

Peperonata sauced Chicken breast

Peperonata Sauced Chicken Breast

Not only is this peperonate sauced chicken breast recipe delicious it's easy to make. I used skinless boneless chicken breast. You can use whatever part of the chicken fits your lifestyle and taste.

By using boneless, skinless chicken breast and my premade marinara sauce which I always have on hand, this Italian chicken recipe can be on your table in less than 30 minutes.

Customize this Peperonata sauced chicken breast recipe

This peperonate sauced chicken breast recipe isn't set in stone. You can customize this chicken recipe really easy.

For instance most of you know I don't drink alcohol. Although am okay cooking with alcohol some people are not. So there is an option in most of my recipes to use wine or stock.

Another way to make this Italian flavored chicken recipe your own is to use boneless chicken thighs.

One more thing, if you want to make this peperonata sauced chicken breast a complete meal cook your favorite shaped pasta and toss in the peperonata sauce. If your going to use this Italian bell pepper sauce for a pasta sauce double all the ingredients except for the chicken breast. Also be sure your

saute pa is big enough and deep enough. Here is a link to one of my favorite deep saute pan.

Lastly please leave me a comment if you make this. I love hearing from you. It's my favorite part!!!

Ingredients

- 4 Chicken breast
- 2 Tablespoons olive oil
- 1 chopped yellow onion
- 1 Tablespoon minced garlic
- 1 diced red bell pepper
- 1 diced green bell pepper
- 2 cups cherry tomatoes
- 1 cup white wine or chicken stock
- 2 cups marinara sauce
- 1 Tablespoon Italian parsley
- 1 tablespoon mixed Italian herbs
- Salt and pepper to taste

Instructions

1. cut the chicken breast in half if thick
2. Salt and pepper the chicken
3. In 2 tablespoons of olive oil saute the chicken until brown on both sides
4. Add the onions, garlic and cherry tomatoes saute until just beginning to brown
5. Add the bell peppers saute 5 minutes
6. Deglaze the pan with 1 cup of chicken stock or white wine simmer until absorbed
7. Add the marinara sauce simmer 15 minutes longer
8. Plate the chicken pour the peperonata sauce over the top. ENJOY!!!

Five Star Caesar Dressing

Five Star Caesar Dressing

Some say you can judge how good the food is going to be in restaurants by the quality of the Caesar salad.

This five star Caesar dressing recipe is the same recipe on the restaurant menu where it earned 5 stars from the county food critic, after many failed attempts.

I had my first Caesar salad on a trip to Mexico with a childhood friend, before almost every restaurant had Caesar salads on their menus.

The taste and the fact that the servers put the whole Caesar salad together at your table while you watched started my search to duplicate the recipe. I must admit I was spectacle with the use of raw eggs, until it was explained the acid in vinegar and lemon juice tempers the eggs making them safe to eat.

This raw egg Caesar dressing recipe is the recipe we used in the restaurants for over 30 years and never had a problem.

Tips for success when Making Five star Caesar dressing

By far the most important tip when you make this five star Caesar dressing or any oil based dressing is, the oil goes in last in a slow steady stream, with the motor of a food processor or blender running.

The other thing is, I don't add any salt to this Caesar salad dressing the ingredients provide enough salt, I don't find it necessary to add salt to the dressing.

And last please let me know your experience with this recipe, leave me a comment. I love hearing from you.

Ingredients

- 3 egg yolks
- 3 cups extra virgin olive oil
- 1/2 cup white wine vinegar
- Juice from 1 lemon
- 1/2 cup anchovy fillets
- 1/2 cup parmesan cheese
- 2 Tbs. minced garlic
- 2 Tbs. Dijon mustard
- 1 Tsp. each hot sauce and Worcestershire sauce

Instructions

1. In a food processor with the motor running start with the egg yolks
2. Then add the vinegar and lemon juice
3. Add the rest of ingredients up to the olive oil
4. Now with the motor still running add the oil in a slow steady stream
5. ENJOY!!!!

Beef Ragu Pasta Recipe, The

best Meat Sauce

Beef Ragu Pasta recipe, The Best meat Sauce

This is why this beef ragu pasta recipe is my favorite, it combines two of my favorite ingredients beef and pasta, and one of my favorite ways to cook it, in a tomato ragu meat sauce full of Italian flavors.

El dente cooked fettucine shaped pasta, tossed in fork tender sirloin beef tips braised and slow cooked in a rich tomato based ragu is a perfect meat sauce when your craving a pasta dish everyone will love.

3 Tips When making this beef ragu pasta recipe

Here's the first tip when you make this beef ragu pasta recipe, you can cook the pasta ahead of time. Since this meat sauce takes longer to cook than the pasta, cook the pasta run it under cold water to stop the cooking process, then toss in the beef ragu just to heat through.

Second tip I used sirloin steak tips, already cut in about 1 inch cubes. If you can't find sirloin steak use any beef stewing meat and cut into medium chunks. I used my cast iron Dutch oven to make this meat sauce it sears the meat perfectly and ideal for slow cooked meat sauces.

And the 3 tip is use good products. My bother, a great chef taught me early on the quality of the dish depends on the quality of the ingredients. Since this beef ragu gets its flavor from the meat and tomatoes use the best you can afford.

Ingredients

- 1 Lb. Fettucine
- 1 Lb. Sirloin steak tips
- 1/4 cup flour
- 2 peeled and chopped carrots
- 1/2 cup chopped celery
- 1/2 chopped yellow onion
- 2 Tbs. chopped garlic
- 2 Tbs. each chopped Italian parsley and basil
- Salt and pepper to taste
- 2 Tbs. each olive oil and butter
- 1 15 Oz. can crushed tomatoes
- 1 15 Oz. can tomato sauce
- 1 can reserved pasta water

Instructions

1. Cook Pasta according to package directions reserving 1 cup
2. Salt and pepper the sirloin tips and dust lightly with the flour
3. In a Dutch oven bring the oil and butter to medium high heat
4. Add the steak saute until brown push to one side
5. Add the onion and garlic saute until tender and just beginning to brown
6. Add the celery and carrots saute 5 minutes
7. Add the reserved pasta water scraping up the brown bits
8. Simmer covered 45 minutes add the Italian Parsley, basil and half the parmesan last 5 minutes
9. Toss pasta with sauce heat through sprinkle serve family style sprinkled with additional parmesan

Bolognese Baked Gnocchi Recipe

Bolognese Baked Gnocchi Recipe

At the restaurant and sometimes at home Gnocchi's are made by hand. This Bolognese Baked Gnocchi Recipe is my semi-homemade version for the home cook that's craving Italian, but wants easy too !!

If you want to make gnocchi by hand by all means do, here's a Easy Ricotta Gnocchi recipe, or you can use a good quality potato store- bought gnocchi.

