

Cookbook

A Typical Italian Menu Delights the Discriminating Gourmet

BY JOAN KINGSBURY

If I had to choose the ethnic food that I thought was most popular with most people, the overwhelming choice would be Italian. Spaghetti, ravioli, pizza all have become everyday terms describing often enjoyed, popular foods.

Cooks interested in Italian cooking may find the Sunset Italian Cookbook, from antipasto to zabaglione, very helpful. Not only does it include a wide variety of recipes for everything from appetizers to desserts but it gives an interesting history of Italian cuisine.

In choosing recipes for this column, I have followed the typical Italian main meal of the day, which is served either at midday or in the evening. The main meal begins with an appetizer, followed by a soup or pasta dish. The main course is meat, poultry or fish accompanied by a vegetable, with bread always included in the menu. Salad follows the main course after which cheese or fruit may be served. Of course, espresso served in tiny cups is the perfect way to complete a meal.

For an appetizer I have chosen Stuffed Clams,

followed by Fettucini Alfredo, a pasta dish, Saltimbocca, veal rolls, are the main course complimented by Garlic Toast. For dessert, I have chosen the recipe for Lemon Ice, a light, refreshing Italian ice.

The stuffed clams or Vongole Oregana Al Forno are similar to the baked clams served in Naples. Fresh mussels can also be prepared in this way.

Fettucine Alfredo, fresh pasta with cream, was made popular by Rome's Alfredo Restaurant. Fettucine Alfredo should be served as soon as the last bit of cream has been added since noodles will absorb the cream if they are allowed to stand. As a nice touch, this dish can be prepared at the table in a chafing dish.

Saltimbocca or veal rolls are a delicious combination of thinly pounded veal, filled with slices of prosciutto and fontina or Swiss cheese. Garlic Toast is a popular accompaniment to almost any meal.

For dessert, a delicious Lemon Ice can be easily prepared in a food processor. This Lemon Ice can be served immediately or can be stored in the freezer to enjoy later.

STUFFED CLAMS

2 doz. small hard-shell clams in shell, well scrubbed
2 T. water
¼ c. butter or margarine, softened
1 lg. clove garlic, minced or pressed
2 T. finely chopped fresh parsley
¼ t. oregano leaves
3 T. soft bread crumbs
lemon wedges

Place clams and water in a large heavy pan over medium heat. Cover and simmer just until clams open (5-10 minutes). When cool enough to handle, remove clams from shells, save half the shells.

In a small bowl, stir together butter, garlic, parsley, oregano and bread crumbs. Set each clam back into a half shell and spread with about 1 teaspoon of the butter mixture. Arrange filled shells, side by side, in a shallow baking pan. At this point you may cover and refrigerate, if made ahead.

Broil clams 4 inches from heat until lightly browned, 3-4 minutes. Serve with lemon wedges. Makes 2 dozen appetizers.

FETTUCCINI ALFREDO
8 oz. pkg. med.-wide noodles
6 T. butter or margarine
1 ½ c. whipping cream
1 c. grated Parmesan

cheese, 3 oz. freshly grated or ground nutmeg

Cook noodles in a large kettle of boiling salted water until al dente following package directions. Drain well.

Meanwhile melt butter in a wide frying pan for chafing dish, if you plan to assemble this at the table, over high heat until butter is lightly browned. Add ½ cup of the cream and boil rapidly until slightly thickened. Reduce heat to medium, add noodles and mix gently. Then add half the cheese and half cup remaining cream. Lift and mix pasta gently. Repeat with remaining cheese and cream; mix again. Season with salt and pepper to taste and generously sprinkle with nutmeg. Serve immediately. Makes 4-6 servings (first course).

SALTIMBOCCA--VEAL ROLLS
4 veal round steaks, about 2 lb. each, cut ½ in. thick
24 very thin slices prosciutto about 6 oz. total
¼ lb. fontina or Swiss cheese, cut into 1" pieces, optional
¼ c. butter or margarine
¼ t. each sage leaves and dry basil, crumbled
½ t. Dijon mustard
one third c. dry white wine

Trim and pound veal until it is very thin. Divide

meat into 12 pieces of fairly equal size (you can join scraps into larger pieces, if necessary, by overlapping edges and pounding between sheets of wax paper, handle gently), top each piece of veal with several slices of prosciutto and a piece of cheese. Roll meat to enclose filling completely, turning in edges, secure with small skewers.

