



Benvenuti ... Welcome To Our Family Kitchen!!



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Apples, Beets, Broccoli, Cranberries, Lettuce, Pomegranates, Pumpkins, Spinach, Tomatoes, Winter Squash, and **Grapes**

"It's Really Easy to Make a Bad Pie"... Who Said That Anyway??

Well, never fear, here's a traditional recipe for **Grape Pie**, courtesy of Elizabeth in Naples, NY...home to one of "America's Best" Grape Festivals. This sweet, hometown recipe uses Concord Grapes.

Too bad these grapes are only around for a short time!

Concord Grape Pie

Ingredients:

For the Crust:

2 ¼ cups A/P Flour
 ½ tsp. Salt
 1 cup Sugar
 ½ cup butter-flavored Shortening
 ½ cup Butter
 1/3 cup cold Water

For the Filling:

4 cups Concord Grapes
 1 cup Sugar
 4 tbsp. A/P Flour
 ½ tsp. Salt
 1 tsp. Lemon Juice
 3 tbsp. Butter
 ½ cup Brown Sugar
 2 tbsp. Honey
 1 tsp. Vanilla

For the Topping:

1 ½ cups Rolled Oats
 1 stick Butter
 1 tsp. Vanilla
 ½ - ¾ cup Brown Sugar
 1 beaten Egg



Directions:

Preheat oven to 425 degrees.

For the Crust: In a bowl, mix the flour, salt, sugar, shortening and butter. Sprinkle with the water and form dough into a ball. Wrap in plastic wrap and refrigerate for 30 minutes. Cut the dough ball in half and roll out each half. Cut one of them into strips to use for the top layer.

For the Filling: Pinch the grapes and pop out the pulp. Save the skins. Place the pulp in a medium size saucepan and bring to a rolling boil. Remove, and while still hot, push through a strainer to remove the seeds. Mix the strained pulp with the skins in a larger mixing bowl. Add the sugar, flour, salt, lemon juice, butter, brown sugar, honey and vanilla and mix well.

For the Topping: In a large bowl, mix all ingredients together to form a crumbly mix.

To Assemble: Place the rolled dough into a pie plate, so dough covers the edge of the plate. Sprinkle 1/3 of the topping over the bottom of the crust. Add filling, and cover with another 3rd of the topping. Crisscross the dough strips over the filling and brush with the beaten egg.

Sprinkle with the remaining topping. Bake for about 40 minutes. Serves 6



Here's a little info about one of our delicious Super Healthy Foods...

Tomatoes

They are rich in Vitamins A, C, E, Potassium and Fiber. They also contain the antioxidant, lycopene. When purchasing, look for fruits that feel heavy, firm, and give when slightly pressed. *Nothing compares to a beautiful plate of Tomato, Mozzarella, and Basil, with a drizzle of Extra Virgin Olive Oil!!*



When it's cold outside, and we need a bit of a warm-up, our minds turn to Chile Peppers...there are many varieties, from mild to hot, sweet to salty. Of course, they're used to make chili powders for chili con carne, pickles, hot sauce, soups and sauces... **and Chili Powder...**a blend of Chile peppers, cumin, garlic, oregano, salt & pepper and other spices. It's also used in chili con carne, as well as, spare ribs, stews, appetizers, etc. Here's an interesting idea for a great snack!!

Chile Popcorn

Ingredients:

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|---------------------------------|---------------------|
| 16 cups of just popped corn | 7 tbsp. Margarine |
| 3 small dried Red Chile Peppers | ¼ tbsp. Garlic Salt |

Directions:

Melt the margarine over low heat. Add Chile peppers and cook for 5 minutes. Remove the Chiles, pour butter over the heated corn, and season with garlic salt.



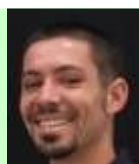
Food for thought... They say...

Food From Your Childhood Never Grows Old.

"We'd love to hear about your childhood memories, and any special family traditions you'd like to share!"

Just Sayin'...

**Practice Safe Eating,
Always Use
Condiments!!!**



Chef's Corner With Chef Patrick Gifaldi

F.Y.I. "The History of Apple Butter"...

Apple Butter was a popular way of using apples in Colonial America. Generally accredited to New England, some people believe that it was brought over by the Pennsylvania Dutch. Traditionally, it was a weeklong event, with the boys gathering the firewood to heat the huge copper kettle and the mothers peeling and slicing the apples. The cut apples were thrown into the kettles and the girls would take turns stirring to prevent burning. The women would spice the mixture with cinnamon, nutmeg and cloves. This stirring went on all day. By sunset, the apple butter was done and everyone fought for the first taste.

These were still the days when knives were used instead of peelers. There's an old wives tale that says that whatever letter a discarded peel most resembled, that was the initial of the person you would marry...anyway...

Apple Butter is smooth and is perfect spread over your favorite pumpkin or nut breads. Of course, purchase it at your local grocery!!! Happy Eating!!

This Month's Bookmark ...