Little dumplings, in a hearty, beefy, Bolognese sauce topped with cheesy goodness, and baked to a golden delicious make this gnocchi recipe a family favorite.

3 Questions Answered About This Bolognese Baked Gnocchi Recipe

The answer to this question can this Bolognese Baked Gnocchi recipe be made ahead of time? Is Yes.

In fact you can make this baked gnocchi recipe up to the point of baking and freeze it, defrost and baking it the day you plan on serving it.

Question number 2, Can I substitute the beef? The answer is

Yes!! You can use ground chicken or turkey, or leave the meat out completely, if you want to go the vegetarian route!!

And number 3. What size and style casserole dish is best for baked paste dishes? A 4 quart good quality casserole dish that goes from oven to table with a lid is a good choice.

I hope you make this delicious Italian inspired Bolognese Baked Gnocchi recipe, it's a family favorite and sure to become one of your family favorites too!!!

And please don't forget to leave me a comment. I love hearing from you!!!

Ingredients

- 1 Lb. homemade or store-bought gnocchi
- 1 Lb. extra lean ground beef
- 1/2 chopped yellow onion
- 2 Tbs. chopped garlic
- 1 Tbs. each butter and olive oil
- 1 grated carrot
- 2 stalks celery
- 1 14.5 can tomato sauce
- 1 14.5 can chopped tomatoes
- 1/2 can water
- 1 cup grated parmesan cheese
- 1 cup grated mozzarella
- Salt and pepper to taste

Instructions

1. Meanwhile in a large saute pan bring the butter and olive oil to medium heat
2. Add the onion and garlic saute until tender and just beginning to brown
3. Add the celery and carrot saute a few minutes

4. Add the ground beef salt and pepper now saute until brown
 5. Add the water, tomato sauce and the crushed tomatoes simmer covered on low for 30 minutes add the gnocchi the last 3 minutes
 6. Add 1/2 of the parmesan and mozzarella cheese
 7. Transfer to an oven proof casserole dish top with the remaining cheese bake 15 minutes or until cheese is golden and bubbly
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Creamy Brie Fettuccini

Creamy Brie Fettuccini

This Creamy Brie Fettuccini is a decadent and delicious dinner, that's easy enough for weeknight family meals and fancy enough for Saturday night dinner with friends.

Fettuccini, Creamy Brie, pungent sundried tomatoes and the mild taste of spinach in a creamy, cheesy sauce and on your table in less than 30 minutes that's what dinner dreams are made of!!

When you want decadent comfort food and vegetarian too this is the paste recipe to make.

I know I post a lot of pasta recipes, but if am stuck for dinner ideas, it's pasta to the rescue.

This recipe was inspired just like that. I had a wedge of brie cheese and no recipe. But I did have and always have, pasta, in many shapes and sizes. And that is how this Creamy Brie

Fettuccini recipe was created, just like that.

3 Things to know When Making Creamy Brie Fettuccini

The first thing to know when making this Creamy Brie Fettuccini is to be sure to save the pasta water.

This step is very important and one that can be easily missed. Pasta water is the magical ingredient that thickens sauces and adds flavor.

Second undercook the pasta by 2 to 3 minutes to retain a *al dente* bite to the pasta. The pasta continues to cook after draining, under cooking by a few minutes prevents this.

And Third, the right size saute pan is always important when cooking. The right size pan that holds all the ingredients is a must have in any kitchen, it is the difference between so-so meals and level upped dinners.

Last, please if you made this delicious restaurant quality recipe please leave me a comment. I love hearing from you, it's my favorite part!!!!

Ingredients

- 1/2 Lb. Fettuccini
- 8 oz. brie
- 4 cups chopped spinach
- 1 cup chopped sundried tomatoes
- 1 Tbs. each butter and olive oil
- 1/2 bunch chopped Italian parsley
- 1/2 chopped yellow onion
- 1 Tbs. chopped garlic
- 2 cups reserved pasta water
- 1 cup heavy cream

- 1/2 cup parmesan cheese
- Salt and pepper to taste

Instructions

1. Cook Fettuccini according to package directions reserving 2 cups of the water before draining
 2. Meanwhile in a large skillet bring the butter and olive oil to medium heat
 3. Add the onion, parsley and garlic
 4. Sauté until tender and just beginning to brown
 5. Add the sundried tomatoes saute 5 minutes
 6. Place the brie wedge in the center of the saute pan
 7. Deglaze the pan with pasta water than add the heavy cream
 8. Simmer Covered for 15 minutes
 9. Add the Spinach and parmesan cheese simmer 5 minutes longer
 10. Toss fettuccini in brie sauceENJOY
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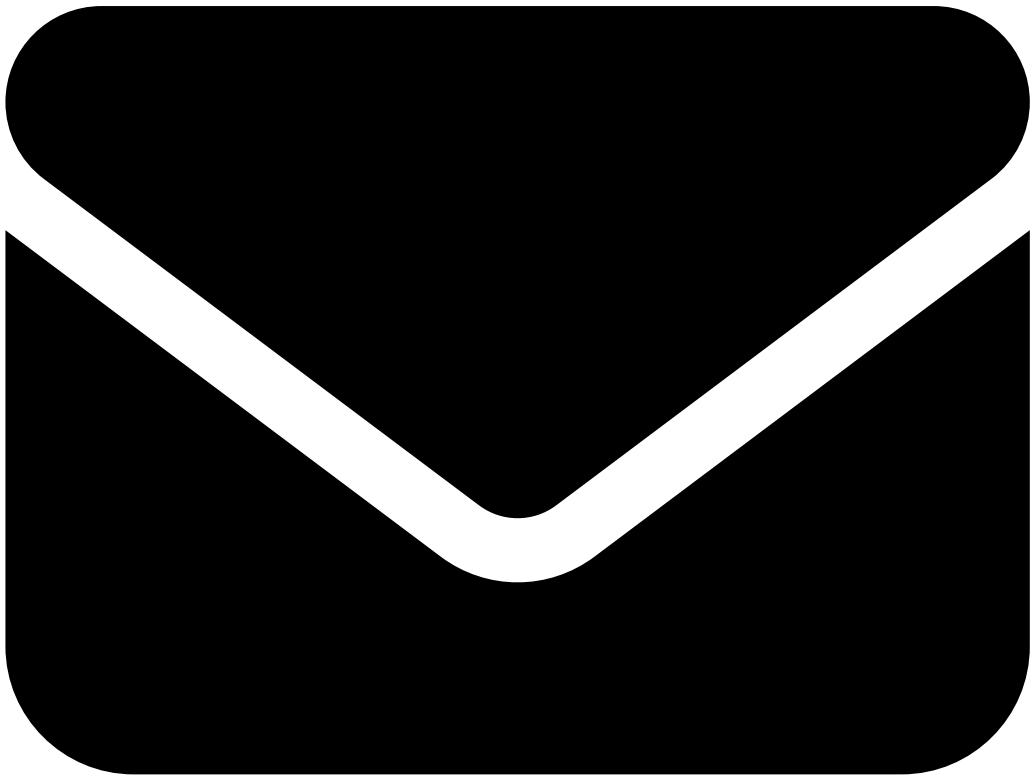
Arrabiata Lobster Sauce
Spaghetti

