

MAFIA WIFE RECIPIES

LYNDA MILITO WAS MARRIED FOR 22 YEARS TO LOUIE MILITO, A CAPTAIN IN THE GAMBINO CRIME FAMILY. LIKE ALL WISEGUYS, THE WAY TO LOUIE'S HEART WAS THROUGH HIS STOMACH, SO SHE HAD TO LEARN HOW TO OUT-DO HIS MOTHER WHEN IT CAME TO COOKING. ON THE FOLLOWING PAGES YOU WILL FIND 34 RECIPIES THAT SHE USED TO ENTERTAIN LOUIE'S WISEGUY ASSOCIATES. THEY MUST OF LIKED IT BECAUSE THEY KEPT COMING BACK FOR MORE.



Mafia Wife Italian Recipes

Baked Asparagus Wrapped in Prosciutto

This recipe is best made with thick asparagus spears; however if all you can find are thin ones, wrap 2-3 spears in each slice of prosciutto. This dish can be served as an appetizer or a side dish. Regardless of the course served with, it always draws praise from my dinner guests.

Serves 4

16 large asparagus spears, tough ends removed

salt to taste

16 slices of prosciutto, sliced thin

3 tablespoons unsalted butter, cut into small bits

1/3 cup freshly grated Parmigiano-Reggiano cheese

freshly ground pepper to taste

1. Preheat an oven to 400 degrees. Butter a baking dish large enough to hold the asparagus.
2. Bring a sauce pan 3/4 full of water to a boil. Add the asparagus and salt and cook until the spears are just beginning to bend when lifted by the stem, 5-7 minutes. Drain and rinse under cold water to stop the cooking.
3. Wrap each asparagus spear in one slice of prosciutto and place in the baking dish.
4. Dot with the butter and sprinkle with the cheese and pepper.
5. Bake in the oven until the cheese melts, about 10 minutes.
6. Serve hot directly from the dish.

Mafia Wife Italian Recipes

Beef Braciolo

This is a great dish to make on a wintery Sunday afternoon. Ricotta Gnocchi is a great accompaniment to this dish. Just follow steps 1 thru 6 of our Gnocchi di Ricotta Alla Romana recipe to make the pasta. When the braciolo are almost done cooking, bring a pot of water to a boil add some salt and the gnocchi, and cook until the gnocchi float to the top. Drain the gnocchi, put back in the pot, add some of the sauce from the braciolo and stir up. Serve the gnocchi with the braciolo, spooning braciolo sauce on top. In the absence of the gnocchi, any pasta such as ziti, penne, or rigatoni can be substituted.

Serves 4

1 lb boneless beef round, cut into 4 thin slices approximately 1/3 inch thick

4 slices of prosciutto

1 tablespoon pignoli beans(pine nuts)

2 tablespoons grated pecorino romano cheese

2 garlic cloves, chopped

2 tablespoons parsley, chopped

1/2 cup olive oil

2 28oz cans imported Italian tomatoes

1/4 cup tomato puree

2 bay leaves

3 fresh basil leaves, torn into small pieces

1 medium yellow onion, chopped fine

2 carrots, peeled and chopped fine

2 celery stalks, chopped chopped fine

1 cup dry red wine

flour spread on a plate for dredging

salt & pepper to taste

1. Place each slice of beef between 2 sheets of plastic wrap and pound with a meat pounder until 1/4 inch thick. Sprinkle with salt & pepper. Lay a slice of prosciutto on each one and sprinkle evenly with the pignoli beans, pecorino romano cheese, garlic and parsley. Roll up the slices, tucking in the ends and tie with kitchen string.

2. Heat 1/4 cup of the olive oil in a large frying pan over medium heat. Dredge the braciolo in flour shaking off any excess, then place in the pan. Cook until browned on all sides, about 15 minutes.

3. Heat the other 1/4 cup of olive oil in a large saucepan over medium heat. Add the onion, carrots, and celery. Cook, stirring until tender but not browned, about 10 minutes. Add braciolo, bay leaves, and salt & pepper.

4. Add red wine and cook until most of liquid evaporates, about 2 minutes. Pass the tomatoes, with their juices through a food mill or sieve into the saucepan. Fill one of the tomato cans 1/2 way with water and add to saucepan. Add tomato puree, turn heat to low and cook at a simmer until beef is tender 1.5 - 2 hours.

5. Sprinkle the basil over the rolls, and cook for 2 minutes longer. Transfer to serving plates, spoon the sauce over the top and serve at once.

Mafia Wife Italian Recipes

Broiled Stuffed Squid

(Calamari Ripieni Alla Griglia)

Serves 4

4 squid, cleaned

1 fresh flat-leaf parsley sprig, plus extra to garnish

1/2 garlic clove

1 cup bread crumbs

olive oil, for drizzling and brushing

salt and pepper

lemon wedges, to garnish

1. Preheat the broiler to hot. Chop the squid tentacles with the parsley and garlic.
2. Put the mixture in a bowl, add the bread crumbs, drizzle with olive oil and season with salt and pepper.
3. Spoon the mixture into the body sacs of the squid and secure with toothpicks.
4. Brush the outside of the squid with olive oil seasoned with salt and pepper, place on the broiler rack and broil, turning frequently, until golden brown and tender.
5. Serve hot with lemon wedges and sprigs of parsley.

Mafia Wife Italian Recipes

Chicken Cacciatore

The trend in Italian restaurants today to be new and innovative has unfortunately forced some excellent traditional dishes such as Chicken Cacciatore off the menus. This is a shame, because if you ask me great food should never go out of style. Here is my version of this classic dish.

Serves 4

1 three pound chicken cut into pieces

1 large onion chopped

1 pound mushrooms sliced

1 cup dry sherry wine

1 cup chicken broth

2 cups Marinara Sauce

1/4 cup olive oil

Salt and Pepper to taste

1 tablespoon chopped fresh parsley

1. Heat Olive Oil in large, high sided frying pan over medium heat. Add the chicken to the pan and cook until browned on all sides.
2. Add the onions and mushrooms, cook for 2-3 minutes until onion is translucent.
3. Drain the oil, add salt, pepper and wine. Cook for 1 minute, stirring and scraping bottom of the pan, to mix in the pan residues.
4. Add marinara sauce and chicken broth. Bring to a boil, then reduce the heat to low and simmer uncovered for 25-30 minutes.
5. Transfer the chicken to a serving dish., pour the sauce over the chicken sprinkle with parsley and serve.

