

# *Cucina di Anna*



**By Anna Carabetta**





All recipes herein are the sole property of Anna Carabetta.

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Photography by Alicia Daw.

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## A NOTE TO MY READERS | UNA NOTA AI MIEI LETTORI

### *My Story:*

First, I would like to thank you for reading my cookbook. It gives me great pleasure not only to cook but to watch the enjoyment of my family and friends savor the many flavors of the foods I have created.

My love of food and cooking came early on in my childhood because of my parents, specifically my father. He grew up in an impoverished village in Italy where they had to cultivate their garden and farm their meats for the family's survival. Given these dire circumstances, he – as a young boy – was in search to better his life as well as his family's. So early in the 1950's, he ventured to Switzerland to pursue his culinary calling, and he became a chef at a hotel.

My mother later followed to be the kitchen prep and dishwasher. They worked there for a couple of years. When they decided to start a family, my father knew he needed to make a move to give him a better foundation in which to raise a family. He then decided to travel to the United States via the seas and landed in Ellis Island, eventually settling in Meriden, Connecticut.

He immediately found work as a chef for the Department of Children and Families at the Altobello Youth Center. My father loved the children and found so much joy cooking for them, and the feelings were mutual. To this day, I vividly recall the love the children had for him. As a little girl, I would go visit my father and watch him cook with delight. He served the children breakfast and lunch and would create the weekly menu for them. My dad was a true craftsman. His meals were delicious and of course beautiful in presence.

And so, this is truly where my passion began. At home, I was known as my dad's little helper: whatever my dad did, that's what I wanted to do. It was – and still is – very natural for me to cook. I was making homemade pasta, sausage, wine, tomato sauce, and other delicacies at a very early age – probably around 5 years old.

As for my mother, she was quite the cook and baker too. Every Sunday, she would make homemade bread for the week. We could not wait until it came out of the oven to smear butter on it and bite into its crispy, warm center. Together, my parents made an incredible team. They mapped the way for my ability to cook and showed me the power of love just in the act of cooking.

I believe that food is where the heart is. Growing up, everything we did revolved around food. The best part was planning the menus. I simply could not wait to help and learn hands-on the craft of cooking.

Fast forward a bit to my young adulthood when I met my husband, I remember the art of cooking being an important trait of mine. I was nineteen years old when I met Joe. The first thing his father asked was, “Can she cook?” I chuckled. I thought everyone was a cook.

The first dish I made for my husband’s family was calamari marinara over linguine, a red sauce. My father-in-law said to my husband, “You better marry that girl!” I didn’t find this out until later, but I sometimes wonder if it was my cooking he



loved or was it really me!

Because cooking comes so naturally to me, I never see it as a job or a chore. I host all of the holidays and cook up a storm for my family. I find so much pleasure watching everyone eat at my table. And it's not always big, lavish meals for events or holidays. At one point, I even made my children's baby foods. With cooking, I find any opportunity to get creative with recipes, and I fully immerse myself in the act of preparing and cooking foods. Cooking is my passion and my thrill, and I'm so grateful for my Italian roots and my hardworking parents who instilled the value of family and tradition.

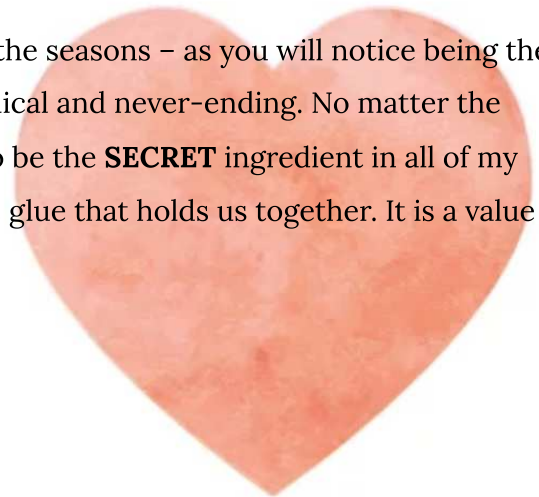
### *My Gift to You:*

I decided to put my recipes in writing for a few reasons. One being in the hopes that my children can share and carry on the goodness my father gave to me. All of the traditions and memories I had as a child mean so much to me that I thought it would be best to pass them on in the form of a cookbook.

But I also want to share my love and joy for cooking with the rest of my family and friends. My family extends far beyond my household, and I want anyone and everyone reading my book to feel part of the Carabetta's. My hope is that you enjoy my cookbook and enjoy making the recipes that make me the daughter, wife, mother, friend, and woman I am today.

My love of cooking will forever live on as well as the love for my family. Just like the seasons – as you will notice being the theme of this cookbook – my love for my family and my love for cooking are cyclical and never-ending. No matter the weather, no matter the tribulations, there is one commonality (and it happens to be the **SECRET** ingredient in all of my dishes): love. The love of family, friends, good company, and delicious food is the glue that holds us together. It is a value I will cherish for eternity.

Thank you so much. Buon appetito!





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WINTER  
*Inverno*

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Our winter months in New England are very warm and cozy. My family loves comfort food, and being that we are indoors often, we cook up lots of warm, feel-good meals. Though this season brings long, cold days and early, dark nights, my family and I consider it quite fun. This is partly due to the holiday season. My girls and I love to make and create exciting crafts. My daughter Cecelia is a true artist. She loves to bake as well as paint on canvas! Traditionally, we hold our yearly Christmas party where my family each brings a toy for children in need. We typically donate to non-profits, special needs organizations, and adoption centers. I started this nearly 30 years ago, donating toys to my local church in honor and memory of my twin boys whom I lost mid-pregnancy in 1991. My husband and I along with a school mom also started a Christmas shopping day called “Santa Day” at our children’s school where we would have Santa Claus come for all the children.

The winter season also allows my kids and I to enjoy the outdoors by snowmobiling, making snowmen, and engaging in snowball fights! And nothing beats coming in after some time outside to a comforting dinner and topping it off with hot chocolate. These winter recipes I share with you in the following pages are the perfect solution to any cold day!

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# BROCCOLI RABE

12 cloves of garlic coarsely chopped  
2 bunches of broccoli rabe  
½ cup of white wine  
1 - 1 ½ cups of olive oil  
Salt and pepper  
Red pepper flakes (optional)  
Parmesan cheese (optional)

Wash and clean the broccoli rabe and then snip off the ends. Cut up the broccoli rabe into small pieces and boil until tender (around 3 to 4 minutes). Meanwhile in a large skillet, lightly brown the garlic and add white wine. Then add the broccoli rabe and remaining oil. Season with salt, pepper, and red pepper flakes to your liking and cook thoroughly until soft. Place in a serving dish and sprinkle with parmesan cheese over top.