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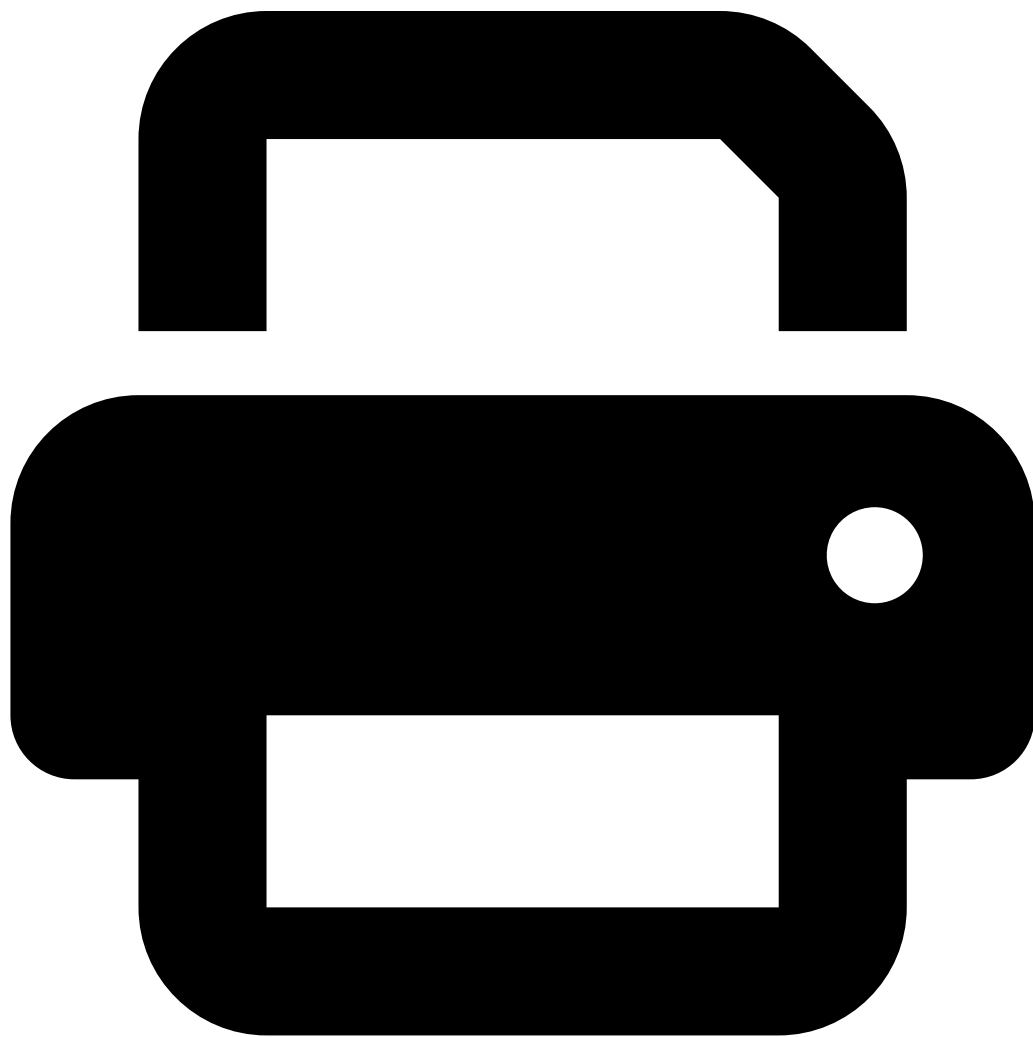
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Happy New Year my friends wishing you a new year with new blessings!!! My first post of 2021 starts with this decant Arrabiata

Lobster Sauce Spaghetti recipe. Arrabiata means angry in Italian, well there's nothing to be angry about with this recipe.

In fact this recipe is going to make you and your family real happy. Succulent lobster meat, in a spicy tomato sauce full of Italian flavors tossed with one of my family's favorite pasta shape spaghetti!!!!

Lobster can be pricy, using it in a sauce makes it more affordable, and that makes this recipe you will want to make often.

Tips when making Arrabiata Lobster Sauce Spaghetti

Tip number one when making this Arrabiata Lobster Sauce Spaghetti recipe since the sauce is mostly tomatoes the tomatoes you use is important.

I found the tomato products from San Marzano the best, not only in this recipe but in all my tomato based sauces.

Secondly, I used four previously frozen Maine Lobster tails unshelled them and cut them into even pieces for even cooking.

And third if you want an alternative to frozen Maine Lobster Tails you can use canned Maine Lobster. One more thing you can adjust the level of heat, if you like less or more spice adjust the hot pepper flakes.

And lastly if you make this delicious Arrabiata Lobster Sauce Spaghetti recipe, please leave me a comment. I love hearing from you it's my favorite part

Arrabbiata Lobster Sauce Spaghetti



Spaghetti is tossed with tender lobster, tomatoes, spinach, garlic, and herbs in a bold, spicy Arrabbiata sauce for a flavorful Italian seafood pasta.

- 1 lb. spaghetti

- 1 lb. lobster meat
- 2 cups chopped spinach
- 14.5 oz chopped tomatoes (2 of these)
- 14.5 oz tomato sauce
- 1 cup reserved pasta water
- 1 chopped yellow onion
- 3 tbsp chopped garlic
- 2 tbsp each olive oil and butter
- 3 tbsp hot pepper flakes
- 2 bay leaves
- 1/2 bunch each chopped Italian parsley and basil
- Salt and pepper to taste