Mafia Wife Italian Recipes

Chicken Marsala

Chicken Marsala is a simple, but delicious old Italian favorite, that is always appreciated. It is also one of the most requested recipes on our website. Naturally, you can also prepare veal scallopine alla marsala.

Serves 2

2 chicken breasts, pounded thin

flour, spread on a plate

1/4 cup olive oil

1/2 pound of mushrooms

1/2 cup Marsala wine

2 tablespoons of butter

1/2 cup chicken stock

Salt and Pepper to taste

1. Heat olive oil in large saute pan over medium-high heat.
2. When the oil is hot, dredge both sides of the chicken breasts in flour, shake off excess flour and place in pan. Saute chicken, turning once, until lightly browned on both sides. Transfer the chicken to a warm plate.
3. Drain all but a little bit of the oil and add mushrooms. Saute the mushrooms until they begin to release their juices.
4. Add the Marsala wine, and scrape loose with a wooden spoon all browning residues on the bottom and sides of the pan.
5. Add butter, chicken broth, salt and pepper. Cook until the liquid is reduced by half, approximately 5 minutes.
6. Place the chicken breasts back in the pan and cook until heated through. Transfer the chicken breasts to warm serving plates, pour sauce over them and serve.

Mafia Wife Italian Recipies

Chicken Piccata

This lemony chicken dish is a quick and easy way to give your family a nice treat on a weeknight. Team it up with some broccoli sautéed in oil and garlic as a side dish.

Serves 4

4 chicken breasts pounded thin

flour spread on a plate for dredging

2 tablespoons of olive oil

3 tablespoons of butter

1/2 cup of white wine

juice of 2 lemons

salt and pepper to taste

1 cup chicken broth

1. Dredge each chicken breast in flour to coat and shake off excess.
2. Heat oil in a large saute pan set on medium heat.
3. Place chicken breasts in pan and cook until lightly browned on both sides, about 2-3 minutes for each side.
4. Drain the oil and add butter, wine, lemon, salt and pepper. Cook for 1 minute.
5. Add the broth and cook until the liquid is reduced by half, 5 to 6 minutes(sprinkle a little flour in when it starts boiling to thicken.)
6. Transfer Chicken to serving dishes, top with sauce and a slice of lemon for garnish.

Mafia Wife Italian Recipes

Chicken Scarpariello

Ahh, the aroma of this dish takes me back to my days waiting tables at my Dad's restaurant. Whenever I served Chicken Scarpariello to a table the lemon-garlic scent of this dish as I carried it across the dining room never failed to make me hungry.

Serves 4

1/4 cup olive oil

1 three pound chicken cut into 16 pieces

flour, spread on a plate for dredging

3 tablespoons of butter

2 cloves of garlic, minced

Juice of 1 lemon

1 cup of chicken stock

Salt & Pepper to taste

1. Pre-heat the oven to 350 degrees.
2. Heat olive oil in large saute pan over medium-high heat.
3. When the oil is hot, dredge the chicken in flour, shake off excess flour and place in pan.
4. Brown the chicken quickly on all sides and then place pan in oven. Cook until chicken is done about 30 minutes.
5. Drain oil and place on burner over medium-high heat.
6. Add butter and garlic. Saute chicken and garlic in the butter for 1 minute.
7. Add lemon, chicken broth, salt and pepper.
8. Cook until until the liquid is reduced by half, and has the consistency of sauce.
9. Transfer the chicken to warm serving plates, pour sauce on top and serve.

Mafia Wife Italian Recipies

Codfish with Brocoletti di Rape

This is one of our favorite dishes, and we eat it frequently during the winter. You can substitute any large, white-fish, like striped bass, for the cod. You can also substitute chunks of fish, like monkfish.

Serves 4

2 bunches brocoletti di rape, washed, with tough stems removed

5 tablespoons olive oil

6 garlic cloves, minced

1 dried hot pepper or hot pepper flakes

1 cup black olives cured in oil

4 codfish steaks, about 2 inches thick (about 1-1/2pounds)

Salt to taste

Extra virgin olive oil, for garnish

1. Bring a large pot of salted water to a boil. Dunk in the rape. When the water comes back to a boil, drain the rape and set aside.
2. In a small skillet, heat 3 tablespoons of the olive oil over medium heat. Add the garlic and hot pepper and cook until the garlic takes on color, about 3 minutes.
3. In a large baking pan, dribble the remaining 2 tablespoons of olive oil. Add the drained rape, the olives, and the cooked garlic and oil. Place the rape in the oven and bake it for 10 minutes, until the rape is tender when pierced with a fork. (If the rape overcooks, it's okay. The leaves will get a little crispy, but the taste will just get sweeter.)
4. Remove the rape from the oven and push aside the vegetable to make room for the codfish steaks. Nestle them into the pan, season to taste with the salt, and return the pan to the oven for another 10 to 15 minutes, until the fish is cooked.
5. Garnish the fish with extra virgin olive oil and serve.

Mafia Wife Italian Recipes

Fettuccine Alfredo

This is not the healthiest dish in the world, but like I always say, everything in moderation. Treating yourself to this classic pasta dish once in a while won't kill you. The short cooking time for the pasta is because we are using fresh homemade fettuccine, if you are using dried pasta cook until al dente.

Serves 2

4 tablespoons of butter

1.5 cups heavy cream

1 tablespoon salt

1/2 pound of homemade fettuccine

2 egg yolks

1 cup freshly grated Parmigiano-Reggiano cheese

1/2 teaspoon black pepper

1. In a large sauté pan add butter and cream, turn the heat on to medium and cook until cream and butter are melted together, around 1 minute. Turn off heat.
2. Bring a large pot of water to a boil. Add 1 tablespoon of salt and the fettuccine. Cook for 1 minute.
3. Strain pasta and add to pan with butter and cream. Turn the heat on medium.
4. Add the egg yolks, Parmigiano-Reggiano cheese and black pepper.
5. Stir vigorously, mixing the egg yolks and cheese in and coating all of the pasta with the sauce.
6. Serve immediately from the pan, sprinkling additional Parmigiano-Reggiano cheese on top.

