

PASTA RECIPES: MUNRO'S MAGNIFICENT MELANGES

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THE GODFATHER'S SPAGHETTI

Ingredients:

tomato paste:	155 ml or 5.5 fl oz: 2 small tins
water:	250 ml: to be mixed with the tomato paste
plum tomatoes:	800 ml or 26 fl oz: 1 large can
diced tomatoes:	800 ml or 26 fl oz: 1 large can
ground beef:	800 g. - 1000 g.
hot Italian sausages:	400 g: 1 package
sweet Italian sausages:	400 g.: 1 package
onions:	2-3 large cooking onions
celery:	2 sticks
green bell pepper:	1 large
sweet red pepper:	1 large
[or hot green peppers]	
carrots:	2 small (or 1 large)
garlic:	2-3 cloves (or garlic powder)
mushrooms:	15 medium to large
red wine (optional)	
<i>herbs</i>	
oregano:	20 - 30 ml: 2-3 tsp
basil:	10 ml: 1 tsp
tarragon:	10 - 20 ml: 1-2 tsp
thyme:	5 ml: 1/2 tsp
marjoram:	5 ml: 1/2 tsp
chili powder:	10 ml: 1 tsp
red pepper flakes:	10 ml: 1 tsp (optional)

paprika:	10 ml: 1 tsp (optional)
black pepper:	10 -15 ml: 1 - 1.5 tsp
bay leaves:	2 -3 medium
mustard, powdered:	10 ml: 1 tsp
brown sugar:	200 - 300 g.: 1 - 2 tablespoons
Worcestershire sauce	20 ml or to taste
Spaghetti noodles	900 g.: 1 package
Parmesan or Romano cheese, grated	to taste

Directions:

1. Mix the cans of tomato paste with a can each of water, in a large crock pot or Dutch oven, and stir until the water is blended. Add the cans of plum tomatoes and diced tomatoes, stirring and blending.
2. Add the herbs, spices, mustard, brown sugar, etc., as indicated above, and stir well, cooking slowly over a low heat, and then simmering.
3. In a wok, or electric frying pan, or large skillet, brown the ground beef over a medium heat, breaking up the meat as it cooks into small particles. Optionally, you may add black pepper and powdered garlic at this stage; and also some Worcestershire sauce (optional). Cover the pan and cook slowly; and then remove from heat when browned (when no longer pink).
4. Slice the onions and dice the vegetables listed above; or dice them in a Cuisinart; and then add the diced/sliced vegetables to the tomato sauce above; and cook slowly for an hour and then let simmer, while doing the following:
5. Drain the cooked ground beef and add it, a portion at a time, to the tomato/vegetables mixture, stirring well; and cook slowly, with the pot covered for one or two hours over a very low heat -- just simmering (always covered).
6. When you judge the sauce to be about done, stir fry the sausages (in the same pan used for the beef). Slice the sausages into small pieces and add to the spaghetti sauce, letting it simmer for another half hour. If you find that the pot with the sauce is full, then remove and

transfer a sufficient quantity into a container, to make enough room for both the sausages and the mushrooms.

7. Just before the end, add the mushrooms (optional) and the red wine (or sherry).
8. Cook the pasta according to the directions: boil at high heat for about 8 minutes. Drain and rinse with hot water in a colander.
9. Spoon the sauce over the bowls of pasta; sprinkle with Parmesan cheese to taste.

EGGPLANT AND RED PEPPER PASTA

Ingredients:

Eggplants (aubergines)	2 large: 500 g or about 1 lb.
Olive oil	15 ml
Red onion, chopped	1 large
Onions, cooking, chopped	2 medium
Garlic cloves, finely chopped	3 - 5
Red peppers, sweet Bell, chopped	3
Green peppers, sweet Bell, chopped	1 or 2
Celery, chopped	3 - 4 sticks
Mushrooms, quartered	15 medium
Tomatoes, plum	800 ml or 26 fl. oz.: 1 large tin
Tomatoes, diced	800 ml or 26 fl. oz.: 1 large tin
Red pepper flakes (hot)	10 ml: or 1 tsp
Tarragon	20 ml: or 2 tsp
Basil	10 ml: or 2 tsp
Marjoram or Thyme	10 ml: or 1 tsp
Pasta: Rigatoni or other tube pasta	500 g (about half of a 900 g package)
Parmesan cheese, grated	125 ml, or 1/2 cup
Parsley, chopped	70 ml, or 1/4 cup

Directions:

1. Trim ends off the eggplants, cut into 5 mm slices; and chop slices into 2.5 cm pieces.
2. Heat oil in large skillet or wok; add onion, garlic, and hot pepper flakes. Stir-fry and cook gently until very tender, but do not brown.
3. Add chopped eggplants, red and green peppers and cook at medium heat for 5 - 10 minutes, until just slightly wilted.
4. Add tinned tomatoes, with their juice; and break up with a wooden spoon. Cook for 10 - 15 minutes, until sauce is reduced and slightly thickened. Simmer at a very low heat for about

one hour. Then add the quartered mushrooms, and remove from the heat.

