**2023 Edition of TSDOI Cookbook Submission Guidelines**

Dear TSDOI Members:

In direct response to numerous requests from Lodge Members to create Volume 2 of our famous Triangle Sons & Daughters of Italy Cookbook, we have completed our research on how to create another superior product. Our cookbooks are the prized possession of our members through their cherished recipes, and a very important physical extension of our Lodge to family members, friends, and the community at large.

The 2023 edition of the TSDOI Cookbook will be called **“Italian Americans in the Kitchen - A collection of family recipes”**.

**We are challenging every household in our Lodge to submit 1-3 recipes.** Our cookbook will stand out not only because of great recipes, but because every member will be extending their Italian heart to others through their favorite culinary creations.

**I am thrilled to announced that Nick Verna, TSDOI Vice President, is our Cookbook Chair.** He is renowned for his passion for preparing all types of Italian foods.

Please submit your household’s recipe to Nick Verna ([nickverna14@gmail.com](mailto:nickverna14@gmail.com)) using the guidelines below:

1. Complete the attached form to submit your recipe.
2. Please do not submit recipes that appeared in the previous version of a TSDOI cookbook. The index of the original cookbook is attached so that you can check that your recipe for Volume 2 is not already available in Volume 1.
3. Do not submit recipes that have been published elsewhere (i.e., online, in a magazine or another cookbook)
4. Recipes must be submitted in Word format. The submission form, including the recipe should not exceed **400 words**.
5. If possible, please include a photo(s) of the recipe. Photos are highly encouraged if you can.
6. Category (i.e., Appetizer, Side, Vegetable, Entree, Pasta, Dessert):
7. Name of recipe
8. Where did the recipe come from. If you have a story behind the recipe or a dedication please include that as well.
9. Number of servings
10. List of ingredients (Be specific! i.e., 1 tsp Fresh Parsley, chopped):
11. Directions

**All recipes are due to Nick Verna by April 30th.**

Please note that while every recipe may not be able to be included in the cookbook as we receive all submissions, we will also publish recipes in our new TSDOI recipe Blog on Facebook so that all recipes are shared. All recipes will be edited so that the entire cookbook is uniform and complete.

I’m already salivating just thinking about Volume 2!

Don Cimorelli TSDOI 2817 President

**Everyone Wants to Be an Italian Cookbook Table of Contents**

**APERITIVI (Aperitifs)**

Limoncello

Limoncello Spritzer

Limoncello Bellinis

Limoncello and Cream

Limoncello and Martini

Limoncello Cosmopolitan

Limoncello G & T

Limoncello Tropicana

Limoncello Cooler

Pina Colada Punch

Crimsontini Punch

**ANTIPASTI (Appetizers)**

Easter Bread

Fresh Tomato & Basil Bruschetta

Pepperoni Roll

Italian Bread

Pizza Gaina Meat Pie

Camponata Dip

Spinach Roll

Chicken Liver Canape

Grandma Bartone's Dip-In Beans

Seafood Crostini

Aunt Margi's Rice Balls

**PRIMI PIATTI (First Courses)**

No-Cook Tomato Sauce

"Clean Out the Refrigerator" Vegetable Soup

Grandma Bartone's Pasta and Beans

Sausage, Beans & Broccoli Rabe Soup

Meatball Soup

Stracciatella Soup with Tiny Meatballs

Wedding Soup

Orzo with Parmesan Cheese and Fresh Basil

Pasta e Fagioli (Macaroni and Beans)

Spaghetti with Meatballs

Donna's Chicken Pasta Alfredo

Pasta Carbonara

Homemade Manicotti

Pasta alla Putanesca

Pesto

Eggplant Sauce

Capellini with Garlic Shrimp and Wine Sauce

Spaghetti Pizza Pie

Gramma DeSio's Manicotti

Pasta alla Marinara

Escarole Soup

Gennaro's Pizza

Shatone (Easter Pie, Pizza Rustica)

Fusilli with Sausage, Artichoke & Sun-Dried Tomatoes

Pasta alla Giardinera

Scrapels (Crepes)

Sandwich Pizza

Pizza

**SECONDI PIATTI (Main Courses)**

Fried Eggs with Polenta

Basil Pesto Chicken Breasts

Stracoto (Italian Beef) with Porcini Mushrooms

Tuna in Red Sauce

Fried Small Eels

Fried Frog Legs

Chicken Cacciatora

Beef Stew with Red Wine

Italian Porketta

Mama Leone's Eggs with Zucchini

Squid with Spinach Sauce over Spaghetti

Veal Piccata with Proscuitto (Frittura Piccata)

Baked Cod

Chicken with Fruit Sauce

Osso Buco

Lazy Sunday Breakfast Frittata

Steak Pizzaiola - Neapolitan Style

Escarole with Italian Sausage and Cannellini Beans

Veal Scaloppine Piccata

Fillet of Sole with Zucchini and Almonds

VERDURE (Vegetables)

Mock Artichoke "Very Good"

Roast Diced Potatoes

Eggplant Parmigiana

Broccoli Bake

Rice and Zucchini Pie

Ratatouille

Summer Vegetable Salad

Eggplant Caponata

Orzo-Stuffed Peppers

Broccoli Frittata

Stuffed Zucchini

Zucchini Patties

**DOLCI (Desserts)**

Italian Cookies

Italian Lemon Ice

Chocolate Chip Cookie Bars

Saples (Zeppoles)

Sherry Cakes

Easter Pie (Pizza Dolce)

Italian Biscotti

Pizzelles

Cicci Cakes

Easter Knots (Italian Round Cookies)

Whiskey Cake

Italian Wedding Cookies

Strufoli (Honey Balls)

Aunt Dorothy's Frozen Strawberry Dessert

Biscotti all' Anaci (Anise Biscuits)

Ricotta Cake

Strawberries with Cream

Nana's BEST Chocolate Christmas Cookies

Strawberries and Marsala

Butterballs

Anise Biscotti

Ricotta Sfinges

Wicked Baked Apples

Rice Sfinges

Baileys R and Coffee Sabayon

Cocoa Snowflakes

Zucchini Cake