

PIZZELLES HISTORY

It is generally believed that pizzelles were originated in a middle region of Italy in ancient times to mark an annual celebration. Initially baked over an open fire with relatively simple but effective irons, the early pizzelles often were proudly embossed with the family crest or some hint of the village of origin.

Over time it became tradition to use pizzelles to celebrate any holiday or festive occasion, but inevitably there were pizzelles for everyone at Christmas and Easter. The modern patterns found on these delicious waffle cookies most commonly are floral on one side and a woven basket-like pattern on the other.

The recent increased popularity of pizzelles is the result of greater recognition of their delicious versatility. For example, pizzelles, when still hot, can be formed into cylinders, cones and mini-baskets that can hold a wide variety of delicious fillings for festive occasions. The range of taste experiences that can be created with fillings of formed pizzelles is virtually endless. I use my mother's basic Pizzelle recipe incorporating butter, flour, sugar, vanilla, eggs and anise, however, I add my own twists by also baking chocolate, almond and lemon poppy flavors.

I can remember, as a kid, baking pizzelles with my Mom using an iron over a gas stove, then years later using the modern electric irons. We would make batch after batch for Christmas, my Mom, always making sure to have enough for each family visitor. You couldn't celebrate a wedding without preparing trays & trays of these homemade treats. Everytime I bake pizzelles I think back to those family times with delight.

No matter what flavor....One thing is for sure -- Pizzelles are a delicious treat.



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INSIDE THIS

ISSUE:

- *Pizzelle History*
(pg 1)

- *Cheese Corner w/
Brian* (page 2)

- *Cheeses of the
Month*
(page 2)

- *Recipes* (page 3)

- **Pasqualina's
NEW
ITEMS:**

1. *Nairn Oat
Biscuits*

2. *Chiorizo*

3. *CalVals Honeyys*

4. *McElrath
Chocolates*

5. *Roccas Flatbreads*
(page 4)

- **COUPON** (pg 4)

THE CHEESE CORNER W/BRIAN

E-MAIL YOUR QUESTIONS TO: brian@pasqualinas.biz

What is Mortadella? ...Mortadella is an Italian cured sausage, resembling bologna in size and appearance. It is made of pork that is first ground and then mashed into a paste, and gets its name from the Roman word for 'mortar'. A mortar and pestle were once commonly used to crush meats, fruits and grain.

In addition to pork meat, mortadella is studded with pork fat, black peppercorns, and pistachio nuts. As prepared in Italy it is cooked for several hours at a low temperature, with low humidity. After baking, mortadella must be refrigerated, but can keep for up to eight months.

Mortadella was and is still most frequently produced in Bologna, Italy. There are records from the 14th century mentioning Mortadella. An estimated 160,000 tons are consumed in Italy each year. Mortadella should be very thinly sliced. Even though the fat pieces may look ominous to dieters, mortadella does not contain an overwhelming amount of saturated fat. Each slice has approximately 9% saturated fat, but an overall 28% fat content.

In Italy, mortadella is a popular sandwich ingredient, often combined with provolone cheese in a panino. Mortadella is also used as one of the meats in antipasto dishes, where it may be topped off with a thin layer of olive oil. Pasqualina's "Angelo's Italiano" uses mortadella, along with soppressata, capicola ham and provolone cheese, to produce a well loved Italian submarine sandwich.

CHEESES OF THE MONTH:

SMOKED GOUDA W/ JALAPENO

Eighteen pound logs of Smoked Gouda are produced in Holland in some of the world's most modern, computerized dairy plants. Yet, the cheese is still smoked in ancient brick ovens over smoldering hickory chip embers. Available natural or flavored, this cylindrically shaped cheese is perfect for impromptu picnics, party platters or midnight snacks. Note: the brown, smoky rind is not only edible, it's the best part of the cheese!



CACIOCAVALLO

This specialty hails from Sicily. The meaning of its name has been debated for centuries, but its Latin roots are *Cacio* - cheese and *Cavallo* - horse. Some historians think it is so named because it was originally made from mare's milk, others because it was transported on horseback. The origins of the name notwithstanding, caciocavallo is a traditional *pasta filata* (stretched curd) cheese made from cow's milk. Other *pasta filata* type cheeses are mozzarella and provolone. This ancient cheese takes on a tangy, meaty flavor with hints of anise and almonds.