5. Add pasta to a pot of briskly boiling water; and cook for 8 - 10 minutes until tender but still firm. Drain and rinse with hot water in a colander.
6. Add spoonfuls of the eggplant/red-pepper/tomato sauce and toss gently. Sprinkle with Parmesan cheese and chopped parsley.

SEAFOOD PASTA IN TOMATO SAUCE

Ingredients:

Onions, cooking (diced)	3 medium
Onion, Spanish (sliced thinly)	1/2 large
Ginger (sliced thinly)	1 root; or 20 ml = 2 tsp
Garlic (sliced thinly, chopped)	5 cloves; or 15 ml = 1.5 tsp
Peppers, Red Bell (chopped)	2
Pepper, Green Bell (chopped)	1
Celery (chopped)	4-5 sticks
Anise/Fennel (chopped)	3-4 stocks (with outer leaves)
Mushrooms (cut)	15 medium
Tuna Fish, packed in water (optional)	2 or 3 tins (184 g; drained 133 g)
Shrimps and/or Mussels, fresh in the shell or other shell fish (squid, scallops, etc.)	1 kilogram (or about 2 lb.)
Tomato paste	155 ml or 5.5 fl oz: 1 small tin
Water	150 ml
Tomatoes: plum or diced	800 ml or 26 oz: 1 large tin (or two tins)
Tomatoes: diced	800 ml or 26 oz: 1 large tin
Worcestershire sauce	to taste
Hot pepper sauce (Louisiana)	to taste - optional
Tarragon	30 ml = 3 tsp
Basil	20 ml = 2 tsp
Thyme	10 ml = 1 tsp
Marjoram	10 ml = 1 tsp
Red Pepper flakes	20 ml = 2 tsp
Paprika	20 ml = 2 tsp
Chili Powder	10 ml = 1 tsp
Cumin Seeds	10 ml = 1 tsp
Mustard, ground	10 ml = 1 tsp
Black pepper (ground or peppercorns)	20 ml = 2 tsp
Pasta: Rotini noodles	500 g (about 1/2 of 900 g package)

Parmesan cheese, grated to taste

Parsley to taste

Directions

1. Prepare the vegetables as indicated: chopped or sliced. Reserve some of the chopped cooking onions and chopped celery to be used later with the mussels (if mussels are used).
2. In a large skillet or wok, quickly stir-fry or brown the chopped and sliced onions, with the garlic and ginger.
3. Add the other chopped and sliced vegetables, and stir- fry at a medium heat: do not overcook; and then add the soya and Worcestershire sauce. Remove from the heat while the vegetables are still firm.
4. In a crock pot or Dutch oven, add the tomato paste and water; then add the tin(s) of plum tomatoes, and the diced tomatoes. Stir thoroughly, while cooking at a low heat.
5. Add the red pepper sauce (optional) and the herbs/spices, as listed above, ground mustard, and black pepper; and stir thoroughly.
6. Drain the 2 (or 3) tins of flaked tuna, and add to the tomato sauce, if desired to thicken the sauce (may be omitted).
7. Add the stir-fried vegetables from the wok or skillet; and simmer for about 2 hours.
8. Add the chopped or sliced mushrooms, about 10 - 15 minutes before the end.
9. After washing the fresh mussels in their shells, place them in a steamer (bamboo steamer in a wok, or in a vegetable steamer); cover with diced onions and celery (as above). Boil the water to a high heat, and steam the mussels until the shells open: no more than 3 minutes maximum. Do not overcook.
10. Remove the mussels from the steamer, and remove the mussels from their shells, adding them to the sauce mixture in the Dutch oven or crock pot, with the heat off. Stir thoroughly.
11. Alternatively (or with the mussels) steam the shrimps (and/or other frozen shell fish); and for no more than 1 (one) minute. Similarly add to the sauce mixture in the Dutch oven or crock pot, with the heat off. [Beware the common danger of overcooking the shell fish]
12. Prepare the Rotini noodles according to directions on the package: cook in rapidly boiling water (unsalted) for 8 - 10 minutes; drain and rinse with hot water in a colander.
13. Add spoonfuls of the seafood/tomato/vegetable sauce to each bowl of pasta;
14. Sprinkle with Romano or Parmesan cheese and parsley, to taste.