Mafia Wife Italian Recipes

FETTUCCINI WITH SHRIMP AND SCALLOPS

SERVES 4-6

So good and so easy! This recipe calls for cream. You can use the same recipe with a little additional olive oil and no cream. Although the shrimp broth is optional, it does add flavor.

INGREDIENTS

- * 1 pound fettuccini, spaghetti, bucatini or similar pasta
- * 1/4 cup olive oil
- * 1 pound shrimp, peeled
- * 1 pound bay scallops
- * 6 large cloves garlic, minced (more or less to taste)
- * 1/2 cup dry white wine
- * 1/2 cup broth made from shrimp shells (optional)
- * 1/2 cup cream
- * 2 tbsp chopped fresh parsley, or 1 tbsp dried
- * 1 tbsp chopped fresh basil, or 1 tsp dried
- * 1 tsp fresh lemon juice
- * Salt and pepper to taste
- * Freshly grated Parmesan cheese

In large stockpot, heat water for pasta according to package directions for al dente.

Meanwhile, heat a large sauté pan over medium-high heat. Add 2 tablespoons of the olive oil. Add shrimp, season with salt and pepper, and sauté until they just turn pink. Remove from pan. Add the remaining 2 tablespoons of olive oil and do the same with scallops. (Do not overcook fish). Add garlic to sauté pan and sauté about 1 minute. Add wine and broth; cook on high heat until slightly reduced. Return shrimp and scallops to pan. Add cream, parsley, basil salt and pepper. Cook to reduce by about one-third. Add lemon juice.

Drain pasta, leaving a little of the pasta broth. Add pasta to sauce. Toss to combine well. Serve immediately, passing cheese separately.

Mafia Wife Italian Recipes

Gnocchi di Ricotta

If you have only had potato gnocchi and never tried ricotta gnocchi before, you are in for a treat when you try this dish. It may seem like a lot of work and somewhat daunting at first, but it is well worth the effort. After your first taste of these delicious dumplings with their wonderful texture, you will be hooked and this recipe will be a labor of love from that point on.

Serves 4

4 1/4 cups of flour

2 eggs

1.5 pound of ricotta cheese

1/2 cup freshly grated parmigiano cheese plus extra for sprinkling

pinch of salt & pepper

1 teaspoon of olive oil

4 cups Marinara Sauce

1. Using 4 cups of the flour on a wooden board make a mound with a well in the center.
2. Add eggs, ricotta, 1/2 cup of parmigiano and salt & pepper in well and knead to form a dough.
3. Knead lightly for 2 to 3 more minutes, gradually adding remaining flour if the dough sticks to the board or your hands.
4. When the dough is soft and dry to the touch divide it into pieces the size of an orange.
5. Using both hands, roll out each piece of dough into a roll about the size of your index finger.
6. Cut each roll into 1/2 inch pieces.
7. Preheat oven to 350 degrees.
8. Bring a large pot of water to a boil. Add a teaspoon of olive oil and the gnocchi.
9. Cook, uncovered over high heat until the gnocchi rises to the surface of the water, about 1 to 2 minutes. While the gnocchi are cooking heat the marinara in a large saute pan over medium heat.
10. Remove the gnocchi from the water with a slotted spoon and transfer to the saute pan.
11. Saute gnocchi in sauce until coated, then transfer to a caserole dish sprinkle with parmigianno cheese to taste and bake in oven for 10 minutes.

Mafia Wife Italian Recipes

Grilled Chicken with Salmoriglio

It has gotten so that I cannot have a barbecue without making this fragrant and tasty chicken dish on the grill. Everybody expects it, and there is never a piece of chicken or a drop of Salmoriglio left over. Instead of marinating the chicken and basting it while cooking, which causes a lot of flare ups, I like to use the technique described below (we call it the flash-pan technique). I can't even begin to describe the excitement and buzz in the air when the guests see us coming out of the kitchen to the grill with the hot pans.

Serves 4

3 large garlic cloves, finely chopped

1 teaspoon oregano

1/2 cup olive oil

Juice of 4 lemons

1/8 cup balsamic vinegar

Salt & pepper to taste

1 whole chicken, 3 1/2 to 4 pounds, cut into eight serving pieces

1. Start a fire in a charcoal grill, or pre-heat a gas grill.
2. Combine garlic, oregano, olive oil, lemon juice, balsamic vinegar, salt and pepper in a medium bowl and whisk together well to make Salmoriglio mixture.
3. Season chicken with salt & pepper and cook on a medium-hot grill turning occasionally until done, about 25 minutes.
4. While chicken is cooking heat up a large saute pan, either on the other side of the grill or on the stove.
5. When chicken is cooked transfer to saute pan, pour Salmoriglio over and cook on top of grill, turning the chicken in the pan for 1 to 2 minutes.
6. Transfer chicken to serving bowl, pour Salmoriglio mixture from saute pan on top and serve.

Mafia Wife Italian Recipes

GRILLED SALMON

SERVES 3-4

This is very basic and simple, but so delicious and healthy.

INGREDIENTS

- * 1-1/2 pounds salmon fillets
- * 2 cloves garlic, minced
- * Fresh lemon juice
- * Olive oil
- * Salt and pepper to taste
- * Fresh dill or parsley (optional garnish)

Place fillets on plate, skin side down. Pat the minced garlic into top. Sprinkle with lemon juice, olive oil, salt and pepper. Heat a grill pan over high heat. Place fillets in pan, skin side down. Grill on both sides until done, about 3 minutes per side depending on thickness. Serve, garnished with dill or parsley.

Note: This can also be grilled on an outdoor grill, broiled or cooked in a skillet.

Mafia Wife Italian Recipes

GRILLED VEAL CHOP MARINATED IN ROSEMARY AND GARLIC

SERVES 4

Veal chops are always a special treat. I buy them when they are on sale and freeze until I need them. This recipe is quick, easy and delicious.

