

TODAY'S COOKING

Welcome!

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Introduction



I like to cook! I cook every day. Many years ago I owned a restaurant in the Caribbean, so I've known my way around the kitchen for quite some time. Since then I have continued to experiment, have tried new ways of doing things and searched for new recipes. This book is a compilation of just a few of those recipes that I have received, read and created over the years. Some are as is; some have been modified; some are original and some not so original. All are good, although a few "questionables" may have slipped in (if so, please let me know).

The premise here is that you know how to cook, but you're tired of the same old things and would like to add a little variety and zip to your meals, whether for entertaining and special occasions or simply Thursday night's dinner.

(To keep the file size within reason, photos of the dishes were not included.)

Feed mynde with myrth, thy mawe with meate

And eat to lyve not lyve to eate.

For gorging doth offende thy health,

Thy God, thy soul, thy witt and wealth.

(from a set of English roundels - approximately 1600 AD)

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“Cooking is one of the oldest arts...” - Brillat-Savarin

“With money anyone can offer succulent dishes and famous wines, but courtesy and kindness cannot be bought.” - Lucien Tendret

“Intellectual men who quickly wolf down whatever nourishment is necessary for their bodies with a kind of disdain, may be very rational and have a noble intelligence, but they are not men of taste.” - Sainte-Beuve

“The cook is no less an artist...To give life to beauty, the painter uses a whole range of colours, musicians of sound, the cook of tastes - and it is indeed remarkable that there are seven colours, seven musical notes and seven tastes.” - Lucien Tendret

“The discovery of a new dish does more for the happiness of mankind than the discovery of a star.” - Brillat-Savarin

“Those who have a profound indifference to the pleasures of the table are generally gloomy, charmless and unamiable.” - Lucien Tendret

“The science which feeds men is worth at least as much as the one which teaches how to kill them.” - Brillat-Savarin

“Gastronomy is the joy of all conditions and all ages. It adds wit to beauty.”
- Monselet

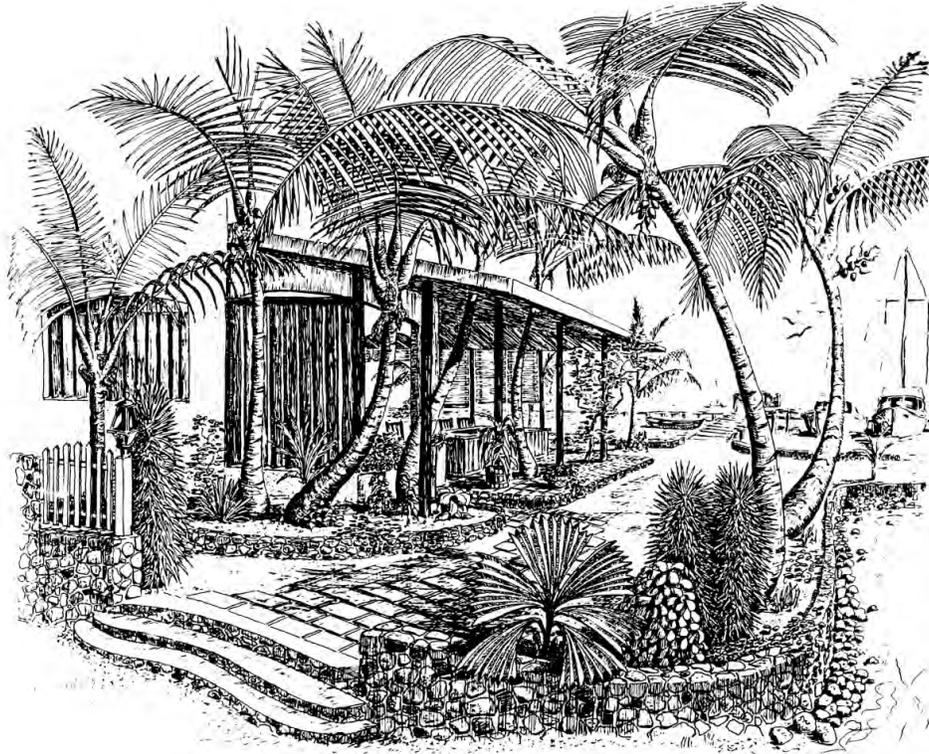
“The most indispensable quality of a cook is punctuality; it should also be that of a guest.” - Brillat-Savarin

“Good cookery is the food of a pure conscience.” - Des Essarts

“Those who give themselves indigestion or get drunk, do not know how to eat or drink.” - Brillat-Savarin

Hunger is nothing more than the need to eat. Appetite is anticipating the pleasure of eating well. - SD

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Rusty Pelican Restaurant Sint Maarten Dutch West Indies 1979

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Making Pasta Dough

FRESH PASTA DOUGH - SERVES 4 TO 6

Ingredients

1. 2 cups flour
2. 3 eggs
3. 1/2 teaspoon salt
4. 1/2 teaspoon extra-virgin olive oil

Preparations

1. Mound the flour in a large bowl. Make a well in the center of the flour.
2. Break the eggs into the well. Add the salt, and olive oil to the hollow center and gently mix together with a fork. Gradually start incorporating the flour by pulling in the flour from the sides of the well. As more of the flour is added, the dough will start to take shape.
3. With your hands continue working the dough until it comes together. If the dough is too dry, add a little water; if too wet or sticky, add a little flour.
4. Knead the dough until it becomes smooth and elastic, about 8 to 10 minutes. Set the dough aside, cover it with plastic, and let it rest for 20 to 30 minutes. You can store the dough in the refrigerator for up to 24 hours, but allow it to return to room temperature before rolling it out.
5. Divide the pasta dough into 4 even pieces. Cover each piece with plastic wrap. Work each piece separately. Flour the dough, the rolling pin, hands, and work surface.
6. If rolling the pasta by hand: Flatten a dough piece into a thick oval disk with your hands. Flour a baking sheet for the rolled out finished pasta. Place the oval dough disk on a floured work surface, and sprinkle with additional flour. Begin rolling out the dough with a floured rolling pin working from the center of the dough outwards, constantly moving the dough and lifting it to make sure it's not sticking.

Flavor and color variations:

All additions should be added to eggs before incorporating into the flour. If the dough feels too sticky, add additional flour until the dough is soft and silky.

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1. Spinach Pasta Dough: Blanch 1-1/2 cups spinach leaves. Drain and squeeze out as much liquid as possible. Puree in a food processor until smooth. Add 3 tablespoons spinach puree to the eggs before mixing.
2. Tomato Pasta Dough: Add 2-1/2 tablespoons tomato paste to the eggs.
3. Beet Pasta Dough: Preheat the oven to 400°F (200°C). Roast 1 medium beet wrapped in foil, for 1-1/2 hours. Peel the beet and puree in a food processor. Add 1/4 cup to the eggs.
4. Herb Pasta Dough: Mince 1/2 cup fresh herbs and add to the eggs.

Pasta Dishes

STUFFED PASTA ROLL - SERVES 6

Ingredients

1. 3 Tbs. butter
2. 2 lbs. baby spinach, chopped
3. 4 sliced green onions
-
4. 1/2 lb. ricotta cheese
5. 2 oz. chopped prosciutto
6. 3 Tbs. Parmesan cheese
7. Pepper to taste
-
8. Pasta dough
9. Fresh Tomato Sauce ([see Dressing_Sauces_Seasonings pg. 89](#))

Preparations

1. Melt the butter and sauté items 2 and 3 for about 1 minute. Stir in items 4 through 7. Cool.
2. Roll out pasta dough to a 15"x20" rectangle. Trim and spread on the filling, leaving a 1" border. Roll up tightly and pinch the seams. Wrap in cheesecloth; twist the ends in the opposite direction and tie off.

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3. Bring salted water to a boil; add the pasta; return to a boil; reduce heat and simmer 1 hour. Remove from the water and let rest 10 minutes. Unwrap and cut into serving portions. Top with Fresh Tomato Sauce.

