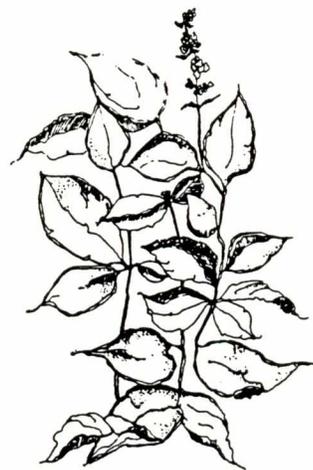


INTERNATIONAL TASTERS

Barrington Area Branch
American Association of University Women
April 30, 1988

ITALIAN COOKING

| | | |
|----------------------------------|-------------------------|-----|
| Basil Cheese Torte | Walnut Stuffed Brie | |
| Sweet-And-Sour | Meatballs | |
| Tomato Tart | Spinach and Ricotta Pie | |
| Chicken with Tuna Sauce | | |
| Shrimp with Papaya and Prociutto | | |
| Pasta Primavera | Tortellini Salad | |
| Fruit Ice | Cookies | |
| Wine | Coffee | Tea |

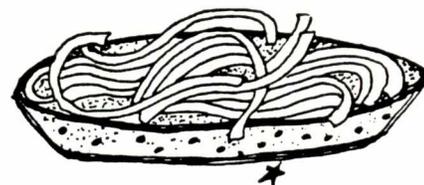


PASTA PRIMAVERA
8 servings

Large bowl

Time to prepare: 45 minutes

1/2 pound linguini, cooked (about 4 cups)
1/3 to 1/2 cup vinaigrette dressing
2 cups broccoli flowerettes, cooked tender-crisp
1 pound asparagus, trimmed, peeled, cooked tender-crisp &
cut in 1-inch lengths
2 small zucchini, thinly sliced & cooked tender-crisp
1 cup frozen petite peas, thawed
3/4 cup carrot coins, cooked tender crisp
1/4 cup chopped chives
1 tablespoon chopped fresh basil
2 teaspoons chopped fresh oregano
Sprigs of fresh herbs, garnish
Grated parmesan cheese



In bowl combine cooked linguini and 1/3 cup vinaigrette. Refrigerate several hours. Two hours before serving add broccoli, asparagus, zucchini, peas, carrots, chives, basil and oregano. Toss to combine. Refrigerate 1 1/2 hours. Let stand at room temperature 30 minutes. If desired, add a little more vinaigrette. Garnish with fresh herbs. Serve with grated parmesan.



Joyce Taillon
1988

TORTELLINI SALAD
4 servings

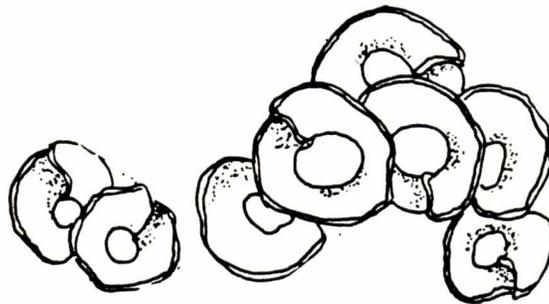
Large bowl
Covered glass jar

Time to prepare: 30 minutes +
overnight chilling

- 1 pound cheese tortellini, cooked according to package directions
- 1 jar (6½ oz.) marinated artichoke hearts
- 1 jar (4 oz.) pimientos, sliced
- 4 ounces Genoa salami, sliced
- 4 ounces Mortadella, sliced
- 1 can (3.25 oz. net dr. wt.) pitted medium ripe olives, sliced
- 1/2 cup crumbled feta cheese
- 1/4 cup chopped green onion
- 1/2 cup olive oil
- 1/4 cup white wine vinegar
- 2 to 3 cloves garlic, minced
- 1 tablespoon dried basil
- 1/2 teaspoon dried dillweed



In bowl combine tortellini, artichoke hearts, pimientos, salami, mortadella, olives, feta and green onions. In jar combine olive oil, vinegar, garlic, basil and dillweed. Cover jar and shake well. Pour dressing over tortellini mixture. Toss gently. Refrigerate overnight. Let stand at room temperature 30 minutes before serving.



