



Favorite Recipes Party



Recipes we enjoyed at the
SW Florida Myositis KIT Party
March 19, 2016



Pizzagaina (a.k.a. Pizza Rustica)

*From the Kitchen of
Andrea Sledjeski*

This is a very old Italian Recipe that was traditionally made only at Easter time. It has been handed down through at least 5 generations. It was usually prepared on Good Friday to be served as an appetizer on Easter Sunday. There are many variations of this since the different regions of Italy use different regional ingredients. This is from the Central, East Coast of Italy. ENJOY!

Dough

- 4 cups flour
- ½ tsp. salt
- 1/2 lb. butter, cold
- 4 egg yolks
- ¼ C. water (or as needed)

Filling

- 3lb. whole milk Ricotta cheese
- 1 C. grated Pecorino cheese
- ½ lb. Prosciutto, thick slices, cut into cubes
- 1 stick pepperoni, cut in half or quarter and cubed
- 8 egg yolks + 1 egg for egg wash
- Fresh Italian parsley, chopped.

Prepare crust

1. For ease of prep, use a stand mixer fitted with a dough hook. Add flour salt and cold butter cut in cubes. Mix, Letting the flour absorb all the butter.
2. Add egg yolks and mix well
3. Add enough water mixing until you have a firm ball of dough. Wrap in plastic wrap. Let rest.

Prepare filling

4. Mix meats , Pecorino and eggs. Add Ricotta, parsley, salt and pepper as desired.
5. Preheat oven to 350
6. Butter and flour either a 9" springform pan(this is the modern version) or use a glass 9x13
7. Fit thinly rolled out dough into bottom of pan saving about 1/3 for top crust.
8. Add filling, spread evenly.
9. Roll out remaining dough, cut into strips, arrange in lattice pattern on top of filling.
10. Trim crust with sharp knife, brush with egg wash

Bake at 350 for 1 hour and 15 min.

Recipe

From the Kitchen of
Paula & Eric Bungay

Caprese Bites

My little appetizers are a long-time favorite of mine from Italy, one of my favorite places to travel. 'Insalata Caprese'. Translating to 'Salad of Capri', the dish hails from the little island off the coast of Naples. It appeared on the culinary scene in the 1950s to please the palates of vacationing royalty and important politicians. Some also say it was a patriotic creation, with the colorful ingredients carefully arranged on the plate in homage to the Italian flag.

There's no real recipe, it's simply cherry tomatoes, mozzarella, and fresh basil put on toothpicks, then drizzled with balsamic syrup and olive oil.



Recipe

From the Kitchen of
Joanne and Bernie Carnevale

Smoked Boston Butt


This is our family recipe for smoked Boston butt. We all enjoy barbeque and it is a tradition to have it every fourth of July and other relaxed family gatherings. We hope you enjoy it as much as we do.

RECIPE: Smoked Boston Butt
From the Kitchen of: Kipp

Rub: 10 Tbsp paprika
2 Tbsp black pepper
2 Tbsp salt
5 Tbsp brown sugar
2 Tbsp chili powder
2 Tbsp garlic powder
3 Tbsp onion powder
1/2 Tsp Cayenne

Combine ingred. & rub on pork night before smoking. (Save 1 Tbsp)

Let pork @ room temp. for 45 min before



Smoking: Prepare smoker, temp. 200-250°F using wood chunks.

Mop: 2 cups Coke or Dr Pepper
2 Tbsp oil - Canola or corn
1 Tbsp apple cider vinegar
1 Tbsp teriyaki sauce
1 Tbsp Rub mix

Warms over low heat

Put pork on smoker - away from fire box - fat side up. Do not turn meat while smoking. Cook about 7 hrs. Mop once every 90 min. Transfer to gas grill or oven @ 325°F wrapped in foil with a little mop. The key is to cook the pork to an internal temp. of 196°F so it will be tender.



Chicken Devine

*From the Kitchen of
Donna DeFaut*

*My Mother's recipe...one of the few recipes of hers I have. All others were lost!
But the one I have is in her beautiful handwriting !*

Chicken Devine

9 boneless / skinless single chicken breasts - do not cook at all before baking

Cut chicken up in serving/bite size pieces

1 - 14 oz. bag of frozen broccoli or 1 large bunch of fresh broccoli - do not cook beforehand

2 - 10.5 oz. cans of condensed cream of Chicken soup

1/2 cup of mayonnaise

a pinch of curry

2 tablespoons of Lemon Juice

Put all in a casserole dish:

1st layer broccoli

2nd layer chicken pieces

soup pre-mixed with the mayonnaise & Spices - spread on top of the chicken

Top with bread crumbs & parmesan cheese or just shredded asiago cheese sprinkled on top.