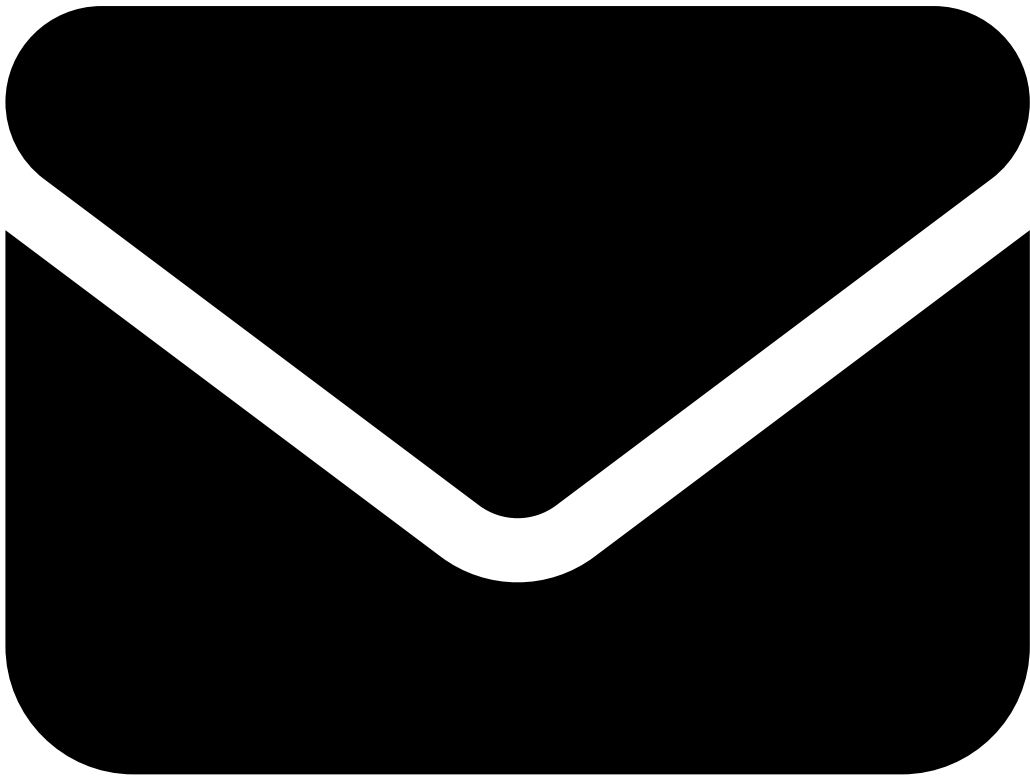
1. Cook spaghetti according to package directions reserving 1 cup of the water before draining
 2. Meanwhile in a large deep saute pan bring the oil and butter to medium heat
 3. Add the onion and garlic saute until tender and just beginning to brown
 4. Add the red pepper flakes saute until fragrant
 5. Add the tomatoes, water and bay leaves salt and pepper now
 6. Simmer covered for 45 minutes
 7. Add the lobster, chopped spinach and herbs simmer until lobster is cooked through about 5 to 7 minutes
 8. Toss Spaghetti into the sauce adjust seasonings sprinkle with additional Italian parsley and basil
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Flavored Wine Vinegars

Flavored Wine Vinegars

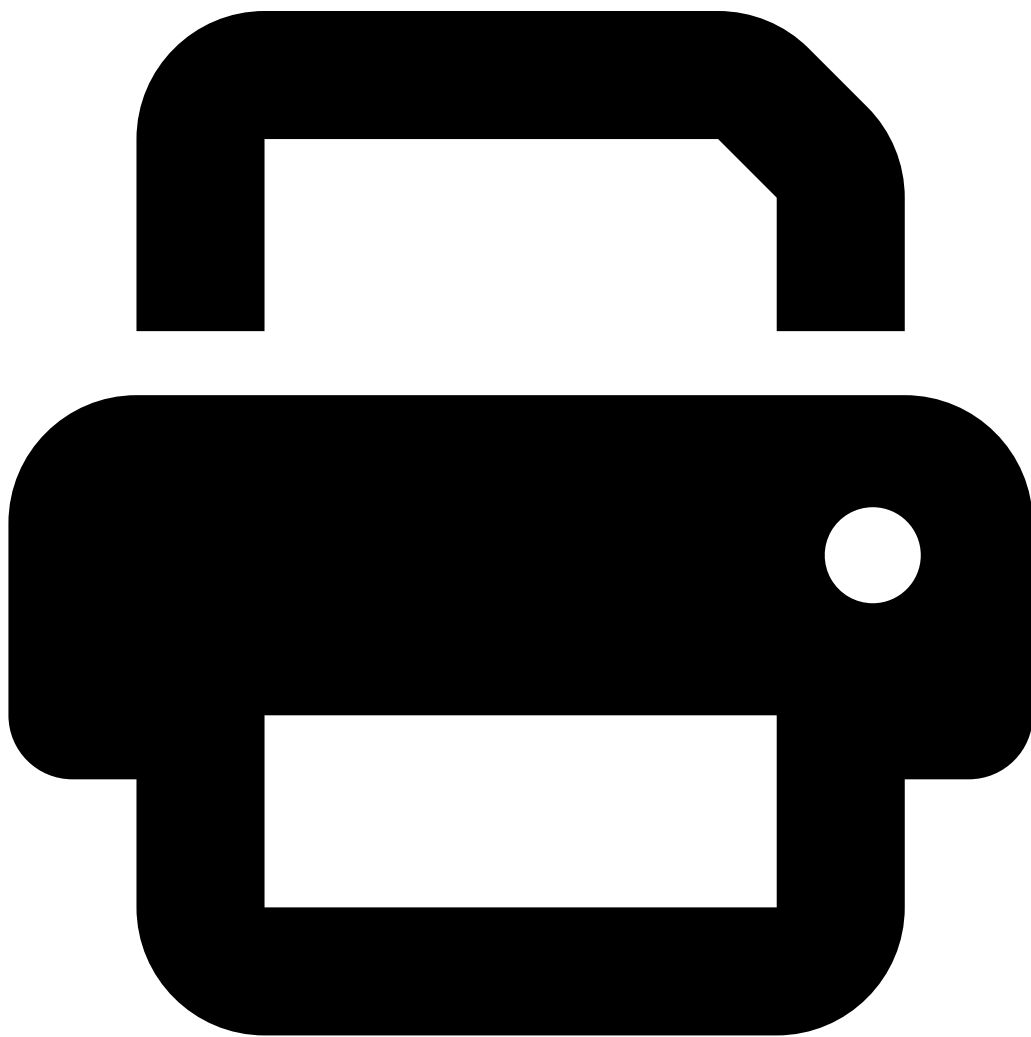
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These Flavored Wine Vinegars are prefect for holiday gift giving or keeping. They taste so much better than store bought and so easy to make you'll be making your own vinegar all the time.

You know that wine that's been sitting for a few days??? That's the wine to use in this recipe. But you don't have to use wine at all, if you have an allergy to it,

leave the wine out and add apple juice or just use vinegar. It will still be delicious!!!

Make Flavored Wine Vinegars Pretty

You can make these Flavored Wine Vinegars gift giving worthy by using pretty bottles and jars tying some twine around them.

Add pretty towels and a salad bowl and you have a gift anyone

would love to receive any time of the year!!! I will be doing a series

on food for gifting. Please following along and don't forget to leave me a comment. And please don't forget to tag me on Instagram.

I love hearing from you, it's my favorite part!!!!

Flavored Wine Vinegars



White vinegar and wine are infused with fresh herbs, citrus, garlic, peppercorns, and raspberries to create beautifully flavored vinegars for dressings and marinades.