INGREDIENTS

- * 4 veal loin chops, about 3/4-inch thick
- * 2 teaspoons minced garlic
- * 1 tablespoon dried rosemary leaves (use fresh if available)
- * Juice of half a lemon
- * 3 tablespoons olive oil
- * Salt and pepper to taste

Place the chops in a shallow baking dish. Mix together the garlic, rosemary, lemon and olive oil. Pour over the chops. Turn the chops to make certain both sides are coated. Cover and refrigerate at least 2 hours or up to 6 hours.

Heat grill, grill pan or skillet. Sprinkle both sides of chops with salt and pepper. Place on hot grill and cook about 5 minutes per side for medium rare. (Cooking time depends on the grill and the method.)

Mafia Wife Italian Recipes

HOMEMADE CHEESE RAVIOLI WITH SPINACH CREAM SAUCE

SERVES 4 AS A MAIN DISH
6 to 8 AS AN APPETIZER

Well, I finally did it. I bought a pasta roller that attaches to my Kitchenaid mixer and made my first homemade ravioli. I kept the filling simple in case I had problems with the dough. But the roller makes it so simple. You can get the type that clamps to a kitchen counter or table. I also have a ravioli mold which simplifies the filling and cutting process. This is time-consuming, but well worth the effort. I would make the filling ahead of time and refrigerate. I would also roast the garlic, peppers and tomatoes early. If you don't want to get into the dough-making process, you can purchase uncooked pasta sheets in most grocery stores. Even though the ravioli is basic, the sauce makes it a very special entree or first course. See the notes below for forming the ravioli by hand.

INGREDIENTS

* One recipe Basic Egg Pasta Dough or 1 pound store-bought uncooked pasta sheets

For the filling:

- * 2 cups ricotta cheese
- * Half of a 10 ounce box frozen spinach, thawed and squeezed dry (reserve other half for sauce)
- * 4 ounces mozzarella or provolone cheese, grated
- * 1/4 cup freshly grated Romano cheese
- * 1/4 cup freshly grated Parmesan cheese
- * 1 teaspoon minced garlic
- * 1 tablespoon chopped fresh parsley (can use dried flakes)
- * 1 egg, lightly beaten
- * Salt and pepper to taste

For the Sauce:

- * 1 small head garlic, roasted
- * 1 red bell pepper, roasted
- * 2 plum tomatoes
- * 2 tablespoons olive oil
- * 4 ounces mushrooms, chopped
- * Salt and pepper to taste
- * Reserved spinach from filling
- * 1/2 cup dry vermouth
- * 2 cups cream
- * 1 tablespoon dried or fresh basil

Additional Ingredients:

- * Freshly shredded or grated Romano cheese for garnish

Make the pasta dough according to directions. Let rest for about 30 minutes.

Ravioli Cont

Meanwhile, make the filling. Place ingredients in bowl in order given, mixing well to combine. Taste for seasoning. (Can be prepared one day ahead and refrigerated until use.)

Roll the dough using roller machine directions to the 5th or 6th setting. Place one sheet on ravioli mold and press with top to make indentions. Fill indentions with mixture. Using a finger or brush, moisten all around the edges of squares with water. Place another pasta sheet on top. Roll with rolling pin until the ravioli are cut out. Continue the process until all of the filling is used. Place ravioli in a single layer on baking sheets and refrigerate until use.

For the sauce, roast the garlic and pepper according to the directions in the links. Cut the tomatoes in half and place under the broiler with the peppers. Turn once to brown both sides. (Can be prepared several hours before use.) Thinly slice the peppers and tomatoes. Heat a 10-inch skillet over medium-high heat. Add the oil. When hot, add the mushrooms and sauté until well browned. Add the garlic, peppers, tomatoes, reserved spinach, salt and pepper. Sauté another minute. Pour in the vermouth and cook until slightly reduced, about 1 minute. Remove pan from heat and proceed to cook the ravioli.

Use a large pasta or stock pot to cook ravioli. Bring water to a boil, add salt and a little olive oil. Carefully drop in the ravioli, leaving lots of room for the water to boil around them. Cook for about 3 minutes or until pasta is al dente. Remove from pot and drain in colander; place in large serving bowl. Continue until all the ravioli is cooked.

To finish, return the sauce to a hot burner. Heat quickly, then pour in the cream. Cook until slightly reduced. Add the basil. Taste for seasoning. Pour the sauce over the ravioli. Sprinkle with Romano cheese and serve immediately.

Notes: To form ravioli without a mold, place one sheet on a lightly floured cutting board. Place mounds of filling in rows, spaced according to the size ravioli you prefer. Moisten a square around each mound with the water. Cover with the top sheet of pasta. Press around each mound of filling, being certain to get as little air as possible in between the sheets and to carefully seal the edges. Cut out squares with a knife or pastry cutter. Cut any leftover dough into strips, dry for about 1 hour, then freeze for other uses.

Mafia Wife Italian Recipes

Involtini di Pesce Spada

If you ever visited Sicily just about every restaurant you went to had a variation of these stuffed swordfish rolls on the menu. This is one version of the dish, it can also be found with a stuffing that contains currants and pine nuts. I'm a big olive and caper fan so this is the recipe I prefer.

Serves 4

1/2 cup fresh bread crumbs

2 tablespoons capers, chopped

2 tablespoons pitted green olives, chopped

1 large garlic clove, finely chopped

1 tablespoon fresh parsley leaves, chopped

Salt & pepper to taste

4 tablespoons olive oil

4 skinless swordfish steaks about 1/2 inch thick

lemon wedges

1. Start a fire in a charcoal grill, or pre-heat a gas grill..
2. Combine bread crumbs, capers, olives, garlic, parsley, salt and pepper in a bowl. Add 2 tablespoons of the olive oil and mix well.
3. Place each swordfish steak between two pieces of wax paper and pound gently with the flat end of a meat pounder to 1/4 inch thickness. Cut each steak in half.
4. Place one-eighth of the bread-crumbs mixture near one end of each piece of fish and roll it up as neatly as possible, tucking in the ends. Thread the fish onto a pair of wooden skewers held parallel to each other, 4 rolls per pair of skewers.
5. Brush the fish with the remaining olive oil and grill over high heat until firm to the touch, 8-10 minutes, turning once.
6. Remove rolls from skewers and serve with lemon wedges.

