chicken!	Optional	Sour cream
		(**)	Use regular tomatoes if you cannot get plum tomatoes.

- Heat the oil in a Dutch oven
- When the oil is hot, add the onion, fennel and chili
- Cook over medium heat, stirring for 5 minutes
- Add the sausage and cook for 10 more minutes, stirring occasionally
- Add the chicken and continue to cook for an additional 10 minutes, stirring occasionally
- Remove all the fat except for 2 tbsp. from the pan
- Add the stock, crushed tomato paste, vinegar, oregano and cumin; mix well
- Bring the mixture to a boil
- Reduce heat, partially cover and simmer for 30 minutes
- Stir in the corn, fresh tomatoes and basil
- Cook for 5 more minutes
- Add a topping of sour cream to each serving

Main Dishes

Roast Pork with Fennel Seed

Frank Favorini (2000)

Reston, Virginia

2-3 lbs.	Center-cut or loin-end pork (Boned and tied)	1 cup	White wine
¼ cup	Flour	1 tbsp.	Fennel seed
3 tbsp.	Olive oil	1 tbsp.	Rosemary, chopped
1 cup	Chicken broth	1 tbsp.	Sage
		3 cloves	Garlic

- Dust pork with flour
- Heat oil in a large pan, brown roast on all sides
- In a 300-degree oven roast pork (uncovered) 20 minutes
- Combine cooking pork for 2 hours or until done, basting every 20 minutes with the marinade
- If roast becomes too dry, add chicken broth
- When pork is cooked let stand on serving platter 5-10 minutes
- Slice and serve with herb-wine gravy

NOTE: you may choose to strain marinade before using.

Pork Tenderloin Cooking Sauce

Christina DiFiore Braidotti (2000)

West Chester, Pennsylvania

6 tbsp.	Butter	1-2 tsp	Salt (to taste)
6 tbsp.	Heinz chili sauce	½ tsp.	Paprika
½ cup	Boiling water	2 tsp.	Dry mustard
4 tbsp.	Ketchup	2 tbsp.	Worcestershire sauce

- Combine ingredients and mix well
- Pour sauce over pork tenderloins and bake

Eggplant Parmigiana

Cee Cee Favorini Balog (2000)
Chantilly, Virginia

1 large	Eggplant, peeled (or 2 small)	1 large	Mariana Sauce
2	Eggs		Can of tomato sauce
	Bread crumbs		Garlic salt
	Grated Romano or Parmesan cheese		Oregano
	Mozzarella cheese		Salt and pepper to taste
	Olive oil		

- Layer the eggplant in a colander, salting each layer
- Place a plate over the slices and put a heavy weight on the plate
- Drain the eggplant over a bowl for 2-3 hours
- Pat the eggplant dry and dip them in beaten egg
- Then dip in bread crumb/grated cheese mixture
- Fry in olive oil until golden brown. Drain on paper towels
- Place some marinara sauce in bottom of baking dish
- Layer eggplant, mozzarella and sauce
- Sprinkle with grated cheese
- Bake covered at 375 degrees for ½ hour
- Uncover and bake for an additional 5 minutes

Gambe Italiane

Frank Favorini (2000)
Reston, Virginia

6	Sweet or hot Italian sausages	1 cup	Dry white wine
2 tbsp.	Olive oil	½ cup	Chicken stock
6	Leg/thigh pieces of chicken, skilled And separated	¼ tsp.	Crushed red pepper, or to taste Salt, to taste
1	Onion, chopped	12 oz.	Fresh mushrooms, sliced

- Prick sausages and brown them in the olive oil in a large skillet
- Add chicken pieces and sauté them until lightly browned
- Add the onions and the mushrooms and sauté 10 minutes, stirring often
- Drain off extra fat.
- Add all remaining ingredients, cover and simmer 15 minutes
- Uncover and cook 5 to 10 minutes or until sauce is reduced by half
- Serve with rice, polenta or pasta

Eggs, Vegetables and Drink

Frittata - Tortilla

Erminio (Christina) Braidotti (2000)

West Chester, Pennsylvania

Telfon pan 8 – 10"

8 – 10 med. Potatoes, sliced 1/8" thickness	5-7 Eggs
3-4 med. Onions, chopped or thin sliced *	½ - 1 cup Oil
(*) Onions may be left out or substituted with any other green vegetable	

