



Triangle Sons and Daughters of Italy

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DOLCI
DESSERTS
ITALIAN AMERICAN'S
SWEETEST CREATIONS



Volume 3 – TSDIA Cookbook Series

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Cookies

Taralli

By Gary Salamido Servings: 36 Cookies

They are sometimes called pepper biscuits. They are a savory snack to have with wine.

Ingredients

1 C Vegetable Oil
1 C Moscato White Wine
4 C All-Purpose Flour

½ tsp Salt
2 tsp Black Pepper
2 tsp Baking Powder



Directions

Mix vegetable oil and wine together. Heat oil/wine liquid - not hot!!!! but warm.

Mix Flour, Salt, Pepper, and Baking Powder in a large bowl. Make a hole/well in middle of the flour mixture. Pour warm oil/wine liquid into flour.

Mix everything into a soft dough (use spoon, NOT hands!!!) and form into the shape of a ball. KEEP DOUGH WARM!!!!

Invert bowl on top of dough, on floured board, to keep air from hardening dough.

Remove small pieces of dough at a time and place on board. Roll small amount of dough into dough logs about an inch thick. Chop dough log into inch long sections.

For each inch long section, roll out into a pencil thick width. Wrap the pencil thick dough around finger, pinch together, chop off to form one cookie. Place on cookie sheet. Place cookie sheet in oven and bake for 10 minutes or until golden (NOT golden brown!!!!)

Check Continuously!!!

Cool on a wire rack.



Taralli are toroidal Italian snack foods, common in southern Italy. Wheat-based crackers similar in texture to breadsticks, taralli can be sweet or savory. Taralli are classically formed into rings or ovals about 10 to 12.5 cm (3.9 to 4.9 in) in circumference. Smaller taralli, called tarallini, with a circumference of 3.8 to 7.8 cm (1.5 to 3.1 in), are sold commercially. Sweets such as biscotti and taralli used to be reserved for Christmas and Easter; in Roseto they are eaten year-round.

Aunt Fran's Italian Chocolate Ball Cookies

Servings: 8
By Doreen Gleason



Ingredients

1 lb. Flour
½ lb. Sugar
4 ounces Hersey Cocoa Powder
4 ½ oz. Lard (just melted – DO NOT BOIL)
1 C Milk (at room temperature)
1 tsp Vanilla
½ tsp Cinnamon
½ tsp Clove
½ tsp Nutmeg
¼ tsp Black Pepper (fine ground)
½ tsp Baking Soda
6 oz. Raisins
4 oz. Chopped Walnuts
1 lb. Confectionary Sugar (for icing)

Directions

Put all dry ingredients in a bowl (Mix Cocoa Powder very good so you don't see any flour)
Add Nuts and raisins to dry ingredients.
Add the Lard, Milk and Vanilla to Dry ingredients.

Knead dough very well. Let the dough rest for 20 minutes.

Squeeze dough when rolling into a log (this will get out air pockets).

Cut into less than 1-inch pieces.

Place cookies not too close together on a lightly greased cookie sheet.

Bake at 325 Degrees for 10 to 12 Minutes.

Let cookies rest on the count for 1 hour or until cool. When cool drizzle icing to cover the entire cookie.

Icing - To 1 lb. of confectionery sugar add a few drops of water (needs to have a glaze type icing consistency).

Cakes

Italian Cream Cake

By Nick Verna

Servings: 12

This cake is my favorite. It is rich with flavor and textures that melts in your mouth like a cacophony of the best Italian desserts.



Cake Ingredients

1 C Buttermilk
1 tsp Baking Soda
2 C Granulated Sugar
1 Stick Unsalted Butter (Room Temp)
½ C Vegetable Shortening
5 Lg Eggs (separated)
2 C All-Purpose Flour (sifted)
1 tsp Vanilla
3.5 oz Sweetened Coconut
1 C Chopped Pecans

Filling Ingredients

8 oz Mascarpone Cheese (Room Temp) *
½ tsp almond extract
½ tsp vanilla extract
¾ C Confectionary Sugar (Sifted)
1 ½ C Whole Milk Ricotta Cheese

Cream Cheese Frosting

8 oz Cream Cheese (softened)
3 TBS Butter (softened)
1 tsp Vanilla
1 TBS Milk
4 C Confectionary Sugar

Directions

Drain the room temp mascarpone cheese and place it in a bowl. Add the extracts and the sugar. Beat with an electric mixer until light and fluffy. Drain any liquid from the ricotta cheese. Add ¼ C of the ricotta cheese to the mascarpone cheese mixture and fold together until thoroughly mixed. Do not do this in the electric mixer or you will have a soupy filling. Fold in the remaining ricotta and refrigerate for one hour prior to filling. This can be made up to one day in advance and kept on the refrigerator.