Mafia Wife Italian Recipes

Lamb Chops Scottadito

In Italian the word scottadito means burned fingers. This dish is named scottadito because the lamb chops are so delicious that you can't resist eating them, sizzling hot, straight from the grill and burning your fingers. On my last visit to Rome, Abbacchio (Lamb) Scottadito was one of my favorite meals.

Serves 4

2 cloves of garlic, finely chopped

2 tablespoons chopped fresh rosemary

1/4 cup olive oil

salt and pepper to taste

12 rib lamb chops

1. In a small bowl stir together the garlic, rosemary, olive oil, salt and pepper. Place the lamb chops in a shallow dish and rub them with the marinade. Cover and refrigerate at least 2 hours.
2. Start a fire in a charcoal grill or preheat a gas grill. Place the chops on the rack over high heat and grill turning once, 5 minutes per side for medium rare. The outside will be well seared with the insides still pink.
3. Transfer to a warm platter and serve immediately.

Mafia Wife Italian Recipes

Linguine with Blue Crab Sauce

We serve this pasta every Christmas Eve, as part of the Cena della Vigilia feast. The recipe comes from Louis godfather, Tomasso, an Italian fellow who worked in the Pennsylvania coal mines. He never spoke English, and sent his money home to Abruzzo. An elegant man, he wore a derby hat and smoked his cigars in a holder he made from a rabbit bone. Tomasso was famous in the neighborhood for this pasta sauce, which the local ladies could never reproduce, although Louis mother said the secret was he never washed his pots well. It is very light and powerfully tasty. A version of this recipe was first published in Italian Family Cooking in 1971.

Note: You can substitute 2 lobsters for the crabs in this dish. Kill the lobsters first by plunging a sharp knife between the head and body, severing the spinal cord. Cook the lobsters as you do the crabs, and substitute fresh chopped mint for the basil.

Serves 4

6 live blue crabs

4 tablespoons olive oil

1 large red or green bell pepper, seeded and finely chopped

3 garlic cloves, minced

Salt and hot pepper flakes

3 cups whole canned Italian tomatoes, chopped

4 tablespoons finely chopped flat-leaf parsley

1 teaspoon dried basil

3/4 pound linguine

Buy this book

1. Clean the crabs: Remove the top shell by forcing a heavy knife blade under the flap on the underside of the crab. Push the knife in and wedge off the shell. Discard the shell. Remove the gills and discard. Wash the crabs. You can also ask your fishmonger to clean the crabs.
2. Heat the oil in a large skillet over medium heat. Add the bell pepper, garlic, and salt and hot pepper flakes to taste. Cook until the garlic begins to take on color, about 3 minutes.
3. Add the tomatoes, 2 tablespoons of the parsley, the basil, and the crabs. Cover and boil gently for 1 hour, until the vegetables in the sauce have completely broken down. Remove the crabs. Save them to serve as a second course, or to make crab stock.
4. Bring a large pot of salted water to a boil over high heat. Add the pasta and cook until it is almost al dente. Drain and add the pasta to the sauce. Finish cooking the pasta in the sauce over moderate heat, mixing constantly, for about 4 minutes, until the pasta is al dente.
5. Serve each portion with a sprinkling of the remaining 2 tablespoons of parsley.

Mafia Wife Italian Recipes

Linguini White Clam Sauce

If the idea of shelling more than a dozen clams doesn't appeal to you, ask them to shell them for you at your favorite fish market. Just make sure they pack them with their juices when they give them to you.

Serves 4

3/4 cup of olive oil

4 cloves of Garlic chopped

1 and 1/2 Dozen Cherrystone Clams shelled and chopped with juices reserved

1 pound of linguini

2 Tablespoons chopped parsley

1. Heat olive oil in large saute pan over medium heat.
2. Add garlic, cook until lightly browned.
3. Add Clams with their juices, bring to a boil then lower heat to a simmer and cook for 5 more minutes.
4. While the sauce is cooking, bring a large pot of water to a boil. Add 1 tablespoon of salt and the linguini.
5. Cook uncovered over high heat until Al dente.
6. Drain pasta, put back in pot add some of the sauce to the pot and mix it up.
7. Dish out pasta spooning remaining sauce over top. Garnish with chopped parsley.

Mafia Wife Italian Recipies

Marinara Sauce

1/4 cup of olive oil

4 cloves of garlic sliced in half

1 35oz can of imported Italian tomatoes

3 basil leaves, washed, patted dry and chopped

1/2 teaspoon of oregano

salt & pepper to taste

1. Place garlic and olive oil in large sauce pan.
2. Turn heat to medium and cook until garlic is soft and lightly browned.
3. Crush the tomatoes and add with their juices.
4. Fill empty tomato can 1/4 of the way with water and pour in with tomatoes.
5. Add basil, oregano, salt and pepper.
6. Bring to a boil, then lower heat to a simmer and cook until thickened approximately 20 to 30 minutes.

Mafia Wife Italian Recipes

Mussels Posillipo

Here is an easy to make appetizer that everyone seems to enjoy. You can also prepare clams in the same manner.

Serves 2

2 teaspoons olive oil

2 dozen mussels washed thoroughly

1 cup dry white wine

2 cups marinara sauce

1 cup of fish stock

1. In a large pot heat olive oil over medium high heat.
2. Add the mussels. Pour in white wine, add marinara sauce, and fish stock.
3. Cook covered until mussels open.
4. Transfer mussels to serving plates, pour sauce over and serve.

Mafia Wife Italian Recipies

Ossobuco

These slow cooked, falling off the bone tender veal shanks are a perfect Sunday meal, especially when served with Risotto alla Milanese.

