

Get Variety With Italian Cuisine

By ELLY
To many, Italian food means only spaghetti and meatballs or pizza. But Italian cuisine has a wide and wonderful range with villages, cities, provinces and regions all taking great pride in their specialties.

For a change, try an Italian dinner with minestrone as the main course. This soup was a staple in the days when monks kept it on the fire to be ready for sojourners and travelers. The name is derived from the Latin "to hand out."

Add a salad with dressing and cream puffs for dessert and you have a delicious traditional Italian dinner.

MINESTRONE

1/4 c. olive oil
1 garlic clove, minced
1 onion, minced
1 leek, washed and diced
1 T. chopped parsley
1 T. dried thyme
1 T. tomato paste
1/4 c. water
3 canned or fresh tomatoes, peeled, seeded and chopped
3 celery stalks, chopped
2 carrots, diced
2 potatoes, diced
1/4 small cabbage, shredded
2 zucchini, diced
6 c. hot water or bouillon
1/2 t. pepper
1 to 1 1/2 c. cooked and drained dried beans
1/3 c. uncooked rice
Grated Parmesan cheese
Put olive oil in large kettle, add garlic, onion, leek, parsley and thyme and cook until soft. Add tomato paste thinned with one-fourth cup water and cook for five minutes. Add all remaining ingredients except rice, beans and cheese. Simmer, covered, for one hour. Bring to boil, add rice and cook until soft. Add beans and cheese through. Serve with cheese. Makes three quarts or six servings.

ST. JOSEPH'S DAY CREAM PUFFS (GIUSEPPE DI SAN GIUSEPPE)

Shells:
1 c. hot water
1/2 c. butter
1 T. sugar
1 t. salt
1 c. sifted flour
4 eggs
1 t. grated orange peel
1 t. grated lemon peel
Lightly grease baking sheet. Bring water, butter, sugar and salt to boil in saucepan. Add sifted flour all at once. Beat vigorously with a wooden spoon until mixture leaves sides of pan and forms a smooth ball (about three minutes). Remove from heat. Quickly beat in eggs, one at a time, beating until smooth after each addition. Continue beating until mixture is smooth and glossy. Add orange and lemon peel, mixing thoroughly. Drop by tablespoon-two inches apart on the baking sheet. Bake at 450 degrees for 15 minutes. Lower heat to 350 degrees. Bake 15-20 minutes or until golden brown in color. Remove to rack to cool completely. Cut a slit in each side of puff and fill with whipped cream or Pineapple Cream Filling.

PINEAPPLE CREAM FILLING (CREMA D'ANANASSO)

1 1/2 c. milk
1/2 c. sugar
1 T. cornstarch
1 t. salt
1/2 c. cold milk
3 eggs, slightly beaten
1 1/2 c. crushed pineapple (No. 2 can drained)
1 t. vanilla extract
Scald 1 1/2 cups milk in top of double boiler. Meanwhile sift sugar, cornstarch, and salt together into saucepan. Add one-half cup cold milk stirring well. Gradually stir in scalded milk. Wash double boiler top to remove scum. Stirring constantly and gently, bring cornstarch mixture rapidly to boiling over direct heat and cook for three minutes. Pour into double boiler top and place over simmering water. Cover and cook about 12 minutes, stirring three or four times. Vigorously stir about three tablespoons hot mixture into mixture in double boiler. Cook over simmering water three to five minutes. Stir slowly to keep mixture cooking evenly. Remove from heat. Cover and cool. Stir in pineapple and vanilla. Chill in refrigerator. Makes about three cups filling.

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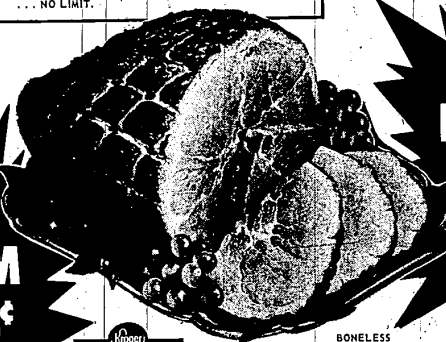


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Mon., March 5 thru Sat., March 11 at Kroger in Wayne, Michigan, Grosse Pointe Woods, Livonia & St. Clair counties. Subject to applicable state & local sales tax. Limit one coupon per family. No cash value. Offer good while supplies last.

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Mon., March 5 thru Sat., March 11 at Kroger in Wayne, Michigan, Grosse Pointe Woods, Livonia & St. Clair counties. Subject to applicable state & local sales tax. Limit one coupon per family. No cash value. Offer good while supplies last.

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19¢
10-OZ WT PKG

DECORATED Gala Towels
29¢
JUMBO

IRREGULAR Clover Valley Peaches
25¢
1-LB 12-OZ CAN
REDPACK Tomatoes 1-LB 12-OZ 25¢
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EXTRA coupon special
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EXTRA coupon special
With this coupon and \$5 additional purchase (excluding beer, wine, & cigarettes)

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BATH SIZE
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