RAVIOLI & ROASTED VEGETABLES - SERVES 4

Ingredients

1. 2 Tbs. olive oil, divided
2. 1 red onion, cut into wedges and separated
3. 1 each medium zucchini and yellow squash, sliced in 1/2 lengthwise and cut into half moons
4. 1 red bell pepper, stems and seeds removed, coarsely chopped
5. 1/2 lb. button mushrooms, thickly sliced
-
6. Salt & pepper to taste
7. 1/2 pint grape tomatoes, halved
8. 2 garlic cloves, minced or pressed
9. 1 pkg. (20 oz.) refrigerated cheese ravioli, cooked according to package directions, drained
10. 4 cups baby spinach
11. 1/2 cup pesto
12. Grated Parmesan cheese

Preparations

1. Preheat the oven to 425° F(220° C)
2. In a bowl, toss items 2 through 5 with 1-1/2 tablespoons oil. Season with salt and pepper, to taste. Place on a baking sheet and roast 10 minutes. In the same bowl, add the tomatoes, garlic and the remaining olive oil; toss to coat. Turn the roasting vegetables over and add the tomatoes to the baking sheet. Roast the vegetables an additional 10 minutes.
3. Toss the spinach in the bowl and coat with whatever oil remains. Add to the baking sheet and roast until wilted, about 1 minute. Cook the ravioli and place into a large serving bowl. Stir in the pesto and vegetables. Serve warm topped with the cheese.

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PASTA WITH GREENS - SERVES 4

Ingredients

1. 1/4 cup olive oil
2. 6 to 8 anchovy fillets
3. 4 garlic cloves, minced
4. 2 teaspoons Worcestershire sauce
5. 1/2 teaspoon salt & 1/4 teaspoon pepper
6. 1 pkg. greens, chopped
7. Juice of 1 lemon
8. 1/4 tsp. nutmeg
9. Favorite cooked pasta
10. 1 cup pasta water
11. 2 egg yolks
12. 3/4 cup grated Romano or Parmesan cheese

Preparations

1. Heat oil over medium-high heat. Add anchovies and cook 2 minutes.
2. Reduce heat to medium-low. Add garlic and sauté 1 minute.
3. Add items 4 and 5; cook an additional minute.
4. Add items 6 through 8.
5. Beat together items 10 and 11. Add to hot pasta
6. Combine pasta, sauce and cheese; toss well and serve.

PASTA WITH GREENS & CORN - SERVES 4

Ingredients

1. 12 oz. short type of pasta such as Gemelli
2. 1 cup frozen corn kernels, thawed
3. 2 Tbs. olive oil
4. 1 medium onion, chopped
5. 1 lb. bunch of Swiss chard, stems sliced and leaves cut into strips
6. 4 garlic cloves, minced or pressed
7. Salt & pepper to taste
8. 1/3 cup grated Parmesan

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9. 1/2 cup pasta cooking water

Preparations

1. Cook the pasta, adding the corn the last minute of cooking. Drain, reserving the 1/2 cup of water. Return pasta/corn to the pot; cover and keep warm.
2. In a large skillet heat the oil over medium heat. Sauté the onion and chard stems about 6 minutes. Add the garlic and cook another 2 minutes. Season with salt & pepper and add the chard leaves. Cook another 3 to 4 minutes.
3. Toss the pasta/corn with half of the cheese and 1/4 cup of the pasta water. If too dry, add more pasta water, 1 Tbs. at a time. Mix in the chard; sprinkle on the rest of the cheese and serve.

CREAMY PASTA WITH CHICKEN & BACON - SERVES 4

Ingredients

1. 12 oz. short type of pasta such as Gemelli
2. 2 Tbs. salted butter*
3. 3 cups broccoli florets
-
4. 1 cup heavy cream or half 'n' half
5. 4 Tbs. salted butter*
6. 1 cup grated Parmesan cheese^
-
7. 6 oz. cooked chicken, cut into small strips
8. 1/2 cup chopped, cooked bacon
9. 1/2 tsp. garlic salt
10. 1/3 cup grated Parmesan^

Preparations

1. Cook the pasta according to package directions. Drain; return to pot and keep warm.
2. Melt the butter over medium heat and add broccoli. Cook, stirring, until tender, about 5 minutes.
3. In a saucepan over medium-low heat, add items 4 & 5 and cook, stirring until smooth. Add the cheese and cook until melted, about 5 minutes. Remove from heat.
4. Combine the pasta and items 7, 8 & 9. Pour the sauce over and gently stir until mixed. Place in a serving dish; sprinkle with remaining cheese and serve.

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CHEESE TORTELLINI & CHICKEN WITH BROCCOLI - SERVES 4

Ingredients

1. 3 Tbs. unsalted butter
2. 4 boneless, skinless chicken thighs, cut into 1/4" strips
-
3. 8 oz. cheese-stuffed tortellini
-
4. 5 cups small broccoli florets
5. 1-1/2 cups chicken stock
-
6. 1/2 cup finely chopped onion
7. 4 tsp. cornstarch
8. 3 oz. blue cheese, crumbled
9. 1 Tbs. white wine vinegar
10. Pepper to taste
11. 3/4 cup toasted walnuts

Preparations

1. Melt 1 Tbs. butter in a large skillet over high and cook the chicken, tossing, about 3 to 4 minutes. Remove to a warm bowl.
2. Melt 1 Tbs. butter to the skillet and add the broccoli and toss. Add 1 Tbs. of the stock and toss/stir. Add another 1 Tbs. of stock and cook, tossing, 2 to 3 minutes. Remove to the bowl.
3. Cook the tortellini according to package directions. Drain and keep warm.
4. Melt the last of the butter and add the onion, cooking 4 to 5 minutes. Sprinkle on the cornstarch; mix well; add the rest of the stock. Bring to a boil, stirring. Reduce heat to low and add most of the cheese, stirring until melted and smooth.
5. Add the pasta, chicken and broccoli, stirring until coated with the sauce and heated through. Stir in the vinegar; plate and garnish with the walnuts and remaining cheese.

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CHICKEN ON FETTUCCINI - SERVES 4

Ingredients

1. 3 Tbs. unsalted butter*
2. 4 boneless, skinless chicken breasts
3. 1 cup tawny port
4. 1-1/2 cups heavy cream or half 'n' half
-
5. 12 oz. fettuccini
6. 1 Tbs. unsalted butter*
-
7. 3/4 cup sun-dried tomatoes packed in oil, drained and coarsely chopped
8. Salt & pepper to taste

Preparations

1. Melt the butter in a large skillet over medium-high and brown the chicken, about 3 to 4 minutes per side. Remove to a warm plate.
2. Add items 3 & 4 to the skillet and bring to a boil over high heat, uncovered, until sauce reduces, about 10 to 12 minutes.
3. Cook the pasta according to package directions. Drain; return to pot, swirl in the remaining butter and keep warm.
4. Stir the tomatoes into the sauce and season; add the chicken with any juices and quickly bring to a boil. When shiny bubbles form, remove from the heat. Plate the pasta with a little of the sauce; top with the chicken and add more sauce.

CREAMY LEMON-GARLIC FETTUCCINE - SERVES 4

Ingredients

1. 3 tsp. grated lemon peel
2. 2 tsp minced fresh parsley
3. 2 garlic cloves, minced
4. 8 oz. uncooked fettuccine
- 5.
6. 1/4 cup butter

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7. 1 small onion, chopped
8. 2 garlic cloves, minced
9. 1 tsp grated lemon peel
10. 1/2 cup heavy whipping cream
11. 1/4 tsp salt
12. 1/8 tsp pepper
13. 4 oz. cream cheese, cubed
14. 2 Tbs. lemon juice
15. 2 plum tomatoes, chopped
16. 2 Tbs. minced fresh parsley
17. Grated Parmesan cheese

Preparations

1. In a small bowl, mix the first 3 items and set aside.
2. While making the sauce, cook fettuccine according to package directions; drain and keep warm.
3. In a large skillet, heat butter over medium-high heat. Add the onion and cook, stirring for 2 to 3 minutes or until tender. Add garlic and lemon peel; cook 1 minute longer. Stir in cream, salt and pepper. Whisk in cream cheese until melted. Remove from heat; cool slightly. Stir in lemon juice.
4. Add pasta, tomatoes and parsley to skillet; toss to combine. Serve with the lemon peel mixture and Parmesan cheese.