Serves 4

6 tablespoons olive oil

1 small onion chopped fine

2 carrots chopped fine

2 stalks of celery chopped fine

4 veal shanks cut about 3 inches thick, each tied tightly cross-wise

flour, spread on a plate

3/4 cup dry white wine

4 tablespoons butter

1-1/2 cup chicken broth

1 cup imported Italian tomatoes, crushed with their juices

freshly gound pepper to taste

salt to taste

1. Preheat oven to 350 degrees.
2. Heat 2 tablespoons of olive oil over medium heat in a pot large enough to hold all the veal shanks in a single layer. Add the onion, carrot and celery. Cook until the vegetables soften, about 10 minutes then drain the oil.
3. Meanwhile, heat the other 4 tablespoons of olive oil in a large saute pan over medium heat. Dredge the veal shanks in the flour, coating on all sides and shake off the excess flour. When the oil is hot, slip in the shanks and brown them on all sides. Remove the veal shanks and place them in the pot on top of the cooked vegetables.
4. Drain all but a little bit of the oil from the saute pan that the shanks were browned in and add the wine. Reduce the wine by simmering over medium heat while scraping loose the browning residues stuck to the bottom. Pour the wine and pan juices over the veal shanks in the pot.
5. Add the butter, chicken broth, tomatoes, pepper and salt to the pot. The liquid should come at least two thirds of the way to the top of the shanks. If it does not, add more broth.
6. Bring to a simmer, cover the pot and place it in the oven. Cook for about 2 hours, turning and basting every 30 minutes, until the meat is very tender.
7. Transfer the ossobuco to a warm plate and carefully remove the strings. Place a saucepan on a burner over high heat. Pour the sauce from the pot into the saucepan through a strainer pushing as much of the vegetables through as you can with a wooden spoon. If the sauce is thin and watery, boil it down until thickened, then pour the sauce over the ossobuco and serve.

Mafia Wife Italian Recipes

Pesce all'Acqua Pazza

I first had this dish at a small restaurant in Positano on the Amalfi Coast called O'Capurale and was very impressed with how flavorful yet light it was. Pesce all'Acqua Pazza means Fish in Crazy Water. Many American interpretations of this dish seem to take this translation extremely literal. They really accentuate the "crazy", using it as an excuse to clean out the refrigerator and add all kinds of ingredients to flavor the water. I am not sure of the origins of the name, but I do know that all it needs is a simple flavoring of garlic, herbs, tomato, salt and a pinch of hot pepper as presented here.

Serves 4

4 tablespoons extra-virgin olive oil

4-1/2 cups water

2 tablespoons finely chopped flat-leaf parsley

2 garlic cloves chopped

12 grape or cherry tomatoes, sliced in half

1/4 teaspoon red pepper flakes

1 teaspoon sea salt

2 pounds sea bass or red snapper fillets

1. In an ovenproof pan at least two inches deep and large enough to hold the fish in one layer, add the olive oil, water, parsley, garlic, tomatoes, red pepper and salt.
2. Turn the heat to medium and allow the crazy water to simmer for 20 minutes. Meanwhile, preheat the oven to 400 degrees.
3. Place the fish in the pan skin side down, transfer pan to oven and cook until fish is done, approximately 20 minutes.
4. Transfer the fish to warm plates, pour a little of the crazy water over and around the fish, making sure to include some tomatoes, and serve immediately.

Mafia Wife Italian Recipies

Pork Chops with Peppers

There may not seem like a lot to this dish, but boy is it tasty. Pork chops with vinegar peppers is an old Italian stand-by. For a different variation on this dish you can home fry some potatoes and put them on top.

Serves 2

4 center cut pork chops

1/4 cup olive oil

6 sweet vinegar peppers

Salt & pepper to taste

1. Either on grill or in broiler, cook pork chops until they are done the way you like them.
2. While chops are cooking, heat olive oil in saute pan over medium heat.
3. Tear peppers up into large pieces, add to pan and sautee for 3-4 minutes.
4. Drain oil and spoon peppers over dished out chops, season with salt and pepper and serve.

Mafia Wife Italian Recipies

Red Snapper Livornesa

This outstanding fish dish in a light tomato sauce with onions, olives and capers was always a big hit at any gathering. It is also one of my favorite dishes to make at home, when I am entertaining someone special.

Serves 4

4 red snapper fillets

15 oz Italian plum tomatoes, crushed with juices

1/2 cup white wine

1 cup chicken broth

12 gaetta olives, pitted and chopped

2 tablespoons of capers

1 medium onion, chopped

1/4 cup of olive oil

1. Preheat oven to 350 degrees.
2. Heat olive oil in large saute pan over medium heat.
3. PAdd olives, onion and capers, cook until onion is translucent.
4. Add tomatoes and simmer for 5 minutes.
5. Place red snapper fillets in pan.
6. Add wine, broth and salt & pepper to taste.
7. Place in oven and bake for 15 to 20 minutes.
8. Serve fillets with sauce spooned over top.

Mafia Wife Italian Recipes

Saltimbocca Alla Romana

This classic veal recipe is a typically Roman dish. The literal translation of saltimbocca is “jump in the mouth”. Trust me when I say that if you serve this tasty combination of veal, prosciutto, sage and white wine to your family or guests that is precisely what it will do.

Serves 2

4 slices of prosciutto

4 veal scalloppine thinly sliced and pounded

flour spread on a plate for dredging

2 tablespoons olive oil

2 tablespoons butter

4 sage leaves

1/2 cup dry white wine

1/4 cup chicken broth

salt and pepper to taste

1. Place one slice of prosciutto on each veal scalloppine and pound in lightly with a meat pounder.
2. Heat olive oil in a large sauté pan over medium-high heat. Dredge both sides of the scalloppine in flour to coat, shaking off any excess. Place them prosciutto side down in pan and cook, turning once, until lightly browned on both sides. Transfer to a warm plate.
3. Drain oil from pan, place back over heat and add butter. When butter is melted add sage and sauté for one minute.
4. Add the white wine and scrape loose any bits from bottom of pan, then add the chicken broth and salt and pepper.
5. Place scalloppine back in pan, prosciutto side up and cook until sauce is reduced by half and scalloppine are heated through.
6. Transfer veal to serving plates, spoon sauce over top and serve.