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12 aglio tagliato a pezzi  
2 branchi di rabe di broccoli lavati, puliti e finiti tagliati  
½ tazza di vino bianco  
1 - 1 ½ bicchieri di olio d'oliva  
Sale e pepe  
Fiocchi di pepe rosso (facoltativi)  
Formaggio parmigiano (facoltativo)

Lavate e mondate le cime di rapa e poi tagliate le estremità. Tagliare le cime di rapa a pezzetti e far bollire finché sono teneri (circa 3-4 minuti). Nel frattempo in una grossa padella, aglio marrone leggermente e aggiungere vino bianco. Poi aggiungi il rabe broccoli e il resto dell'olio. Stagione con sale, pepe e pepe rosso che ti piace e cucinare a fondo fino a morbido. Metti in un piatto da servitore e spruzzi con formaggio parmigiano sopra.



# GLAZED CARROTS

1 pound of carrots  
1 cup of water  
4 teaspoons of apple juice  
1 tablespoon of brown sugar  
1 teaspoon of butter  
¼ teaspoon of ground nutmeg  
¼ teaspoon of cinnamon

Peel carrots and cut half of an inch thick. Boil until tender. Then drain the water from the pot. In a skillet, add remaining ingredients and simmer until liquids dissolve.

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1 chilo di carote  
1 tazza d'acqua  
4 cucchiaino di succo di mela  
1 cucchiaio di zucchero marrone  
1 cucchiaino di burro  
¼ Cucchiaino di noce moscata  
¼ Cucchiaino di cannella

Sfogati carote e tagliati mezzo pollice spessa. Bollisci fino a tenera. Poi prosciuga acqua dalla pentola. In una padella, aggiungere ingredienti e calmare fino a quando i liquidi non si sciolgono.



# BEEF STEW

2 pounds of beef stew  
¾ cups of flour  
¼ cup of olive oil  
2 32-ounce containers of beef broth  
1 ½ cups of red wine  
6 carrots peeled (cut off the ends)  
6 celery stalks (cut off the ends)  
6 red potatoes washed and peeled  
Salt and pepper to taste

Prep Overnight: marinate your stew meat in red wine. On wax paper, place flour and add salt and pepper mix. Dredge your stew meat and shake off excess flour. Cut up your celery, carrots, and potatoes in bite-sized chunks. In your crock pot, coat the bottom with olive oil. Place your meat in the crock pot and add your cut-up vegetables and beef broth over top. Put the crock pot temperature on medium heat and cook for 6 hours or so until the meat is tender. Feel free to add biscuits or crackers along with this stew!

2 chili di stufato di manzo  
¾ tazze di farina  
¼ tazza di olio d'oliva  
Contentitori di brodo di carne di carne da 2 grammi  
1 ½ bicchiere di vino rosso  
6 carote sbucciate (tagliate le estremità)  
6 stalk di sedano (taglio alle estremità)  
6 patate rosse lavate e sbucciate  
Sale e pepe da gustare

Preparati durante la notte: marinate la carne di stufato nel vino rosso. Sulla carta di cera, piazza farina e aggiunta di sale e peperoncino. Dregga la carne di stufato e toglia la farina in eccesso. Tagliate il sedano, le carote e le patate in pezzi di morsi. Nel tuo vaso da crock, rivestite il fondo con olio d'oliva. Metti la carne in pentola e aggiungi le verdure tagliate e il brodo di carne sopra. Mettere la temperatura di crock erba a medio e cucina per 6 ore, fino a quando la carne non è tenera. Sentiti libero di aggiungere biscotti o cracker insieme a questo stufato!





# ANNA'S DAD'S VEAL CHOPS

4 veal chops  
½ cup of flour  
¼ cup of olive oil  
6 celery stalks (cut off the ends)  
4 carrots peeled (cut off the ends)

6 tomatoes  
1 sweet onion  
1 cup of red wine  
1 package of polenta  
Salt and pepper

Place flour on wax paper. Add your mixture of salt and pepper to your liking and mix together with flour. Dredge your chops in the flour and shake off the excess. In a cast iron pot, heat oil and place chops, browning them on each side for about 5 minutes per side. Set aside in a deep dish. Next, cut up your celery, carrots, onion, and tomatoes and add to the pot where you just browned your chops. Stir occasionally and keep covered. Add your wine and let the vegetables cook on low to medium heat for 30 to 40 minutes. Then add your chops and continue to cook for another 15 to 20 minutes until you see your dish thicken together and your chops are cooked thoroughly. Always keep covered while cooking.

Meanwhile, as your chops are continuing to cook, prepare your polenta according to the package. I like to buy instant vacuum-packed polenta, and I enjoy my polenta a little bit more on the creamy side. When finished, place the polenta on a serving dish and gently place your thickened chops atop. Serve piping hot.

4 costolette di vitello  
½ tazza di farina  
¼ olio d'oliva  
6 stalk di sedano (taglio alle estremità)  
4 carote sbucciate (tagliate le estremità)

6 pomodori  
1 cipolla dolce  
1 tazza di vino rosso  
1 pacchetto di polenta  
Sale e pepe

Posizionare farina sulla carta di cera. Aggiungi il tuo miscuglio di sale e pepe a tuo piacimento e mescolati con la farina. Dreggete le braciole nella farina. Scuoti la farina in eccesso. In un vaso di ferro, olio di calore e braciole di posto, li browniamo su ciascun lato per circa 5 minuti a lato. Mettiti da parte in un piatto profondo.

Poi taglia il sedano, le carote, le cipolle e i pomodori e aggiungi all'erba dove hai appena abboccato le braccia. Occasionalmente, e tieni coperto. Aggiungi il vino e lascia che le verdure cuocino a calore medio per 30-40 minuti. Poi aggiungi le braciole e continua a cucinare altri 15-20 minuti finché non vedi il tuo piatto si addensano insieme e le tue braciole sono cucite a fondo. Tieniti sempre coperto mentre cucinavo.

Nel frattempo, mentre le tue braciole continuano a cucinare, prepara la polenta secondo il pacco. Mi piace comprare la polenta istantanea, e mi piace la polenta per essere un po' piu' sul lato cremoso. Quando finite, mettete la polenta a servire piatti e mettete delicatamente le vostre costolette. Servo caldo.