FOUR CHEESE PASTA - SERVES 4

Ingredients

1. 6 Tbs. butter
2. 3 oz. ea. mozzarella, Fontina & Gorgonzola, cubed
 - (substitutions for mozzarella: Monterey jack or muenster)
3. 1/4 tsp. white pepper
4. 1-1/4 cups heavy cream or half'n' half
5. 2/3 cup grated Parmesan
6. 1 lb. spinach pasta (e.g. bow ties, linguine or fusilli) cooked al dente

Preparations

1. In a heavy saucepan over low heat, melt the butter. Stir in items 2 & 3. Keep stirring until the cheeses melt. Add items 4 & 5 and heat thoroughly. Do not let it come to a boil! Toss, coating well, with the hot pasta.

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TORTELLINI WITH GORGONZOLA SAUCE - SERVES 4

Ingredients

1. 4 Tbs. butter
2. 1/2 cup heavy cream or half'n' half
3. 4 oz. Gorgonzola or any blue cheese, crumbled
4. Pepper to taste
5. 1 lb. tortellini or fettuccine cooked al dente
6. 1/3 cup grated Parmesan
7. Chopped parsley for garnish (optional)

Preparations

1. In a heavy saucepan over medium heat, melt the butter. When the butter foams, stir in the cream and bring to a boil. Add item 3 & 4; reduce heat to low and cook 3 to 4 minutes, stirring.
2. Toss the sauce with the hot pasta. Add item 6 and toss again until well coated. Garnish if desired.

LIGHT CARBONARA - SERVES 4

Lower fat & calories version

Ingredients

1. 1 large egg plus 1 egg white
2. 3/4 cup grated Pecorino Romano or Parmesan cheese
3. 1/3 cup fat-free evaporated milk or 5 oz. skim milk mixed with 1 Tbs. cornstarch
4. 1-1/2 Tbs. light mayonnaise*
-
5. 4 strips of turkey bacon
6. 3 cloves garlic, minced or pressed
7. 1 tsp. pepper
8. 1/3 cup dry white wine
9. 1 Tbs. mayonnaise*
10. 1 lb. linguine or fettuccine
11. Chopped parsley for garnish

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Preparation

1. In a blender process items 1 through 4. Leave in the blender and set aside.
2. In a large pot bring 4 quarts of water and 1 Tbs. salt to boil.
3. In a large skillet cook the bacon over medium heat until brown. Remove bacon; chop and set aside. Add items 6 & 7 to the skillet and cook about a minute. Stir in the wine and simmer another minute. Remove from the heat and cover.
4. Cook the pasta to desired doneness. Reserve 1 cup of the cooking water. Drain the pasta; return to the pot and toss with 1 Tbs. mayonnaise until coated.
5. With the blender running add 1/4 cup of hot pasta water. Process until smooth and add the bacon and wine sauce; add more pasta water as necessary and pour over the pasta; garnish and serve.

Variation: Cook 1/2 cup of frozen peas in boiling water for 2 minutes. Drain and add to the finished dish.

PEPPER & ONION CALZONES - SERVES 4

Ingredients

1. 2 Tbs. olive oil
2. 3 bell peppers (red, yellow & green), chopped
3. 1 medium onion, sliced
4. 1/4 cup raisins
5. 2 Tbs. dry sherry
-
6. 1/2 tsp. sea salt
7. 1 pkg. (16 oz.) refrigerated pizza dough, at room temperature or make your own dough ([see Today's Cooking Breads_Doughs pg. 79](#))
8. 1 cup chopped spinach
9. 1/2 cup shredded fontina cheese
10. 1 Tbs. butter, melted

Preparation

1. In a large skillet heat the oil and sauté the peppers and onions 15 minutes. Add ingredients 3, 4 & 5 and sauté another 5 minutes; cool.
2. Preheat oven to 400F (200C).
3. Divide dough into 4 equal portions and roll into balls and then stretch into 8" circles.

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4. Top half of each dough with the pepper mixture, spinach and cheese. Moisten edges of dough with water and fold dough over, crimping the edges. Cut 3 vents in the tops; brush with the melted butter; place on a baking sheet and bake 15 minutes.

QUICK & EASY CALZONES - SERVES 4

Ingredients

1. Favorite dough
2. 1 cup tomato sauce
3. 4 Tbs. shredded mozzarella cheese
4. Italian seasoning
5. Parmesan cheese

Preparations

1. Preheat oven to 350° F (180° C). On a lightly floured surface, divide dough into four portions. Roll each into a 6" circle. Spread 1/4 cup sauce over half of each circle to within 1/2 "of the edge. Top with 1 Tbs. mozzarella. Fold dough over filling; pinch edges to seal. Place on a greased baking sheet.
2. Brush milk over the tops; sprinkle with Italian seasoning and Parmesan cheese. Bake until golden brown, 20 to 25 minutes.

SWEET POTATO & RED PEPPER PASTA - SERVES 4

Ingredients

1. 8 oz. angel hair pasta
2. 2 Tbs. olive oil, divided
3. 1 medium onion, sliced
4. 4 garlic cloves, minced or pressed
5. 1 large red bell pepper, sliced
6. 1 cup diced plum tomatoes
-
7. 1/2 cup water
8. 2 Tbs. chopped parsley

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9. 1 Tbs. chopped tarragon
10. 1 Tbs. white wine vinegar or lemon juice
11. 3/4 tsp. salt
12. 1/2 cup crumbled goat cheese

Preparation

1. In a large skillet over medium heat use half of the oil and sauté the onions and garlic, 3 to 5 minutes. Add ingredients 4 through 6 and cook 7 minutes. Remove from heat, cover and keep warm.
2. Cook the pasta to your desired taste; drain, reserving 1/2 cup of the pasta water. Return pasta to the pot; add the remaining oil and stir to coat. Add the vegetable mixture and the remaining ingredients. Toss well and add the pasta water 2 Tbs. at a time until the desired consistency.

GNUDI WITH SPINACH - SERVES 4 MAIN DISH (pronounced NYOO-dee)

Ingredients

1. 12 oz. fresh spinach
-
2. 8 oz. ricotta, drained
3. 1 egg yolk
4. 1/2 cup Parmesan, and additional for garnish
5. 1/2 cup flour, and additional for working with dough
6. 1/2 tsp. nutmeg
7. Salt & pepper to taste
-
8. 1/2 stick butter
9. 6 large fresh sage leaves, finely chopped
10. Grated Parmesan for garnish

Preparation

1. In a half cup of water, cook the spinach until wilted. Cool; squeeze out the water and finely chop.
2. Mix the spinach with ingredients 2 through 7. Form very tight, small dumplings (about 2 tsp per dumpling). Place on floured surface, not touching.

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3. Over high heat bring a large pot of salted water to boiling. In batches add the dumplings. Once they float, cook another 3 to 4 minutes. Use a slotted spoon to transfer them to a warm serving plate lightly coated with olive oil.
4. Melt the butter and add the sage. Cook 2 minutes and pour over the dumplings. Top with the cheese.

RICOTTA GNUDI - SERVES 4 MAIN DISH

Ingredients

1. 1 cup ricotta, drained
2. 1 egg
3. 1/2 cup pecorino Romano
4. 1/2 cup fresh bread crumbs
5. 1/2 tsp. each salt & nutmeg
6. Flour

Preparation

1. Mix the first 5 ingredients and let sit 30 minutes. Add more bread crumbs if the dough seems too wet. Form very tight, small dumplings (about 2 tsp per dumpling) with well-floured hands. There should be plenty of flour on the surface of the dumplings. Place on floured baking sheet, not touching.
2. Over high heat bring a large pot of salted water to boiling. In batches add the dumplings. Once they float, cook another 3 to 4 minutes. Use a slotted spoon to transfer them to a warm serving plate lightly coated with olive oil.
3. Serve with pecorino Romano cheese, spaghetti sauce or another sauce of your choice.

