



KAILA WYLLYS *Pedernales Electric Cooperative*
Prize-Winning Recipe: **Pasta Arrabiata (Angry Pasta)**

We ate a lot of pasta this month, but none better than this rich and spicy dish. Wyllys wrote: “When we moved out of Austin, I missed the Angry Pasta at Romeo’s restaurant, and this was my attempt to recreate it at home. With all the butter and cream, it’s not an eat-every-day dish, but it’s really delicious!” We concur.

Cook’s Tip: For this dish, boil the pasta just until it is *al dente* (firm or “to the tooth” in Italian), about 8 to 9 minutes for bowtie pasta. Don’t overcook—it will cook a little more when adding the sauce.

PASTA ARRABIATA (ANGRY PASTA)

- 10 ounces bowtie pasta
- 5 tablespoons butter (divided)
- 3 tablespoons leeks, finely chopped
- ¼ pound baby portabella mushrooms, sliced
- Black pepper
- ¼-½ pound prosciutto, julienned (Buy as slab; if you get sliced, do not get paper-thin slices.)
- 12 tablespoons heavy cream (divided)
- Double handful of cherry tomatoes, quartered
- Salt
- 2 tablespoons crushed dried red pepper flakes (or less, to taste)
- Dry white wine (optional)
- ½ cup freshly grated Parmesan cheese (plus extra for the table)

Clean and slice mushrooms, leeks and tomatoes before starting to cook.

Boil pasta until *al dente* (see Cook’s Tip, above).

While pasta is boiling, melt 3 tablespoons butter in large saucepan over medium heat. Add leeks and cook until softened (about 6 minutes). Add mushrooms. Stir to coat with butter, add dash of black pepper, then turn heat to low and sauté for about 5 minutes. Then turn heat to high and boil away most of the liquid, stirring frequently. Lower heat and add prosciutto; stir on medium-low heat for about a minute. Add 6 tablespoons cream and cook just long enough for it to reduce and thicken a little bit. Then add tomatoes, salt to taste, and red pepper flakes. (If at any time you need more liquid, add a splash of white wine.) Turn off heat and set mushroom mixture aside while pasta finishes cooking.

In another pot, big enough to hold both the pasta and mushroom mixture,

heat 2 tablespoons butter and 6 tablespoons cream over low heat. When butter is melted, stir to join with cream, then turn off heat.

Drain pasta. Add to pot with butter and cream, turn heat to low, and stir to coat pasta. Add half of mushroom mixture and toss with pasta. Add ½ cup Parmesan and toss again. Finally, add remainder of mushroom mixture on top of pasta and serve. Have more Parmesan available on the table. Serves 4.

Serving size: medium-sized bowl of pasta. Per serving: 691 calories, 26 g protein, 38 g fat, 58 g carbohydrates, 1,646 mg sodium, 134 mg cholesterol

GOURMET WHITE LASAGNA

- 8 uncooked lasagna noodles
- 1 pound lean ground beef
- ½ pound lean pork sausage
- 1 cup chopped onions
- ½ cup chopped celery
- 1 clove garlic, minced
- 2 teaspoons dried basil
- 2 teaspoons dried oregano
- ½ teaspoon dried Italian seasoning
- ½ teaspoon salt
- 1 cup half-and-half
- 1 package (3 ounces) cream cheese
- ½ cup dry white wine

- 2 cups shredded white Cheddar cheese
- 2 cups shredded Gouda cheese
- 1 container (12 ounces) ricotta cheese
- 2 large eggs
- 2 cups shredded mozzarella cheese
- Freshly grated Parmesan cheese

Cook noodles according to package directions. Set aside. Cook ground beef, pork sausage, onions, celery and garlic in a large skillet, stirring until meats crumble; drain. Stir in herbs, salt and cream. Stir in wine, cream cheese, Cheddar and Gouda; cook, stirring continually, until cheeses melt. Set aside.

Combine ricotta and eggs; set aside. Arrange half of noodles in a lightly greased 13x9-inch baking dish; top with half of meat mixture, then cheese/egg mixture, then mozzarella. Repeat layers with remaining ingredients, ending with mozzarella. Bake at 350 degrees for 45 minutes, or until top is lightly browned and bubbling. Let sit for 10 minutes. Serve with fresh grated Parmesan cheese. Serves 12.

