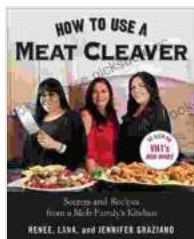


Secrets And Recipes From Mob Family Kitchen



How to Use a Meat Cleaver: Secrets and Recipes from a Mob Family's Kitchen by Renee Graziano

★★★★☆ 4.3 out of 5

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The mob has a long and storied history in America. From the early days of bootlegging and racketeering to the modern era of organized crime, the mob has played a significant role in American society. And just as the mob has had a hand in shaping American history, so too has it had a hand in shaping American cuisine.

Mob families have always been known for their love of good food. And over the years, they have developed a number of recipes that have become synonymous with the mob lifestyle. These recipes are often simple and hearty, and they are often made with ingredients that are easy to come by. But what makes these recipes truly special is the secret ingredient that is added by the mob families themselves: a healthy dose of intimidation.

If you're looking for a taste of the mob lifestyle, then you need to try these recipes. But be warned: once you start cooking like a mobster, there's no going back.

Pasta alla Vodka

Pasta alla vodka is a classic Italian-American dish that is said to have originated in the kitchens of the Gambino crime family. The dish is made with vodka, tomato sauce, cream, and penne pasta. It is simple to make, and it is absolutely delicious.

To make pasta alla vodka, you will need the following ingredients:

* 1 pound penne pasta * 1 cup vodka * 1 cup tomato sauce * 1 cup heavy cream * 1/2 cup grated Parmesan cheese * 1/4 cup chopped fresh basil * Salt and pepper to taste

Instructions:

1. Cook the pasta according to the package directions.
2. While the pasta is cooking, heat the vodka in a large skillet over medium heat.
3. Add the tomato sauce and cream to the skillet and bring to a simmer.
4. Add the cooked pasta to the skillet and stir to combine.
5. Season with salt and pepper to taste.
6. Garnish with grated Parmesan cheese and fresh basil.

Chicken Parmigiana

Chicken parmigiana is another classic Italian-American dish that is said to have originated in the kitchens of the Lucchese crime family. The dish is made with chicken breast that is breaded and fried, then topped with

tomato sauce, mozzarella cheese, and Parmesan cheese. It is a delicious and hearty dish that is perfect for a family meal.

To make chicken parmigiana, you will need the following ingredients:

* 1 pound boneless, skinless chicken breasts * 1 cup flour * 1 teaspoon salt
* 1/2 teaspoon black pepper * 1 cup vegetable oil * 1 cup tomato sauce * 1
cup shredded mozzarella cheese * 1/2 cup grated Parmesan cheese * 1/4
cup chopped fresh basil

Instructions:

1. Preheat the oven to 350 degrees F (175 degrees C).
2. Pound the chicken breasts to an even thickness.
3. Season the chicken with salt and pepper.
4. Dredge the chicken in flour.
5. Heat the vegetable oil in a large skillet over medium heat.
6. Fry the chicken for 2-3 minutes per side, or until golden brown.
7. Transfer the chicken to a baking dish.
8. Top the chicken with tomato sauce, mozzarella cheese, and Parmesan cheese.
9. Bake for 20 minutes, or until the cheese is melted and bubbly.
10. Garnish with fresh basil.

Meatballs

Meatballs are a staple of Italian-American cuisine, and they are said to have originated in the kitchens of the Genovese crime family. Meatballs are made with ground beef, pork, and veal, and they are often seasoned with garlic, onion, and oregano. They are typically cooked in tomato sauce, and they can be served with pasta, rice, or vegetables.

To make meatballs, you will need the following ingredients:

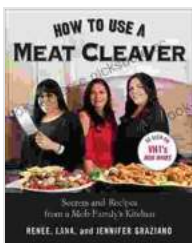
* 1 pound ground beef * 1 pound ground pork * 1 pound ground veal * 1 cup bread crumbs * 1/2 cup grated Parmesan cheese * 1/4 cup chopped fresh onion * 1/4 cup chopped fresh garlic * 1 teaspoon dried oregano * 1 teaspoon salt * 1/2 teaspoon black pepper * 1 egg * 1/4 cup milk

Instructions:

1. Preheat the oven to 350 degrees F (175 degrees C). 2. In a large bowl, combine the ground beef, pork, and veal. 3. Add the bread crumbs, Parmesan cheese, onion, garlic, oregano, salt, pepper, egg, and milk. 4. Mix well. 5. Roll the mixture into 1-inch meatballs. 6. Place the meatballs on a baking sheet. 7. Bake for 20 minutes, or until the meatballs are cooked through. 8. Serve with tomato sauce.

These are just a few of the many recipes that have been passed down through generations of mob families. These recipes are a testament to the rich culinary heritage of the mob, and they are sure to please even the most discerning palate.

So next time you're looking for a taste of the mob lifestyle, give one of these recipes a try. But be warned: once you start cooking like a mobster, there's no going back.



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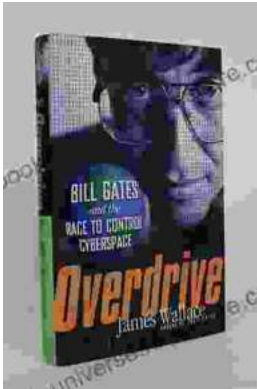
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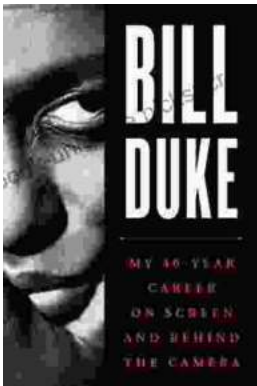
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