BUTTERNUT GNUDI - SERVES 4 MAIN DISH

Ingredients

1. 3/4 cup ricotta, drained
2. 1/2 cup cook & pureed butternut squash
3. 1 egg yolk
4. 1/2 cup Parmesan

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5. 1/2 cup fresh bread crumbs
6. 1/2 tsp. each salt & nutmeg
7. Flour

Preparation

1. Mix the first 6 ingredients and let sit 30 minutes. Add more bread crumbs if the dough seems too wet. Form very tight, small dumplings (about 2 tsp per dumpling) with well-floured hands. There should be plenty of flour on the surface of the dumplings. Place on floured baking sheet, not touching.
2. Over high heat bring a large pot of salted water to boiling. In batches add the dumplings. Once they float, cook another 3 to 4 minutes. Use a slotted spoon to transfer them to a warm serving plate lightly coated with olive oil.
3. Serve with pecorino Romano cheese, spaghetti sauce or another sauce of your choice.

PASTA RUSTICA - SERVES 8

Ingredients

1. 3 Tbs. olive oil, divided
2. 1 medium zucchini, chunks
3. 1 medium yellow squash, cubed
4. 2 bell peppers (red & green), chopped
-
5. 1 medium onion, sliced
6. 1 medium eggplant, peeled & cut into 3/4" pieces
7. 2 cups fresh sliced mushrooms
-
8. 2 cloves garlic, minced or pressed
9. 1 can (28 oz.) crushed tomatoes
10. 1/2 tsp. each salt & pepper
11. dash of hot sauce or 3/4 tsp. red pepper flakes
12. 1 Tbs. fresh minced oregano or 1 tsp. dried
13. 1 Tbs. fresh chopped parsley
14. 3 Tbs. fresh chopped basil or 1 Tbs. dried
15. 1 pkg. egg noodles or fettuccine
16. 1/2 cup grated Parmesan cheese

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Preparation

1. In a 6 quart stockpot heat 1 Tbs. oil over medium-high heat. Cook items 2, 3 & 4 until tender. Remove from pot.
2. Add 1 Tbs. oil and add items 5, 6 & 7. Cook until tender.
3. Add the garlic. Cook 1 minute; add ingredients 9 through 12 and half the basil; bring to a boil; reduce heat; add the squash mix in and simmer 15 minutes, stirring occasionally.
4. Cook the noodles; drain and add to the vegetables.
5. Mix in the remaining oil; top with the cheese and remaining basil.

PASTA PUTTANESCA - SERVES 6

Ingredients

1. 4 Tbs. olive oil, divided
2. 1 large shallot, minced
3. 4 garlic cloves, minced or pressed
4. 1 small onion, finely sliced
-
5. 6 to 8 anchovy filets, chopped or 1-1/2 to 2 Tbs. anchovy paste.
6. 1 can (28 oz.) crushed tomatoes
7. 1/2 tsp. each salt & pepper
8. 1 Tbs. sugar
9. dash of hot sauce or 1/2 tsp. red pepper flakes
-
10. 1/4 cup sliced green olives
11. 2 Tbs. capers, drained
12. 1 cup fresh basil, torn or 1 Tbs. dried
13. 1 lb. cooked linguine

Preparation

1. In a large skillet over medium heat, add the oil and cook items 2, 3 & 4 until tender, 3 to 5 minutes. Add the anchovies; reduce heat to medium-low and cook 4 minutes.
2. Stir in items 6 through 9; cover and cook 5 minutes. Add the items 10 & 11; cover and cook another 5 minutes. Stir in the basil; remove from the heat and serve over the linguine.

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MARY-ETTA'S SPAGHETTI WITH MEATBALLS - SERVES 8

Meatball Ingredients

1. 1-1/2 lbs. ground beef
2. 1/2 lb. Italian sausage or pork
3. 1 egg
4. 1 small onion, finely chopped
5. Dry bread crumbs
6. 1/4 cup Dried parsley
7. 1/2 cup Parmesan cheese
8. 1 Tbs. Chili powder

Meatball Preparations

1. Using all the ingredients, make meatballs.
2. Brown the meatballs in a large skillet and set aside.

Sauce Ingredients

1. 2 hot chili peppers
2. 2 garlic cloves
3. 3/4 can (6 oz.) tomato paste
4. 2 cans (oz.) tomato juice
5. 1/4 cup dried parsley
6. 1/4 cup dried vegetable flakes
7. 1 Tbs. each dried basil and oregano
8. 2 tsp. marjoram
9. 1-1/2 tsp. thyme
10. 1/2 tsp. rosemary
-
11. 1 can (4-1/2 oz.) black olives, chopped
12. 2 cans (4 oz. ea.) sliced mushrooms with liquid

Sauce Preparations

1. Tie the chili pepper and garlic in cheese cloth; place into a large pot along with the sauce ingredients 3 through 10. Simmer over low heat for 4 to 5 hours, adding additional tomato juice as needed. Add the meatballs and juices and continue cooking another 3 to 4 hours. Cool; cover and let sit overnight.

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2. Two hours before serving remove the cheese cloth bag and start to bring the sauce to a simmer. One hour prior to serving add the olives. Add the mushrooms at the last 15 minutes of cooking.

LINGUINI AND SUMMER SQUASH - SERVES 6

Ingredients

1. 1 lb. linguini pasta
-
2. 3 Tbs. olive oil
3. 1 small zucchini, thinly sliced
4. 1 yellow squash, thinly sliced
5. 2 carrots, sliced thin
6. 1 red bell pepper, thinly sliced
7. 1/2 onion, sliced
8. 1 Tbs. herb and spice blend
9. 4 cloves crushed garlic
-
10. 1/4 cup white wine
11. 1 Tb. lemon juice

Preparation

1. In a large pot with boiling salted water cook linguini pasta until al dente. Drain well.
2. Meanwhile, in a large skillet heat olive oil and add items 3 through 9. Cook on medium-high for five minutes, stirring frequently. Add white wine and lemon juice and continue cooking until vegetables are crisp-tender and liquid has reduced, about 5 to 10 minutes.
3. Toss cooked and drained pasta with sautéed vegetables and serve.

LINGUINI IN LEMON CREAM SAUCE - SERVES 4

Ingredients

1. 1 lb. linguini pasta
-

TODAY'S COOKING

2. 1-1/3 cups heavy cream or half'n' half
3. 2 lemons, zested
-
4. 1 stick unsalted butter
5. 2 tsp. lemon juice
6. 1-1/2 cups grated Parmesan
7. 1/2 tsp. grated nutmeg
8. Salt & pepper to taste
-
9. 1 lemon cut into wedges

Preparation

1. In a large pot with boiling salted water cook linguini pasta until al dente. Drain well.
2. In a small saucepan combine the cream and zest. Bring to a boil and boil 3 minutes. Reduce to medium-low heat and whisk in the butter. Add items 5, 6, 7 & 8; reduce heat to low and stir until the cheese has melted. Toss with the hot pasta and serve with the wedges.

COUSCOUS - SERVES 4

Ingredients

1. 1 Tbs. olive oil
2. 1/2 cup chopped onion
3. 2 garlic cloves, minced or pressed
-
4. 1/4 tsp. cumin
5. 1/2 cup chicken stock
6. 1/2 cup frozen baby peas
7. 1/4 cup chopped tomatoes
-
8. 1/3 cup couscous
9. Pepper to taste

Preparations

1. In the oil, sauté items 2 & 3 for about 5 minutes. Stir in items 4 through 7 and cook 2 minutes.
2. Add the couscous; stir; cover; remove from the heat and let sit 5 minutes. Season and stir.

