



## **TUSCAN PASTRIES**

### **Ingredients:**

3/4 cup (175 mL) milk  
3 tbsp (40 mL) butter  
1 1/2 tsp (7 mL) oregano, crumbled  
1/2 tsp (2 mL) salt  
1/8 tsp (0.5 mL) freshly ground pepper  
1/8 tsp (0.5 mL) cayenne pepper  
Dash freshly ground nutmeg  
3/4 cup (175 mL) flour  
3 eggs  
1/4 cup (50 mL) shredded Monterey Jack cheese

### **Method:**

Combine first 7 ingredients (milk through nutmeg) in a medium saucepan. Bring mixture to a boil over medium heat. Reduce heat and add flour all at once. Stir until mixture is smooth and pulls away from sides of pan forming a ball, about 1 minute. Remove from heat and cool 5 minutes. Beat in eggs, one at a time, until mixture is smooth and glossy. Stir in cheese. Place mixture in a pastry bag fitted with a star tip. Pipe small mounds of dough 1 inch (2.5 cm) apart onto a greased cookie sheet. Alternatively, dough may be dropped from a spoon onto a greased cookie sheet. Bake at 400°F (200°C) for 22 - 25 minutes or until puffed and golden. Serve warm or at room temperature. Pastries may be cooled on racks and frozen for up to 1 month. Reheat pastries at 350°F (180°C) until heated through, about 10 minutes. Makes 3 - 3 1/2 dozen pastries.





## **PENNE ALLA VODKA**

*This simple recipe is easy enough for a weeknight meal. It also makes a nice dish for entertaining.*

### **Ingredients:**

1 cup (250 mL) finely chopped onion  
3 cloves garlic, finely chopped  
1/2 tsp (2 mL) salt  
1/4 tsp (1 mL) freshly ground pepper  
1/4 tsp (1 mL) red pepper flakes  
2 tbsp (25 mL) olive oil  
2/3 cup (150 mL) vodka  
1 can (14 oz / 398 mL) crushed tomatoes  
1 cup (250 mL) whipping cream  
16 oz (500 g) penne pasta, cooked and drained  
2 tbsp (25 mL) chopped fresh parsley  
Freshly grated Parmesan cheese

### **Method:**

To prepare sauce, sauté onion, garlic, salt, pepper and red pepper flakes in oil for 5 minutes. Stir in vodka and simmer 2 minutes. Add tomatoes and cream. Simmer gently over low heat for 5 minutes. Place hot cooked pasta in a bowl and toss with sauce. Sprinkle with parsley. Serve with Parmesan cheese. Serve immediately. Serves 4 - 6.





## **ARTICHOKE AND MUSHROOM LASAGNA**

### **Ingredients:**

2 cups (500 mL) sliced fresh mushrooms  
3 cloves garlic, finely chopped  
2 tbsp (25 mL) butter  
2 cans (14 oz / 398 mL each) artichoke hearts, drained and sliced  
1 cup (250 mL) dry white wine  
1 pkg (10 oz / 300 g) frozen chopped spinach, thawed and squeezed dry  
9 lasagna noodles, cooked and drained  
Bechamel Sauce (click for recipe)  
3 cups (750 mL) shredded mozzarella cheese

### **Method:**

In a frypan, sauté mushrooms and garlic in butter until mushrooms are golden brown, about 5 - 7 minutes. Stir in artichokes and wine. Cook, stirring occasionally, until liquid is absorbed. Stir in spinach. Place 3 noodles on bottom of a greased 9x13 inch (23x33 cm) baking dish. Spoon half of artichoke mixture over noodles. Pour one-third of Bechamel Sauce over artichoke mixture and sprinkle with 1 cup (250 mL) cheese. Repeat layering procedure once. Top with remaining noodles, Bechamel Sauce and cheese. May be prepared to this point and refrigerated for up to 24 hours. Bake, covered, at 350°F (180°C) for 45 minutes. Uncover and bake 15 minutes longer or until light golden in colour and lasagna is bubbly. Let stand 10 minutes before serving. Serves 8 - 10.





## ITALIAN STEW OSSO BUCO STYLE

### Ingredients:

1/4 cup (50 mL) flour  
1/4 tsp (1 mL) paprika  
3/4 tsp (3 mL each) salt and freshly ground pepper, divided  
2 lb (1 kg) pork or veal, cubed  
1/4 cup (50 mL) olive oil, divided  
2 cups (500 mL) sliced onions  
2 cloves garlic, finely chopped  
1 1/2 cups (375 mL) dry white wine  
1 can (10 oz / 284 mL) beef broth  
1 can (14 oz / 398 mL) diced tomatoes  
2 cups (500 mL) small carrot sticks  
1 cup (250 mL) sliced celery  
1/4 tsp (1 mL) thyme, crumbled  
2 bay leaves  
2 long strips lemon peel  
Gremolata

### Method:

Combine flour, paprika and 1/4 tsp (1 mL) each salt and pepper in a plastic bag. Add pork to flour mixture and toss to coat. Reserve any remaining flour mixture in bag. Heat 2 tbsp (25 mL) oil in a Dutch oven. Add pork in batches and brown on all sides. Remove pork from pan; keep warm. Heat remaining 2 tbsp (25 mL) oil in pan. Add onions and garlic and sauté 5 minutes. Stir in reserved flour mixture until blended. Gradually stir in wine. Add pork and remaining 1/2 tsp (2 mL) each salt and pepper. Stir in next 7 ingredients (broth through lemon peel). Bring to a boil. Reduce heat; cover and simmer, stirring occasionally until pork is tender and stew is thickened, about 1 hour. Remove bay leaves. Stew may be refrigerated for up to 24 hours. Reheat over medium heat, stirring occasionally. Sprinkle with Gremolata and serve. Serves 8.