Mafia Wife Italian Recipies

Shrimp Scampi

Everyone has heard of Shrimp Scampi but not many people realize what it means. Scampi is an Italian word for shrimp so, technically, the title means Shrimp Shrimp. I don't know the origins of the name, but it is commonly used in restaurants and cookbooks so that it is recognized as the Italian dish made with a garlic butter sauce. Whatever you call it, it is quick, easy and delicious.

INGREDIENTS

- * 2 tablespoons unsalted butter
- * 2 tablespoons olive oil
- * 1-1/2 pounds large shrimp, peeled
- * 4 large garlic cloves, minced
- * Juice of one lemon
- * 1/4 cup dry white wine
- * Salt and pepper to taste
- * Chopped fresh parsley

Heat the butter and oil in a large skillet over medium-high heat. Add the shrimp and sauté until they begin to turn pink, tossing several times. Add the garlic and sauté an additional minute. Add the lemon juice and white and reduce for about 1 minute. Add the salt, pepper and parsley. Toss well; serve immediately. This is great over cooked rice.

Mafia Wife Italian Recipes

Spaghetti with Meatballs

We have received many requests for this recipe, which in many peoples' minds is synonymous with Italian food. In actuality, this is more of an Italian-American dish, since in Italy they do not serve their meatballs on top of pasta. This recipe comes from my motherinlaw, who in my humble opinion makes the best Spaghetti and Meatballs.

Serves 4

For the meatballs:

1/2 lb ground beef

1/2 lb ground pork

1/2 lb ground veal

3 slices of Italian bread soaked in milk or water then squeezed dry

1/2 medium onion, finely chopped

2 tablespoons of parsley, finely minced

1 teaspoon of garlic powder

1/2 cup grated Pecorino-Romano cheese

2 eggs

Vegetable oil.

For the pasta:

1/3 cup olive oil

3 cloves of garlic, halved

1/2 medium onion, chopped

2 28 oz cans of plum tomatoes with puree, crushed

2 basil leaves

1/2 teaspoon oregano

salt and pepper to taste

1/4 cup of water

1 pound spaghetti

1. Combine all ingredients for the meatballs, except vegetable oil, in a bowl.
2. Gently knead the mixture with your hands without squeezing it.
3. When all the ingredients are evenly combined shape it gently into balls about 1 1/2 to 2 inches in diameter.
4. In a saute pan large enough to hold all the meatballs in a single layer, heat up enough vegetable oil to come 1/4 inch up the sides.
5. Add the meatballs and place pan in oven pre-heated to 450 degrees and brown on all sides.
6. Heat olive oil in a heavy pot over medium heat.
7. Add garlic and onion and cook until onion is translucent.
8. Add tomatoes, basil, oregano, salt & pepper and water.
9. Bring to a boil then lower heat to a simmer.
10. Simmer for 45 minutes then add meatballs.
11. Continue simmering for another 1/2 hour.
12. While the sauce is cooking, bring a large pot of water to a boil. Add 1 tablespoon of salt and the spaghetti.
13. Cook uncovered over high heat until Al dente.
14. Drain pasta, put back in pot add some of the sauce to the pot and mix it up. Dish out pasta spooning meatballs and remaining sauce over top.

Mafia Wife Italian Recipies

Steak Pizzaiola

For all of you steak lovers out there, here is an excellent alternative to a plain grilled or broiled steak. If you do not wish to add the mushrooms and peppers, it is delicious just with the marinara sauce alone.

Serves 4

4 boneless Shell Steaks

1/4 cup olive oil

1 large green pepper and 1 large red pepper sliced and seeds removed

1 pound of mushrooms sliced

4 cups Marinara Sauce

1 cup of chicken or beef stock

salt & pepper to taste

1. Either on grill or in broiler, cook steaks until rare.
2. While steaks are cooking heat olive oil in a large saute pan over medium heat.
3. Add peppers, and mushrooms and saute for 2-3 minutes.
4. Drain oil and place steaks in pan season with salt and pepper.
5. Add marinara sauce and stock and simmer for 5-6 minutes.
6. Remove steaks to serving plates, cook sauce for 2 more minutes to reduce then pour sauce over steaks and serve.

Mafia Wife Italian Recipies

Swordfish Sicilian Style

This is my favorite way to have Swordfish. The lemon, oil, garlic and white wine marinade is quick to make and very tasty. Instead of marinating the fish up front for a long period of time, the marinade is cooked in quickly at high heat after the fish is cooked through.

Serves 2

4 Swordfish steaks

1 large clove of garlic chopped fine

3 tablespoons chopped fresh parsley

1/2 cup olive oil

juice of 3 lemons

1/2 cup white wine

Salt & pepper to taste

1. Combine oil, garlic, parsley, salt, pepper, lemon juice and white wine in a small bowl.
2. Place swordfish in a lightly oiled baking pan and cook under broiler for around 10 minutes until just done.
3. Pour marinade over fish and cook for 1 to 2 minutes.
4. Transfer swordfish steaks to serving plates, spoon marinade on top and serve.

Mafia Wife Italian Recipes

Veal Capriciosa

Cutlets, they are a staple of every Italian's diet. Veal cutlets and chicken cutlets are quick to prepare and can be enjoyed in many different ways. This variation of the veal cutlet is served with a refreshing salad on top and is quite delicious. Of course if veal is not your bag then you can substitute thinly pounded out chicken breasts.

Serves 4

2 eggs

1/2 cup flour

2 cups Bread Crumbs

1/4 cup Pecorino-Romano Cheese

2 tablespoons chopped parsley

1 cup olive oil

For the Salad:

2 large Roma tomatoes

1/2 medium red onion

1 bunch of arugula

1 head of radicchio

1 Tablespoon Balsamic Vinegar

3 Tablespoons Extra Virgin Olive Oil

1/2 Teaspoon Oregano

Salt and Pepper to taste

1. Chop tomatoes and red onion, combine in large bowl with arugula and Radicchio.
2. Add oil, Balsamic vinegar, oregano, salt and pepper and mix well.
3. Beat eggs lightly. Mix together bread crumbs, pecorino cheese and parsley.
4. Dredge Veal Cutlets in flour, egg, and then bread crumbs making sure both sides are breaded.
5. Heat olive oil in large saute pan over medium heat.
6. Cook cutlets in olive oil until browned on both sides, 2-3 minutes per side.
7. Transfer cutlets to plates, spoon one quarter of the salad over top of each cutlet and serve.

