

St. Joseph's Day is an Italian celebration

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There are always lots of fresh fruit and nuts. For dessert Pellerio prepares Budino di Ricotta, a sweet ricotta pudding baked in a fluted, ceramic mold and served at room temperature. Each guest or family member is given an orange to represent the sweetness of life, a small loaf of bread to symbolize the staff of life and a lemon or a grapefruit to represent life's bitterness.

To duplicate a St. Joseph's feast much like the Pellerios' here are some of the family recipes.

RICOTTA PUDDING
(BUDINO DI RICOTTA)
2 cups dry ricotta cheese
1 whole egg
4 eggs, separated
1/2 cup sugar
1/4 cup flour
1/4 teaspoon grated nutmeg

1/4 cup glucose orange rind, cut into tiny dice
1/4 cup rum or maraschino liqueur
butter for mold
confectioners' sugar
ground cinnamon

Put the ricotta into a large bowl. Beat in 1 whole egg and then 4 egg yolks, one at a time, beating well after each addition. Beat in sugar, flour, nutmeg, glucose fruits and rum. Beat until smooth.

Beat the egg whites by hand or in a mixer until stiff and fold them into the ricotta mixture. Generously butter a 2-quart ceramic mold. Spoon in the batter until the mold is half full.

Bake in a preheated, moderate oven (350 degrees) for about 30 minutes or until puffed and golden. Serve hot in mold and sprinkle with confectioners' sugar and a little ground cinnamon. To unmold, allow to cool thoroughly. Then serve with

confectioners' sugar and ground cinnamon. Serves 4.

PASTA DI SAN GIUSEPPE

Sauce:
1 cup fava beans, canned
1 cup green lentils, canned
1 cup red lentils, canned
1 cup red kidney beans, canned
1 cup great northern beans, canned
6 cups water
1 medium onion, chopped
1 head broccoli, cleaned trimmed and chopped
1/2 medium head cauliflower, cleaned, trimmed, chopped
3 cloves garlic, peeled
1 teaspoon salt
1/2 teaspoon ground black pepper
1 quart jar or can crushed tomatoes
1/4 cup virgin olive oil
1/4 cup parsley, trimmed and chopped fine

Prepare a soffritto: Heat olive oil

in a skillet, add onions, garlic and parsley. Sauté until golden, then add broccoli and cauliflower. Stir. Cook the vegetables for 5 minutes over medium heat. Add jar or can of crushed tomatoes and cook another 5 minutes. As the sauce begins to simmer, add the beans and continue to cook for another 30 minutes. Season with salt and pepper. You may need to add additional water if it's too thick. Serve over pasta. Serves 4.

AUGUSTINE'S HOMEMADE PASTA

3 cups sifted flour
1/2 teaspoon salt
3 large eggs
1 tablespoon olive oil
1/2 to 3/4 cup water

Place flour in a large bowl, sprinkle with the salt. Make a well in the center and add eggs and oil, mix thoroughly in the well with a fork.

Add the water gradually and mix until dough cleans the bowl and forms a ball.

Put the dough on a lightly floured board. Knead with the heel of your hand until the dough is smooth, 8-10 minutes.

Place dough in a clean, oiled bowl and cover with a cloth. Refrigerate for 15 minutes. Take out the dough and cut into 4 equal parts. Roll each into a rectangular sheet that is 1/4-inch thick. Cut into linguine, or 1/4-inch-wide spaghetti-style noodles.

Cook pasta just before sauce is finished, 1-2 minutes, until al dente. Serves 4.

PEPPER AND POTATO FRITTATA

1/4 cup virgin olive oil
2 medium green, red and/or yellow sweet peppers, seeded and cut into thin strips
1 medium onion, 1/4-inch slices

2 medium potatoes, cooked, peeled and sliced thin
2 tablespoons water
6-8 large eggs, slightly beaten
salt and ground pepper to taste

Heat the olive oil in a large, deep frying pan. Add the peppers and cook over medium heat, stirring constantly for 3-4 minutes or until peppers are soft. Add the onion and potatoes and mix with fork. Reduce the heat and cook, until onion is transparent.

Beat the eggs and water together and season with salt and pepper. Pour the eggs over the vegetables and stir with a fork to distribute the vegetables. Cook over low heat until the bottom is golden brown.

Heat the broiler and place frittata in the oven with door open and cook until the top is firm. Serve with sliced ripe tomatoes when available. Serves 4.

Birmingham authors turn their sights to broccoli

"Broccoli and Company" by Audra and Jack Hendrickson, Garden Way Publishing, paperback, \$7.95, 1989.

"Broccoli and Company" is the latest and last in the trilogy of healthy cookbooks written by local authors Audra and Jack Hendrickson of Birmingham. Just about a year ago, I reviewed their second book, "Surprising Citrus." As one would expect, the format and style of this latest book is similar in many respects.

In the 130-plus pages, more than 100 of them are recipes featuring cruciferous vegetables. Included in this category are broccoli, Brussels

spouts, cabbage, cauliflower, greens (collard, kale, mustard and turnip), kohlrabi, rutabaga and turnip.

