

Northern Italian Recipes – Jeanne Fiquet and Lois Ann McQuitty

Polenta Alpina

2 c. cornmeal
6 c. water
2 tsp. salt
2 ½ c. shredded brick cheese
½ lb. butter

Pour cornmeal slowly into boiling salted water stirring constantly with a wooden spoon. Continue cooking and stirring until cornmeal leaves sides of pan easily. Place by spoonfuls in a buttered casserole dish, a layer of polenta and a layer of shredded cheese, ending with a layer of polenta. Season the top with pepper. Melt butter in saucepan and pour over mixture. Bake in moderate oven (325-350 degrees) for 30 minutes. Serves 6. Serve with meat sauce, or stew. It can be sliced and fried with cheese in between the slices of polenta or served with honey.

Gnocchi

1 lb. potatoes (not new potatoes)
1 ¼ c. flour
Salt and nutmeg
4 Tbsp. butter

Steam (do not boil) the potatoes until cooked but firm (about 20 minutes), then peel. Put the flour in the bowl. Pass the potatoes through a potato ricer onto the flour. Sprinkle with a pinch of salt and nutmeg then start incorporating the flour, little by little, into the potatoes until the dough is homogeneous. Knead gently for 5 or 6 minutes.

Cut the dough into several pieces and roll each piece into a long thin roll about ½ inch in diameter. Cut each roll into 1 inch pieces.

Place a stockpot containing a large quantity of cold water on the heat. While the water is heating, melt the butter in a small saucepan and pour it into a serving dish. Place the serving dish next to the stockpot.

When the water is boiling, add coarse salt to taste, then raise the heat and quickly drop all the gnocchi, one by one, into the stockpot.

Lightly stir the water with a wooden spoon, to keep the gnocchi from sticking. After a few seconds, the gnocchi will come to the surface of the water; let them cook for 1 minute more. With a strainer-skimmer, remove the gnocchi to the serving dish. Serve hot with the sauce of your choice.

Pizzelles

6 eggs
3 ½ c. flour, sifted
1 ½ c. sugar
1 c. butter
4 tsp. baking powder
2 tsp anise oil

Beat eggs adding sugar gradually. Beat until smooth. Add cooled melted butter and anise. Sift flour and baking powder and add to egg mixture. Dough will be sticky enough to be dropped by spoon on to the preheated pizzelle iron. It takes seconds to cook the pizzelle. Remove from the iron onto a cookie sheet to allow it to cool.

Meat Sauce

1 lb. ground beef
2-3 garlic cloves
Sweet basil
1 can tomato sauce
1 Tbsp. sugar
Parsley, salt and pepper
1 small onion chopped
1 can tomato paste
2-3 Tbsp olive oil or butter

Sauté your onion in the olive oil or butter, add your chopped garlic. Brown your meat. Then add parsley, salt & pepper, basil and can also add a bay leaf. Add tomato sauce and paste and sugar. Can substitute grated carrot for sugar. Add water ó I add water to my empty can of tomato paste and then pour it into the sauce. Let simmer. Serve with pasta or can serve this over polenta.