



## Cookin With John - Fast Food!

Some of our Family Favorites:

Classic Tomatoe Sauce

2-3 Tbsp Olive Oil
2 cloves of garlic, minced
1/2 cup chopped onions
1 28 oz can Italian tomatoes, undrained
1 6 oz can tomato paste
1 tsp dried basil
1 tsp oregano
1 tsp salt
ground pepper to taste
1/4 cup grated parmesan or romano cheese

Heat oil in large pan, adding minced garlic, onions and saute over moderate heat until transparent. Add the tomatoes, tomato

paste, basil, oregano, sugar (to taste), salt and pepper. Reduce heat to low simmer cooking with cover slightly ajar for

about 1 hour, stirring occasionally. Correct seasoning (by taste and adjust), and add the parmesan cheese. For thicker

sauce, uncover, cook slowly, stirring frequently.

Ground beef, meatballs, sausage, clams or other shellfish (1/2 lb or more) can be added to the basic tomato sauce.

# Meatballs

1/2 lb ground pork, beef or veal, or any combination of the three 1/4 cup fine, fresh bread crumbs 1/4 cup grated parmesan or romano cheese 1 egg yolk 2 tbsp heavy cream 1/8 tsp grated nutmeg 1/2 tsp chopped garlic 2 tbsp chopped parsley or basil Salt and pepper to taste 3 tbsp corn, peanut or olive oil.

Combine, roll and fry until dark brown.

Garlic Bread (butter, garlic and oregano) in broiler ... briefly or see Golden Sesame Bread recipe!

### Ceaser Sal ad

Combine 1 1/2 cloves of garlic and 1/2 cup of olive oil Tear and wash 1 head of Romain Lettuce Sprinkle salt and pepper Add 1 cup of grated parmesan or romano cheese Add juice of 2 lemons, mix in dry mustard to taste Add 1 cup of croutons and mix salad Add 1 raw egg Add any optional items, bacon, anchovy, and/or vinegar. Toss Salad

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#### Baked Ziti

1 lb ziti or penne (cooked)
15-16 oz Ricotta Whole Milk Cheese (Pollyo Brand)
1 raw egg
salt, pepper, onion powder, garlic powder and oregano (Prefer Adobo Seasoning when available)
8 oz to 1 lb mozzarella cheese (cut into slices to cover top), more is creamier! We use 8.
Tomatoe sauce (to taste ... we use about 16 oz, but original recipe called for about 28 oz)

Bake at 300 for 30 minutes, just to brown cheese topping.

Pasta with Pepperoni and Broccoli

Trim 1 lb broccoli, cut into julienne pcs.
Cook stems 5 min/Add flowers and cook 5 min more.
Heat 1 tbsp oil with galic halved. Do NOT Brown! Remove garlic, if necessary.
Add 4 oz diced pepperoni, cooking 5 min
Cook 1 lb pasta (penne), drain, add 1/4 stick of butter and 1/2 cup of grated parmesan or romano cheese.
Add broccoli and pepperoni mixture to pasta and serve.

# Fettucine Carbonara

Cook 1 lb of Fettucini
Fry 1/2 lb of bacon until crisp ... drain all but 2 tbsp of fat
Saute 1 green pepper (halved, seeded and diced)
Beat 3 eggs in small bowl Stir in 1/2 tsp crumbled marjoram leaf, salt and pepper
Toss 1/2 stick of butter to pasta
Add Seasoned eggs and toss until well blended.
Add bacon, green pepper and 1 cup of Romano cheese

# Cheesecake (NY Style)

- 1. Beat 4 pkgs of Cream Cheese
- 2. Add 1 1/2 cups of sugar
- 3. Add 4 eggs, 1 at a time, and beat into mixture
- 4. Add/Mi x
  - 16 oz sour cream
  - 3/4 cup milk
  - 4 tbsp flour
  - 1 tbsp vanilla
- 5. Pour into spring pan
- 6. Bake at 375 for 1 hour, then open oven door/sit for 1 hour.

Thanksgi vi ng Cheesecake

Crust

1 1/4 ginger snaps 1/2 cup mel ted butter Cookin With John - Fast Food! heat oven to 375, press mixture into pan, bake 10 min, cool

Filling

Mix 3 pkgs of cream cheese, 1 1/2 cups sugar, 1 tsp cinn, 1 tsp ginger, 1/2 tsp cloves ... until smooth Mix 16 oz of Pumpkin, then mix 3 eggs (1 at a time) Bake at 375 for 1 hour and 45 minutes.

# Sangria (Serves 4)

1 Bottle of Burgandy 1 jigger of kirshwasser (cherry brandy) juice of 2 oranges 1/2 to 3/4 cup sugar 1 unpeeled apple, cut into small wedges 1 unpeeled orange, cut into small wedges

Note: Peaches and strawberries can be substituted for apples and oranges, when available.

Cheddar Fondue (Serves 4)

Heat 1 cup of milk, 2 tbsp of flour, and 1 lb of diced cheddar cheese. Add 1 tsp grated shallots or onions and 1 tsp Worcestorshire sauce with a dash of cayenne pepper and salt.

Toyoba (Port with Soy Sauce)

Crush 4-5 cloves of garlic 1/2 tsp ground black pepper 1/4 cup of soy sauce 1 tbsp sugar 1 lb cubed port (cut into 2 inch squares)

Cook for 1 hour (closed pot/medium flame), adding 1 cup of water (1/4 cup at a time). Add more soy sauce and sugar if needed

at end!

With Lots of Fond Memories!