- Heat oil. Pour in onions. When onions are cooked (10 minutes), add sliced potatoes
- Add salt and pepper to taste (also garlic and/or other spices).
- Stir often (every 5 minutes) so that the potatoes cook evenly without getting brown
- You may cook them with the lid on. (Usually it takes about 30 minutes for the potatoes to be cooked over low to medium heat.)
- Add parsley and grated cheese
- Beat 5-6 eggs
- When potatoes are cooked; pour out excess oil (leaving a few drops so that the eggs will not stick to pan).
- Add eggs; cook uncovered for about 10 minutes. Shake occasionally so it won't stick.
- (Now this is the tricky part) Turn over onto a flat dish. If you want the other side to look nice, beat and add another egg to pan. Slide frittata back into the pan.
- Shake occasionally. After 5 minutes or so it should be ready.
- Turn over onto serving plate.
- If you want to keep it warm for later, cover it with aluminum foil.
- It's good warm or cold. It may last for several days if you don't eat it first.

NOTE: for smaller tortillas the ratio is usually: 1 onion, 2 eggs, 3 potatoes

Buon Appetito

and

Buen Provecho

Sweet Potato Pudding

Larry Will and Anne DiFiore-Will (2000)
West Chester, Pennsylvania

3 cups	Mashed sweet potatoes (yams)		Topping
Scant cup	Sugar	½ cup	Butter
2	Eggs	1/3 cup	Flour
½ cup	Butter, softened	½ cup	Brown sugar
1 tbsp.	Vanilla	½ - 1 cup	Chopped pecans

- Preheat oven to 350 degrees
- Combine the first 5 ingredients.
- Place in a buttered baking pan
- Combine topping ingredients and spread on potatoes
- Bake 30 minutes or more until set

Corn Pudding

Larry Will and Anne DiFiore-Will (2000)
West Chester, Pennsylvania

2 cans	Creamed corn	4	Eggs, beaten
2 cups	Milk	4 slices	White bread, no crusts
1 cup	Mild cheddar cheese, grated	½ cup	Sugar
	Salt and pepper to taste	½ stick	Butter

- Combine milk and melted butter, then heat.
- Pour over bread, let soak, then chop
- Add to corn and beaten eggs
- Season with sugar, salt and pepper
- Bake at 325 degrees for 30 minutes until set
- Top with grated cheese immediately after removing from the oven

Stuffed Artichokes

Cee Cee Favorini Balog (2000)
Chantilly, Virginia

2 large	Artichokes	1 tsp.	Oregano
½ cup	Bread crumbs	½ can	Anchovies, cut up
1 tbsp.	Romano cheese, grated	1 tsp.	Parsley
	Pepper and salt to taste	1 tsp.	Olive oil

- Take off outer leaves of artichokes and discard. Trim artichoke stems.
- Mix the remaining ingredients except olive oil
- Spread the leaves of the artichoke with your fingers and stuff with the dry ingredients.
- Place the stuffed artichokes in a saucepan containing ½ cup water and 1 tsp. salt and drizzle with olive oil.
- Cover and simmer on top of stove for ¾ to 1 hour.

Limoncello

Amalfi Coast
Amelia Gemignani DiFiore (2000)
Submitted by Matt DiFiore
Vienna, Virginia

<u>Original recipe presented</u>	<u>Translation</u>
La buccia di 10 limoni al natural	10 Lemon peels
Un litro di alcool a 90%	1 liter 90% alcohol
Lasciare un mese nel frigo	Leave in the refrigerator for 1 month

- Fare un sciroppo di 750 grammi zucchero e un litro e messo d'acqua
- Cuocere sul fuoco
- Quando e' freddo si meete con la buccia e alcool
- Filtrare e mettere in bottiglia
- Conservare al freezer (il congelatore)

- Make a syrup of 750 grams of sugar and a liter of water
- Cook over heat
- When it is cool, you eat with the skin and alcohol
- Filter and put in bottles
- Freeze and store in freezer

SALUTE!