Bake at 350 degrees for 50-55 minutes.



*From the Kitchen of
Helen Lesoine*

Chocolate Chip Cookies

When I was seventeen I made these cookies for my boyfriend at the time for his birthday. I may not remember his name now, but, apparently I won my family's hearts with the leftovers. Being that my family is the most important thing to me in the world, it was worth it.

2 1/4 cups all-purpose flour
1 teaspoon baking soda
1 teaspoon salt
1 cup (2 sticks) butter, softened
3/4 cup granulated sugar
3/4 cup packed brown sugar
2 teaspoons vanilla extract
2 large eggs
2 cups (12-oz. pkg.) NESTLÉ® TOLL HOUSE® Semi-Sweet Chocolate Morsels
1 cup chopped nuts

PREHEAT oven to 375° F.

COMBINE flour, baking soda and salt in small bowl. Beat butter, granulated sugar, brown sugar and vanilla extract in large mixer bowl until creamy. Add eggs, one at a time, beating well after each addition. Gradually beat in flour mixture. Stir in morsels and nuts. Drop by rounded tablespoon onto ungreased baking sheets.

BAKE for 9 to 11 minutes or until golden brown. Cool on baking sheets for 2 minutes; remove to wire racks to cool completely.



*From the Kitchen of
Patricia Lawrence*

Grandma's Great Goulash

My grandmother's Goulash was a favorite dish when we had a large family gathering 'cause the kids and adults all liked it (sometimes 28 of us!) There was always plenty left over, so we could take it home and have it for lunch the next day! She always served it with a large toss salad, veggie tray, and her home-made bread and biscuits.

Grandma's Great Goulash

- 1# Ground Beef
- 1 chopped onion
- 1/2 c celery (or green pepper); water chestnuts
- 1/2 c stuffed olives; can mushrooms
- 1 1/2 c cooked elbow macaroni
- 1 large can crushed tomatoes
- 1 small can diced tomatoes
- 4 oz (or more) grated cheese on top

Brown beef; drain. Add onion, celery, chestnuts, olives, mushrooms, macaroni, crushed tomatoes, and diced tomatoes. Add cooked pasta, 1 t sugar, SP, garlic, and oregano. Bake 350 degrees for 1 hour. Then add grated cheese on top. Serves 4-6.



*From the Kitchen of
Jayne and Don Lindberg*

ITALIAN ZUCCHINI PIE

This recipe is from an old family friend named "Carol" whom I also refer to as "my cousin" because of our very close families. Carol's parents met my parents over 60 years ago on their honeymoon in a Pennsylvania Pocono Mountain Lodge. They stayed close friends from then on and I also became good friends with their daughter Carol as we grew up together.

Carol was always an excellent cook and gave me many recipes over the years but this one was our favorite! I have made this recipe at many family get together's for the past 28 years and the whole family still loves it.

It is always special to me because it came from Carol, my cousin and life long friend!

- | | |
|------------------------------------|--|
| 2 tablespoons Butter | 1/4 teaspoon dried basil leaves |
| 4 cups thinly sliced zucchini | 1/4 teaspoon dried oregano leaves |
| 1 cup chopped onions | 2 Eggs, well beaten |
| 2 tablespoons dried parsley flakes | 2 cups shredded mozzarella cheese (8 oz) |
| 1/2 teaspoon salt | 1 can (8 oz) crescent dinner rolls |
| 1/2 teaspoon pepper | 2 teaspoons Dijon or yellow mustard (preferably Dijon) |
| 1/4 teaspoon garlic powder | |

Heat oven to 375°F. In 12-inch skillet, melt butter over medium-high heat. Add zucchini and onions; cook 6 to 8 minutes, stirring occasionally, until tender. Stir in parsley flakes, salt, pepper, garlic powder, basil and oregano.

In large bowl, mix eggs and cheese. Add cooked vegetable mixture; stir gently to mix. Separate dough into 8 triangles. Place in ungreased 10-inch glass pie plate, 12x8-inch (2-quart) glass baking dish or 11-inch quiche pan; press over bottom and up sides to form crust. Firmly press perforations to seal. Spread crust with mustard. Pour egg mixture evenly into crust-lined pie plate.