TODAY'S COOKING

EASY CURRY COUSCOUS - SERVES 6

Ingredients

1. 1-1/2 cups couscous
2. 3 cups chicken stock
3. 1 tablespoon curry powder
4. 2 teaspoons salt
5. 1 teaspoon black pepper
6. 2 Tbs. extra-virgin olive oil
7. 1/2 cup raisins
-
8. 1 bunch cilantro, chopped
9. 1/2 cup slivered almonds, toasted

Preparation

1. Pour couscous into a bowl. Mix items 2 through 7 in a saucepan and bring to a boil; remove from heat and pour the boiling liquid over the couscous. Seal the bowl with plastic wrap and allow to sit for 10 minutes. Fluff couscous with a fork. Top with cilantro and almonds.

CONFETTI COUSCOUS - SERVES 6

Ingredients

1. 1 (14-1/2 oz.) can chicken broth
2. 2 tablespoons water
3. 2 tablespoons lemon juice
4. 1 teaspoon grated lemon peel
5. 1/2 teaspoon salt
-
6. 1 (10 oz.) package couscous
7. 2 cups frozen peas, thawed
-
8. 1/2 cup slivered almonds, toasted
9. 1 (4 oz.) jar diced pimientos, drained

TODAY'S COOKING

Preparation

1. In a saucepan, bring items 1 through 5 to a boil. Stir in couscous and peas. Cover; remove from the heat and let stand for 5 minutes. Stir in almonds and pimientos.

CREAMY CORN COUSCOUS - SERVES 6

Ingredients

1. 1 cup couscous
2. 1 cup boiling water
-
3. 1 (14-1/2 oz.) can cream-style corn
4. 3 tablespoons butter
5. 1/2 cup shredded mozzarella cheese
6. Salt and pepper to taste

Preparation

1. Place the couscous in a bowl, and stir in the boiling water. Cover, and let stand for 10 minutes. Meanwhile, bring the next 3 items to a simmer in a saucepan over medium heat. Once the corn is hot, fold it into the couscous, and season to taste with salt and pepper.

ITALIAN SAUSAGE LASAGNA - SERVES 8

Ingredients

1. 2 lbs. Italian sausage
2. 2 garlic cloves, minced or pressed
-
3. 1 (28 oz.) can crushed tomatoes
4. 1 (8 oz.) can tomato sauce
5. 1 (6 oz.) can tomato paste
6. 1 tsp. salt
7. 2 tsp. sugar

TODAY'S COOKING

8. 1 tsp. oregano
9. 1 tsp. basil
10. 1 tsp. black pepper
-
11. 8 oz. lasagna noodles
12. 2 (15 oz.) containers ricotta cheese
13. 1 cup grated Parmesan
14. 2 large eggs
15. 3 cups mozzarella

Preparation

1. In a large skillet or pot cook the sausage and garlic until the sausage crumbles. Drain off the fat.
2. Stir ingredients 3 through 10 and simmer 30 minutes. Set aside to cool.
3. Preheat oven @ 350° F (180° C).
4. Cook the noodles according to package directions. Drain well and toss with a little olive oil to prevent sticking. Cover and keep warm.
5. Combine ingredients 12, 13 & 14 and mix well.
6. Cover the bottom of a 9x13 baking dish with 1/2 cup of the sauce; add a layer of noodles; cover with half the ricotta, 1 cup of mozzarella and half the remaining sauce. Repeat and top with the remaining mozzarella. Bake for 40 minutes.

WINTER SQUASH LASAGNA - SERVES 4

Ingredients

1. 15-oz part skim ricotta
2. 4-oz part skim mozzarella coarsely grated
3. 1/8 teaspoon nutmeg
4. 1/4 cup grated Parmesan
5. 1/4 cup chopped shallot
-
6. 1/2 teaspoon salt & 1/4 teaspoon pepper
7. 1 package spinach chopped
8. 1 winter squash pureed
9. salt and pepper to taste
10. 6 no-boil lasagna noodles
11. 3 tablespoons grated Parmesan

TODAY'S COOKING

Preparation

1. Heat oven @ 425° F (2200° C). In large bowl combine ingredients 1 through 5; then fold in the spinach.
2. Spread 1/2 cup of squash puree on the bottom of an 8-in. square baking pan. Top with 2 noodles and spread a third (about 1/4 cup) of squash on the noodles. Top with a third (about 1 cup) of the cheese mixture. Repeat.
3. Sprinkle the last layer with item 11. Cover tightly with an oiled piece of foil and bake 15 minutes. Uncover and bake an additional 8 to 10 minutes.
4. Cooked lasagna may be refrigerated up to 3 days or frozen up to 2 months. Reheat thawed lasagna @ 375° F (190° C) about 20 minutes.

ENCHI- LAGNA - SERVES 8

Enchilada Sauce Ingredients

1. 1/2 cup oil
2. 4 Tbs. flour
3. 4 Tbs. chili powder
-
4. 3 cups water
5. 2 (14-1/2 oz.) cans tomato sauce
6. 1 tsp. each cumin and garlic powder
7. Salt & pepper to taste

Preparation

1. In a large skillet or pot over medium heat add the oil. When hot stir in the flour and chili powder. Cook 2 minutes. Slowly add in the water and sauce and stir until the flour is completely dissolved. Stir in the seasonings.

Enchi-lagna Ingredients

1. 3 cups shredded, cooked meat (chicken, beef or pork)
2. 3 cups shredded cheese
3. 12 corn tortillas

TODAY'S COOKING

Preparation

1. Preheat oven to 350° F (180° C). In a large skillet, heat 2 Tbs. of oil and quickly fry each tortilla separately until softened, flipping after a minute. Add more oil if needed.
2. Use 1/3 cup of sauce to spread over the bottom of a 9"x13" baking dish. Place 4 tortillas on the sauce. Spread a third of the meat over the tortillas; top with some cheese and more sauce. Repeat layers and end with cheese.
3. Bake 30 minutes or until the cheese is bubbling. Let the casserole rest 10 minutes before serving.

Note: The dish can be made a day ahead; covered with wrap and refrigerated. Let sit at room temperature for an hour before baking. Cook an extra 15 to 25 minutes.

EASY MANICOTTI - SERVES 6

Ingredients

1. 1 box (8 oz.) manicotti shells
-
2. 16 oz. ricotta cheese
3. 1 pkg. (10 oz.) frozen spinach, thawed and moisture squeezed out
4. 1/3 cup each shredded mozzarella^ and grated Parmesan*
5. 1/2 cup chopped fresh basil
6. 2 eggs, lightly beaten
7. 1/4 tsp. each salt, pepper, garlic powder and nutmeg
-
8. 3 cups marinara sauce
9. 1/2 cup dry white wine
-
10. 1 cup shredded mozzarella^
11. 2 to 3 Tbs. grated Parmesan*

Preparation

1. Preheat oven @ 400°F (200°C).
2. Cook the manicotti per package directions.
3. Combine and mix well items 2 through 7. Fill the manicotti shells with this mixture.

TODAY'S COOKING

4. Mix together items 8 & 9 and spread 1/2 to 3/4 cup in a 13"x9" baking dish. Place the stuffed shells in the dish and top with the remaining sauce. Sprinkle with the cheeses, cover and bake for 30 minutes. Uncover and bake another 10 minutes.

CREAMY MANICOTTI WITH OLIVES - SERVES 6

Ingredients

1. 1 box (8 oz.) manicotti shells
-
2. 1-1/2 cups grated Romano, divided
3. 1 cup fine curd cottage cheese
4. 1 cup grated muenster
5. 2 eggs, lightly beaten
6. 1/8 tsp. ea. salt & pepper
7. 1 cup ripe, black olives, sliced*
8. 1/2 tsp. oregano
-
9. 3 cups tomato sauce
10. 1/2 cup ripe, black olives, sliced*

Preparation

1. Preheat oven @ 350°F (180°C).
2. Cook the manicotti per package directions.
3. Combine and mix well items 3 through 8 and half the Romano. Fill the manicotti shells with this mixture.
4. Grease a 9" square baking dish and pour in 1 cup of the tomato sauce. Place the stuffed shells in the dish and top with 1 cup of the sauce. Sprinkle with the remaining Romano and olives, cover and bake for 20 minutes. Uncover and bake another 10 minutes. Have the remaining sauce on the table.