Mafia Wife Italian Recipies

Veal Rollatini

Just recently I was going through some old papers and found a few recipes my father gave to me for this site that I never posted. It is suprising to me that I overlooked Veal Rollatini because it is was one of my favorite dishes. I don't know what I was thinking at the time, but it makes for a nice addition now.

Serves 4

1/2 pound mozzarella cheese, chopped

1/4 pound prosciutto, chopped

1/4 cup freshly grated parmigiano-reggiano cheese

2 tablespoons chopped fresh flat-leaf parsley

1 pound veal scallopine, thinly sliced and pounded

1/4 cup olive oil

flour spread on a plate for dredging

3 tablespoons of butter

1/2 pound of mushrooms

1/2 cup white wine

1/2 cup chicken stock

salt and sepper to taste

1. Preheat oven to 375 degrees. Combine mozzarella, prosciutto, parmigiano-reggiano and parsley in a bowl and mix well. Place a tablespoon of the mixture on each scalloppine, roll up and fasten with toothpicks.
2. Heat olive oil in a large oven-proof saute pan over medium-high heat. Dredge the rolled up veal in flour, shaking off the excess and place in pan. Brown quickly on all sides, then place the pan in the oven. Cook for about 10-15 minutes, turning once, until veal is cooked through and the cheese is melted.
3. Remove pan from oven, transfer veal to a plate and cover loosely with aluminum foil. Drain the oil from the pan, place over medium heat and add the butter and mushrooms. Saute the mushrooms until they begin to release their juices.
4. Add the white wine to the pan, and scrape loose with a wooden spoon all browning residues on the bottom and sides of the pan. Cook until the wine is reduced by half, then add the chicken broth and season with salt and pepper to taste.
5. Return the veal to the pan and cook until sauce is reduced by half and thickened. Transfer the rollattini to warm serving plates, spoon sauce and mushrooms over and serve.

Mafia Wife Italian Recipies

VEAL SCALLOPINI WITH MUSHROOM CREAM SAUCE

SERVES 4

What can I say? This is superb. I have made it with veal and I have made it with pork. Either way is great. Serve with Buttered Noodles topped with some of the sauce.

INGREDIENTS

Veal

- * 1 pound veal cutlets or sliced pork loin, pounded very thin, about 1/8-inch thick
- * 1 cup flour
- * Salt and pepper to taste
- * 1 teaspoon dried parsley
- * 1/4 teaspoon dried thyme
- * 1/4 teaspoon rubbed sage
- * 2 tablespoons olive oil

Mushroom Sauce

- * 1 cup sliced mushrooms (wild are great but white buttons will do)
- * 2 teaspoons minced garlic
- * Salt and pepper to taste
- * 1/2 cup dry vermouth
- * 1 cup chicken broth
- * 1/4 teaspoon dried thyme (use fresh if available)
- * 1/4 teaspoon rubbed sage (use fresh if available)
- * 1 cup cream
- * Chopped fresh parsley for garnish

On a plate or piece of waxed paper, combine the flour and seasonings. Dredge the pieces of veal in the flour mixture, coating both sides. Shake off excess. Heat the oil in a large nonstick skillet over high heat. Add the veal (you will probably need to brown in 2 batches) and sauté until lightly browned, about 1 to 2 minutes per side. Remove from pan and set aside. Sauté remaining veal.

In the same skillet, add a little oil if needed and sauté the mushrooms over medium-high heat for about 2 minutes. Add the garlic, salt and pepper; sauté another minute. Add the vermouth and reduce for 1 minute. Then add the chicken broth, thyme and sage. Reduce by half. Add the cream and reduce until thickened, about 5 minutes. Return the veal to the pan and let simmer just until heated, about 2 minutes. Sprinkle with the parsley and serve.

Mafia Wife Italian Recipies

Veal Sorrentino

Recently I went to a friend's house to cook dinner for a small gathering. Veal Sorrentino is what we made for the main course. It had been quite a while since I had this dish and I had forgotten just how delicious it is. Based on the reaction of the other guests at dinner I knew that this had to be in this book. If you are not a veal eater, chicken is also excellent prepared in this style, just pound the chicken breasts thin and cut into scaloppine in place of the veal.

Serves 2

1-1/4 cups olive oil

4 slices of eggplant

flour, spread on a plate for dredging

bread crumbs, spread on a plate

4 veal scaloppine, cut from the top round, thinly sliced and pounded

2 tablespoons of butter

4 slices of prosciutto

4 slices of mozzarella cheese

1/2 cup sherry wine

1/2 cup chicken broth

1/2 cup Marinara Sauce

Salt & Pepper to taste

1. Lightly beat the eggs in a deep dish, using a fork or a whisk.
2. Heat 1 cup of the olive oil in a medium saute pan over high heat. Dredge slices of eggplant in flour, then dip in the egg coating both sides. Turn the eggplant in the bread crumbs pressing firmly on each side. Place eggplant in oil and cook until browned on both sides. Remove eggplant and place on paper towels.
3. Preheat oven to 350 degrees.
4. Heat remaining 1/4 cup of olive oil in large saute pan over medium heat. Dredge both sides of the scaloppine in flour, shake off excess flour, then place into the pan. Saute the veal until lightly browned on both sides, drain oil and return to heat.
5. Add the 2 tablespoons of butter. On each slice of veal place one slice of prosciutto, one slice of eggplant, a little marinara sauce, then one slice of mozzarella.
6. Add sherry wine and broth, then place a drop of marinara on top of each slice of mozzarella, and season with salt and pepper. Simmer for about 5 minutes then place pan in oven.
7. Cook in oven until the mozzarella is melted.
8. Remove pan from the oven and transfer the scaloppine to a warm plate. If the juices in the pan are thin and runny, turn the heat up to high and reduce them, scraping loose with a wooden spoon any cooking residue from the bottom and sides of the pan, until it has the density of sauce. Pour sauce over scaloppine and serve.