Bake 18 to 22 minutes or until knife inserted near center comes out clean. If necessary, cover edge of crust with strips of foil during last 10 minutes of baking to prevent excessive browning. Let stand 10 minutes before serving.



*From the Kitchen of
Bonnie McClun*

McClun Potato Salad

When John and I were engaged, his Mother informed me that if I was to be a McClun I had to learn to make potato salad the McClun way. So, she sat down at her kitchen table and told me to get in the kitchen. She knew that if I made it, I would remember the process and ingredients.... And so the McClun Potato Salad tradition goes on.

Note: However, over the years it has morphed a bit as I've given it my special McClun touch. John now tells me mine is tastier than his mothers. Could it be my homemade green pepper relish? Or, is it just my wonderful man I married being the good, supportive husband he is?

Potatoes - par boiled with the skins on, cool, peel and cube

Eggs - hard cooked, chopped

Miracle Whip salad dressing

Celery - diced

Onion - chopped finely

Green Pepper - diced

Green Pepper Sweet Relish

Dry Mustard

Paprika

Season-All

White Pepper

Can't tell you amounts as it's an "oh, that looks good" kind of thing.

Mix well and season "to taste." You will know when it tastes yummy.

Try to make several days ahead of serving as flavors blend and increase the yummy factor.



Recipe

*From the Kitchen of
Marianne Moyer*

Green Beans, Ham and Potatoes Or Speck und Bona

The recipe for me is one of those "throw this and that in a pot" types.

It's called "Green Beans, Ham and Potatoes" and that's what you throw in the pot. Any quantity of each is ok with just enough water to make a sort of broth. I cook it until veggies are soft.

For the compulsive recipe follower:

Pennsylvania Dutch Speck und Bona

3 lb cubed ham

1 qt green beans cleaned and cut into 1" pieces

6 medium potatoes, cleaned and quartered

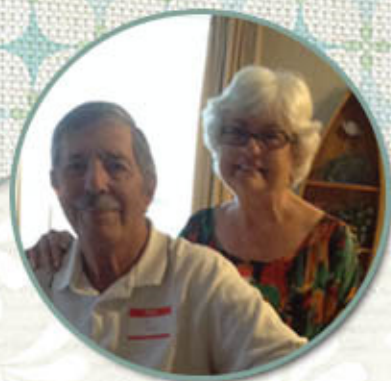
salt, pepper, water

Cover ham with water and simmer 2.5 hours. (Add water as needed).

Add beans, cook 25 more minutes

Add potatoes, cook 25 more minutes or until vegetables are soft.

Serve hot.



*From the Kitchen of
Marianne Moyer*

Green Beans, Ham and Potatoes
Or
Speck und Bona

When I was first diagnosed with Polymyositis, it hit me pretty hard and I was a complete quadriplegic, confined to a wheelchair. John had to take on all the responsibilities of our home, including meal preparation. He was doing an okay job of it; some carry-out, some pre-prepared meals and often just soup or sandwiches.

The ladies from our church decided to help. They called to say that until further notice, several times a week, one of them would bring to us a meal that would last for a few days. John attempted to refuse, saying that he had been brought up to not accept charity. The ladies said he could not refuse and if he didn't answer the door, the food would be left on the porch.

The first night a 'delivery' was due, he was beside himself. He kept thinking his parents would condemn him for being so needy to accept charity. Then our friend Sue arrived with a pot of something that smelled delicious but wasn't familiar to me. However it was to John. It was an old Pennsylvania Dutch recipe of just green beans, ham and potatoes. It was a comfort food his mom used to make for him when he was living at home. Sue left and we sat down to eat. He ate three servings. I think his mom was sending a heavenly message that it was totally okay for him to accept and eat this meal.



*From the Kitchen of
Jean Rosenberg*

“WHILE VISIONS OF SUGAR PLUMS DANCED IN THEIR HEADS”

My grandma used to like to bake, so she made meringues just for treats. when she or my mom came across this, they tried it and i've been passing it on ever since. My great-grandson has even had them.

There are several parts to an authentic sugar plum, none of which have anything to do with PLUMS!!!

MERINGUE: In a large bowl beat 4 egg whites and ¼ teaspoon cream of tartar until foamy. Continue beating while gradually adding 1 cup granulated sugar. Beat until soft peaks form and hold their shape. By hand, stir in 1 cup of miniature chocolate chips. Drop spoon size globs onto baking parchment paper and smooth with back of spoon. Alternative... Fill a cupcake paper 1/3 full and smooth with back of spoon. Bake in a preheated 275-degree oven for 50 minutes or light brown and crusty. Turn oven off and leave meringue in for 1 hour. Remove and let finish cooling. Must be stored in an airtight container. Keeps 2-3 weeks or may be frozen. Alternative... go to Publix bakery and buy container of pre made chocolate chip meringues. Cut off the peak to form a flat surface.