TODAY'S COOKING

FETTUCCHINE WITH BROCCOLI & TOFU - SERVES 4

Ingredients

1. 3/4 box (16 oz. box) fettuccine
-
2. 1 cup canola oil
3. 1 cup firm tofu, cut into 1/2" cubes
4. 2 tsp. minced garlic
5. 2 tsp. minced ginger
6. 6 cup small broccoli florets
7. 1/3 cup soy sauce
8. 1/2 cup dry sherry
9. 3 Tbs. unsalted butter
10. 1/2 cup grated Parmesan
11. 1/2 cup toasted, slivered almonds

Preparation

1. Cook the pasta per package directions and drain.
2. In a wok or large skillet heat the oil to very hot, almost smoking. Stir-fry the tofu 20 seconds; add items 4, 5 & 6 and cook 1 minute. Add items 7 & 8 and simmer 1 minute. Reduce heat to low.
3. Add the butter and pasta; toss until the pasta is completely coated with the sauce. Remove from the heat; sprinkle on the cheese and toss. Garnish with the almonds.

TORTELLINI PRIMAVERA - SERVES 6

Ingredients

1. 1 pkg. (20 oz.) refrigerated or frozen cheese tortellini
-
2. 4 cups broccoli florets
3. 1/2 lb. asparagus, trimmed and cut into 1" pieces
4. 3 Tbs. unsalted butter
5. 1 red or yellow bell pepper, cut into 1/4" strips
6. 1 ea. medium zucchini and yellow squash, cut into 1/4" thick ribbons
7. 3 garlic cloves, minced or pressed

TODAY'S COOKING

8. 3 scallions, thinly sliced
-
9. 10-1/2 oz. strong chicken stock
10. 2 Tbs. flour
11. 1/2 cup grated Parmesan
12. 1/4 cup chopped fresh basil
13. Salt & pepper to taste.

Preparation

1. Cook the broccoli and asparagus in boiling water al dente (6 to 8 minutes) and plunge into ice water. Set aside.
2. Cook the tortellini per package directions and drain.
3. In a large skillet over medium heat, melt the butter and add items 5 & 6. Cook, stirring, 6 to 8 minutes. Add items 7 & 8 and cook 1 minutes.
4. Whisk together items 9 & 10 and add to the skillet. Bring to a boil; reduce heat and simmer, uncovered, until slightly thickened, 1 to 2 minutes. Add the broccoli, asparagus and remaining items. Toss gently and serve when hot.

CARBONARA - SERVES 4

Ingredients

1. 2 strips bacon
-
2. 8 oz. linguine
-
3. 1/2 cup frozen peas
4. 1 large egg
5. 1 cup evaporated milk
6. 1/4 cup chopped bell pepper
7. Dash or two of hot sauce
8. Black pepper to taste
9. 1/2 cup grated Parmesan, divided

Preparation

1. Cook the bacon crispy; drain; cool and crumble

TODAY'S COOKING

2. Cook the pasta per package directions and add the peas for the last 2 minutes. Drain and keep warm.
3. In a small saucepan over medium-low heat, whisk together items 3 through 8 and cook until the sauce will coat a spoon - do not allow to boil. Remove from the heat and stir in half of the cheese and the bacon. Add sauce and toss to coat. Serve with the remaining cheese.

SOUR CREAM NOODLES - SERVES 4

Ingredients

1. 1/2 package (10 oz. pkg.) fine egg noodles
2. 2/3 cup cups cottage cheese
3. 2/3 cup cups sour cream
4. 1/2 medium onion, finely chopped
5. 1/2 Tbs. Worcestershire sauce
6. Pinch garlic salt
7. 1 Tbs. grated Parmesan cheese
8. Paprika

Preparation

1. Preheat oven to 350° F (180° C). Cook noodles according to package directions; drain. Transfer to a large bowl. Add items 2 through 6. Spoon into a greased baking dish. Sprinkle with Parmesan cheese.
Bake, uncovered, until top is lightly browned, 35 to 40 minutes. Sprinkle with paprika.

SKILLET LASAGNE - SERVES 6

Ingredients

1. 3/4 lb. ground beef
2. 2 garlic cloves, minced
-
3. 1 can (14-1/2 oz.) diced tomatoes with basil, oregano and garlic, undrained

TODAY'S COOKING

4. 2 jars (14 oz. ea.) spaghetti sauce
-
5. 2/3 cup condensed cream of onion soup, undiluted
6. 2 large eggs, lightly beaten
7. 1-1/4 cups cottage cheese
8. 3/4 tsp. Italian seasoning
-
9. 9 no-cook lasagna noodles, broken to fit the skillet
10. 1/2 cup ea. shredded Colby-Monterey Jack cheese & shredded mozzarella cheese

Preparations

1. In a large skillet, cook first 2 items over medium heat until meat is no longer pink, breaking beef into crumbles; drain well. Stir in the next 2 items and heat through. Transfer to a large bowl.
2. In a small bowl, combine items 5 through 8.
3. Add 1 cup of the meat sauce to the skillet and spread evenly. Layer with 1 cup cottage cheese mixture, 1-1/2 cups meat sauce and half the noodles. Repeat layers and top with remaining meat sauce. Bring to a boil. Reduce heat; cover and simmer for 15 to 17 minutes or until noodles are tender.
4. Remove from the heat. Sprinkle with the shredded cheeses; cover and let stand for 2 minutes or until cheese is melted.

LEFTOVER SALMON PASTA - SERVES 2

Ingredients

1. 7 oz. linguine
2. 1 Tbs. olive oil
3. 1 garlic clove, minced or pressed
4. 6 oz. creme fraiche
5. juice of 1 lemon
6. 2 Tbs. finely chopped fresh dill, more for garnish
7. 8 oz. leftover skinless and boneless salmon, flaked
8. Generous pinch of salt

Preparations

1. Put the linguine on to boil in plenty of salted water.

TODAY'S COOKING

2. Over medium-low, heat the olive oil in a large, heavy skillet and gently sauté the garlic. Stir in the creme fraiche; reduce heat to low and cook, stirring, 2 minutes.
3. Add half of the lemon juice and the dill
4. Season the salmon generously with salt & pepper; add to the skillet and cover.
5. Once the pasta is cooked through, drain it and stir into the sauce, coating thoroughly.
6. Drizzle with the remaining lemon juice and serve with dill garnish.

FRENCH ONION PENNE - SERVES 4

Ingredients

1. 2 Tbs. unsalted butter
2. 1 large onion, thinly sliced
- 3.
4. Sea salt & freshly ground black pepper
5. 2 cloves garlic, minced or pressed
6. 1 Tbs. fresh thyme leaves, plus more for garnish
7. 1 packet French onion soup mix
- 8.
9. 1 lb. penne pasta
10. 2 cups beef broth
11. 2 cups water
- 12.
13. 1/4 cup heavy cream
14. 1-1/2 cups shredded Gruyère

Preparations

1. In a large pot over medium-low heat, melt butter. Add onions and caramelize, stirring occasionally, until deeply golden, 15 minutes. Season with salt and pepper. Add items 3 through 6 and cook, stirring, 1 minute.
2. Add items 7, 8 & 9 and bring to a boil, then let simmer until penne is al dente and most liquid is absorbed, 18 to 20 minutes.
3. Add heavy cream and 1 cup gruyère and stir until cheese is melted.
Serve as is, or place the pasta in oven-safe bowls and top with remaining gruyère. Broil until cheese is melted, 1 to 2 minutes and garnish with more thyme.

Have leftover homemade onion soup? Use that - skip ingredients 1, 2, 6, 7, 8 & 9.

