

From Angie's Italian Kitchen:

Sausage Italiano

Ingredients:

3 Italian sausage links sliced in
1/2" sections

1 Med. onion sliced in thin rings

2 Med. Red peppers sliced thin

Dash of salt and pepper

3 Tbsp Olive oil

- saute onions in olive oil until caramel-ized (or less) stir gently to prevent sticking, remove from pan and set aside
- saute peppers, in the same pan until tender,

add olive oil if needed, remove from pan and set aside, salt and pepper to taste

- cook sausage slices in the same pan, cover, until well done, add olive oil if needed
- mix all finished ingredients together and serve with your favorite pasta dish with olive oil and garlic, or at a picnic, on an Italian bun

Buon Apetito!



From Angie's Italian Kitchen:

Italian Tomato Salad

Ingredients:

4 medium tomatoes

2 cloves garlic

2 Tablespoons extra virgin olive oil

2 pinches of salt

dash of pepper

- Cube tomatoes & chop garlic
- Mix together
- Sprinkle with salt, pepper & olive oil
- Stir thoroughly
- Serve with warm italian bread & enjoy!

Buon Apetito!

Angie Williams

From Angie's Italian Kitchen:

Herb Coated Tilapia with Lemon

Ingredients:

1 medium lemon

1 cup bread crumbs

3/4 cup chopped fresh herbs, cilantro,
parsley, thyme

2 tablespoons parmesan cheese

4 skinless tilapia fillets

2 tablespoons extra-virgin olive oil

Dash salt and pepper

- Coat the bottom of a baking dish with butter.
- Mix the bread crumbs, parmesan cheese, and herbs together.

- Place Tilapia in the baking dish and spoon herb mixture over top.
- Sprinkle with salt, pepper & olive oil.
- Bake at 350° for 10-15 minutes.
- Drizzle with lemon juice.
- Serve with a nice Italian salad & enjoy!

Buon Apetito!



From Angie's Italian Kitchen:

Italian Garlic Potatoes

Ingredients:

4 potatoes

2 cloves of garlic

1/3 cup extra virgin olive oil

2 pinches of salt

dash of pepper

- boil potatoes with skin on until cooked
- peel skins off immediately while warm
- cube potatoes
- mix all ingredients together in bowl
- add salt and pepper to taste
- serve warm

Buon Apetito!

Angie Williams

From Angie's Italian Kitchen:

Italian Tomato and Cucumber Salad

Ingredients:

- 4 tomatoes - wedged, room temp.
 - 1 medium cucumber - peeled and sliced
 - 2 pinches of salt
 - 1 garlic clove - chopped
 - 2 tbsp olive oil
 - 2 tbsp water
 - 1 tbsp vinegar
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- mix tomato wedges and sliced cucumber
 - mix remaining ingredients for dressing
 - pour dressing over tomato/cucumber mixture

- prepare about 1/2 hour before serving and serve at room temperature

Buon Apetito!



From Angie's Italian Kitchen:

Roasted Red Peppers

Ingredients:

2 Red Bell Peppers

2 Tbsp. Extra Virgin

Olive Oil

Pinch of Salt

1 Chopped Garlic Clove

French Stick

- Broil until roasted. (Rotate continuously until fully cooked.) If pepper burns a little, it's okay.
- Peel skin off and seed pepper.
- Cut pepper into long 1/2" strips.
- Mix together strips of peppers, olive oil, salt and garlic in a bowl.

- Cut French stick diagonally and then cut into 3" strips.
- Place a few of the pepper strips on the bread.

Buon Apetito!



January 2003

From Angie's Italian Kitchen:

Marinara Sauce

Ingredients:

- 1-6oz can tomato paste
 - 2-28 oz cans whole tomatoes
 - 1-14.5 oz can stewed tomatoes
 - 2 cloves garlic
 - 1 tsp bay leaves (preferably fresh)
 - 4 tbsp olive oil
 - 3/4 tsp salt
- puree whole tomatoes and stewed tomatoes and set aside
 - sauté garlic whole (do not burn) then discard
 - sauté tomato paste for one minute on low heat

- stirring constantly making sure it does not stick to pan, set aside
- Pour pureed tomatoes in a 6-quart pot
- blend tomato paste and all other ingredients together in pot and simmer at low heat for 1-1/2 hours stirring constantly making sure sticking does not occur; any burning will change the flavor
- serve on your own favorite pasta dish

Buon Apetito!



From Angie's Italian Kitchen:

Roast Beef

Ingredients:

5 lbs standing rib roast

2 cups au jus

1 stick of butter (room temp)

Montreal Steak Seasoning

- spread butter all over roast, butter must be room temperature
- douse roast evenly with Montreal Steak Seasoning
- Roast at 425° for the first 20 minutes then lower the temperature to 325°
- for medium rare, roast 20 minutes per lb
- baste with au jus every 25 minutes

- can be served with carrots and mashed potatoes
- A good old fashion meal!

Buon Apetito!

Angie Williams

From Angie's Italian Kitchen:

Rosemary Potatoes

Ingredients:

4 potatoes

1 tbsp rosemary

1/4 cup olive oil

1/2 tsp salt

1/2 tsp pepper

- cut potatoes in half, then slice horizontally
- place sliced potatoes in 2" dee casserole dish
- mix all ingredients and place over potatoes
- bake at 375° until tender, stirring once or twice
- serve with any main dish and enjoy!

Buon Apetito!



From Angie's Italian Kitchen:

Bruschetta

Ingredients:

- 1 French bread stick sliced horizontally and cut into 3" blocks
- 4 large ripe tomatoes, chopped
- 1/4 cup olive oil
- 1/4 tsp salt
- 2 tbsp fresh basil or 1/2 tsp oregano

- mix all ingredients in a bowl and let stand in the refrigerator for 1/2 hour
- take the mixture and spoon it on top of the bread
- place bread under the broiler for 1 minute
- serve immediatly

Buon Apetito!