- 1 quart white vinegar
- 2 cups white or red wine
- 1 tbsp pepper corns
- 3 cloves garlic
- 2 tbsp sugar
- Peel from one lemon
- Peel from one orange
- 6 sprigs each of thyme, rosemary and tarragon
- 10 raspberries

1. In a medium stock pot simmer the vinegar, wine, 2 gloves of garlic, 2 sprigs each of the herbs, on low until it reaches 190 degrees about 15 minutes

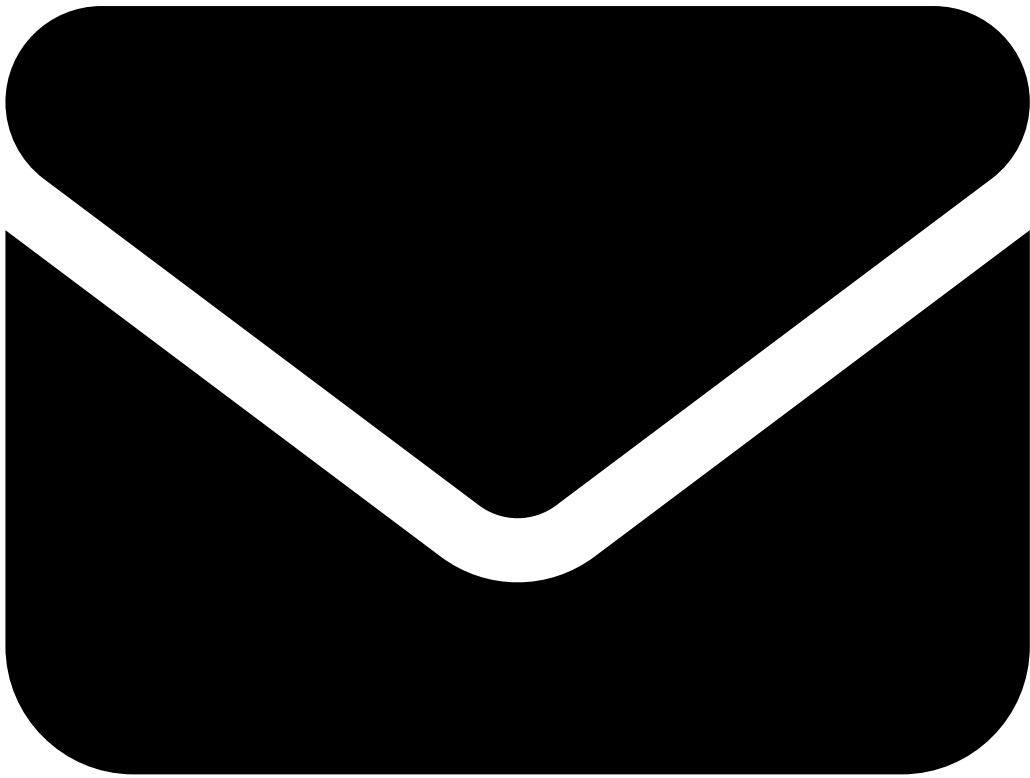
2. Set aside covered for 2 hours
 3. Set aside covered for 2 hours
 4. Pour into pretty, sterilized bottles
 5. Add raspberries, thyme and lemon to one
 6. Add rosemary, garlic and lemon peel to another
 7. Add orange rind, peppercorns and tarragon to the third
 8. Let sit on your counter for up to one month using as needed
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Easy Tuna Puttanesca Spaghetti

Easy Tuna Puttanesca Spaghetti

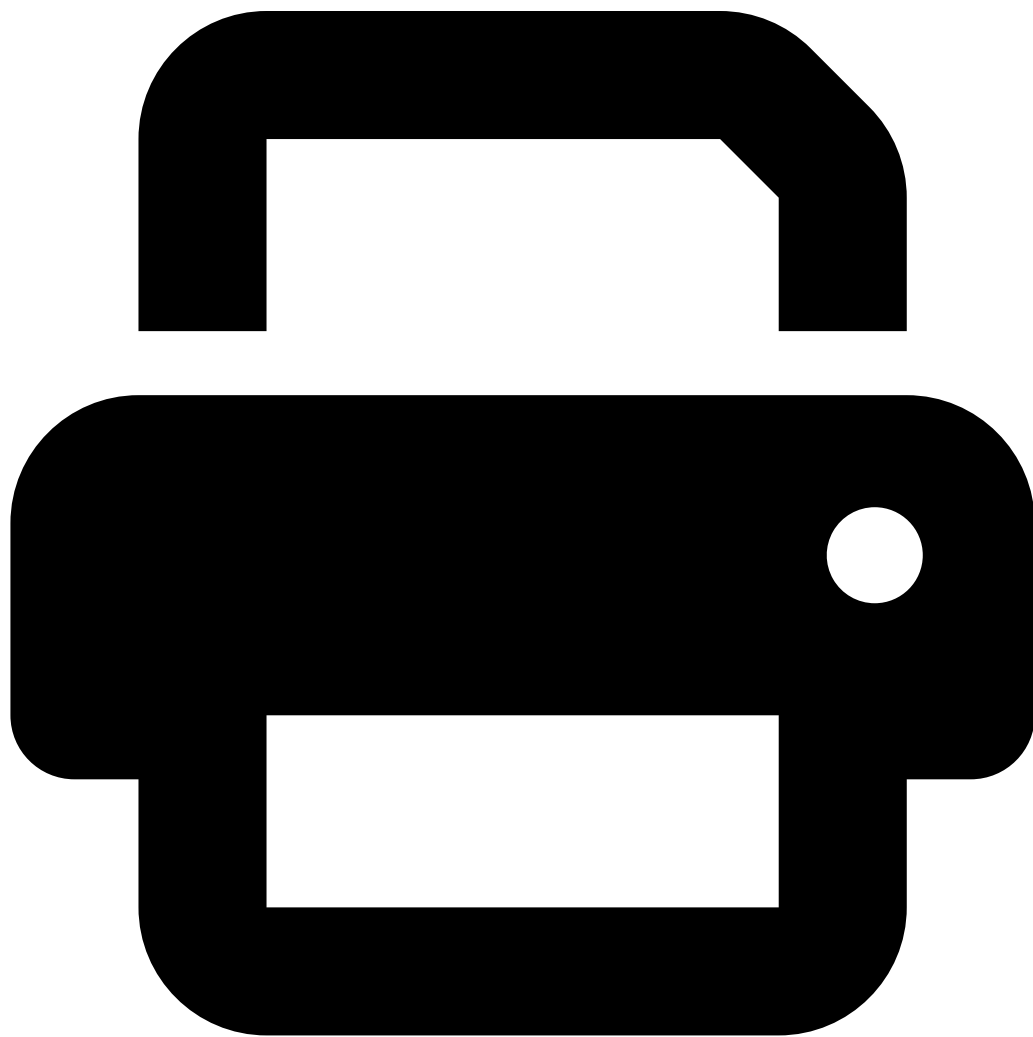
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This easy Tuna Puttanesca Spaghetti is a fast and flavorful Italian pasta recipe perfect for busy weeknights. Made with pantry staples like canned tuna, anchovies, olives, and capers, this classic puttanesca sauce comes together in under 30 minutes.