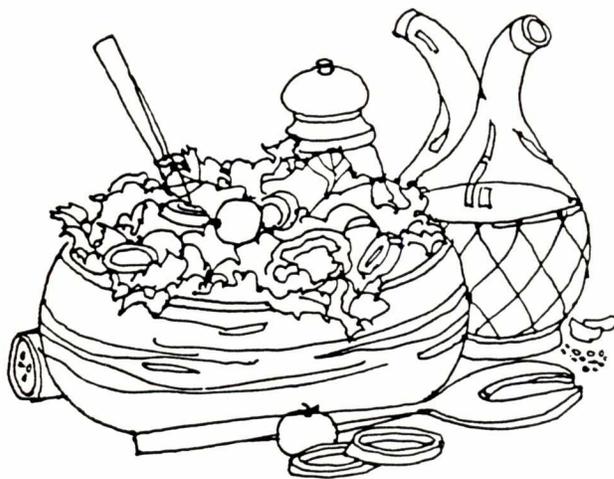
CHEZ TAILLON VINAIGRETTE
Makes 1 cup

Glass jar with cover

Time to prepare: 5 minutes

3/4 cup olive oil
1/4 cup white wine vinegar
2 teaspoons finely chopped shallots
1 teaspoon Dijon mustard
Freshly ground black pepper
Italian seasoning, optional

In jar combine olive oil, vinegar, shallots, mustard, pepper and Italian seasoning. Cover tightly and shake well. Taste. Add more oil or vinegar if desired to balance flavor.



SHRIMP WITH PAPAYA AND PROSCIUTTO
4 servings

Large & small bowls
Large skillet

Time to prepare: 40 minutes

1 papaya, peeled, halved lengthwise & seeded
1 avocado, peeled, pitted & sliced lengthwise
1/3 pound prosciutto, cut into 1/2-inch wide strips
1 cup slivered Vidalia or sweet onion
3 tablespoons chopped fresh chives
1 tablespoon fresh lemon juice
4 teaspoons Dijon mustard
Salt
Pepper
1/3 cup olive oil
3/4 pound medium shrimp, shelled, deveined & dried



Cut one of the papaya halves crosswise into thin slices and arrange on salad plates alternately with avocado slices. Halve the remaining papaya lengthwise and cut it crosswise into thin pieces. In large bowl place papaya pieces, prosciutto, Vidalia onion, and chives; toss gently and set aside.

In small bowl whisk together the lemon juice, mustard and salt and pepper to taste; set aside. In skillet heat oil. Add shrimp and cook for 2 to 3 minutes or until just firm, stirring frequently. With slotted spoon, transfer shrimp to prosciutto mixture. Let oil cool to lukewarm then whisk the oil into the lemon juice mixture. Pour dressing over the shrimp mixture; toss gently then spoon over papaya/avocado slices. Garnish with additional chopped chives.

Note: May be served as an appetizer or main dish salad.

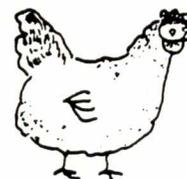
Adapted from: Gourmet, March 1986

POLLO TONNATO
6 servings

Large skillet

Time to prepare: 30 minutes

3 whole chicken breasts, cut in half
1 carrot, cut up
1 stalk celery, cut up
1 medium onion, sliced
1 teaspoon salt
1 bay leaf



2 cups TONNATO SAUCE

Lemon slices, watercress, anchovy fillets, capers garnish

In large skillet boil 8 cups of water. Add chicken breasts, carrot, celery, salt and bay leaf. Heat to boil; reduce heat and simmer 8 to 10 minutes, or until chicken breasts are cooked through. Remove chicken from stock. When chicken is cool enough to handle, carefully remove skin and bone. Cover and refrigerate chicken meat at least 2 hours.