# TIRAMISU

2 packages of lady finger cookies (found in the Italian section)  
1 container of mascarpone cheese (softened and out of the fridge for about an hour)  
4 extra large or jumbo egg yolks  
1 cup of sugar  
1 container of heavy cream  
2 tablespoons of vanilla extract  
½ cup of espresso coffee  
3 tablespoons of dark rum  
Cinnamon  
Cocoa powder  
Shaved chocolate (optional)

In a medium mixing bowl, beat your egg yolks and sugar until thick and creamy. Reserve and refrigerate. In another bowl, pour your heavy cream and vanilla. Beat together on high until the cream has become thick. Reserve in the refrigerator as well. Take your egg mixture and start to spoon in softened mascarpone cheese. Mix well together. In a 13x9 glass pan, align the lady fingers along the bottom of the pan. Taking a teaspoon, gently cover the fingers with the coffee entirely. Layer half of your egg and cheese mixture evenly on top. Take half of your cream mixture and spread on top. Sprinkle cinnamon and cocoa powder. Repeat the layers. Feel free to shave some dark chocolate along the top as well. Refrigerate for 4 hours or even overnight.

2 confezioni di biscotti da donna (trovati nella sezione italiana)

1 contenitore di formaggio mascarpone (ammorbidito e fuori dal frigo per circa un'ora)

4 tuorli di uova di larghezza o di jumbo

1 tazza di zucchero

1 contenitore di crema pesante

2 cucchiaini di estratto di vaniglia

1 tazza di caffè espresso

3 cucchiaini di rum scuro

Cannella

Cacao in polvere

Cioccolato rasato (facoltativo)

In una ciotola di miscelazione media, batti i tuorli d'uovo e lo zucchero fino a spessore e cremoso. Riserva e frigorifero. In un'altra ciotola, versa la tua panna pesante e la vaniglia. Stare insieme in alto finché la crema non è diventata spessa. Riservare anche in frigorifero. Prendi la miscela di uova e inizia a cucinare con formaggio mascarpone ammorbidito. Mischiare bene insieme. In una padella di vetro 13x9 allinea le dita da donna lungo il fondo della padella. Prendo un cucchiaino, copri delicatamente le dita con il caffè. Metà di uova e formaggio in cima. Prendi metà della tua miscela di crema e spargi sopra. Cannella e cacao in polvere. Ripeti gli strati. Sentiti libero di rasare anche un po' di cioccolato scuro lungo la cima. Refrigerare per 4 ore o anche per la.



SPRING  
*Primavera*

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Florals and aromas meet! Spring is the season of blossoms and fragrance. It's also the season of new beginnings and better weather. During this season, my family grows excited as we spring ahead in time with lighter evenings, hear the beautiful birds chirping, and witness the blossoming buds on the trees. The boys along with their father and grandfather begin to order the trees to plant in their extravagant garden. The mounds of topsoil that are piled high are waiting to be transported to the sites so as to beautify the landscapes that will complement the vibrant, multi-colored array of plants and flowers. A gorgeous mixture of lilac, hyacinth, tulip, and daffodil aromas fill the air. The yards and gardens are beautifully manicured, supporting the voluptuous plant and vegetable garden.

The food and floral scents are just so refreshing. I hope that my recipes bring some vibrancy and freshness to your table!

# ORANGE SALAD

3 seedless oranges  
¼ cup fresh fennel cut into chunks  
½ red onion  
2 tablespoons of capers  
½ cup of olive oil  
1/3 cup balsamic vinegar  
Crushed hot pepper flakes (optional)  
Salt and pepper

Peel oranges and cut in half. Place in a medium bowl. Chop onions into small pieces and add to the bowl. Mix oil, vinegar, salt, pepper, and capers together and pour over oranges. Mix and serve.

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3 arance senza semi  
¼ tazza di finocchio fresco tagliato in pezzi  
½ cipolla rossa  
2 cucchiaini da tavola di capperi  
½ tazza di olio d'oliva  
1/3 di tazza di aceto balsamico  
Fiocchi di pepe caldo frantumati (facoltativi)  
Sale e pepe

Sfogati arance e tagliati a metà. Metti in una ciotola media. Tagliare cipolle in piccoli pezzi e aggiungere alla ciotola. Olio di mix, aceto, sale, peperoncino e capperi insieme e versano sulle arance. Mischiare e servire.





# GARDEN PRIMAVERA

2 yellow squash  
2 green squash  
1 red pepper  
1 green pepper  
1 bunch of parsley, washed and chopped  
1 bunch of basil, washed and chopped  
6 tomatoes  
1 white onion  
1 pound of gemelli pasta  
1 ¼ cup of olive oil  
½ cup of parmesan cheese  
Salt and pepper to taste  
Garlic salt to taste

Wash all vegetables. Cut off ends of squash and cut into ¼ inch circles. Core peppers and slice into ¼ inch slices. Cut tomatoes into small chunks. Chop onions into small pieces. In a large skillet, heat ¼ cup of oil and add the onions, green and yellow squash, and red and green peppers. Stir often. Cook until tender. Then add the remaining oil and heat thoroughly. Add tomatoes, basil, and parsley. Continue to cook for 5 more minutes.

Meanwhile, cook pasta accordingly and drain. Place in a serving bowl. Pour vegetable mixture over pasta and sprinkle cheese over top. Serve piping hot!

2 squash gialli  
2 squash verde  
1 peperoncino rosso  
1 peperoncino verde  
1 mucchio di prezzemolo, lavato e tagliato  
1 branco di basilico, lavato e tagliato  
6 pomodori  
1 (rosso/bianco/giallo?) cipolla  
1 chilo di pasta di Gemelli  
1 ¼ tazza di olio d'oliva  
½ tazza Formaggio parmigiano  
Sale e pepe da gustare  
Sale aglio da gustare

Lavate tutte le verdure. Tagliare i estremi di squash e tagliare in cerchi da 1 cm. Peperoni e fette in fette di pollice. Tagliamo i pomodori in piccoli pezzi. Tagliare cipolle in piccoli pezzi. In una grande padella, calda e tazza di olio e aggiungi le cipolle, la zucca verde e il peperoncino rosso e verde. Spesso Cucinare fino a tenera. Poi aggiungi l'olio e il calore a fondo. Aggiungi pomodori, basilico e prezzemolo. continua a cucinare altri 5 minuti. Nel frattempo, cucini la pasta di conseguenza e scarica. Metti in una ciotola da servizio. Miscela di verdure sopra la pasta e formaggio spruzzato sopra. Serve caldo!