Note: can also be made with tangerines

Desserts

Virginia DiFiore's Chocolate Brownies

Christina DiFiore Braidotti (2000)

West Chester, Pennsylvania

1/2 cup	Cocoa	2 tsp.	Vanilla
2 cups	Sugar	3	Eggs
1/4 cup	Hot water	1/4 tsp.	Salt
1/2 cup	Dark corn syrup	1-1/2 cup	Flour
2/3	Cooking oil	2 tsp.	Baking powder

- Prepare 8"x13" casserole pan- butter and lightly flour
- Mix ingredients together in order- cocoa, sugar, hot water, corn syrup, cooking oil, vanilla, eggs, salt
- Bake for about 1/2 hour at 350 degrees

Cannoli Filling

Christina DiFiore Braidotti (2000)

West Chester, Pennsylvania

1 sm.	Bag of pistachio nuts, crushed	3 drops	Cinnamon oil (to taste)
1 lb.	Ricotta cheese	1/2 bag	Mini chocolate chips
1 cup	Powder sugar	12	Prepared cannoli shell

- Whip cheese in a bowl
- Add sugar and cinnamon oil (start with 3 drops)
- Stir in chocolate chips
- Fill cannoli shells
- Dip ends of filled shells in crushed (or ground) pistachio nuts
- Place on plate and sprinkle with powdered sugar

Serve immediately

Note: Granulated sugar can be substituted for powder sugar. Please prepare sugar put into blender until a fine powder.

Cream Cheese Coffee Cake

Larry Will and Anne DiFiore-Will (2000)

West Chester, Pennsylvania

	<u>Batter</u>		<u>Filling</u>
2 sticks	Butter	16 oz.	Soft cream cheese
1 cup	Sugar	1	Egg yolk
2	Eggs	½ cup	Sugar
2 cups	Flour	1 tsp.	Vanilla
2 tsp.	Baking powder		<u>Topping</u>
½ tsp.	Salt	½ cup	Sugar
		½ cup	Flour
		½ stick	butter

BATTER:

- Cream butter, sugar and eggs, beat well
- Mix in dry ingredients into creamed mixture
- Spread ½ batter in a well-greased 9"x13" pan

FILLING:

- Blend well and spread on the batter in the pan.
- Spread the remaining batter on top of filling

TOPPING:

- Combine sugar, flour and butter until crumbly consistency
- Sprinkle on top of batter

Bake at 350 degrees for 45 minutes (watch so it doesn't brown too much)

Sprinkle with powdered sugar on top when done (semi-cool)

Virginia DiFiore's Nut Bon Bon Cookies

Christina DiFiore Braidotti (2000)
West Chester, Pennsylvania

1 cup 8 oz.	Softened butter Cream cheese, softened Powdered sugar	2 cups	Sifted flour Walnut halves
----------------	---	--------	-------------------------------

- Cream the butter and cream cheese with a fork
- Mix in flour (using hand kneading)
- Chill for several hours or overnight
- Roll out 1/8" thick on a cloth-covered board thoroughly sprinkled with powdered sugar
- Cut dough in oblong 1"x3" strips
- Place a walnut half on each oblong strip and roll-up
- Pinch end of dough to seal
- Place folded side down on cookie sheet
- Bake 15-17 minutes until golden brown in moderate oven at 375 degrees
- Sprinkle cookies with powdered sugar
- Serve fresh

Budino di Riso

Rice Pudding
Frank Favorini (2000)
Reston, Virginia

½ stick	Butter	1 cup	Milk
½ cup	Sugar	1 tsp.	Vanilla
4	Eggs	½ cup	Rice, cooked
1 lb.	Ricotta		Handful cooked/cooled noodles

- Beat butter and ¼ cup of sugar in large mixing bowl.
- Add eggs, one at a time, beating after each addition
- Beat in ricotta, ½ cup milk and vanilla
- Add rice and noodles and mix well
- Butter 8"x8" baking dish
- Pour budino mixture and top with remaining milk and sugar
- Bake at 350 degrees for 1 hour or until golden brown
- Cool and serve at room temperature

Tiramisu

Kent and Martha DiFiore (2000)

Salt Lake City, Utah

4	Eggs, separated	½ cup	Strong espresso (decaf or instant ok)
½ cup	Coffee flavored liqueur	2 oz.	Semi-sweet chocolate, grated
1 lb.	Mascarpone cheese	1 pkg.	Ladyfingers (stale is best), enough For 2 layers of 9"x12" pan
½ cup	Sugar		