Arrange chicken on platter. Top with some of the TONNATO SAUCE. Garnish with lemon slices, watercress, anchovy fillets and capers. Chill until ready to serve. Serve with remaining sauce.

TONNATO SAUCE
2 cups

Food Processor

=Time to prepare: 10 minutes

1 1/2 cups mayonnaise
1 can (7 oz.) tuna packed in water, drained & flaked
1/4 cup minced dill pickle
2 tablespoons chopped parsley
2 to 4 anchovy fillets
2 tablespoons capers
2 tablespoons fresh lemon juice.

In food processor workbowl with metal blade in position, combine mayonnaise, tuna, pickles, parsley, anchovies, capers and lemon juice. Process until smooth. Refrigerate until ready to serve.

Joyce Taillon
1988

SPINACH AND RICOTTA PIE
(Torta Verde Di Ricotta)
6 servings

Strainer
Large bowl

Time to prepare: 1 hour

1 package (10-ounce) frozen chopped spinach, thawed
1 pound ricotta cheese
1 egg
8 tablespoons grated Parmesan cheese, divided
1 teaspoon fresh lemon juice
1/2 teaspoon grated nutmeg
1/2 teaspoon salt
1/4 cup flour
1 9-inch pastry shell, partially baked
4 tablespoons unsalted butter



In strainer, press spinach to remove all excess water.
In large bowl, combine spinach and ricotta; mix well.
Add egg, 5 tablespoons Parmesan, lemon juice, nutmeg,
salt, and flour; mix well. Spread the filling in the
partially baked pastry shell. Sprinkle the top with
the remaining 3 tablespoons Parmesan and dot with butter.
Bake at 350° F about 40 minutes or until filling is puffed
and light golden brown. Serve warm.

Adapted from: The Romagnolis' Table, Margaret and G.
G. Franco Romagnoli

Joyce Taillon

TOMATO TART
6 appetizer servings

Small bowl
15½ X 12-inch cookie sheet

Time to prepare: 45 minutes +
standing time

2 tablespoons chopped parsley
2 tablespoons chopped fresh basil
2 cloves garlic, minced
1/4 teaspoon freshly ground pepper
1/3 cup olive oil
6 small Italian plum tomatoes, sliced into disks
1 sheet Pepperidge Farm Puff Pastry
2 tablespoons Dijon mustard
1/2 pound sliced Baby Swiss cheese

In small bowl combine parsley, basil, garlic, pepper, olive oil, and tomatoes. Let stand about 1 hour.

Thaw puff pastry about 20 minutes according to package directions. Roll pastry into 16 X 11-inch rectangle. Place on cookie sheet, prick with fork and bake at 350°F about 15 minutes.

Allow pastry to cool, brush with Dijon mustard and cover with sliced cheese. Remove tomatoes from oil mixture and place tomatoes in rows on top of the cheese. Bake tomato tart at 350°F for 20 to 25 minutes until tomatoes are cooked. With large knife or pizza cutter, cut tart into squares along rows and columns of tomato disks. Serve warm.



AGRODOLCE POLPETTE
(SWEET-AND-SOUR MEATBALLS)
Makes about 45

Large bowl
15 x 11-inch jelly roll pan

Time to prepare: 45 minutes

1½ pounds ground veal
1 medium onion, finely chopped
1 cup dry bread crumbs
1/3 cup grated Romano cheese
1/3 cup chopped parsley
2 eggs, beaten
1½ teaspoons salt
1 teaspoon freshly ground black pepper
1½ cups SWEET-AND-SOUR SAUCE



In bowl combine veal, onion, bread crumbs, cheese, parsley, eggs, salt, and pepper. Mix well. Shape meat mixture into 1-inch meatballs and place on jelly roll pan sprayed with PAM. Broil meatballs until brown on both sides. Place cooked meatballs on paper towel; set aside. Drain meat juices from pan and repeat with remaining uncooked meatballs.