Mix the buttermilk and the baking soda in a large bowl and let it stand for 5 minutes. It will double in bulk.

Preheat oven to 325°F. Grease two 9 inch cake pans and set aside.

Place the sugar, butter, and shortening in a large bowl and beat with an electric mixer until light and fluffy. Add the egg yolks, one at a time, until fully incorporated. Add one third of the buttermilk mixture and flour alternately until fully incorporated. Add the vanilla, coconut and pecans and mix until incorporated.

In a separate clean and dry bowl beat the egg whites until stiff peaks form. Carefully fold 1/3 of the egg whites into the batter using a large rubber spatula just until incorporated. Add the remaining egg whites and fold just until there are no white streaks. Divide the batter evenly between the two greased 9" cake pans and bake at 325°F for 25 minutes or until a toothpick comes out clean. Cool on a rack for at least 1 hour.

To make the icing place the softened cream cheese and butter into the mixer and beat on high until light and creamy. This is called "creaming" the ingredients. Add the vanilla, milk and 1 cup of confectionary sugar into the bowl of your mixer and beat on low until incorporated. Scrape down the sides of the bowl with a rubber spatula. Add the remaining confectionary in the same manner one cup at a time. Once the sugar has been incorporated turn your mixer on high and beat it for 3-5 minutes. It will become light and fluffy and you will see the color lighten as it beats.

Slice the two cakes in half and spread 1/3 of the Mascarpone Filling on the first layer. Repeat with the next two layers. Frost the cake with the Cream Cheese Frosting.

Desserts / Pastries

Goombah Joe's Tiramisu

By Joe Pirozzi

Servings: 12 to 15



Ingredients

9" x 12" x 2" Pan
8 Double Espressos (let cool)
6 egg yolks (pasteurized or not)
2 fl. oz of Coffee Liquor (to taste)
½ lb. Mascarpone Cheese (soften)
1 tsp Vanilla
~50 Savoiardi Lady Fingers
1 ½ C Sugar
1 qt. Heavy Cream (very cold)
Cocoa Powder

Directions

Make 8 double espressos and let cool to room temp. Pour 7 cooled double espressos in a 9x5x3 pan and add ~2 ounces of Coffee Liquor and set aside.

Put 6 egg yolks into mixer bowl. Add 1 cup of sugar and 1 double espresso (cooled). Whip at high speed for 2 to 3 minutes until it becomes creamy. Add ½ pound of softened Mascarpone to mixture. Mix for 2 to 3 minutes on medium speed. Scrape down sides while mixing. When completely mixed place in large bowl (13"x5") in the refrigerator.

Lightly roll enough lady fingers in espresso to lay flat side by side covering entire bottom of 9x12 pan and set aside. This will be the bottom layer of the Tiramisu.

Pour 1-quart heavy cream into mixer bowl, add ½ cup sugar, add 1 tsp vanilla. Mix at high speed for 3 minutes or until mixture peaks. Scrape the 'heavy cream' mixture into the mascarpone mixture from the fridge and 'fold' together into a creamy, uniform, mixture.

Spread creamy mixture on top of the bottom layer of lady fingers in pan (approx. 1-to-2-inch layer). Lightly roll the remaining lady fingers in espresso and lay flat side by side on top of the cream layer. Spread the remaining creamy mixture to taste on top of the second layer of lady fingers.

Cover with foil and refrigerate for several hours or overnight. When ready to serve, sprinkle cocoa powder on top, cut and enjoy!

Italian Lemon Ice

By Joyce Moses

Serves 4.

A favorite and so easy, inspired by my many childhood visits to Zaccone's luncheonette for their homemade lemon ice.