JOHN'S JOURNAL...

If you're lucky enough to be in Rome, the Rome Film Festival is held in mid October each year.

As for the rest of us, why not celebrate with one of our favorite imports...The "Spaghetti Western"...and Pasta, of course!

Enjoy a taste of the Italian way of life...set up a **Midnight Spaghetti Party - La Spaghetтата di Mezzanotte!**

For an Italian flare, garnish each plate with a sprig of basil, and set out a bottle of good quality Extra Virgin Olive Oil, for those who would like a drizzle atop their pasta.

Here's one of our recipes to get you started. **Remember, Italians take their pasta very seriously! Roll Tape!**

Spaghetti all'Amatriciana

Ingredients:

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|----------------------------------|--|
| 1 lg. Yellow Onion | 2 cups canned, imported San Marzano tomatoes, puree or chopped |
| 3-4 garlic cloves, chopped | Kosher Salt |
| Extra Virgin Olive Oil | fresh ground Black Pepper |
| 1/3 lb. Pancetta, cut into cubes | Sugar |
| Your Favorite Merlot | 1 ½ lbs. Spaghetti, Pecorino Romano Cheese |

Directions:

Sauté the onion and garlic in the olive oil until golden. Add pancetta and sauté until browned. Pour in ½ cup merlot and let reduce completely. Stir in the tomato puree, add salt and pepper, to taste. Add a pinch of sugar. Continue to cook until sauce thickens.

Meanwhile, heat the water for the pasta. When it boils, add salt and the pasta and cook until al dente. Drain, mix with the sauce, and serve in a warm bowl with grated Pecorino Romano.



It's Happy Hour



Try Our Signature Drink and
"Pick From Patty's Plates"

Tricks & Treats for Your Halloween Cocktail Party...keep it simple...

How about a "BOO" tini for your Halloween Signature Drink???

To make an individual drink, Mix the following in a shaker with ice:

1 1/2 oz. Vodka

3/4 oz. Blue Curacao

3/4 oz. Orange Juice

Shake, Strain & Serve up in a chilled martini glass.

Use an Orange Slice or Rind, for garnish.

Or, make up a pitcher ahead, and refrigerate.



Serve With These Two Party Favorites:

Rosemary Almonds

Ingredients:

1 tbsp. Unsalted Butter

1 clove grated Garlic

1 tbsp. minced

Fresh Rosemary (no stems)

1 1/2 cups Whole

Unsalted Almonds

Kosher, Salt, to taste

2 tsp. Worcestershire Sauce

Directions:

Preheat oven to 350 degrees. Melt the butter in a large, non-stick skillet over medium-high heat. Add the garlic and rosemary and stir. Add the almonds and salt, to taste, and stir until almonds are well-coated. Mix in the Worcestershire and stir about a minute until the nuts are glossy. Pour nuts on to a sided baking sheet, lined with parchment. Bake until nuts are toasted and fragrant, about 8 minutes. Cool before serving. They can be stores in an airtight container for 2 days. Serves 12

Spiked Olives

Ingredients:

1 1/2 cups mixed good quality olives, drained...

Kalamata, Cerignola, etc.

3 tbsp. Extra Virgin Olive Oil

1 clove Garlic, minced

1/2 tsp. Red Pepper Flakes

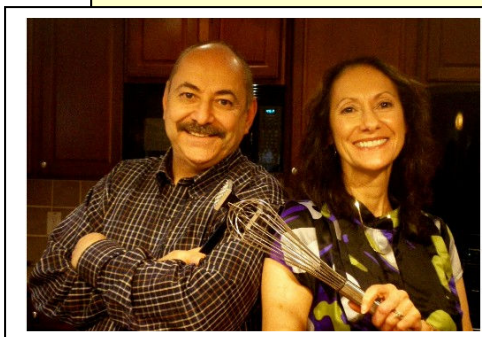
1 Lemon

Fresh Ground Black Pepper

Directions:

Mix the olives, oil, garlic and red pepper flakes in a container with a lid. Zest the lemon in fine strips and mix in with several grindings of pepper.

Cover and leave at room temperature for at least to hours before serving. Or, refrigerate for up to 3 days and bring them to room temperature before serving. Makes about 12 servings



Meet John and Patty

If you're in the Atlanta area
stop by Giovanni's Restaurant in Austell, GA for a
FREE Wine Tasting & Book Signing
Oct. 19th from 6:00 – 8:00 pm



2495 East West Connector
Austell, GA 30106
678-384-1169

www.giovannisgenuineitalian.com

Meet the Authors... get an autographed copy of "Sweet Memories" ... Have a Glass of Wine!!

What's Else Is New?

- ✓ If you're in the Rochester Area, look for John & Patty on a local television commercial for Oriens Café.

"We are an Eco-Friendly Group!"

For orders or information on our "Sweet Memories" cookbook, or to Sign-Up for our FREE MONTHLY NEWSLETTER, send an email to: patty@sweetmemoriescooking.com



Buon Appetito!