Puttanesca has a rich and colorful history—said to be created by Italian prostitutes to lure customers with its irresistible aroma. Whether legend or truth, this spicy, briny sauce still draws everyone to the kitchen today.

Cooked in one deep sauté pan and tossed with spaghetti, this tuna pasta is a bold, satisfying dish full of robust Mediterranean flavor.

Things to know about this Easy Tuna

Puttanesca spaghetti recipe

I used spaghetti for this dish, but feel free to choose any pasta that fits your lifestyle and taste—long or short shapes both work beautifully. If the sauce feels a little dry, just add more pasta water. That starchy liquid not only adds body, but acts as a natural thickener that binds everything together.

For the olives, I went with kalamata because I love their bold, briny flavor. Growing up, my mother used olives from our family farm in Tuscany. She cured them the traditional way—soaking them in a salt water solution and changing it every few days for weeks until the bitterness was gone. They transformed from glossy purple to wrinkled and rich, then were marinated in olive oil, garlic, orange peel, and red pepper flakes. Time-consuming, yes—but unforgettable in flavor.

So for this simple sauce, don't skip out on the quality olives—they're key to the depth of flavor in this rustic, vibrant dish.

I hope you give this recipe a try, and the part I love most? Hearing what you think! Enjoy a little restaurant-style cooking in your own kitchen—and don't forget to tag me on Instagram so I can see your delicious creations!

Easy Tuna Puttanesca Spaghetti



Spaghetti is tossed with tuna, anchovies, tomatoes, capers, and Kalamata olives in a bold, savory sauce finished with fresh Italian herbs.

- $\frac{1}{2}$ lb Spaghetti pasta cooked according to package direction reserving 2 cups of the water before draining
- 1 small chopped onion
- 1 tbsp minced garlic
- 4 anchovy fillets
- 2 cans albacore tuna in olive oil
- $\frac{1}{2}$ cup capers
- 1 cup chopped kalamata olives
- 15 oz can chopped tomatoes
- 15 oz tomato sauce
- 1 cup reserved pasta water
- 1 tbsp each chopped Italian parsley, basil, thyme and red pepper flakes
- 2 tbsp each olive oil and butter

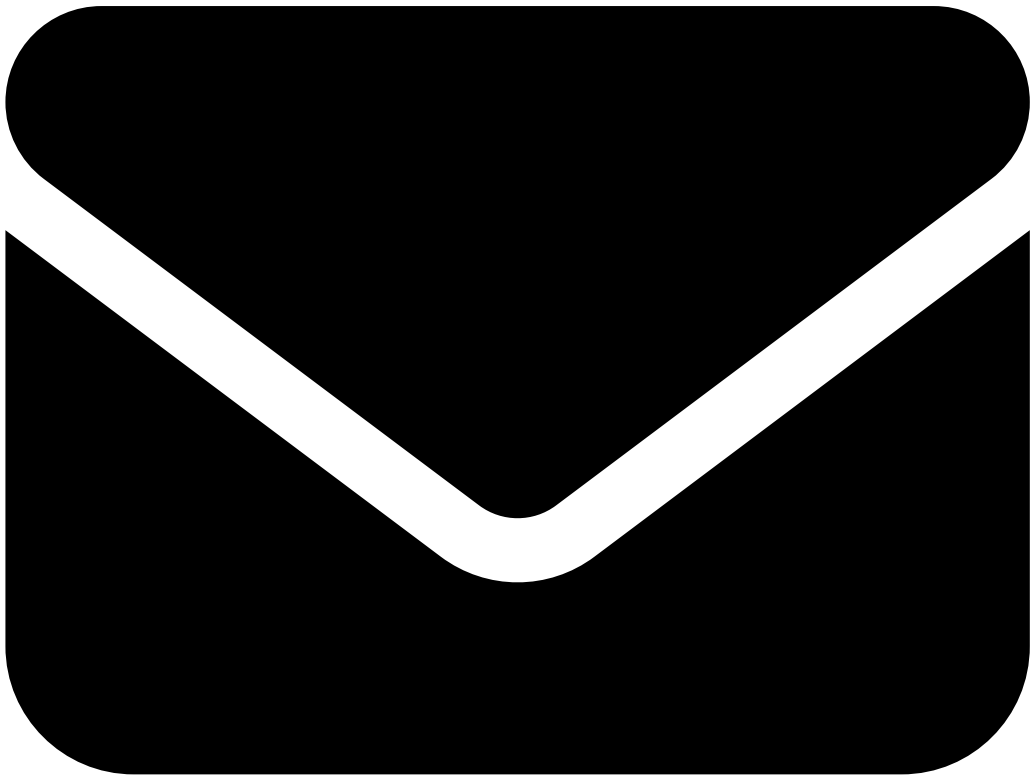
1. Cook pasta according to package directions reserving 1 cup pasta water
2. Mean while prepare your sauce by heating oil and butter in a large deep saute pan, add onion and garlic, cook until tender and just begining to brown
3. Add the anchovy fillets stir until anchovies disintegrate, then add both cans of tomatoes not drained and reserved pasta water.
4. Simmer covered for 20 minutes, add the Tuna, olives, spinach, capers, red pepper flecks and herbs, simmer 10 minutes longer
5. Always salt and pepper to taste
6. Toss with the drained spaghetti pasta