Ingredients:

3 cups water
1 ¼ cups sugar
1 ½ tsp. grated lemon peel
¾ cup lemon juice

Directions:

Combine water, sugar, and lemon peel in a medium saucepan. Bring to boil over medium heat, stirring constantly. Remove from heat and allow it to cool. Stir in lemon juice. Pour mixture immediately into either (1) a canister of ice cream maker and freeze according to manufacturer's directions, or (2) a plastic container for 1 ½ hours, stirring crystals about every ½ hour so it doesn't freeze rock solid. When it's frozen, scoop into individual dessert cups and enjoy!



Sicilian Sfinci with Ricotta

By Ruggero Fratarcangeli

Servings: 12 people

Ingredients

1 C Flour
1 lb. Ricotta
3 TBS Sugar
1 TBS Baking Powder
2 Large Eggs

Directions

Add all ingredients in a large mixing bowl. Gently stir ingredients until incorporated and let rest for 10 minutes.

Heat up 32 oz. of vegetable oil in a deep saucepan (5quarts).

Note: DO NOT let oil come to a boil.

Use teaspoon size to scoop up batter and gently place in oil.

Note: DO NOT overcrowd the pan.

SFINCI will be ready when golden and float to the top. Drain them on a paper towel to absorb oil. To garnish, sprinkle with powdered sugar or roll them in a small bowl or in a paper bag with sugar.



Pies

Ricotta Pie

By Lucia & Ricci Williams

Servings: 12

Ingredients

Filling

1 ½ lb. Whole Milk Ricotta

4 Large Eggs

½ Cup Sugar

½ tsp Lemon Extract

½ tsp Vanilla

Pie Crust

1 ½ C Flour

¼ C Sugar

1 ¼ tsp Baking Powder

½ tsp Salt

3 TBS Unsalted Butter (room temp)

1 Egg + 1 Yolk (save white)

½ tsp Vanilla Extract

½ tsp Grated Orange Peel

1 TBS Whiskey

Directions

Place flour, sugar, baking powder and salt into the bowl of a food processor and pulse a few times to combine.

Add room temp butter and pulse the mixture until coarse crumbs form with some pea-sized pieces then stop mixing. Mixture should remain dry and powdery. Add the whole egg, egg yolk, vanilla extract, orange peel, and whiskey. Pulse just until moist clumps or small balls form.

Transfer dough to a clean work surface, and gather dough together into a ball (it should not be smooth and DO NOT knead the dough). Divide dough in half and flatten to form 2 disks. Cover with plastic wrap and refrigerate 1 hour before using.

In a large bowl mix all of the filling ingredients until fully incorporated.

Preheat the oven to 350°F.

Roll out the dough on a floured worksurface to a 14" diameter circle. Place in the pie plate and trim the edges. Pour in the ricotta filling. Roll out the second half of the dough and cut into strips. Top the pie with the strips to form a lattice. Brush the lattice with the leftover beaten egg white. Bake 50 to 60 minutes at 350°F.





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Mix Flour, Salt, Pepper, and Baking Powder in a large bowl. Make a hole/well in middle of the flour mixture. Pour warm oil/wine liquid into flour.

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For each inch long section, roll out into a pencil thick width. Wrap the pencil thick dough around finger, pinch together, chop off to form one cookie. Place on cookie sheet. Place cookie sheet in oven and bake for 10 minutes or until golden (NOT golden brown!!!!)

Check Continuously!!!

Cool on a wire rack.



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Aunt Fran's Italian Chocolate Ball Cookies

Servings: 8
By Doreen Gleason



Ingredients

1 lb. Flour
½ lb. Sugar
4 ounces Hersey Cocoa Powder
4 ½ oz. Lard (just melted – DO NOT BOIL)
1 C Milk (at room temperature)
1 tsp Vanilla
½ tsp Cinnamon
½ tsp Clove
½ tsp Nutmeg
¼ tsp Black Pepper (fine ground)
½ tsp Baking Soda
6 oz. Raisins
4 oz. Chopped Walnuts
1 lb. Confectionary Sugar (for icing)

Directions

Put all dry ingredients in a bowl (Mix Cocoa Powder very good so you don't see any flour)
Add Nuts and raisins to dry ingredients.
Add the Lard, Milk and Vanilla to Dry ingredients.