Since the Hendricksons have been eating and cooking healthy for a number of years, Garden Way publishers decided they must be perfect candidates for authoring a cookbook about high-fiber, low-sodium vegetables.

In the opening chapters, the authors discuss the health and nutrition essentials of broccoli and the cruciferous family. The last 10 pages are devoted to the growing and harvesting of each of these veggies.

SORRY TO SAY, I personally



cook's books

Geri Rinschler

have a little enthusiasm for these "good for me" type vegetables. Rather than prepare a baked casserole incorporating shredded rutabaga, shredded carrots, corn syrup and margarine, I will opt for a plate of fresh, raw broccoli flowerets and low-fat herb dip any day.

For those of you who love Braised Brussels Sprouts and Baked Rutaba-

ga Croquettes, this book is for you.

SAUERKRAUT CHOCOLATE CAKE

1/2 cup margarine
1 1/2 cups sugar
3 eggs
1 teaspoon pure vanilla extract
1 cup water
2 1/4 cups all-purpose flour

1 teaspoon baking powder
1 teaspoon baking soda
1/2 cup cocoa
1/2 cup drained finely chopped sauerkraut

Preheat the oven to 350 degrees. Oil and flour a 9-by-9 or 11-by-7-inch baking pan. In a large mixing bowl, cream together the margarine and the sugar. Beat in the eggs, the vanilla, and the water. Add the flour, the baking powder, the baking soda, the cocoa and the salt and beat to a smooth batter. Stir in the sauerkraut until thoroughly blended.

Turn the sauerkraut mixture into the prepared pan and bake for 25-30 minutes, or until a tester inserted in the center comes out clean. Remove

from the oven and cool on a rack. When the cake is completely cool, spread with Cocoa Frosting, cut into portions and serve.

COCOA FROSTING

3 tablespoons soft margarine
1/4 cup cocoa
1 1/2 cups powdered sugar
1/4 teaspoon pure vanilla extract
2-4 tablespoons milk

In a medium mixing bowl, cream the margarine and the cocoa. Add the powdered sugar and the vanilla and enough of the milk to make the mixture of spreading consistency.

Beat until smooth and creamy. Spread on cooled cake.

cooking calendar

Sun cuisines

The first "Cuisines of the Sun" culinary celebration will be Friday to Tuesday, May 18-22, at the Mauna Lanai Hotel on the Kohala Coast in Hawaii. American regional cuisines of the Sun include Southeastern/Caribbean, Southwestern, California and contemporary Hawaiian/Pacific Rim.

Chefs participating include Bradley Ogden of California, Robert Del Grande of Texas, Norman Van Aken of Florida and Alan Wong, the Hawaiian chef of Mauna Lanai's CaneHouse restaurant. Guest winemakers are Forrest Tancer of Iron Horse Vineyards, Jack Canebread of Canebread Cellars, Bill Bonetti of Sonoma-Cutrer Winery and Tony Soter of Spotswood Vineyard and Winery.

The program includes a Friday night buffet, cooking classes Saturday and Sunday mornings, and seminars and tastings in the afternoons.

The "Cuisines of the Sun" package of nine events is \$295 a person. Special room rate is \$150 a night, single or double occupancy, and may be extended for a maximum of seven nights. The Mauna Lanai Bay Hotel is an AAA Five-Diamond award-winner.

More information is available from travel agents or by calling 1-800-367-2323.

Hot dog cookout

A 500-foot-long hot dog will be featured at a free cookout on the sidewalks of downtown Farmington on Wednesday, March 21, celebrating the city's Downtown Day. Using oversize grills, downtown Farmington

restauranters will prepare the Vienna Beef hot dog, which will stretch nearly one-tenth of a mile. The hot dog and "bed of buns" each will be cooked in three shifts, with the hot dog cut and removed to the "bed of buns" during an official ceremony at noon.

Veal recipe

Three cash prizes are being offered in the Favorite Veal Recipe Contest. Entries must be postmarked by April 30 and received by May 4. Send one entry per envelope to Favorite Veal Recipe Contest, P.O. Box 530, Barrington, IL 60011. Entrants must be at least 18 years of age.

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all, someone to talk to. To get help in your hometown, call our Nineline: 1-800-999-9999. It's free. Nineline 1-800-999-9999 Anytime. Anywhere.

Chef Larry suggests red chili

Need to prove something, try this:

REAL RED CHILI WITH MEAT
12 red chili pods, stems and seeds removed
1 1/2 pounds round steak, cubed
2 heaping tablespoons flour
2 cloves garlic, crushed
salt to taste (optional)
1 cup chili paste or 1/2 cup chili powder
1 pint water, or more

Remove stems and seed from chilies. Place chilies in a saucepan with water to cover, heating to rehydrate them. Mix in a blender or processor small portions to make a paste, set aside. Brown cubed beef in a little oil. Add salt, garlic and flour. Brown. Mix chili paste or powder with 1 pint water. Combine with beef mixture and simmer 30 minutes or until meat is tender. Stir in chili and paste. Tomato sauce may be added to cut pungency, or for a hotter taste, add more chili powder.

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