PORK AND SAUSAGE PASTA

Ingredients

Meats:

Pork Chops: cut up 1 to 2 kg
 - depending on amount of bone and fat
 Hot Italian Sausage 3 sausages
 Bacon (optional) 3-4 strips: cut up
 Olive or vegetable oil 50 ml

onions: sliced 2-3 large
 green bell pepper: chopped 2
 red peppers: chopped 1
 celery stalks: cut up 4
 carrots (small) 4-5
 mushrooms: chopped 8

Sauces and Spices/Herbs

Russian Dressing (e.g. Kraft) 450 - 500 ml
 Orange-Ginger sauce (optional) 200 ml
 Soya Sauce 50 ml
 Worcestershire sauce (optional) 30 ml

tomatoes: diced 800 mil tin
 tomatoes: plum 800 mil tin
 parsley (optional): fresh or dried to taste

Tarragon 10 ml
 Rosemary 10 ml
 Marjoram 10 ml
 Basil 10 ml
 Ginger 10 ml
 Thyme 5 ml
 Mustard (powder) 5 ml
 Pepper (black) 15 ml
 Brown Sugar 20 ml

Pasta

Rotini or Rigatoni noodles 450 g
 [about half of a 900 g package]

Vegetables

garlic: chopped & crushed 3 - 4 cloves

Cheese(s):

Romano or Parmesan Cheese: grated

- serve at the end, to taste

Wine (optional)

Red wine (purely optional) 250 ml

Directions:

1. Cut up the bacon and the pork chops, into 2.5 cm pieces, removing all fat and bone from the pork.
2. In a heated wok or large skillet, but at medium heat, brown the cut-up pieces of bacon and pork chops until reasonably cooked (not pink). Remove and drain (keeping them warm).
3. In the same wok or skillet, brown the sausages until fairly well cooked – until no longer pink -- and firm enough so that they may be cut up. Remove, drain, and cut sausages into 4.0 cm pieces.
4. Restore the three meats to the wok or skillet, and simmer in a mixture of Russian Dressing, Orange-Ginger sauce, soya sauce, and Worcestershire sauce. These sauces may be mixed together in a bowl before re-heating the meats; or may they be added to the simmering meats, applied in the order indicated above. [In North America, Kraft's Russian dressing, used for salads, will serve well for this purpose; and do not dilute.]
5. Transfer the cooked meats, with their sauce, to a crock-pot or large Dutch oven; and then add the tinned diced and plum tomatoes. Slowly simmer this mixture.
6. Add the spices and herbs to this meat and tomato mixture, while it is simmering: add in the order listed above.
7. Dice and/or slice the vegetables and chop the garlic. In a skillet or wok, lightly brown the garlic, onions, green and red peppers, celery, and carrots, and mushrooms – in that order; but do not overcook. When just partially cooked, drain the vegetables, and add them to the spiced meat and tomato mixture.
8. Continue simmering for simmer for 2 - 3 hours, and add the red wine at the end.

9. Prepare the pasta according to instructions on the package: in general, add the pasta to a pot of briskly boiling water (unsalted); and cook for about 8 minutes, until tender but still firm. Drain and rinse with hot water in a colander.
10. Keep the pasta in a large pot, with some butter or margarine, at very low heat.
11. In each serving bowl (pre-heated in the oven), ladle the pork-sausage sauce over the noodles.
12. Add Romano or Parmesan cheese, grated and sprinkled, to taste; and add parsley.

Provides about 8 servings (or more, depending on one's appetite)

NB: do not use oregano; and do not use tomato paste.

SPICED MEAT BALLS (SWEET AND SOUR) WITH EGG NOODLES

Ingredients

lean ground beef	500 grams
bacon, diced	3 strips
eggs	2
bread crumbs	70 ml (or 1/4 cup)
milk	70 ml (or 1/4 cup)
cloves, ground	10 ml
cloves, whole	12 pieces
cardamom	10 ml
nutmeg	10 ml
allspice	10 ml
black pepper	10 ml
ginger	20 ml
cinnamon	3 sticks
vegetable oil	50 ml
vinegar, white	75 ml
bay leaves	4 - 5
brown sugar	200 g
flour	50 ml
Worcestershire sauce	20 ml
Orange-ginger sauce	150 ml
water	250 ml
red wine	150 - 250 ml

Directions:

1. Make the meat-balls by combining together: the ground beef, the eggs, bread crumbs, milk, ground cloves, cardamom, nutmeg, allspice, and black pepper.
2. In a wok or skillet, sauté the meat-balls and the bacon together in the vegetable oil; and when well browned, remove and drain.
3. To the juices (after draining any excess fat), add: the ginger, brown sugar, cinnamon sticks, bay leaves, vinegar, Worcestershire sauce, Orange Ginger sauce, and water,

stirring and mixing well; and then restore the meat-balls to this sauce.

4. Simmer for one hour.
5. Mix the flour with sufficient water to make gravy, and add to the meat-ball dish.
6. Add the wine
7. Serve with flat, buttered egg noodles.

Serves 4 - 6