Knead dough very well. Let the dough rest for 20 minutes.

Squeeze dough when rolling into a log (this will get out air pockets).

Cut into less than 1-inch pieces.

Place cookies not too close together on a lightly greased cookie sheet.

Bake at 325 Degrees for 10 to 12 Minutes.

Let cookies rest on the count for 1 hour or until cool. When cool drizzle icing to cover the entire cookie.

Icing - To 1 lb. of confectionery sugar add a few drops of water (needs to have a glaze type icing consistency).

Cakes

Italian Cream Cake

By Nick Verna

Servings: 12

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Cake Ingredients

1 C Buttermilk
1 tsp Baking Soda
2 C Granulated Sugar
1 Stick Unsalted Butter (Room Temp)
½ C Vegetable Shortening
5 Lg Eggs (separated)
2 C All-Purpose Flour (sifted)
1 tsp Vanilla
3.5 oz Sweetened Coconut
1 C Chopped Pecans

Filling Ingredients

8 oz Mascarpone Cheese (Room Temp) *
½ tsp almond extract
½ tsp vanilla extract
¾ C Confectionary Sugar (Sifted)
1 ½ C Whole Milk Ricotta Cheese

Cream Cheese Frosting

8 oz Cream Cheese (softened)
3 TBS Butter (softened)
1 tsp Vanilla
1 TBS Milk
4 C Confectionary Sugar

Directions

Drain the room temp mascarpone cheese and place it in a bowl. Add the extracts and the sugar. Beat with an electric mixer until light and fluffy. Drain any liquid from the ricotta cheese. Add ¼ C of the ricotta cheese to the mascarpone cheese mixture and fold together until thoroughly mixed. Do not do this in the electric mixer or you will have a soupy filling. Fold in the remaining ricotta and refrigerate for one hour prior to filling. This can be made up to one day in advance and kept on the refrigerator.

Mix the buttermilk and the baking soda in a large bowl and let it stand for 5 minutes. It will double in bulk.

Preheat oven to 325°F. Grease two 9 inch cake pans and set aside.

Place the sugar, butter, and shortening in a large bowl and beat with an electric mixer until light and fluffy. Add the egg yolks, one at a time, until fully incorporated. Add one third of the buttermilk mixture and flour alternately until fully incorporated. Add the vanilla, coconut and pecans and mix until incorporated.

In a separate clean and dry bowl beat the egg whites until stiff peaks form. Carefully fold 1/3 of the egg whites into the batter using a large rubber spatula just until incorporated. Add the remaining egg whites and fold just until there are no white streaks. Divide the batter evenly between the two greased 9" cake pans and bake at 325°F for 25 minutes or until a toothpick comes out clean. Cool on a rack for at least 1 hour.

To make the icing place the softened cream cheese and butter into the mixer and beat on high until light and creamy. This is called "creaming" the ingredients. Add the vanilla, milk and 1 cup of confectionary sugar into the bowl of your mixer and beat on low until incorporated. Scrape down the sides of the bowl with a rubber spatula. Add the remaining confectionary in the same manner one cup at a time. Once the sugar has been incorporated turn your mixer on high and beat it for 3-5 minutes. It will become light and fluffy and you will see the color lighten as it beats.

Slice the two cakes in half and spread 1/3 of the Mascarpone Filling on the first layer. Repeat with the next two layers. Frost the cake with the Cream Cheese Frosting.

Desserts / Pastries

Goombah Joe's Tiramisu

By Joe Pirozzi

Servings: 12 to 15



Ingredients

9" x 12" x 2" Pan
8 Double Espressos (let cool)
6 egg yolks (pasteurized or not)
2 fl. oz of Coffee Liquor (to taste)
½ lb. Mascarpone Cheese (soften)
1 tsp Vanilla
~50 Savoiardi Lady Fingers
1 ½ C Sugar
1 qt. Heavy Cream (very cold)
Cocoa Powder

Directions

Make 8 double espressos and let cool to room temp. Pour 7 cooled double espressos in a 9x5x3 pan and add ~2 ounces of Coffee Liquor and set aside.

