

DECEMBER 2009

# Saluté!

*Sicilian food and culture, from our table to yours.*

the • christmas • issue

*A Very Sicilian Christmas!*  
Recreating a traditional Sicilian Christmas feast--on your own budget!  
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*inside!*

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## Fusilli with Shrimp



- 1/4 red onion
- 1 Italian frying pepperr
- 1 medium-hot chile pepper
- 4 plump black olives, pitted
- 1/2 pound fusilli pasta
- 3 quarts salted, boiling water
- 1 to 2 tablespoons olive oil
- 1/2 of a 15-ounce can chickpeas
- 2 handfuls organic salad greens
- Dandelion or curly endive leaves
- 2 large cloves garlic
- 3/4 pound fresh jumbo shrimp
- 1/2 cup snipped chives

Chop the onion, peppers and olives together into 1/2-inch to 1/4-inch pieces. Cook the pasta in boiling water, stirring often until tender, yet firm to the bite. Remove 1/4-cup pasta water, draining pasta in a colander. While pasta boils, heat oil in a 12-inch sauté pan over medium-high heat.

Add onion, peppers and chickpeas, salt, & pepper. Sauté three to five minutes, or until onions are gold at their edges. Stir in greens and garlic until greens barely soften. Add in shrimp and cook until barely firm. Toss with pasta and chives and serve in a warm bowl.

- 4 large egg yolks
- 1/4 cup sugar
- 1/4 cup dry Marsala wine
- 1 pack fresh strawberries (optional)

Bring a pot of water to a simmer over medium-low heat. Combine the egg yolks and sugar in a metal or glass heat-resistant bowl and whisk until foamy. Set the bowl over the simmering water, without letting the bottom touch the water, and continue to whisk constantly. Gradually pour in the Marsala while continuing to beat - don't let it boil. Keep working-out that arm and whisk vigorously for a good 5 minutes, until the custard has doubled in volume and is very thick and yellow. Serve in a chilled glass. For extra flavor, feel free to garnish with fresh strawberries.



## Zabiglione

### Shells:

- 1 3/4 cups flour
- 1 tablespoon sugar
- pinch of salt
- 2 tablespoons of butter, melted
- 3/4 cup Marsala wine
- egg white
- 2 quarts vegetable oil for frying

### Filling:

- 1 15oz container of Ricotta cheese
- 1/2 cup of sugar
- 1 teaspoon of vanilla
- 1/4 cup of mini chocolate chips
- confectioners sugar for dusting

In a mixing bowl combine flour, sugar and salt. Add the melted butter and marsala wine. Turn out onto a lightly floured surface and knead until well mixed. Wrap dough in plastic wrap and refrigerate for 2 to 3 hours. Roll out the dough until very thin. Using a cookie cutter or the rim of a glass, cut dough into 4-inch rounds, and roll again until very thin. Roll each piece tightly around a cannoli tube. Seal with egg white. Heat the vegetable oil in a deep 3.5 quart pot to 350 degrees. Place the dough forms in the hot oil and fry until golden brown, 2-3 minutes. Place on paper towels to drain. Cool and gently twist tube to remove shell from form. Place the dough forms in the hot oil and fry until golden brown, 2-3 minutes. Place on paper towels to drain. Cool and gently twist tube to remove shell from form. In a large mixing bowl whip sugar, vanilla and ricotta together until smooth, then stir in the chocolate chips. Spoon filling into a pastry bag with a large round tip. Pipe the ricotta cream into the pastry shells, dust with confectioners sugar and serve immediately.

## Cannoli Siciliani



## Sicilian Tilapia

with lemon roasted asparagus

For a fresh twist on the traditional Sicilian fish dinner, this tilapia dish can be a modern option. The capers and heavy flavor of strong oregano gives the dish that real, authentic Sicilian taste that everyone around your table this holiday season is sure to love!

Find the recipe on page 89 ➤

“In most of the southern coastal regions in Italy and Sicily, seafood was abundant and so the perfect opportunity to work fish into the menu for this festive day.”

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