RECOMMENDED RECIPIES:

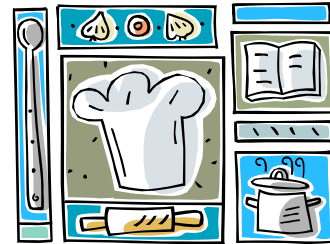
Italian Brunch

Ingredients:

- 6 large eggs
- * **4 oz diced pancetta**
- * **1 cup sliced porcini mushrooms (dried MUST rehydrate)**
- * **3 oz caciocavallo, cubed very small**
- 3/4 cup diced onion
- 1 cup fresh basil finely sliced
- 1 tbsp freshly mined garlic
- butter
- * **pinch of sea salt**
- pinch of dried thyme and oregano
- * **1 cup orzo pasta**
- * **2 tbsp shaved Parmigiano Reggiano Cheese**
- fresh pepper
- * **16 oz KITCHEN BASICS chicken broth**
- * **1 Loaf of Italian Split Bread**

Directions:

1. Preheat a 8 inch pot. Add 2 tbsp butter, 1/2 of the diced onion, and garlic, and saute for 2 or 3 minutes.
2. Add **Kitchen Basics chicken broth** to the pan and bring to a boil. Stir in **orzo** and return broth to a boil. Cover pot and reduce heat to simmer. Cook 15 minutes, stirring occasionally, or until liquid is absorbed and pasta tender.
3. Remove lid and stir in 2 tbsp shaved **Parmigiano Reggiano Cheese**. Season with **sea salt** and pepper and set aside.
4. In skillet melt 2 tbsp butter over medium high heat. Add **pancetta**, **porcini** and remaining onion.
5. Whisk together eggs, 1/2 of the basil, dried herbs and cheese.
6. After 4-5 minutes add orzo to skillet and stir, then add egg mixture.
7. Scramble away until egg is cooked approx. 1-2 minutes.!
8. Garnish with remaining basil and serve with toasted **Italian Split bread**



* ingredients available at Pasqualina's

Hearty Chicken Minestrone

(courtesy of Kitchen Basics)

- 1 cup onion diced
- 2 cloves garlic diced
- * **1 tablespoon extra virgin olive oil**
- * **32 ounces Kitchen Basics Chicken Stock**
- 1/2 pound chicken breast cut in 1" pieces
- * **1 cup kidney beans drained**
- 1 cup each yellow squash, zucchini & carrot sliced
- * **14 1/2 ounces San Marzano canned tomatoes drained and chopped**
- * **1 cup Ditalini pasta**

Sautee onion and garlic in olive oil. In a 1 gallon pot, bring onion, garlic, wine, Kitchen Basics and parsley to a boil. Add remaining ingredients, bring to a boil, then simmer under

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these gourmet bars are filled with fantastic flavor. Try the Salty Dog, which blends pieces of butter

toffee and sea salt in smooth dark chocolate. There's also a 70% dark chocolate bar, a milk chocolate with 40% cacao content, and the zingy Chile Limon, which incorporates chilies and lime into dark and milk chocolate.

CAL VALLS WILD OAK, LAVENDER, ORANGE BLOSSOM & EUCALYPTUS



HONEY A lifelong vegetarian, Manolo Valls has committed himself to the elimination of pesticides, herbicides and other harmful chemicals and in the process has become a pioneer for organic food production in Spain.

ROCCAS FLATBREADS: A unique combination of natural ingredients and goodness with a delicious taste and crispy texture.



NAIRNS OAT BISCUITS

Mixed Berries is a fruity blend of cranberry pieces and delicately flavored with raspberry.

Fruit and Spice is a delicious combination of juicy currants blended with aromatic spices including cinnamon, nutmeg and ginger.

Stem Ginger is baked with real pieces of stem ginger to give it a distinctive taste.



Chorizo by Palacios

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Expires: September 1st, 2009

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