Sweet and Tangy Balsamic BBQ Sauce Recipe

Sweet and Tangy Balsamic BBQ Sauce Recipe

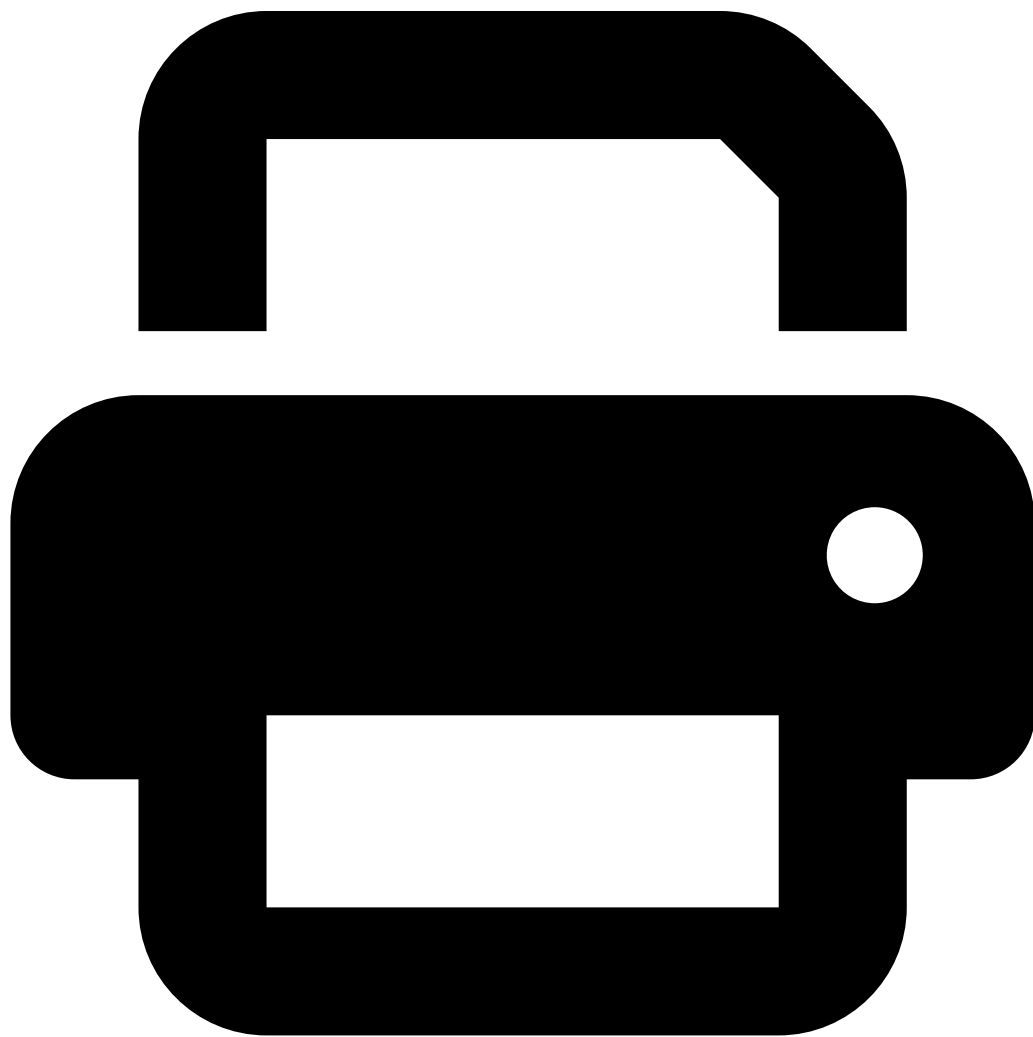
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This sweet and tangy Balsamic BBQ Sauce is the best barbecue sauce that is both sweet and tangy is ready in 15 minutes and made from scratch.

BBQ sauce is one of those foods that differ from state to state you have Kansas City style, Memphis style, Texas style and many between. Everyone has their personal favorite. I like them all.

Growing up in an Italian household our BBQ sauce consisted of a basic olive oil, garlic, lemon juice and herbs, still one of my favorites.

But today I wanted to share this quick and easy BBQ sauce that uses few ingredients you probably have on hand, is ready in 15 minutes. and comes out prefect every time.

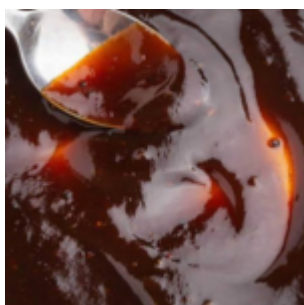
Things to know about this Sweet and Tangy Balsamic BBQ Sauce Recipe

When you make this Balsamic BBQ sauce as a made-ahead meal prep allow it to cool, then pour it onto mason jars. Seal it tight with a tight fitting lid and store it in the refrigerator to use for quick and easy meals throughout the week.

It's the prefect sauce to use for pulled pork or chicken and keeps fresh in you fridge up to 2 weeks.

If you make this BBQ sauce please leave me a comment, let me know in what recipe you used it, and don't forget to tag me on Instagram with your creations I love hearing from you!!!

Sweet and Tangy Balsamic BBQ Sauce



Rich balsamic vinegar, brown sugar, and smoky spices simmer together to create a sweet and tangy BBQ sauce that's perfect for chicken, ribs, burgers, and more.

- 2 cups ketchup
- 1 cup water
- 1 cup balsamic vinegar
- $\frac{1}{2}$ cup brown sugar
- 2 tbsp hot sauce
- 1 tbsp garlic powder

- 1 tbsp onion powder
- 1 tbsp smoked paprika
- 1 tbsp Worcestershire sauce
- Salt and black pepper to taste

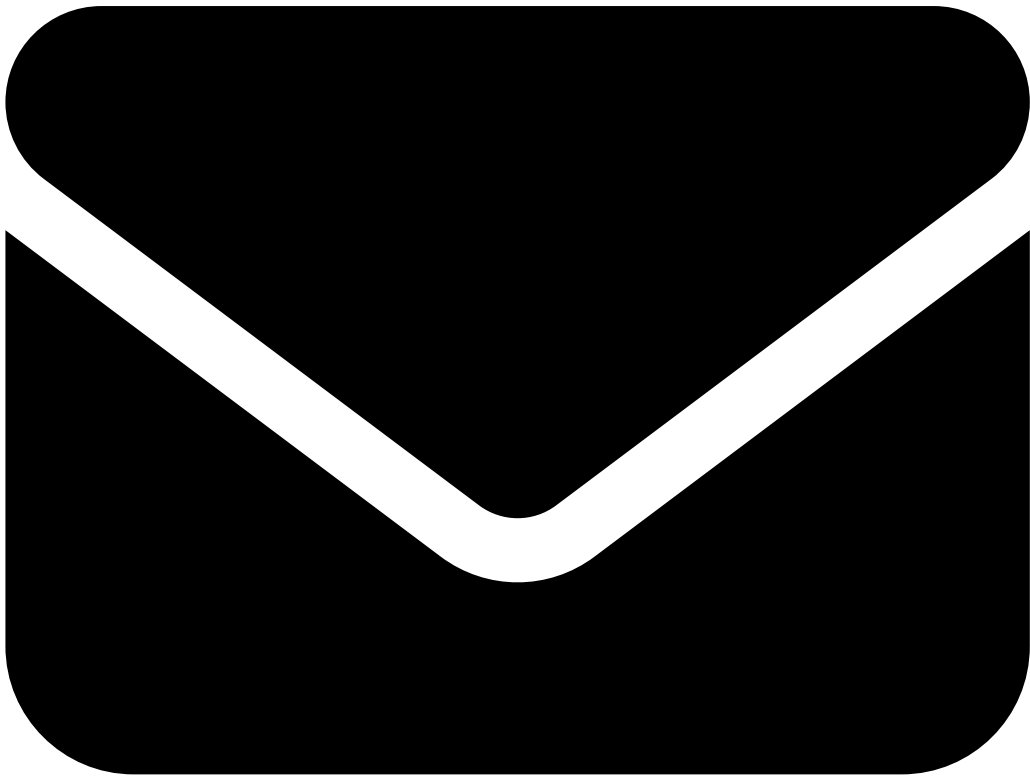
1. In a medium saucepan, combine all ingredients.
2. Stir well and bring the mixture to a gentle simmer over low heat.
3. Cover and let the sauce simmer for 15–20 minutes, stirring occasionally, until thickened to your liking.
4. Taste and adjust seasoning with additional salt, pepper, or hot sauce if needed.
5. Let the sauce cool before using. Store leftovers in an airtight container in the fridge for up to 1 week.