Melt butter in wide frying pan over high heat and blend in sage, basil and mustard. Add meat rolls and brown quickly on all sides, turning frequently (4-5 minutes).

remove rolls and keep warm. Add wine to pan and bring to a boil, scraping brown particles free from pan. Pour sauce over veal. Makes 6 servings.

GARLIC TOAST
6 slices sweet or sour-dough French or Italian bread
3 cloves garlic
6 T. olive oil
salt

Lightly toast both sides of bread. On one side of each slice, rub a cut clove of garlic, then brush with oil. Sprinkle lightly with salt. Serve warm. Makes 6 slices.

LEMON ICE

1 small lemon
1 c. sugar
4 c. water
dash salt

about ½ c. lemon juice

Cut colored part of peel from lemon with vegetable peeler. Squeeze lemon, then strain and reserve juice. Cut colored part of lemon in ½ inch pieces, using metal blade of food processor, process colored part of lemon and sugar until lemon is finely chopped. Place in a 3 quart pan with water and salt. Heat just until sugar dissolves; let cool. To reserved lemon juice add

make two thirds cup. Stir lemon juice into cooled sugar mixture. Freeze mixture in divided ice cube trays. When frozen, you can transfer cubes to plastic bags, return to freezer.

To serve use metal blade of food processor to process 4-6 cubes of lemon puree at a time. Use on-off bursts of first to break up cubes, then run processor continuously until you have a velvety slush. Scoop into serving dishes or process ice and store, covered, in freezer, until ready to serve. Makes about 4½ cups.



AWARD CEREMONY: Pack 232 of Gate of Heaven Church, Dallas, was the recent setting for the Parvuli Dei Award Ceremony. Nineteen boys met all the requirements which included: cleaning up around the church, visiting St. Peter's Cathedral in Scranton, and visiting the elderly in a nursing home. Shown in the picture are left to right, row 1, Thomas Finarelli, Joseph Kristan, Jarrett Rittenhouse, Paul Hosey, Eric Williams, Michael Malak, Daniel McDonald, L.J. Hosey, Christopher Kuhar. Row 2, John Kristan, Jackie Jones, Anthony Finarelli, Michael Farris, Matthew Campbell, Michael

Fritzen, Gregory Stahovec, Keith Jones, Shane Williams, Evan Williams, treasurer. Row 3, Rev. William Cusick, pastor of Gate of Heaven Church; Rev. William Langan, Karen Rittenhouse, Den Mother, Chris McDonald, Den Mother, Elaine Williams, Assistant Den Mother, Jack Jones, Assistant Cubmaster, Millie Jones, Den Mother, Rose Hosey, Assistant Den Mother, Carol Kristan, Den Mother, Chris Kelly altar boy. Absent from the picture was Ron Fitch and Larry McDonald, Cubmaster of Pack 232.

Just around the corner

Joan Kingsbury 675-0835

Before you know it school will be out, and then the question "What is there to do?" becomes the norm in every home with young children. This summer, the Trucksville Nursery School, is conducting a day camp from June 13 to July 22 that may offer an interesting, fun-filled six weeks for your youngsters.

The program, "A World to Touch" will introduce the children to ideas on preserving natural resources including the topics rock formation, plant life and erosion.

Children ages 4 to 14 are eligible to attend the camp which will be held from 9 a.m. to 1 p.m. each day, Monday through Friday.

Those interested may call the Trucksville United Methodist Church office for more information.

Word around is that the Talent Show sponsored by AFS was really great. Since it was called the First Annual Talent Show those of us who missed it can look forward to attending next year's performance.

Best wishes to Mitchell James Newman and Alice Mary Engler and Susan J.

Stackhouse and Rev. W. James Pall who have announced their engagements.

Mitchell and Alice plan an October wedding. Susan and Jim will be married June 18 at the First Methodist Church, West Pittston.

Happy new parents this

week are Gertrude and Brent Steele, Charyl and James Patla, and Catherine and David Tkaczyk, who have new baby girls and Tom and Annette Pickett, Nancy and George Barnard, Darlene and Nicholas Stull who have new little boys. Congratulations to you!

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