JANET VOLZ

Rio Grande Electric Cooperative

Serving size: 1 square. Per serving: 720 calories, 37 g protein, 41 g fat, 48 g carbohydrates, 736 mg sodium, 164 mg cholesterol



HOLIDAY RECIPE CONTEST

The December issue will feature the winners of our **HOLIDAY RECIPE CONTEST**, sponsored by Pioneer Brand products. The deadline to enter the contest is September 8, so send in your original holiday recipes today! (See page 32 for more information.)



CAPONATA (ITALIAN EGGPLANT)

- 4 medium eggplants, diced
- Salt
- Olive oil
- 1 small onion, finely chopped
- 1 carrot, grated
- 1/4 cup parsley, chopped
- 2 tomatoes, skinned, deseeded and chopped
- 2 ounces green olives, pitted and chopped
- 1-2 tablespoons capers
- 2 teaspoons sugar
- Vinegar

Sprinkle diced eggplant with salt. Leave in colander for 1 hour. Rinse thoroughly and pat dry with towel.

In large nonstick pan, add 2 tablespoons plus 2 teaspoons olive oil and eggplant. Toss to coat. Sauté over medium heat, stirring occasionally, for 3 to 5 minutes. Set aside in bowl. (You may need to do this in batches, depending on pan size.)

Using same pan, heat 1 tablespoon plus 1 teaspoon olive oil over medium heat and sauté onion until transparent. Add carrot, parsley, tomatoes, olives and

capers. Cook for 20 to 30 minutes, stirring occasionally. Add sugar, 1 tablespoon plus 1 teaspoon vinegar, and prepared eggplant. Continue to cook until heated through. Serve warm or at room temperature. Serves 4 to 6.

B.J. WILLIS

Bowie-Cass Electric Cooperative

Serving size: 1 large serving spoonful. Per serving: 227 calories, 4 g protein, 20 g fat, 26 g carbohydrates, 203 mg sodium, 0 mg cholesterol

ITALIAN MEAT LOAF AND SPINACH ROLL

- 1 pound ground beef
- 1/2 pound ground pork
- 1/2 cups (3 slices) soft bread crumbs
- 1 small onion, finely chopped
- 1/2 cup tomato sauce
- 1 egg, lightly beaten
- 2 cloves garlic, crushed
- 1/2 teaspoons Italian seasoning (or a pinch each basil, oregano, thyme, marjoram and rosemary)
- 3/4 teaspoon each salt and black pepper
- 1/2 teaspoon crushed red pepper flakes
- 1 package (10 ounces) chopped frozen

spinach, defrosted and drained

- 1 cup shredded mozzarella cheese
- 1/2 cup shredded Parmesan cheese

Heat oven to 350 degrees. Combine beef, pork, bread crumbs, onion, tomato sauce, egg, garlic and seasonings in large bowl. Mix spinach and cheeses in medium bowl.

Press meat mixture into 8x14-inch rectangle about 1/2-inch thick on large sheet of waxed paper. Spread filling over meat mixture, leaving a 3/4-inch border around edges. Roll from short end in jellyroll fashion, press over filling at both ends and seal. Place seam side down on rack in open roasting pan. Sprinkle top with additional Parmesan cheese, if desired.

Bake 60 to 75 minutes until meat thermometer inserted in the center reads 160 degrees. Cut in 1-inch slices to serve. Serves 6 to 8.

BEVERLY GALANTE

Pedernales Electric Cooperative

Serving size: 1 large slice. Per serving: 367 calories, 22 g protein, 27 g fat, 9 g carbohydrates, 570 mg sodium, 108 mg cholesterol

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to enter!
Contest deadline
September 8!



We're looking for the best recipes from your holiday celebrations. All recipes must be original and the ingredients must include Pioneer Brand Gravy Mix, Pioneer Brand Biscuit & Baking Mix, or Pioneer Brand Frozen Biscuit or Roll Dough. Winners will be announced in our December issue.

Up to three entries are allowed per person. Each should be submitted on a separate piece of paper. Entries MUST include your name, address and phone number, plus the name of your electric cooperative, or they will be disqualified. All entries must be postmarked by September 8, 2006. Send entries to Holiday Recipe Contest, 2550 S. IH-35, Austin, TX 78704, or fax to (512) 486-6254. To enter by e-mail (recipes@texas-ec.org), you must include "Holiday Recipe Contest" in the subject line and submit one recipe per e-mail (no attachments). For official rules, visit www.texascooppower.com or send a self-addressed, stamped envelope to the address above.



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