# SEABASS WITH PINEAPPLE

3-4 pounds of seabass  
Half stick of butter  
½ cup of olive oil  
1 red onion  
1 cup chopped fresh pineapple  
Salt and pepper  
Garlic powder  
Chopped parsley

Preheat the oven to 375. Wash seabass and let dry. In a small bowl, combine oil, seasonings, chopped red onion, and chopped pineapple. Mix well. In a baking dish, place fish and pour the seasoned onion and pineapple mixture on top. Sprinkle parsley over top after. Bake for 30 to 35 minutes.

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3-4 libbre di seabas  
Meta' bastone di burro  
½ tazza di olio d'oliva  
1 cipolla rossa  
1 bicchiere di ananas fresco  
Sale e pepe  
Polvere di aglio  
Prezzemolo tagliato

Preriscaldare il forno a 375, lavare la maria e asciugare. In una piccola ciotola, olio combinato, stagioni, cipolla rossa tagliata e ananas tagliato. Mischia bene. In un piatto da cucina, metti pesce e versa la cipolla stagionata e la miscela di ananas sopra. Prezzemolo sprinkle dopo. Batti per 30-35 minuti.



# FISH FILET WITH TARTAR SAUCE

**Fish Filet:**

8 filets of flounder (you can use any white mild fish)  
¼ cup of flour  
1 teaspoon of grated cheese  
2 eggs  
¼ cup of milk  
1 cup of Italian-flavored breadcrumbs  
1 cup of vegetable oil  
Salt and pepper

**Tartar Sauce:**

1 hard-boiled egg, crumbled  
1 cup of mayonnaise  
¼ cup of relish

Wash fish and pat dry with paper towels. Place flour on wax paper or counter (your choice). Season with salt and pepper to your liking. Lightly dredge the fish on both sides. In a small bowl, beat eggs with milk and then add grated cheese. Add ¼ of oil in a large frying skillet enough to where the pan is covered and oil comes to a high sizzling heat. Dip the fish into the egg batter and cover both sides. Then dip the fish into a bowl with your seasoned breadcrumbs. Make sure to cover both sides evenly. Slowly place the fish into the frying pan until each side is lightly browned. Meanwhile, cover a plate with paper towels. When fish is browned on both sides, transfer to the plate with towels to absorb excess oil.

Mix all ingredients for the tartar sauce and serve on the side of your filet of fish.

### **Filet di pesce:**

8 filetti di flounder (si possono usare qualsiasi pesce bianco di lieve natura)

¼ bicchiere di farina

1 cucchiaino di formaggio grato

2 uova

¼ bicchiere di latte

1 bicchiere di pane al sapore italiano

1 bicchiere di olio vegetale

Sale e pepe

Lavare il pesce e asciugare con gli asciugamani di carta. Posizionare farina su carta o cartone di cera (a sua scelta). Stagione con sale e pepe di grazia. Scavare leggermente il pesce su entrambi i lati. In una ciotola piccola, picchiate le uova con latte e poi aggiungete formaggio grattugiato. Aggiungere l'olio in una grande padella per friggere abbastanza da dove la padella è coperta e l'olio si presenta ad un caldo molto raffinato. Metti il pesce nel battitore d'uova e copri entrambi i lati. Poi infila il pesce in una ciotola con le tue briciole di pane stagionate. Assicurati di coprire entrambi i lati uniformemente. Metti lentamente il pesce nella padella da frizione fino a quando ciascun lato non viene marronato leggermente. Nel frattempo, copri un piatto con asciugamani di carta. Quando il pesce viene brown su entrambi i lati, trasferirsi alla targa con asciugamani per assorbire l'olio in eccesso.

### **Salsa tartara:**

1 uovo sodo, sgretolato

1 tazza di maionese

¼ bicchiere di sollievo

Mescolate tutti gli ingredienti per la salsa tartara e servite a lato del vostro filetto di pesce.



*Dessert*

# LUSCIOUS LEMON CAKE





4 cups of crushed graham cracker crumbs  
1 stick of butter (melted)  
½ cup of white sugar  
1 teaspoon of cinnamon  
¼ cup of finely chopped nuts  
2 softened bars of cream cheese

½ cup of confectioner sugar  
½ squeezed lemon juice  
2 instant lemon pudding mix  
1 quart of heavy cream  
½ cup of confectioners sugar  
½ cup of chopped nuts

In a medium bowl, mix graham cracker crumbs, butter, sugar, cinnamon, and finely chopped nuts in a 13x9 glass rectangular pan. Press down graham cracker mixture in the pan and bake 15 to 20 minutes in an oven at 350 until browned. Let cool. In a separate bowl, add cream cheese, lemon, and confectioner sugar. Beat on medium-high until fluffy and spread on top of your cooled graham cracker crust. Make the lemon pudding according to the directions on the packet. Add the lemon pudding on top of the cream cheese mixture. In another bowl, add the heavy cream and confectioners sugar in a medium bowl and beat on high until it thickens. Spread evenly on top of your lemon layer. Now sprinkle your chopped nuts over top of your luscious lemon and refrigerate.

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4 tazze di briciole di cracker Graham schiacciate  
1 panetto di burro (sciolto)  
½ tazza di zucchero bianco  
1 cucchiaino di cannella  
¼ di tazza di noci tritate finemente  
2 crema di formaggio ammorbidita

½ tazza di zucchero a velo  
½ succo di limone spremuto  
2 mix di budino al limone istantaneo  
1 litro di panna  
½ tazza di zucchero a velo  
½ tazza di noci tritate

In una ciotola media, mescola i cracker Graham, il burro, lo zucchero, la cannella e le noci tritate in una padella rettangolare di vetro 13x9. Premere la miscela di cracker Graham in una padella e cuocere per 15-20 minuti in forno a 350 fino a doratura. Lasciate raffreddare. In una ciotola separata, aggiungi la crema di formaggio, il limone e lo zucchero a velo. Sbatti a fuoco medio-alto fino a renderlo soffice e spalmalo sulla crosta di cracker Graham raffreddata. Prepara il budino al limone seguendo le indicazioni sulla confezione. Aggiungere il budino al limone sopra la crema di formaggio. In un'altra ciotola, aggiungere la panna e lo zucchero a velo in una ciotola media e sbattere a fuoco alto fino a quando non si addensa. Distribuire uniformemente sopra lo strato di limone. Ora cospargere le noci tritate sopra il limone succulento e conservare in frigorifero.