Put 6 egg yolks into mixer bowl. Add 1 cup of sugar and 1 double espresso (cooled). Whip at high speed for 2 to 3 minutes until it becomes creamy. Add ½ pound of softened Mascarpone to mixture. Mix for 2 to 3 minutes on medium speed. Scrape down sides while mixing. When completely mixed place in large bowl (13"x5") in the refrigerator.

Lightly roll enough lady fingers in espresso to lay flat side by side covering entire bottom of 9x12 pan and set aside. This will be the bottom layer of the Tiramisu.

Pour 1-quart heavy cream into mixer bowl, add ½ cup sugar, add 1 tsp vanilla. Mix at high speed for 3 minutes or until mixture peaks. Scrape the 'heavy cream' mixture into the mascarpone mixture from the fridge and 'fold' together into a creamy, uniform, mixture.

Spread creamy mixture on top of the bottom layer of lady fingers in pan (approx. 1-to-2-inch layer). Lightly roll the remaining lady fingers in espresso and lay flat side by side on top of the cream layer. Spread the remaining creamy mixture to taste on top of the second layer of lady fingers.

Cover with foil and refrigerate for several hours or overnight. When ready to serve, sprinkle cocoa powder on top, cut and enjoy!

Italian Lemon Ice

By Joyce Moses

Serves 4.

A favorite and so easy, inspired by my many childhood visits to Zaccone's luncheonette for their homemade lemon ice.

Ingredients:

3 cups water
1 ¼ cups sugar
1 ½ tsp. grated lemon peel
¾ cup lemon juice

Directions:

Combine water, sugar, and lemon peel in a medium saucepan. Bring to boil over medium heat, stirring constantly. Remove from heat and allow it to cool. Stir in lemon juice. Pour mixture immediately into either (1) a canister of ice cream maker and freeze according to manufacturer's directions, or (2) a plastic container for 1 ½ hours, stirring crystals about every ½ hour so it doesn't freeze rock solid. When it's frozen, scoop into individual dessert cups and enjoy!



Sicilian Sfinci with Ricotta

By Ruggero Fratarcangeli

Servings: 12 people

Ingredients

1 C Flour
1 lb. Ricotta
3 TBS Sugar
1 TBS Baking Powder
2 Large Eggs

Directions

Add all ingredients in a large mixing bowl. Gently stir ingredients until incorporated and let rest for 10 minutes.

Heat up 32 oz. of vegetable oil in a deep saucepan (5quarts).

Note: DO NOT let oil come to a boil.

Use teaspoon size to scoop up batter and gently place in oil.

Note: DO NOT overcrowd the pan.

SFINCI will be ready when golden and float to the top. Drain them on a paper towel to absorb oil. To garnish, sprinkle with powdered sugar or roll them in a small bowl or in a paper bag with sugar.



Pies

Ricotta Pie

By Lucia & Ricci Williams

Servings: 12

Ingredients

Filling

1 ½ lb. Whole Milk Ricotta

4 Large Eggs

½ Cup Sugar

½ tsp Lemon Extract

½ tsp Vanilla

Pie Crust

1 ½ C Flour

¼ C Sugar

1 ¼ tsp Baking Powder

½ tsp Salt

3 TBS Unsalted Butter (room temp)

1 Egg + 1 Yolk (save white)

½ tsp Vanilla Extract

½ tsp Grated Orange Peel

1 TBS Whiskey

Directions

Place flour, sugar, baking powder and salt into the bowl of a food processor and pulse a few times to combine.

Add room temp butter and pulse the mixture until coarse crumbs form with some pea-sized pieces then stop mixing. Mixture should remain dry and powdery. Add the whole egg, egg yolk, vanilla extract, orange peel, and whiskey. Pulse just until moist clumps or small balls form.

Transfer dough to a clean work surface, and gather dough together into a ball (it should not be smooth and DO NOT knead the dough). Divide dough in half and flatten to form 2 disks. Cover with plastic wrap and refrigerate 1 hour before using.

In a large bowl mix all of the filling ingredients until fully incorporated.

Preheat the oven to 350°F.

Roll out the dough on a floured worksurface to a 14" diameter circle. Place in the pie plate and trim the edges. Pour in the ricotta filling. Roll out the second half of the dough and cut into strips. Top the pie with the strips to form a lattice. Brush the lattice with the leftover beaten egg white. Bake 50 to 60 minutes at 350°F.