Mixed Mushroom Marinara Sauce

Mixed Mushroom Marinara Sauce

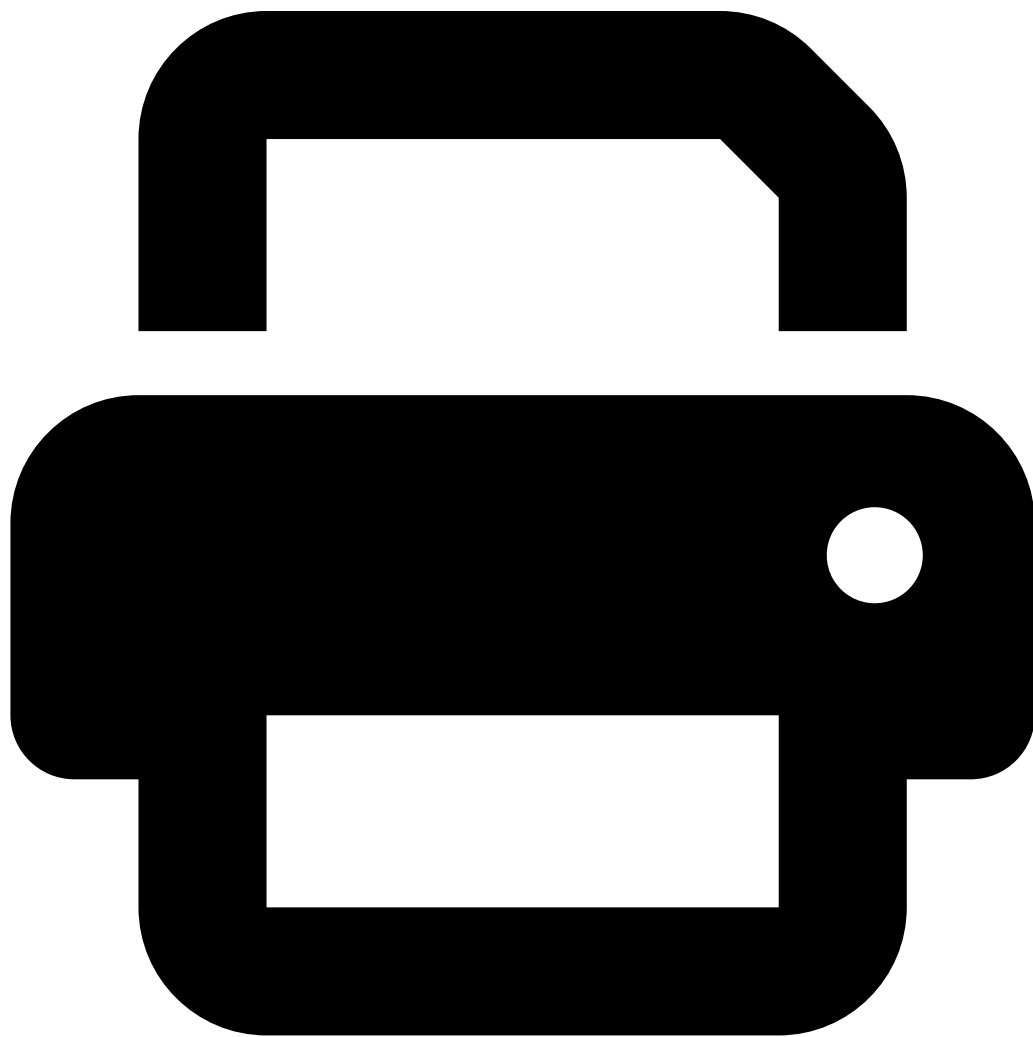
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This easy classic mixed mushroom marinara sauce is made with three different mushrooms for a thick, rich vegetarian marinara full of robust earthy flavors. It's so easy and versatile you'll want to make it often.

In this mixed mushroom marinara I used three different types of mushrooms: cremini, white button and portabellas. You can use any combination of mushrooms you like, that's the beauty of this recipe. Not only can you customize this recipe to your liking, you can freeze it for ready-made meals when you need dinner quick. You can even add ground chicken, beef, or turkey for a hearty meat sauce,

I served this mixed mushroom marinara over air-fried polenta rounds, it's just as good over pasta, and delicious over toast sprinkled with parmesan and Italian herbs.

This recipe is simple in nature, uses few ingredients and produces intense flavors. It's sure to become your go-to sauce.

when you want Italian, but you also need quick and easy.

While sometimes it's nice to showcase your chef abilities with fancy, perfectly plated creations most of the time simple is the way I cook.

Things to know about this mixed mushroom marinara sauce

This Mixed mushroom marinara is full of delicious earthy flavors and because mushrooms grow close to the earth they can be full of dirt too!!

Mushrooms are like sponges. If you soak them in water they become waterlogged and won't brown nicely. Instead clean mushrooms with a damp paper towel.

If your using sliced mushrooms, most are pre cleaned. If you see dirt give them a quick rinse in a colander just before cooking patting them dry with dry paper towels.

If your using whole portabellas , follow the process above, then remove the stem which can be saved and frozen to use in stuffed mushrooms, and with a spoon scoop out the gills and slice.

It's helpful to remember mushrooms need a shower not a bath, if they are still dirty after wiping with a damp paper towel, give them a quick rinse.

If you make this recipe please leave me comment and don't forget to tag me on Instagram that's my favorite part!

Mixed Mushroom Marinara Sauce



Three kinds of mushrooms simmer with tomatoes, garlic, and fresh herbs to create a rich, savory marinara that's perfect for pasta, lasagna, or your favorite Italian dishes.

- 8 oz sliced white mushrooms
- 8 oz sliced crimini mushrooms
- 8 oz sliced portabellas
- 2 cans 15 oz. crushed tomatoes
- 2 cans 15 oz. tomato sauce
- 1 chopped bunch Italian parsley
- 2 tbsp each: chopped basil, thyme and oregano
- 1 chopped medium onion
- 2 tbsp each: butter and olive oil
- Salt and pepper to taste

1. In a 5 quart stock pot heat the olive oil and butter
2. Add the onion and garlic saute until limp
3. Add in the mushrooms saute until mushrooms are brown
4. Salt and pepper now
5. Add all the tomato sauces
6. Rinse out tomato cans add 1 can of water to the sauce
7. Add herbs

8. Simmer covered for 1 $\frac{1}{2}$ hours stirring occasionally