SUMMER  
*Estate*

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Summer is a time for our family to gather together with laughter, lots of fun and games in the pool and on the beach, and bright and refreshing dishes! We divide our time between our Meriden home and Westbrook beach home. Typically on Sundays, when we are at the beach, we do our traditional lobster bake. At our Meriden home, we celebrate Fourth of July with huge fireworks, a tradition we've kept since Joe and I got married in the summer of 1990. We had a fabulous firework show with our names that lit up the sky. When Cecelia turned one in July, we also had fireworks at her party.

We also cherish a lot of family time by working in the garden together, planting all the vegetables including tomatoes, peppers, zucchini, lettuce, eggplant, radishes, cucumbers, basil, parsley, and so much more. The list goes on and on! Farming has been in both sides of the families for centuries, so it is embedded in the children's bloodlines. My parents immigrated from a region in Campangia, which means "farming." They produced everything on their own, from meats and vegetables to making all their clothing, as well as building and fixing things with their bare hands. Joe's grandparents came from Calabria, which also foraged the same way.

At the end of the season, we get ready to make our jarred tomatoes, roasted red peppers, and stuffed cherry peppers. I even freeze tomatoes to keep on hand for soups, stews, and sauces, and the same with the green peppers. We try to use everything and leave nothing to waste. Tradition has it that my father-in-law would share his garden with the community and give vegetables to his friends and also everyone in his buildings.

Given the bright, warm season that summer is, I chose some really fresh flavors and recipes to bring to your table - recipes that the kids will be excited for!

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# ZUCCHINI FLOWERS



12 zucchini flowers  
½ cup of ricotta  
Handful of mozzarella cheese  
1-2 tablespoons of grated cheese  
1 egg  
1/3 cup of milk  
½ cup of Crisco oil  
Salt and pepper to taste

Pick the zucchini flowers first thing in the morning when the flower is fully opened. Make sure to wash them thoroughly for any living creatures. Clean squash flowers with cool water and let dry. Meanwhile, in a small bowl, mix cheeses and salt and pepper together. In another small bowl, beat eggs and milk. In a large skillet, heat oil on medium to high heat until the oil starts to sizzle. Stuff the flowers with the cheese mixture, close and fold in at the top of the flower, then gently dip in the egg batter. Slowly place the flower in the sizzling Crisco oil and gently turn over on each side to cook until lightly brown. Place on a plate with a paper towel to absorb oil. Serve hot!

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12 fiori di zucchine  
½ tazza di ricotta  
Mani di formaggio di mozzarella  
1-2 cucchiaini di formaggio grato  
1 uovo  
1/3 di tazza di latte  
½ tazza di olio di Crisco  
Sale e pepe da gustare

Prendete i fiori di zucchine domattina, quando il fiore è completamente aperto. Assicuratevi di lavarli accuratamente per ogni creatura vivente. Fiori di squash puliti con acqua fresca e si asciugano. Nel frattempo, in una ciotola, mischiate formaggi e sale e pepe insieme. In un'altra ciotola, picchiate uova e latte. In una grande padella, olio di calore su calore a medio e alto, fino a quando l'olio cominci a soffocare. Rimanete i fiori con la miscela di formaggio, vicini e piegati in cima al fiore, poi immergete delicatamente nel battitore d'uova. Metti lentamente il fiore nell'olio di Crisco e si gira delicatamente su ciascun lato per cucinare fino a marrone leggermente. Posizionare su piastra con asciugamano di carta per assorbire l'olio. Serve caldo!

# GREEN ZUCCHINI AND EGGS

4 green zucchinis, washed and trimmed at ends  
6 extra large eggs  
½ cup of milk  
½ cup of grated parmesan cheese  
½ cup of olive oil  
1/3 cup of chopped parsley  
Salt and pepper

Slice zucchinis in half (length wise). Then slice ¼ inch in size. Set in a bowl. Meanwhile, in a large skillet, heat oil on medium-to-high heat. Beat eggs with remaining ingredients and set aside. Place cut zucchinis in a large skillet and stir constantly until zucchinis become tender. Add beaten egg mixture and stir continuously until eggs are cooked thoroughly. Place in a serving bowl and sprinkle additional cheese and chopped parsley to garnish.

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4 zucchini verde, lavati e sbottonati alle estremità  
6 uova in più grandi  
½ tazza di latte  
½ tazza di parmigiano grattugiato  
½ tazza di olio d'oliva  
1/3 di tazza di prezzemolo tritato  
Sale e pepe

Zucchini a fette (lunghezza saggiata). Poi taglia 1 centimetro di grandezza. Metti in tavola. Nel frattempo, in grande padella, olio di calore su calore medio-alto. Picchiare uova con ingredienti rimanenti e ritirare. Il posto taglia le zucchini in grande padella e agita costantemente finché le zucchini non diventano tenere. Aggiungere la miscela di uova battuta e agitare continuamente fino a quando le uova non vengono cotte a fondo. Posizionare una ciotola da servire e spruzzare formaggio aggiuntivo e tagliare prezzemolo per fare da spazzola.



# SURF AND TURF

8 filet mignon steaks  
8 lobsters  
½ cup of olive oil  
Fresh parsley chopped

Fresh basil chopped  
Garlic powder  
Salt and pepper  
Butter (melted for lobsters)

Place steaks in a glass pan. In a small bowl, combine oil and seasonings. Pour over steaks and let them marinate for 2 or more hours. In a large pot, bring water to boil. Cook your lobsters for 12 to 15 minutes in rolling boiling water. Grill your steaks on medium-to-high heat, turning occasionally. Cook each side for 8 to 10 minutes or to your liking. Melt your butter to piping hot. Place steaks on a platter as well as your lobsters and serve alongside with butter. Don't forget your lobster crackers! We like to use a lobster scissor as well.