- Separate eggs into two large bowls (bowl of egg yolks; bowl of egg whites)
- Add the liqueur to the egg yolks and stir until blended
- Add the mascarpone cheese, blend well
- Beat egg whites until soft peaks form
- Continue to beat the egg whites, slowly adding sugar. Beat until stiff peaks form
- Add half of the egg white mixture to cheese-egg mixture and fold gently until blended
- Gently fold in the remaining egg whites and set aside
- Quickly dip ladyfingers into the espresso, allowing just a little to soak in so that there will be enough for all the ladyfingers.
- Place half of the ladyfingers (flat side down) in a 9"x12" oblong pan
- Add half the cheese mixture, spreading to cover and smoothing the top
- Sprinkle half of the grated chocolate evenly over the surface
- Add another layer of espresso-coated ladyfingers
- Top with remaining cheese mixture
- Sprinkle with the remaining chocolate
- Refrigerate, covered, for several hours or overnight

Torte di Nocciole

Hazelnut Cake - Piemonte

Amelia Gemignani DiFiore (2000)

Submitted by Matt DiFiore

Vienna, Virginia

1 1/3 cup	Flour	5 oz.	Hazelnuts, roasted and ground
4 oz.	Butter	1 tbsp.	Light olive oil
7 oz.	Sugar	2/3 cup	Milk
3	Eggs, beaten		Powdered sugar (optional)
1 tsp.	Baking powder		

- Sift flour and baking powder together
- In a bowl, cream butter and sugar until light and fluffy
- Beat in eggs gradually
- Add the flour, folding into the butter mixture, together with the hazelnuts
- Add oil and milk, stir until blended
- Bake in a greased and floured 8" cake pan at 350 degrees for about 30 minutes or until firm
- Turn out and cool
- Sprinkle a bit of powdered sugar on slices before serving
- Serve with a dessert wine such as Vin Santo

Laura's Favorite Pound Cake

I make this for Grandpa (Vinnie/Jimmy) DiFiore

Laura DiFiore (2000)

Las Vegas, Nevada

2 sticks	Butter	1 tsp.	Fresh lemon juice
2 cups	Sugar	1 tsp.	Vanilla extract
2 cups	All-purpose flour	5	Eggs

- Cream butter and sugar together until fluffy
- Sift the flour, then gently blend into the sugar-butter mixture
- Add the vanilla and lemon juice, then eggs
- Mix well with the batter
- Grease a pound cake pan or Bundt pan and pour in the batter
- Bake at 350 degrees for about an hour and 15 minutes
- Serve with vanilla ice cream and fresh strawberries

New York Cheesecake

Cee Cee Favorini Balog (2000)

Chantilly, Virginia

	Filling		
2 pkgs.	8 oz. cream cheese	4	Eggs
½ cup	sugar	1 tsp.	Vanilla
¼ tsp.	Salt	½ pint	Heavy cream
2 tbsp.	Flour	1	Lemon, juiced
	Crust		
14	Graham cracker squares		
2 tbsp.	Sugar		
2 tbsp.	Butter, softened		

- Mix crust ingredients and pat onto the bottom of a 12” spring form cake pan. Set aside
- Cream the cheese and add the sugar
- Mix flour and salt and gradually add to creamed cheese and sugar
- Add egg yolks one at a time, mixing well after each addition
- Add vanilla, lemon juice and heavy cream
- Beat egg whites until stiff and fold into mixture
- Pour into graham cracker shell and bake in cold (not preheated) 325-degree oven for 1 hour
- Turn off heat and leave in oven 1 more hour

Death by Chocolate Cookies

Larry Will and Anne DiFiore Will (2000)

West Chester, Pennsylvania

16 oz.	Baker's semisweet chocolate, divided	1 tsp.	Vanilla
$\frac{3}{4}$ cup	Firmly packed brown sugar	$\frac{1}{2}$ cup	Flour
$\frac{1}{4}$ cup	Butter or margarine	$\frac{1}{4}$ tsp.	Baking powder
2	Eggs	2 cups	Chopped nuts (optional)

- Heat oven to 350 degrees
- Coarsely chop 8 squares (1 package) of the chocolate, set aside
- Microwave remaining 8 squares of chocolate in large, microwavable bowl on High for 1-2 minutes
- Stir until chocolate is melted and smooth
- Stir in sugar, butter, eggs and vanilla; stir in flour and baking powder
- Add the reserved chopped chocolate and nuts
- Drop by $\frac{1}{4}$ cupful onto ungreased cookie sheet
- Bake 12-13 minutes or until cookies are puffed and feel set to the touch
- Cool on cookie sheet 1 minute
- Transfer to wire rack to cool completely

Makes about 18 cookies