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from The Frugal Gourmet Cooks Italian: Recipes from the New and Old Worlds Simplified for the American Kitchen The Frugal Gourmet Cooks Italian by Jeff Smith Categories: Main course; Italian Ingredients: garlic; yellow onions; tomatoes; canned tomatoes; dry white wine; chicken stock; parsley; marjoram; rosemary; milk; Parmesan cheese; baccala; polenta

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The Frugal gourmet cooks Italian : recipes from the New and Old Worlds simplified for the American kitchen. [Jeff Smith] -- The recipes are preceded by history of Italian cuisine, basic ingredients and techniques for Italian cooking, a listing of television shows and recipes, and a section titled: "On eating in Italy."

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While the chicken is baking, prepare the sauce. Discard the oil in the frying pan and heat the pan again. Add the butter, shallots, and

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mushrooms and saute until the shallots are clear. Add the...

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~~Jeff Smith (chef) — Wikipedia~~

2 cups dry red wine (the alcohol will cook out) 1/4 cup olive oil 2 yellow onions, peeled and minced 6 large garlic cloves, chopped 2 ribs celery with leaves, minced 1 large carrot, grated 1/2 cup parsley, chopped 1/2 pound fresh mushrooms, chopped (optional) 1/2 teaspoon crushed red pepper flakes or to taste 1 tablespoon crushed oregano

~~Italian Gravy Recipe from Jeff Smith, "The Frugal Gourmet ...~~

The Frugal Gourmet Cooks Italian by Jeff Smith This is one of those rare story book that double as a handy cook book. I love these type of books. They intertan and have many helpful hints that you just dont see eery day.

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Place all dry ingredients in mixing bowl and combine. Add liquids and mix until smooth. Place in a greased 8x12 inch pan and bake in hot ...

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Cook over med. heat until the vegetables are soft. Add the rest of the ingredients and bring to a slow boil. Turn down to simmer and let it cook for at least two hours. Stir occasionally. We like ours thick so sometimes I simmer it for three hours. Be sure to take out the bay leaves before serving. Great with pasta of your choice.

~~Italian Tomato Sauce Frugal Gourmet Recipe - Food.com~~

The Frugal Gourmet Cooks Italian is a cookbook that captures us the way the tastes and sounds of Italy cast their spell over the American visitor. Jeff shows us, once again, that food is more than eating and cooking - it's history and something we each invariably take part in whenever we sit down at table. So, mangia, with the "Frug." show more

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