8 bistecche di filet mignon  
8 aragoste  
½ tazza olio d'oliva  
Prezzemolo fresco tagliato

Basilico fresco tagliato  
Polvere di aglio  
Sale e pepe  
Burro (sciolto per aragoste)

Mettiamo bistecche in una padella di vetro. In una piccola ciotola, combinate olio e stagioni. Versare sopra le bistecche e lasciarle marinare per 2 o più ore. In un vaso, porta acqua a bollire. Cucinate le aragoste da 12 a 15 minuti nell'acqua bollente. Grilla le bistecche a calore medio-alto che si gira ogni tanto. Cucinare per 8 o 10 minuti o per quanto ne pare. Mescola il burro in caldo. Metti bistecche sul piatto, così come le aragoste e servi al burro. Non dimenticare i cracker all'aragosta. Anche noi ci piace usare una forbice d'aragosta.





# GRILLED LAMB CHOPS

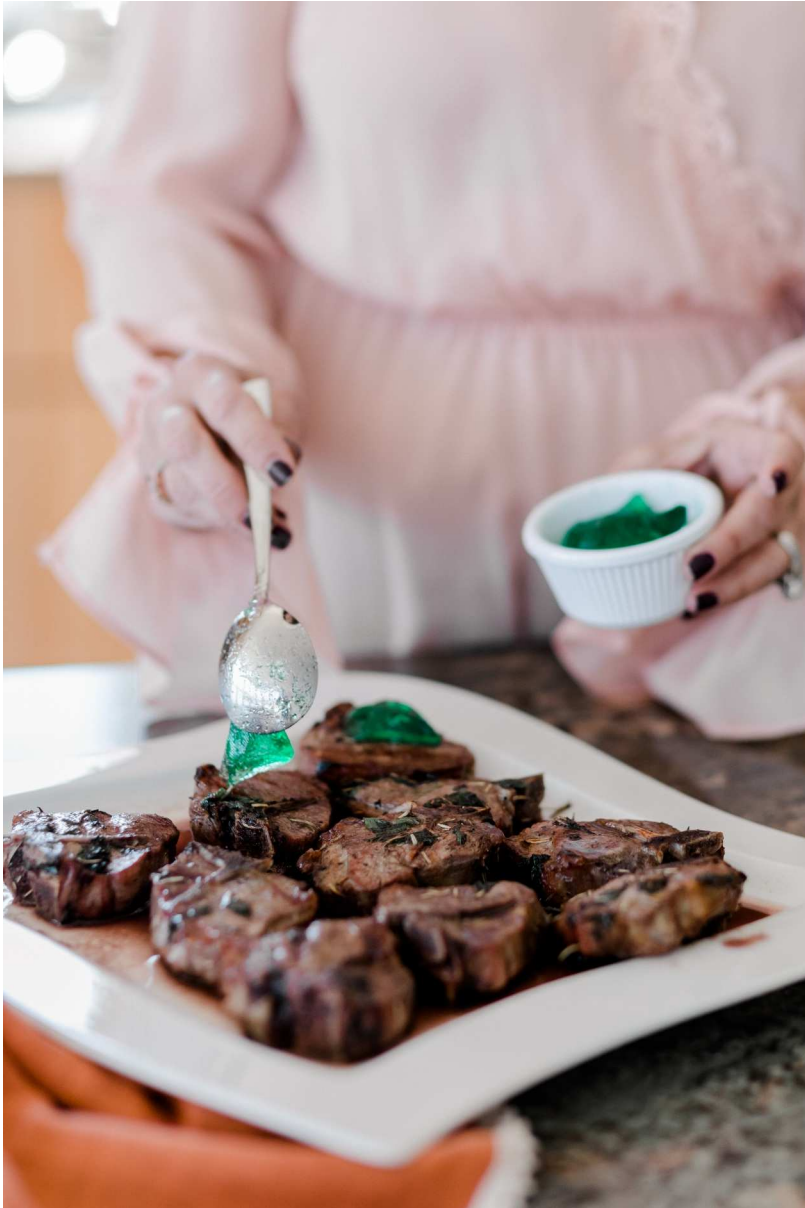
12 lamb chops (lollipop)  
1 cup of olive oil  
Mint leaves, chopped  
Salt and pepper  
Garlic powder

Place chops in a glass pan. Mix ingredients in a small bowl and pour over the chops. Let the chops marinate for 4 or more hours. Grill on medium heat, 7 to 8 minutes on each side. Feel free to pair this with a mint jelly of your choice (highly recommended).

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12 costolette di agnello (lecca lecca)  
1 tazza di olio d'oliva  
Foglie di menta, tagliate  
Sale e pepe  
Polvere di aglio

Posizionare le bracioline in vetro. Miscela in una ciotola piccola e versa sulle costole. Lascia che le bracioline si marinino per 4 o più ore. Grillo con calore medio da 7 a 8 minuti ciascuna parte. Sentiti libero di coprirlo con una gelatina alla menta di tua scelta (altamente raccomandato).



# CECE'S APPLE PIE



6 large honey crisp apples  
½ cup of sugar  
1 tablespoon of cinnamon  
¼ teaspoon of nutmeg  
¼ of a fresh lemon (squeezed)  
1 tablespoon of flour  
1 pie crust (already refrigerated)

#### Crumb Topping

1 stick of butter, softened to room temperature  
1 cup of flour  
½ cup sugar

For the crumb topping, take all three ingredients in a small bowl and mash and crumble together. Beat an egg and drizzle on top if desired. To make the pie, peel and core apples and cut up in small chunks. Add sugar, cinnamon, nutmeg, fresh lemon mix, and flour. Mix well together. Meanwhile, roll out the premade pie crust and fold onto a 9-inch plate. Pour apple mixture onto the plate and on top of the crust. Fold edges of the pie crust and press with your index finger and thumb to make a crimping design. Crumble the crumb topping on top of the apple mixture. Carefully cover the top of the pie crust with aluminum foil to prevent the crust from burning. Bake on 350 in a preheated oven for 40 to 45 minutes until golden brown. Set aside to cool. Add ice cream and enjoy!!

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6 grandi mele croccanti al miele  
½ tazza di zucchero  
1 cucchiaino di cannella  
¼ cucchiaio di noce moscata  
¼ di un limone fresco (spremuta)  
1 cucchiaio di farina  
1 crosta torta (già refrigerata)

#### Mollica Decorata

1 bastone di burro, ammorbidito a temperatura ambiente  
1 tazza di farina  
½ tazza di zucchero

Per la croce, prendi tutti e tre gli ingredienti in una ciotola piccola e mascherata e crolla insieme. Picchia un uovo e drizzle sopra, se lo desidera. Per preparare la torta, la buccia e le mele, tagliati in piccoli pezzi, aggiungere cannella, noce moscata, mix fresco di limone e farina. Mischiare bene insieme. Nel frattempo, tira fuori la crosta prefatta, piega su un piatto di 9 pollici. Versare miscela di mele sulla targa e sulla crosta. Piegati i bordi della crosta torta e premi con il dito e il pollice per creare un disegno di criminalità. Cruma la briciola sopra la miscela di mele. Coprire con attenzione la parte superiore della crosta di torta con foglio di alluminio per evitare che la crosta bruci. Batti su 350 in un forno preriscaldato per 40-45 minuti fino al marrone dorato. Mettetevi da parte per raffreddare. Aggiungi il gelato e goditi!!