TODAY'S COOKING

Pizza

(Also See Today's Bread_Dough Cookbook)

GREEN PIZZA - SERVES 6

Ingredients

1. 1 lb. pizza dough (see Today's Bread_Dough pg. 77)
2. 2 cups chopped broccoli
3. 1/4 cup water
4. 6 cups chopped arugula or spinach
5. Salt & pepper to taste
6. 1/2 cup pesto
7. 1 cup shredded mozzarella

Preparations

1. Place oven rack to the lowest position and preheat oven to 400°F (200°C).
2. Spray a large baking sheet and on a lightly floured surface, roll out the dough to fit the sheet. Transfer dough to the sheet and bake 8 to 10 minutes until the dough is puffed up.
3. Place the water in a large skillet and cook the broccoli, covered, 3 to 4 minutes. Add the greens and cook, stirring, 2 minutes. Add seasonings.
4. Spread the pesto over the dough; top with the broccoli mixture; sprinkle the cheese on top and bake another 8 to 10 minutes.

CHEATER PIZZA - SERVES 4 TO 6

Ingredients

1. 2 tubes (8 oz.) refrigerated Crescent Rolls
2. 2 pkgs. (8 oz.) cream cheese, softened
3. 2/3 cup mayonnaise

TODAY'S COOKING

4. 1 tsp. dill weed
5. 1/4 tsp. garlic powder
6. 1 tsp. finely chopped onion
7. Chopped vegetables, such as broccoli, cauliflower, carrots, radishes, mushrooms, olives, tomatoes, spinach, whatever!
8. Salt & pepper to taste
9. Shredded cheese, such as mozzarella

Preparations

1. Place oven rack to the middle position and preheat oven to 375°F (190°C).
2. Roll out the Crescent dough onto a 15"x10" baking sheet. Push 2 triangles of dough to form a rectangle - when completed, you should have 8 sections. Bake 12 minutes or until browned. Remove from oven and let cool.
3. Mix items 2 through 6 and spread over the dough. Add the veggies, seasoning and cheese and heat in a 350°F (180°C) oven until the cheese melts.
Note: cut into small pieces (makes about 80) and serve as appetizers.

FRICO PIZZA - MAKES ONE 12" PIE

Ingredients

1. 2 cups (11 oz.) bread flour
2. 1 tsp. ea. rapid rise yeast and table salt
3. 1 cup (8oz.) warm water
4. Cooking spray
-
5. 1 can (14.5 oz.) whole, peeled tomatoes
6. 1 tsp. olive oil
7. 1/4 tsp. ea. sugar, table salt and dried oregano
8. 1 garlic clove, minced or pressed
9. Pinch red pepper flakes or to taste
-
10. 3 Tbs. olive oil
11. 4 oz. (1 cup) shredded Monterey Jack
12. 7 oz. (1-3/4 cup) shredded mozzarella

TODAY'S COOKING

Preparations

1. In a bowl, combine well items 1 & 2. Add the water, which should be between 105°F and 110°F (40.5°C and 43.33°C). Mix until most of the flour is incorporated; then knead in the bowl until a sticky ball forms, about 1 minute. Lightly coat a 9" plate with cooking spray and add the dough, pressing into a 8" disk. Spray the dough and tightly cover with plastic wrap. Refrigerate 12 to 24 hours.
2. Empty the tomatoes into a fine mesh strainer; crush and drain well. Place into a food processor along with items 6 through 9. Process until smooth, about 330 seconds. Refrigerate up to 3 days.
3. 2 hours prior to baking, let the dough sit at room temperature for 30 minutes. Lightly coat the bottom of a 12" cast iron skillet with oil. Add the dough and flatten it, leaving a 1/8" gap from the edge of the skillet. Cover with plastic wrap and let rest 1-1/2 hours until puffed.
4. Place oven rack to the lowest position and preheat oven to 400°F (200°C).
5. Spread 1/2 cup of the sauce on the dough, leaving a 1/2" boarder. Press the Monterey Jack on the border, into the gap and about 3/4" up the side of the skillet. Add the mozzarella over the sauce and bake 25 to 30 minutes. Use oven gloves and place the skillet on the stove top and let sit about 3 minutes. run a knife or spatula along the skillet to loosen the pizza. Cook an additional 2 to 5 minutes on the stove top over medium heat until the pizza bottom is nicely browned. Transfer to a wire rack to cook before serving
6. Variations: Add veggies, seasonings and meats of your choice.

CAULIFLOWER CRUST PIZZA - MAKES 1 PIZZA

Ingredients

1. 1 medium head cauliflower, cut into florets
2. 1/4 cup grated Parmesan
3. 1 tsp. Italian seasoning
4. 1/4 tsp. kosher or sea salt
5. 1 large egg
6. 2 cups freshly grated mozzarella, divided
7. 1/4 cup pizza sauce (see Dressings_Sauces_Seasonings pg. 65)
8. Fresh basil leaves, for topping

Preparations

1. Preheat the oven @425° F (220° C). Line a rimmed baking sheet with parchment paper.

TODAY'S COOKING

2. Pulse the cauliflower florets in a food processor to a fine powder (about 2-1/2 cups). Transfer to a microwave-safe bowl and cover. Microwave until soft, 4 to 6 minutes. Remove to a clean, dry kitchen towel and allow to cool.
3. When cool, wrap the cauliflower in the towel and wring out as much moisture as possible. In a large bowl, stir together the cauliflower, items 2 through 5 and 1 cup of the mozzarella until well combined. Place on the baking sheet and press into a 10-inch round.
4. Add the remaining cheese; top with sauce, basil and bake until golden, 10 to 15 minutes.
5. Remove the crust from the oven and top with the Spicy Pizza Sauce and remaining 1 cup mozzarella. Bake until the cheese is melted and bubbly, 10 minutes more. Garnish with fresh basil leaves just before serving.

EASY CAULIFLOWER CRUST PIZZA - MAKES 1 PIZZA

(Serves 4 to 6)

Ingredients

1. 1 small head cauliflower, chopped (about 5 cups)
2. 1 cup shredded Asiago cheese
3. 1 large egg
4. 1/2 tsp. dried Italian seasoning or oregano, optional
5. 1 clove garlic, minced or pressed
6. 1/2 tsp. Kosher salt
7. Freshly ground black pepper to taste
8. Olive oil, for brushing

Preparations

1. Preheat a pizza stone or clean baking sheet in an oven @ 475° F (246° C).
2. Add the cauliflower to a food processor and pulse until finely ground and the consistency of couscous; you should have about 4 cups. Place into a large bowl.
3. Add items 2 through 7 and combine until the mixture holds together when pinched. Pour onto a clean kitchen towel and wring out as much moisture as you can.
4. Line a pizza peel, flat cutting board or cookie sheet with parchment and brush with some oil. Spread the cauliflower mixture into a 12-inch circle. Slide the parchment onto the preheated pizza stone and bake until barely golden and darker at the edges, about 15 minutes.
5. Remove the crust from the oven. Add your favorite toppings (see below for suggestions). slide back onto the pizza stone and bake until bubbly with browned spots, about 4 minutes.

TODAY'S COOKING

SPINACH PIZZA - MAKES 1 PIZZA

Ingredients

1. Preferred pizza dough
2. 1 pkg. (10 oz.) frozen chopped spinach, thawed & squeezed dry
3. 1 lb. mozzarella, shredded, divided
4. 2 Tbs. grated Parmesan
5. 1 can (28 oz.) tomatoes, drained and chopped
6. 2 garlic cloves, minced or pressed
7. 2 tsp. dried oregano
8. Pepper to taste (black or cayenne)

Preparations

1. Preheat the oven @500° F (260° C).
2. Press the dough onto a well oiled pizza pan.
3. Combine 3/4 of the cheese, items 3 & 4 and spread on the pizza. Combine items 5 through 8 and spread on the pizza. Top with the spinach and remaining cheese. Bake 10 minutes; reduce heat to @375° F (190° C) and bake 20 minutes.

