

ITALIAN RECIPES



ITALIA

LIBRARY

I don't have any Italian heritage, sadly, but I'm happy to present this Italian Recipes zine to the people of Hoboken. These recipes were kindly submitted by Hobokenites to the Hoboken Public Library in August and September 2023. I've tried to keep this as-is, so you get some sense of the people who submitted recipes and the way they store their recipes. If you follow along you'll have an entire meal and several desserts. The map on the cover is from my grandparents who, surprise, lived in Italy after WWII as part of the U.S. occupation following the war. My father lived there too and for a while spoke fluent Italian. Thanks to everyone who contributed. I hope this is a fun read.

James Cox, Special Collections Manager, Hoboken Public Library, October 2023



FOCACCIA FROM ALTAMURA B.A.

INGREDIENTS:

4 CUP OF FLOUR
2 INSTANT YEAST SACHETS
ONE CAN OF PEELD TOMATOES
1/2 CUP EXTRA VIRGIN OLIVE OIL
ORIGAN, SALT, GARLIC TO TASTE.

IN A BOWL MIX THE FLOUR, SALT, YEAST, UNTIL THE MIXTURE IS SOLID, SOFT, WORKS FOR 20 MINUTE.
COVER THE DOUGH, FOR 3 HOURS.
AFTER 3 HOURS, SPREAD THE OIL IN THE BASE OF THE PAN.
PUT THE DOUGH IN THE BAKING SHEET AND LET IT GROW FOR ANOTHER HOUR.

WHEN IS READY AND SOFT, SPREAD THE PEELD TOMATO, OIL, ~~SALT~~ ORIGANO.
BAKE FOR 20/30 MINUTI.
AS LONG THE COLOR IS GOLDEN
ADD BUON APPETITO.

P.S. THE CUP OF OIL DIVIDE IN 1/2!
AND SALT 2 TEE SPOON.

From Jenn Sforza's Mother-in-Law

Grandpa Guiseppe's Escarole Pie

Ingredients:

- 1) Parchment paper
- 2) Pizza Dough, 1 pound
- 3) Olive oil, 3 tablespoons, divided
- 4) Egg, for wash
- 5) Fresh Pepper
- 6) Kosher Salt
- 7) Onions, 2 medium size vidalias
- 8) Garlic, 5-8 cloves, sliced
- 9) Escarole, 2 heads, cleaned well, chopped into 1-inch pieces
- 10) Chicken stock, 8 ounces
- 11) Oil cured olives, pitted, 1/2 cup, roughly chopped
- 12) Capers, 1/4 cup, rinsed, drained, chopped
- 13) Parmesan Reggiano, 1 cup
- 14) Pie pan
- 15) Butter/Oil
- 16) Chili flakes, optional for extra spice

The Recipe Steps:

- 1) Heat 2 tablespoons olive oil in a large skillet over medium heat
 - 2) Add onions, a pinch of salt and optional chili flakes, reduce heat and cook until caramelized, stirring occasionally
 - 3) Add Capers and cook for 1 minute
 - 4) Remove to a large bowl
 - 5) Add 1 tablespoon olive oil into the same skillet
 - 6) Add garlic slices and cook on low until golden brown
 - 7) Add chicken stock and chopped escarole
 - 8) Increase the heat to medium and cover until the escarole is wilted, 10-15 minutes
 - 9) Uncover and stir in olives, black pepper and cook for 2 minutes
 - 10) Use tongs to remove the cooked escarole filling and put it in the bowl with the onions and capers, discard the liquid in the skillet
 - 11) Add Parmesan to the bowl, stir and let cool
 - 12) Line the bottom of the pie pan with parchment paper, grease the paper and sides of the pan with butter or oil
 - 13) Divide the dough, 2/3 for the bottom, 1/3 for the top, roll out into two rounds
 - 14) Fill the pie pan bottom with the larger dough round, fill with escarole filling and cover with the smaller dough round
 - 15) Press and crimp the edges of the dough with your fingers around the edge of the pan
 - 16) Slit the top dough round then brush lightly with olive oil or egg wash
 - 17) Bake at 375 F degrees for 45 – 50 minutes until crust is golden brown
 - 18) Let rest for 10 minutes before slicing
- Buon Appetito !

Author's Note:

This recipe is dedicated to my grandfather, Joseph Anthony Bartone, born into a poor, Italian immigrant family in Hoboken in 1920. He was a World War II veteran and a dedicated husband, father, and grandfather. Submitted with love by his granddaughters Gina Wetstein and Christina Calvo, and his daughters Nicole Bartone and Jacqueline Nicolosi.

Aimee Harris, the Information and Digital Services Manager at the Hoboken Public Library, married into an Italian-American family. Her mother-in-law would regularly serve delicious Sunday Gravy she prepared with her mother who had learned from her own mother-in-law, who brought the recipe back from the homeland. Her mother-in-law's preparation of eggplant parmesan was always the best, even winning over eggplant haters, unfortunately we don't have her recipe, but she told us the secret was salting it and letting it sit before moving on to prepare the dish to help get out excess water and bitterness. Pignolis were a shared love for both Aimee and her husband, an Italian tradition, also prepared by Aimee's French grandmother every year for Christmas. We hope you'll enjoy this sweet treat!

Pignolis (Pine Nut Cookies)

Servings: 24

1 cup (5 oz) Pine Nuts
1 can/package (8 oz) Almond Paste, cut into small pieces **Use Solo not Odense brand!
2/3 cup Granulated Sugar
Whites from 2 large eggs
1 tsp. fresh-grated lemon peel

Heat oven to 325°F. Line cookie sheets with foil. Place pine nuts in a shallow dish. In a medium sized bowl beat almond paste, sugar, egg whites & lemon peel with an electric mixer till smooth.

Refrigerate batter for 1 1/2 hours.

Lightly wet hands & form dough into 1" balls, using a heaping teaspoon for each. Press balls into pine nuts, flattening slightly & coating one side only. Place nut side up on prepared cookie sheet. Bake 20-22 minutes till tops feel firm & dry when lightly pressed.

Cool completely on cookie sheet on wire rack. Peel off foil. Store in an airtight container at room temperature. Best eaten within 2 weeks, or can be frozen.

Pasticotta Pie

2 pie crusts	2 oz dark chocolate
1 pt. milk	4 egg yolks
3 1/2 heaping T. flour	1 1/2 c. sugar
1 pinch vanilla powder	1.2 t. butter

Place milk in a pan & heat through. Mix sugar & flour, pour into hot milk. Stir until well blended. Add beaten egg yolks, vanilla, butter. Back to flame, stir constantly until thickened. Take 1 T. butter put into pan, add dark chocolate and melt slowly. Add 1 1/2 c. cream & mix w/ chocolate. Fill pie crust, pour chocolate on top. Lay crust on top. Bake at 350° until golden.



From Rosary Van Ingen's Mother

So this is a recipe that my grandma gave to me.

It's her nut roll that she made every Christmas.

Nicole

Vayas Tostita for nut roll

3 cups flour
1/2 lb butter, egg little
salt 1 teaspoon vanilla. mix
together and add little milk
maybe 1 or 2 Table spoon. This is
enough for 2 nut roll.

filling:
2 lbs nuts. 1 cup sugar little
milk to make it moist and some

550
1/4 hour bake in moderate oven
lemon juice and little juice.