AUTUMN  
*Autunno*

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The season of autumn not only brings colorful foliage but also the aromas of fall-like scents such as cinnamon, pecans, and pumpkins. The children would await the falling of acorns so they can determine how much snowfall there would be. As a family, we love decorating our house with autumn attire and even making scarecrows. We also love to pick pumpkins from our homegrown garden and wait to weigh the biggest pumpkin from Johnny's planting. The house is cozy and warm as we get ready for cooler weather. It is my hope that the recipes I put into this section bring to your home the same warmth and love that fill my home when I make these recipes!

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# BRUSSEL SPROUTS





1 pound package of fresh brussel sprouts  
1 shallot cut up in small pieces  
½ cup of olive oil  
Salt and pepper  
Garlic powder  
¼ cup of parmesan cheese

Wash, dry, and trim the ends off of your brussel sprouts. Cut them in half and set aside in a bowl. In a measuring cup, measure out the oil and add your salt, pepper, and garlic powder. Mix well and pour over brussel sprouts and shallots. Stir and then place everything in a baking dish. Sprinkle parmesan cheese over the top and place in your preheated conventional oven at 400 for 25 to 30 minutes, stirring once halfway through. I personally like these to get crunchy on the outside and tender on the inside!

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1 confezione di frammenti di bruciature fresche  
1 sfila in piccoli picchi e in piccoli pezzi  
½ tazza di olio d'oliva  
Sale e pepper  
Polvere d'aglio  
¼ di tazza di parmigiano

Lavare, asciugare e tagliare le estremità dei cavoletti di Bruxelles. Tagliate a metà e mettete da parte in una ciotola. In un misurino, misura l'olio e aggiungi il sale, il pepe e l'aglio in polvere. Mescolare bene e versare sopra i cavoletti di Bruxelles e lo scalogno. Mescolate e poi mettete il tutto in una pirofila. Cospargere di parmigiano sopra e mettere nel forno tradizionale preriscaldato a 400 per 25-30 minuti, mescolando una volta a metà. Personalmente mi piacciono questi per ottenere croccanti fuori e teneri dentro!

# SLICED POTATOES

8 white potatoes  
2 cups of olive oil  
Salt and pepper  
Italian seasonings

Peel and wash the potatoes and slice ¼-inch thick in circle form. Wash again, dry, and place in a clean bowl. In a separate small bowl, mix the rest of the ingredients and pour over the potatoes. Mix well and place on a baking sheet. Cook for 25 to 30 minutes at 400 degrees until browned.

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8 patate bianche  
2 tazze di olio d'oliva  
Sale e pepe  
Condimenti italiani

Pelare e lavare le patate e affettarle a forma di cerchio di ¼ di pollice di spessore. Lavare di nuovo, asciugare e riporre in una ciotola pulita. In una piccola ciotola separata, mescola il resto degli ingredienti e versa sopra le patate. Mescolare bene e disporli su una teglia da forno. Cuocere per 25-30 minuti a 400 gradi fino a doratura.



# APPLE-STUFFED PORK CHOPS



6 pork chops, 1 ¼ inch thick with a pocket cut on top in the center for stuffing  
¼ cup of flour  
¼ cup of seasoned bread crumbs  
¼ cup of water  
1 pound of lean ground beef  
1 extra large egg  
1-2 gala apples peeled and cored and cut into small pieces  
Salt and pepper  
Garlic powder  
A hint of cinnamon  
¼ cup of chopped parsley  
2-3 cloves of chopped fresh garlic

Flour your chops front and back. Shake off excess flour. Then add salt and pepper to the flour. In a large bowl, place the ground meat, bread crumbs, egg, apples, salt, pepper, garlic powder, cinnamon, chopped garlic, and parsley. Then add water and mix well together. Divide meat mixture into six servings and gradually stuff your chops. Place stuffed chops in a roasting pan and bake at 375 degrees in a preheated oven for 50 to 60 minutes, checking halfway through. I like to turn my roasting pan halfway through the cooking period. Make sure they are cooked thoroughly and that the stuffing is browned on the top.

6 costolette di maiale, spesse 1 ¼ di pollice con una tasca tagliata in cima al centro per il ripieno

¼ di tazza di farina

¼ di tazza di briciole di pane stagionato

¼ tazza di acqua

1 libbra di carne macinata magra

1 uovo extra grande

1-2 mele di gala sbucciate e torellate tagliate a pezzetti

Sale e pepe

Aglione in polvere

Un pizzico di cannella

¼ di tazza di prezzemolo tritato

2-3 spicchi di aglio fresco tritato

Farina le bracioline anteriore e posteriore scuotere la farina in eccesso aggiungere sale e pepe alla farina in una grande ciotola posto carne macinata pangrattato mele uovo sale pepe aglio in polvere cannella aglio tritato prezzemolo aggiungere acqua e mescolare bene insieme. Dividere il composto di carne in sei porzioni e gradualmente riempire le bracioline. Posto bracioline ripiene in una teglia e cuocere a 375 gradi in forno preriscaldato per 50- 60 minuti controllando a metà strada. Mi piace girare la mia teglia a metà del periodo di cottura. Assicurarsi che siano a fondo e ripieno è rosolato sulla parte superiore.



# STUFFED CHICKEN BREASTS

8 thinly sliced boneless chicken breasts  
8 asparagus stalks  
8 thin slices of prosciutto  
8 slices of mozzarella cheese  
1/8 teaspoon of black pepper  
½ cup of seasoned panko bread crumbs  
¼ cup of olive oil

Trim the ends of the asparagus and cut into half. Wash and dry the chicken breast. Take a slice of prosciutto, a slice of mozzarella, and two pieces of asparagus and layer on top of the chicken. Begin to roll the chicken in olive oil and then into the panko bread crumbs. Place on a baking sheet and bake at 350 in a preheated oven for 35 to 40 minutes until nicely browned. I recommend adding fresh chopped parsley over the top.