CHOCOLATE CUSTARD FILLING: In a small saucepan, combine 1/3 cup sugar, 2 Tbs. corn starch, and ¼ Tsp. salt. Stir in 1 ½ cups milk and slowly bring to a boil, stirring constantly. Boil for 1 minute and remove from heat. Stir in 1 cup miniature chocolate chips, 1 Tbs. butter and 1 Tsp. vanilla extract. Stir until smooth then press plastic wrap directly onto surface of custard. Cool Completely and keep refrigerated. This custard is so good I've never looked into an alternative pudding to save time.

WHIPPED CREAM TOPPING: In small chilled bowl, beat ¾ cup whipping cream and 1 Tbs. sugar until stiff peaks form. Make at last minute and chill well. Alternative Buy a canister of spray whipped cream.

ASSEMBLY: Onto meringue shell, spread a layer of seedless raspberry preserves (alternative). Next, place a small amount of chocolate custard and top with whipped cream. Garnish with shaved chocolate and top with a fresh raspberry. Enjoy!

For any questions call Jean Rosenberg



Nappa Valley Wine

Ray & Camille Leseoine

On our honeymoon, Ray and I drove across the country from Virginia to California. We had Ray's car stuffed so full with camping gear and luggage that there was only a tiny area where Ray could see out the rear view mirror. We visited Nappa Valley and sampled wines at two wineries and purchased estate wines to give for Christmas presents. We had to throw things away to make room for them in our car! Unfortunately, we left them in the car too long in Vegas, and the corks began to leak. We certainly could not give them as gifts, so each night we enjoyed one around the campfire...all the way back to Virginia.

"Walking Cheese"

Over thirty-five years ago, while living in the Netherlands, my husband and I enjoyed one of our vacations down into France. We stayed off the main routes and enjoyed the countryside, often dining at a local country inn before going on down the road to sleep in our cozy little camper. The meals would often be served multi-course and family-style, so the matron would come through the dining room putting some of this and that on our plates each time. It was always interesting to see what tasty new dishes we could try. Neither of us spoke French, so who knows what we might have been eating.

One particular evening, in a typical little inn with only a few other patrons, my husband and I dined by the light of a dim lantern, properly washing each course down with the local wines. After dessert, a second dessert is offered from a choice of cheeses. The matron would come around with a sample plate, as we pointed to a couple we might like to try, and she would go to the kitchen to prepare our plates to serve with yet more wine.



After sampling these cheeses with interest, my husband remarked that part of his cheese seemed to be walking off the plate. I didn't know if I heard right, and figured it must have been the wine talking. But he again commented on the cheese having moved yet further across his plate. Lighting a match, we took a closer look. The cheese was alive with squirming little maggots!

We called over the matron to explain that the cheese had spoiled, but the more we gestured that the cheese was alive and wriggly, the more she would beam a big smile and nod her head, "Oui!", pursing her lips with a smacking sound. We never did seem to get through to her. We quite obviously did not finish that cheese, but we also always remembered "the cheese that tried to walk off of Hen's plate"!

Flash forward about three decades to a potluck dinner with friends where I told this story of the "walking cheese". To my amazement, someone there told me they had heard of this kind of cheese, popular in areas of France, as well as Italy and Spain. When I went home, I googled it.

ANDREW ZIMMERN, renowned connoisseur of bizarre foods, wrote.....

"Picture it: You slice into a beautiful wheel of cheese. The perfectly aged rind, the pungent rotted diaper scent of coagulated milk, and your ears pick up the teeniest tiniest little squeak, the pitter-patter of little...maggots? That's right, this mid-sized wheel of cheese is filled with wriggling and jiggling fly larvae. Maggot cheese, also called casu marzu, is an Italian delicacy most commonly found in the mountainous regions of northern Sardinia. You find similar cheeses in France, Germany, and Nicaragua. I have tried them on two continents and absolutely adore the stuff. I'll bet most of you would agree with me if you tried it."

Please rest assured, Ladies and Gentlemen, I will not knowingly be serving any maggot cheese to you!

Enjoy,
Penny Andrea-Einmo
March 17, 2016