SWEET-AND-SOUR SAUCE
Makes 1½ cups

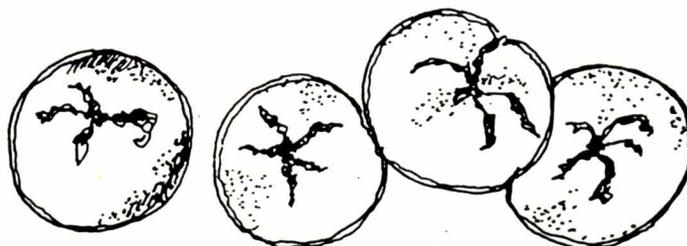
Medium skillet

Time to prepare: 30 minutes

3 tablespoons olive oil
1/2 cup chopped onion
2 cups plum tomatoes, peeled, seeded and chopped
3/4 teaspoon salt
5 tablespoons sugar
3 tablespoons wine vinegar
1/4 cup minced parsley

In skillet heat oil; add onion and cook for about 5 minutes. Add tomatoes and salt. Cook over low heat about 5 minutes. Stir in the sugar and vinegar. Add the cooked meatballs and simmer 10 minutes more. Sprinkle with minced parsley. Serve warm or at room temperature.

Source: Maria Battaglia, La Nuova Cucina Italiana



BASIL CHEESE TORTE

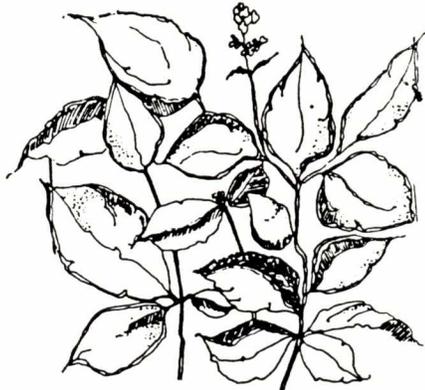
Large bowl
9 x 5-inch loaf pan

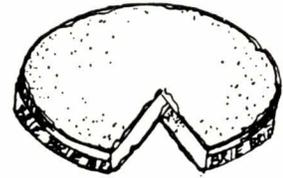
Time to prepare: 15 minutes +
chilling time

3 packages (8 oz. each) cream cheese, softened
3/4 cup grated Parmesan cheese
3 cloves garlic, minced
1 to 2 tablespoons dried basil
1/4 teaspoon salt
1/4 teaspoon white pepper
1/4 pound sliced Mozzarella cheese
1/4 pound sliced Provolone cheese

In bowl combine cream cheese, Parmesan, garlic, basil, salt and pepper. Mix well. In plastic wrap lined-loaf pan, alternate the cream cheese mixture with 3 to 4 layers of sliced Mozzarella and Provolone. Cover with plastic wrap and chill several hours. Serve with crackers.

Source: Mary Jo Bergland





WALNUT-STUFFED BRIE
12 servings

Small bowl

Time to prepare: 15 minutes +
4 days chilling

1/4 cup coarsely chopped walnuts
1 5½-inch wheel of Brie (14 oz.) well chilled
1 carton (3½ oz.) Mascarpone cheese

Spread walnuts on paper plate or paper towel. Microwave on HIGH 1 to 1½ minutes or until heated through, stirring twice. Set aside.

Using a large knife, split the Brie in half horizontally; set aside. In small bowl, blend the Mascarpone and toasted walnuts. Spread this mixture evenly to about ¼ inch from the edge, over the cut side of the bottom half of the Brie. Set the top of the Brie in place and press gently to sandwich the layers.

Wrap the Brie in plastic wrap. If available, place the Brie back in its wooden container. Refrigerate for 4 days to allow the flavors to develop. Let stand at room temperature for 2 hours before serving. Serve with French bread slices.

Source: Food & Wine, December, 1987