## **Hollandaise Sauce:**

3 egg yolks  
Half stick of butter  
¼ of fresh lemon squeeze  
Dijon mustard  
Dash of paprika (optional)

Melt butter in a saucepan. Blend egg yolks, mustard, and lemon together. Add yolk mixture to melted butter and stir on medium to high heat until it thickens. Add dashes paprika if you'd like.

8 petti di pollo disossati a fette sottili  
8 steli di asparagi  
8 fette sottili di prosciutto  
8 fette di mozzarella  
1/8 cucchiaino di pepe nero  
1/2 tazza di pangrattato di panko stagionato  
1/4 tazza di olio d'oliva

Lavare e asciugare il petto di pollo – prendere una fetta di mozzarella prosciutto e due pezzi di asparagus strato una parte superiore di pollo e iniziare a rotolare leggermente il pollo in olio d'oliva e poi rotolare nel pangrattato panko e posto su una teglia da forno. ripetere questi passaggi con gli ingredienti rimanenti e posto sulla teglia. Cuocere a 350 in forno preriscaldato per 35 - 40 minuti fino a quando ben dorato. Preferisco aggiungere il prezzemolo tritato fresco in cima. Ai miei figli piace quando aggiungo salsa olandese in cima a questa ricetta!

#### **Salsa Hollandaise:**

3 tuorli d'uovo  
Mezzo bastone di burro  
1/4 di spremuto di limone fresco  
Senape di digione  
Pizzico di paprika (opzionale)

Sciogliere il burro in una casseruola. Mescola tuorli d'uovo, senape e limone insieme. Aggiungere la miscela di tuorlo al burro fuso e mescolare a fuoco medio-alto finché non si addensa. Aggiungiti dei trattini alla paprika se lo desideri.



# PUMPKIN SQUARES

2 cups of flour  
2 cups of sugar  
2 tablespoons of baking powder  
1 tablespoon of baking soda  
1 tablespoon of cinnamon  
1 tablespoon of nutmeg  
½ teaspoon of salt  
½ teaspoon of ground cloves  
1 cup of vegetable oil  
4 eggs  
1 15 ounce can of pumpkin  
½ cup of chopped nuts  
½ cup of raisins

Grease 15x10x1 baking pan and preheat the oven to 350. In a large bowl, combine all ingredients except nuts and raisins. Beat on low speed until moistened, then beat for another 2 minutes at medium speed. Stir in the nuts and raisins. Pour in the greased baking pan and bake for 25 to 30 minutes. Cool completely. Meanwhile make the frosting.

**Frosting:**

1/3 cup butter softened  
1 8 Oz package of cream cheese  
2 cups of powdered sugar (confectioner sugar)  
1 tablespoon milk  
1 teaspoon vanilla

Combine all the ingredients and beat until smooth. Spread your frosting on top of the cooled bars and cut into squares.





2 tazze di farina  
2 tazze di zucchero  
2 cucchiaini di lievito per dolci  
1 cucchiaio di bicarbonato di sodio  
1 cucchiaio di cannella  
1 cucchiaio di noce moscata  
½ cucchiaino di sale  
½ cucchiaino di chiodi di garofano macinati  
1 tazza di olio vegetale  
4 uova  
1 lattina da 15 onces di zucca  
½ tazza di noci tritate  
½ tazza di uvetta

Ungere una teglia 15x10x1 e preriscaldare il forno a 350. In una ciotola capiente, unire tutti gli ingredienti tranne noci e uvetta. Sbatti a bassa velocità finché non si inumidisce. Poi batti per altri 2 minuti a velocità media. Incorporare le noci e l'uvetta. Versare nella teglia unta e infornare per 25-30 minuti. Raffreddare completamente. Nel frattempo prepara la glassa.

**Glassa:**

1/3 di tazza di burro ammorbidito  
1 confezione da 8 Oz di crema di formaggio  
2 tazze di zucchero a velo (zucchero a velo)  
1 cucchiaio di latte  
1 cucchiaino di vaniglia

Unire tutti gli ingredienti e sbattere fino a che liscio. Distribuire la glassa sopra le barrette raffreddate e tagliarle a quadrati.

## ACKNOWLEDGMENTS | RICONOSCIMENTI

I have to thank my wonderful husband, Joe, for believing in me and for loving all and everything I do for our family. I am grateful to my husband for his support and for all of the love and energy he has poured into me and our children.

Thank you to my children, Cristina, Joe III, Johnny, Cecelia, and Celina, who cherish our family traditions and understand the joy of food. I am grateful that they have learned to carry on the goodness of our homestead family life.

Thank you to my father, whom I shared a short time with but absorbed all of him within me. I believe that all I do is my dad living within and through me. My father passed away in 1994, but even today, he still gives me the strength to carry on. I still cherish the skills of crafting foods that he taught me.

Thank you to my mother who taught me how to stretch a dollar and make pennies into volume, not only in food but with everyday life. My mom is now 88 years old and still has to tell me how and what to do. I still learn from her every day, and I'm so grateful for her wisdom, love, and support.

To my daughter's dearest friend, Charlotte: without you I could not have mastered these finished products. With our meetings and chats and understanding me while seeing my vision, we have made great things come to life!

The word thank you seems so small but yet, while I put my whole heart into thanking all of you, it is a powerful tool.

I cannot thank you all enough. My love for you is deep, and I will forever cherish you all. Thank you.

Love Forever,

*Anna*

## BIOGRAPHY | BIOGRAFIA

Anna has many stories of traumas and triumphs, and this is what makes her who she is today. She is an avid volunteer to many non-profit organizations. She has taken countless courses from leadership training certification, to real estate, to management classes. She continues her studies in the fitness and nutrition industry to stay on top of the changing trends. Most recently, she became a justice of the peace, which is so fitting to who she is.

Through Anna's life as the youngest of five children and the daughter of immigrant parents, she has great belief in hard work and family values. She has been married to her husband, Joe, for over 30 years and together, they have five amazing children, ages 28 to 18. In her free time, she enjoys traveling with her family and friends to all different parts of the world as well as getting involved with special projects that help her local community.

It was her priority to put down her family recipes in the hopes of continuing her ancestral traditions and giving her children something to cherish for years to come.

To learn more about the work Anna does, visit <https://www.carabettacares.org/about-us> and <http://starstudiollc.com>.

