

Louie Gualtieri's Cookbook



Louis Gualtieri's Cook Book

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If you would like something added, contact Louis Gualtieri.

Note: Grandma in this case is Clorinda Cicero Gualtieri

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Spaghetti Sauce Recipe
Louis's version of Grandma's Recipes

Ingredients:

- 2 - 32 oz. cans of Crushed Tomatoes
(If you don't want the chunks of tomatoes, puree in a blender before cooking.)
- ½ teaspoon Salt
- 1 teaspoon chopped Garlic (More or less based on your preferences.)
- ¼ teaspoon Baking Soda (DO NOT over do the Baking Soda; it will turn the gravy dark.)
- 1 Tablespoon Basil
- 1 Tablespoon Oregano
- 1 – 6 oz. can Tomato Paste (Optional, however, it makes a richer sauce.)

Directions:

1. Place all ingredients in a large pot – at least 2 gallon in size. Cook at High-Medium Heat until it starts to boil.
2. Once it starts to boil, then heat to Simmer to taste, add water if too thick.
3. It can be cooked anywhere from 1 to 4 hours. (I prefer to cook it for 4 hours.)

Notes:

- This recipe is used in a lot of other recipes like Pasta, Meat Balls, Stuffed Eggplants, Eggplant Parmigiana, Pizza, etc.
- You can also, brown Ground Beef, Pork Roast, Chicken, Sausage, etc, first and add to the gravy after it starts to simmer.
- You can also add Cayenne / Crushed Pepper if you want.

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Meat Ball Recipe

Louis's version of Grandma's Recipes

Makes about 30 Meat Balls.

INGREDIENTS:

- 1 lbs Ground Beef
- 1 lbs Ground Pork
- 6 Eggs
- 1 Tablespoon Oregano
- 1 Tablespoon Basil
- 1/2 Tablespoon chopped Garlic (more or less to your taste)
- 1/2 teaspoon Salt
- 2 Cups Plain Bread Crumbs
- 2 Cups grated Italian Cheese (Romano or Parmigano)

DIRECTIONS:

1. Mix all above ingredients by hand in a large bowl until well blended.
2. Use an ice cream scoop to evenly measure out the mixture and roll each in your hand into an egg shaped ball. Continue rolling until the mixture is used up.
3. Put Canola Oil in a large frying pan or sauté pan and heat to 350 degrees. Place the meat balls into the oil and fry for roughly 4 minutes on each side. Turn as needed.
4. When done, take the meat ball out and place on a paper towel to drain of the oil.
5. Place the Meat Ball into Spaghetti Gravy (see Spaghetti Gravy Recipe) and simmer for 60-90 minutes.
6. Server them with Pasta or in a sandwich.

NOTES:

- You can bake them in the oven rather than fry them if you want to. The taste/texture will be slightly different.
- You can eat them once fried. You can also make a sandwich as soon as they are fried or you can continue as stated above.
- You can freeze them and use them later.
- You can use 1/2 Lbs Beef and 1/2 Lbs Veal if you want to.

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Stuffed Rigatoni Recipe
Louis's version of Grandma's Recipes

Serves 4-6

Ingredients:

- 1 Meat Ball mixture Recipe – Do not form into Meat Balls or cook.
- 3-4 Cups Spaghetti Sauce
- 1 / 2 Cup Milk
- 1 lbs Rigatoni Pasta (#24 or #27 Rigatoni)

Directions:

1. Follow the Meat Ball Recipe but add the Milk before mixing.
2. Boil water in a large pot and add Rigatoni. However, cook only 1 / 2 way; see Rigatoni box for suggested timing.
3. Drain Rigatoni and cool by adding cold water to stop them from cooking, drain.
4. Fill each Rigatoni with the meat mixture by hand, or by using a pastry bag or using a cookie press with a funnel like attachment.
5. Take a flat grease rectangular casserole baking dish; add a thin layer of Spaghetti Sauce. Then place a layer of the Stuffed Rigatoni. Cover with Spaghetti Sauce and sprinkle with grated Italian Cheese. Continue this process until all the Rigatonis are used up. You can place the left over Spaghetti Sauce to the top.
6. Bake for 1 hour at 350 degrees.

Notes:

- You can sprinkle the top just before putting them in the oven with Mozzarella Cheese if you like.
- You can make this the day before and then cook it the day you want to serve it. Bring to room temperature before cooking. If cool or cold it will need to be cooked longer.

