

## Italian Gourmet Dinner

Welcome to our Fall Italian Gourmet Dinner. We thank our hostesses for volunteering their homes. We have two homes with 12 people at Carol's home and 10 people at Allegra's home for dinner. Dinner starts at 7 p.m. See the end of this paper for details.



### Menu:

1. Antipasti, olive oil
2. Wine, Soup
3. Salad, Italian bread, butter
4. Veal Scaloppini
5. Eggplant, Pasta
6. Hostess: Coffee, cream, sugar, tea, Biscotti

### Antipasti

7. dash of cyanine pepper
8. 1 cup of catsup
9. 1 cup of chili sauce
10. 2 to 4 tablespoons of olive oil
11. 1/2 cup of tarragon vinegar
12. 1/2 cup of lemon juice
13. 1 clove of minced garlic
14. 2 tablespoon brown sugar
15. 1 tablespoon Worcestershire sauce
16. 1 tablespoon horse radish

Boil the above ingredients three minutes and then add a sliced half

of a cauliflower, 6 sliced carrots, 3 stalks of sliced celery, and 1/2 lb whole mushrooms, drained.

Simmer 15 to 20 minutes, add 3 cans of tuna drained, and 1 can olives. Marinate for one day in the refrigerator before serving. Serve with Italian bread.

2) 2 loaves Italian Bread (sliced medium to thin), butter, olive oil

3) 3 good bottles Italian Wine – 2 red and 1 white

4) Spinach Salad with pine nut dressing

3/4 to 1 cup pine nuts

3/4 tsp tarragon leaves

1/2 tsp grated lemon peel

1/4 tsp ground nutmeg

1/2 c olive oil

1/3 c wine vinegar

1/2 tsp salt

Spinach leaves and ground nutmeg

Toast pine nuts, spread shelled nuts in a single layer in a pan and bake at 350 for five minutes until light gold, shaking occasionally. Blend nuts with all ingredients well. Wash spinach several times and pat dry. Pour dressing on spinach and toss. Sprinkle with nutmeg.

5) Minestrone Soup

1 pound beef stew meat, cut into 1-inch cubes

8 cups beef broth

1 onion, chopped

1 teaspoon dried thyme

2 Tablespoon minced fresh parsley

1/2 teaspoon salt

1/4 teasspoon pepper

1 (16 oz.) can peeled diced tomatoes in juice

2 cups chopped cabbage

1 (15 oz.) can cannelli beans, drained  
1 zucchini, thinly sliced  
1 cup uncooked small elbow macaroni  
1/2 cup grated Parmesan cheese

In a slow cooker (crock pot), combine beef, broth, onion, thyme, parsley, salt, pepper, tomatoes and cabbage. Cover and cook on low 8 hours or until meat is tender. Turn control to high. Add drained beans, zucchini and macaroni. Cover and cook on high 30 to 45 minutes or until zucchini and macaroni are tender. Top with cheese and serve.

#### 6) Scaloppini Mostarda (very small servings for each)

12 slices veal scaloppini\*  
garlic and herbs  
6 ounces olive oil  
4 ounces dry vermouth  
20 ounces heavy cream  
2 teaspoons prepared whole mustard  
1 1/2 teaspoons lemon juice  
salt and pepper to taste  
flour

Season the veal on both sides with Italian herbs, garlic powder, salt, and pepper. Dust with flour. Place in a saute pan with olive oil over high heat and brown the veal on both sides. Remove the meat from the pan. Add to the skillet the vermouth, cream and the lemon juice and reduce over a lower heat until thick. Stir in the mustard and add the veal. Add salt and pepper to taste. When the veal is nicely coated, remove from pan and serve. It is strongly recommended this final step be done at the place of service.

\*This recipe is also wonderful using chicken breasts pounded into thin scaloppini. Veal is the true Italian scaloppini, but if you do not eat veal, please contact the person making this recipe so chicken can be substituted for you.

### 7) Eggplant with mozzarella cheese

2 medium eggplants about 1 pound each  
2 eggs beaten with water  
2 tablespoons salad oil for sauteing

Cut eggplant into 1/4 thick slices length wise, coat slices with flour and shake off excess. Turn in egg mixture, drain briefly and saute in salad oil until browned and tender when pierced. Use a large frying pan and add oil as needed, cook without crowding. Drain thoroughly. Line the bottom of a shallow 4 quart casserole with half the eggplant spoon half the meat sauce over the top, cover with a half pound of sliced mozzarella cheese. Repeat making another layer and top with a half pound of sliced cheese. Bake uncovered in a 375 degree oven until bubbly, about 40 minutes, and let sit about 10 to 15 minutes before serving.

### Meat sauce for eggplant and for Pasta

Break apart 1 1/2 pounds lean ground beef  
1 1/4 pound thinly sliced mild pork sausages  
>1 pound beef stew meat, cut into 1-inch cubes  
8 cups beef broth  
1 onion, chopped  
1 teaspoon dried thyme  
2 Tablespoon minced fresh parsley  
1/2 teaspoon salt  
1/4 teasspoon pepper  
1 (16 oz.) can peeled diced tomatoes in juice  
2 cups chopped cabbage  
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1 seeded green pepper finely chopped

3 medium green onions, chopped

1 pound mushrooms chopped

Cook over high heat, stirring frequently until browned. Add 1 pound can of whole tomatoes, 1 large can (15 oz) tomato sauce, and 1 (6 oz) can tomato paste. (Consider adding more tomato sauce so you will have enough for both dishes.) Simmer rapidly about 40 minutes until sauce is thick, stir frequently. Remove from heat and cool and skim off fat and discard fat.

### 8) Pasta with Marinara Sauce

Cook your favorite pasta according to package directions. Drain well and add a spoon of olive oil to the hot pasta and toss. Then add a small amount of the Marinara sauce to the hot pasta and toss so the pasta is coated well. Let it sit before serving.

9) Coffee, cream, sugar, tea

10) Biscotti cookies

You can use any recipe you want. You can buy them or find a recipe at <http://www.ellenskitchen.com/bigpots/biscott2.html>.

Please be aware that if an emergency arises and you can not attend, you are still responsible for providing food for the other people. Keep track of your expenses and be sure you make enough for all the people at the dinner. Bring your receipts to the dinner and the costs will be divided.