PIZZA TOPPINGS

Sausage, Onion and Pepper: Top par-baked cauliflower crust with pizza sauce, shredded mozzarella and sausage and peppers — in this case, cooked and crumbled or sliced Italian sausage and very thinly sliced onions and bell peppers. Drizzle with olive oil and finish baking. Top with fresh basil or parsley leaves.

Buffalo Chicken: Top par-baked cauliflower crust with pizza sauce, a combo of shredded mozzarella and Cheddar and some crumbled blue cheese. Add some shredded rotisserie chicken tossed in buffalo sauce. Top with sliced red onion. Finish baking. Top with fresh celery leaves.

Mushroom and Fontina: Rub par-baked cauliflower crust with garlic oil and top with shredded fontina cheese. Top with sautéed mixed mushrooms and a sprinkle of crushed red pepper flakes. Finish baking. Top with baby arugula.

TODAY'S COOKING

Meat Lovers: Top par-baked cauliflower crust with pizza sauce and shredded Mozzarella cheese. Add pepperoni, ham, cooked and chopped bacon and cooked and halved meatballs and sliced pepperoncini. Finish baking and top with grated Parmesan.

Fig and Fresh Mozzarella: Rub a par-baked cauliflower crust with garlic oil. Top with slices of fresh mozzarella, quartered fresh figs and chopped candied walnuts. Sprinkle with a little salt and freshly ground black pepper. Finish baking. Drizzle with olive oil and a little honey. Add some fresh basil, too.

Eggplant and Ricotta: Top a par-baked cauliflower crust with tomato sauce and top with shredded mozzarella. Add chunks of cut up eggplant parmesan and dollops of ricotta cheese. Finish baking.

Baked Ziti: Top a par-baked cauliflower crust with tomato sauce, shredded mozzarella cheese and leftover baked ziti. Sprinkle with crushed red pepper flakes. Finish baking. Top with grated Parmesan.

Four Cheese: Rub a par-baked cauliflower crust with garlic oil. Sprinkle with dried oregano. Top with dollops of ricotta cheese, sliced fresh mozzarella, shredded fontina and grated Parmesan. Finish baking. Sprinkle with salt.

Corn and Onion: Top a par-baked cauliflower crust with pizza sauce. Add some caramelized onions, corn kernels and fresh thyme leaves. Drizzle with olive oil and finish baking.

Ham and Brie: Rub a par-baked cauliflower crust with olive oil. Top with slices of brie and ham. Sprinkle with salt and freshly ground black pepper and finish baking.

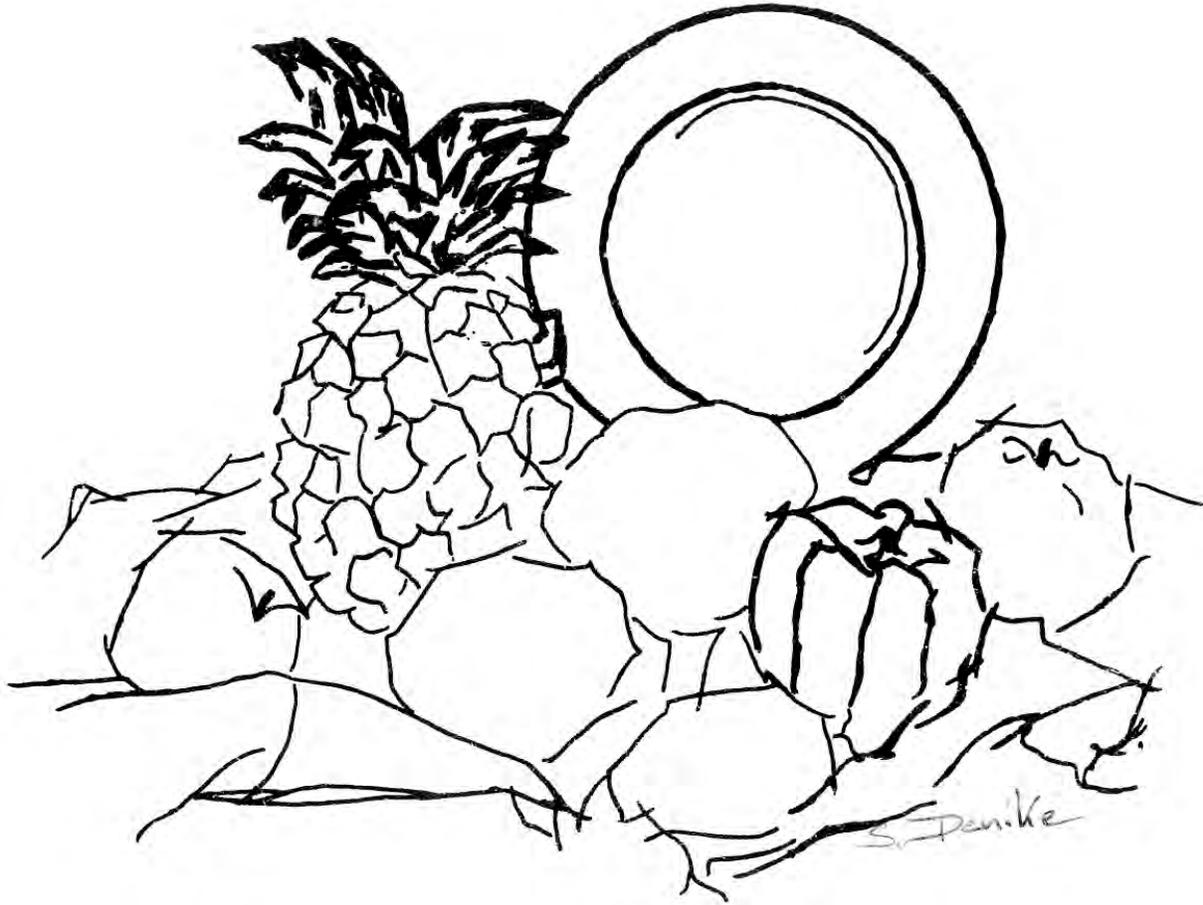
Salad: Top a par-baked cauliflower crust with pizza sauce. Top with sliced fresh mozzarella and fresh basil leaves. Finish baking. Top with micro-greens or a green salad tossed with a simple vinaigrette.

Smoked Salmon: Rub a par-baked crust with olive oil and sprinkle with salt and pepper. Finish baking. Let cool slightly. Spread with crème fraiche and top with smoked salmon, lemon zest and sliced scallions.

TODAY'S COOKING



TODAY'S COOKING



BUON APPETITO!
ITALIAN

EET SMAKELIJK
DUTCH

¡BUEN APETITO!
SPANISH

BOM APETITE!
PORTUGUESE

BON APPÉTIT !
FRENCH

GUTEN APPETIT!
GERMAN

ITADAKIMASU
JAPANESE

SMAKLIG MÅLTID!
SWEDISH

CHIÁH HOK
TAIWANESE

DA KANA!
FIJIAN

VÆR SÅ GOD!
DANISH

KALÍ ÓREKSI!
GREEK

E 'AI KĀUA
HAWAIIAN

KRIPYĀ BHOJAN KĀ ĀNNAĀND LIJĪYAI
HINDI

NIZHÓNÍGO ADÍÍYÍĪĪ
NAVAJO

GIN HĀI A-RÒI
THAI

JAL MEOKKESSEUMNIDA
KOREAN

ES GEZUNTERHEYT!
YIDDISH

SMAKLIG MÅLTID!
SWEDISH

POFTĂ BUNĂ!
ROMANIAN

MWYNHEWCH EICH BWYD!
WELSH

THOKOLEZA UKUDLA!
ZULU

SMACZNEGO!
POLISH

TAMA'A
TAHITIAN

VÆR SÅ GOD!
NORWEGIAN

ĂN NGON NHÉ
VIETNAMESE

BIL-HANĀ' WA ASH-SHIFĀ'
ARABIC