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Stuffed Eggplant Recipe

Serves 4

Ingredients:

- 2 medium to large Eggplants
- 1 1/2 lbs Ground Beef
- 4 Whipped Eggs
- 1 Tablespoon Basil
- 1 Tablespoon Oregano
- 1/2 teaspoon Salt
- 1/2 Tablespoon Garlic
- 1/2 Cup Bread Crumbs
- 3/4 Cup grated Italian Cheese (Romano or Parmigano)
- 8 slices of Provolone Cheese
- 3 Cup Spaghetti Sauce

Directions:

1. Put a large pot on the stove with water and bring to a boil.
2. While waiting for the water to boil cut Eggplants in half long ways and put into the boiling water for about 12 minutes or until Eggplant “meat” can be removed with a spoon. Remove the Eggplants from water and drain.
3. Using a spoon, remove some of the Eggplant “meat”; leaving about 1/4 of the meat so you now have an Eggplants bowl to put the ground beef mixture in.
4. Take the Eggplant “meat” you removed and chop it up and put into a bowl. Add the ground Beef, Basil, Oregano, Salt, Bread Crumbs, Eggs and grated Cheese and mix by hand until they are all blended.
5. Divide the meat mixture into 4 parts and fill each of the Eggplant “Bowls”. It will be oval above the Eggplants. Place Spaghetti Sauce on the bottom of the roasting pan. Place the Eggplants with meat mixture in a roasting pan and cover them lightly with Spaghetti Sauce and sprinkle with grated Cheese. Put a slice of Provolone Cheese on top of each.
6. Place in the oven, near the top and bake at 325 degrees for 50 – 60 minutes.

Notes:

- Use Spaghetti Sauce Recipe to make the Spaghetti Sauce.

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Eggplant Parmigiana Recipe

Serves 4

Ingredients:

- 1 large Eggplant – cut cross wise into 8 slices about 1/4 inches thick
- 1 or 2 Eggs whipped
- 1 Tablespoon Olive Oil
- ¼ teaspoon Basil
- ¼ teaspoon Oregano
- ½ teaspoon Bread Crumbs
- Salt to taste – a small pinch
- 8 slices Mozzarella Cheese or Provolone

Directions:

1. Slice Eggplant cut cross wise into 8 - ½ inch slices. Discard the ends or use in another dish.
2. Lightly hand beat the eggs with the herbs in put in a small dish with shallow sides.
3. Place the Bread Crumbs into another small dish with shallow sides.
4. Dip both sides of the Eggplant slices into the egg mixture.
5. Dip both sides of the Eggplant slices into the Bread Crumbs.
6. Lightly fry Eggplant on the first side in Olive Oil, turn over and fry the other side.
7. In a shallow pan arrange one layer of 4 fried Eggplants. Lightly cover with Spaghetti Sauce.
8. Place a second layer of the last 4 fried Eggplants on top of the already in the pan. Lightly cover with Spaghetti Sauce.
9. Top each stack of 2 Eggplants with a slice of Mozzarella Cheese and Spaghetti Sauce.
10. Cover with aluminum foil and bake at 350 degrees for 15-20 minutes, remove foil and bake for another 10 minutes. You want to melt the cheese.
11. Place a stack on a dinner plate and serve.

Notes:

- This goes really well with a side of pasta and or salad.
- You can also top with a Tablespoon or two of warmed Spaghetti Sauce.

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Banana Bread Recipe

Makes 1 loaf.

Ingredients:

- 2 Large Eggs
- 3 ripe Bananas
- 1 Cup Sugar
- 1/2 Cup soften Butter
- 1/2 teaspoon Baking Soda
- 1/3 teaspoon Baking Powder
- 1/4 teaspoon Salt
- 1/2 Cup chopped Nuts (whatever you like best)
- 2 Cup Flour
- 3/4 Cup Chocolate Chips

Directions:

1. Preheat oven to 350 degrees.
2. Grease an 8 ½ by 4 ½ steel Loaf Pan.
3. In a bowl, cream Sugar and Butter.
4. Mix in the Eggs, mashed Bananas, Baking Powder, Baking Soda, Flour, and Salt
5. When mixed, fold in the Nuts or Chip or both.
6. Pour into Bread Pan, should fill pan 2/3 full.
7. Bake until a toothpick comes out clean about 1 hour or an 1 hour and 10 minutes. It will be golden brown.
8. Cool in the pan for 5 -10 minutes on a wire rack then and then turn out onto a wire rack to cool completely before slicing.

Notes:

- You can eliminate either the Chocolate Chips or the Nuts or both if you don't like them.
- You can also substitute Peanut Butter Chips or Carmel Chip for the Chocolate Chips. Can also add Cherries.
- Don't get nervous if the banana bread develops a crack down the center of the loaf; that's no mistake, it's typical. You can rotate the pan periodically to ensure even browning if you want to.