## **Gremolata**

### **Ingredients:**

2 tbsp (25 mL) fresh parsley, chopped  
1 tsp (5 mL) grated lemon peel  
1 clove garlic, finely chopped

### **Method:**

Combine chopped fresh parsley, grated lemon peel and finely chopped garlic. Sprinkle over stew.





## **TRI-PEPPER SALAD**

### **Ingredients:**

1/2 cup (125 mL) olive oil  
1/4 cup (50 mL) red wine vinegar  
1/4 cup (50 mL) chopped fresh parsley  
1 clove garlic, finely chopped  
1/2 tsp (2 mL) salt  
1/2 tsp (2 mL) freshly ground pepper  
6 bell peppers (2 each of green, red and yellow), thinly sliced  
3 cups (750 mL) sliced fresh mushrooms  
2 cups (500 mL) thinly sliced red onions  
2 cups (500 mL) thinly sliced celery  
1 cup (250 mL) freshly grated Parmesan cheese

### **Method:**

To prepare dressing, whisk together oil, vinegar, parsley, garlic, salt and pepper. Combine remaining ingredients (bell peppers through Parmesan cheese) in a large bowl. Toss with dressing to coat. Cover and refrigerate until serving or for up to 4 hours. Serves 10 - 12.





## **PARMESAN PITA CROSTINI**

### **Ingredients:**

4 pita bread  
1 cup (250 mL) freshly grated Parmesan cheese  
1/2 cup (125 mL) mayonnaise  
1 1/2 tsp (7 mL) Italian seasoning, crumbled  
1 tsp (5 mL) fresh lemon juice

### **Method:**

Cut each pita into 6 wedges. Combine Parmesan cheese, mayonnaise, Italian seasoning and lemon juice. Spread mixture evenly over one side of each wedge. Place wedges, cheese side up, on two jelly-roll pans. Bake at 350°F (180°C) for 12 - 15 minutes. Serve immediately. Makes 24 crostini.





## **GREEN BEANS WITH BALSAMIC BUTTER**

### **Ingredients:**

1/2 cup (125 mL) balsamic vinegar  
2 tbsp (25 mL) finely chopped onion  
1/4 cup (50 mL) butter, softened  
6 cups (1.5 L) trimmed green beans

### **Method:**

Combine vinegar and onion in a small nonreactive saucepan. Bring to a boil. Boil over medium heat, stirring frequently, until liquid is reduced to 1 tbsp (15 mL). Transfer mixture to a small bowl; cool. Blend in butter. May be prepared to this point and refrigerated for up to 24 hours. Cook beans in boiling salted water until tender, about 6 minutes; drain. Add butter mixture to beans and toss until butter is melted. Serve immediately. Serves 8.





## **QUICK TIRAMISU**

### **Ingredients:**

1 cup (250 mL) ricotta cheese  
8 oz (250 g) cream cheese, softened  
1/2 cup (125 mL) sugar  
1 tsp (5 mL) vanilla  
24 - 32 ladyfingers  
1/2 cup (125 mL) coffee liqueur  
1 tbsp (15 mL) cocoa

### **Method:**

Combine ricotta cheese, cream cheese, sugar and vanilla in a food processor; process until smooth. Cover bottom of an 8 inch (20 cm) square glass baking dish with a single layer of ladyfingers; drizzle with half of coffee liqueur. Spread half of cheese mixture over ladyfingers. Repeat layering procedure with remaining ladyfingers, liqueur and cheese mixture. Sift cocoa over top. Cover and refrigerate for at least 4 hours or up to 24 hours. Serves 6 - 8.







## **FROZEN CREAM BASKETS WITH STRAWBERRIES**

### **Ingredients:**

8 oz (250 g) cream cheese, softened  
3/4 cup (175 mL) sugar  
1/4 cup (50 mL) amaretto or orange liqueur  
1 cup (250 mL) whipping cream, whipped  
Frozen sweetened strawberries, thawed

### **Method:**

Using medium speed of an electric mixer, beat together cream cheese and sugar until smooth. Beat in amaretto. Fold in whipped cream. Spoon 8 - 10 rounded mounds of mixture onto a foil-lined cookie sheet. Using back of a spoon, make a depression in center of each mound to form a basket. Freeze baskets until firm, about 4 hours. Remove foil from baskets. Use immediately or place frozen baskets in a single layer in an airtight container. Keep frozen for up to 2 weeks. To serve, place each frozen basket on an individual serving plate or in a sherbet glass. Spoon strawberries into center of each basket. Serve immediately. Serves 8 - 10.

**Cook's Note:** *To make cream baskets, a hinged ice cream scoop may be used to make even mounds.*