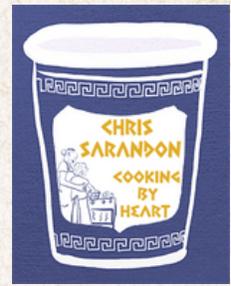


# Viola Trigiani's Venetian Eggs



## Dressing for greens:

- 1 cup balsamic vinegar
- 2 tablespoons of fresh lemon juice
- Salt and freshly ground pepper to taste

## Ingredients for Eggs:

- 4 eggs
- 4 cups tomato sauce (you can use your Sunday gravy, or...one can of peeled uncrushed tomatoes, three cloves of minced garlic, half a stick of butter, and simmer the mixture on the stove until the garlic is glassy and the tomatoes bubble around the edges of the skillet)
- 4 cups fresh arugula
- 4 cups baby spinach
- Dandelion greens (You don't need to use dandelion, but we foraged for dandelion, and Grandmom served it to us as part of this dish. Dandelion is sharp and spicy- and she said it was also loaded with vitamins we needed.)
- 2 cups shredded parmesan cheese

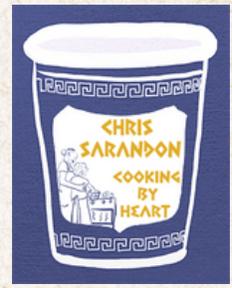


## Directions

1. In a bowl, whisk the dressing ingredients and set aside.
2. In a skillet, ladle in the tomato sauce (if you made your own above, it's good to go!) Heat on medium until the sauce begins to bubble on the edges.
3. Make a well in the sauce and crack one egg into the well
4. Follow the same steps with the remaining eggs.
5. While the eggs are poaching to your liking, toss the greens with the dressing.
6. Arrange the greens in the center of a dinner plate.
7. When the eggs are done, ladle on to the fresh greens.
8. Sprinkle fresh parmesan on the eggs, a little salt and pepper and serve.
9. Optional: some folks like a spicy tomato sauce- and so, if you like, throw a smidge of red pepper flakes into the sauce above. It will give you the kick you like.



# *Viola Trigiani's Venetian Eggs as told by Adriana Trigiani*



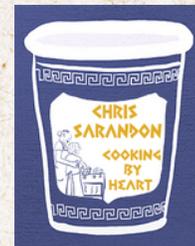
Viola (Yolanda) Perin Trigiani, my paternal grandmother, was a force of nature. Like most girls born in the first decade of the last century, she came of age in the Roaring Twenties. She went to work, bobbed her hair, and had a career, a husband, and a home. Viola believed you could have anything you wanted, you just had to set a goal and work for it.

She had a garden and close to 6 acres to take care of. She was 60 when my grandfather died and took over where he left off. She'd mow, prune trees, weed, and grow grapes and tomatoes. She was an expert baker and cook. She had her greatest hits of course, and my favorite is a farm luncheon she would serve when we came in from our chores. This dish reminds me of summers spent with my grandmother, which are now some of my favorite memories.

There are variations of this dish in every region of Italy, but since she hailed from Veneto, we named it Venetian eggs. It may be my favorite meal. Pair it with crusty Italian bread and a glass of hearty red wine and you'll be able to mow the back nine yourself after lunch.



# Grammy Fitzsimmons' "Toast on the stove"



## Ingredients needed:

- A Slice of White Bread
- Irish Butter (room temperature)
- White granulated Sugar

## Equipment Needed

- A Metal Fork
- A WOOD-BURNING KITCHEN STOVE (if you do not have access to a time machine – the open flame of a gas stove will do.)
- A COT or COMFY BED – to lay down in when you need to crash after the excessive sugar in this recipe leaves your system.

## How to make "TOAST ON THE STOVE"

- 1) Take a slice of white bread and pierce the top/MIDDLE of the bread with the prongs of the fork. – stick the prongs into the top of the bread from above, move the prongs under the bread - then right back out to the top again. It should create a kind of cradle to hold the bread aloft over the flame. (It may require a few slices to master the proper prong hole/bread ratio.)
- 2) Holding the end of the fork, dangle the bread over the open flame as you allow the bread to burn and get PEAKS of DARK CHAR on the white bread. (Do not overburn – just peaks)
- 3) Take bread off the flame. Flip the slice over – repeat the prong process on this side.
- 4) Dangle the new virgin side of the bread over the open flame to get the peaks of CHAR.
- 5) Remove bread from flame, remove fork.
- 6) Slather the "burnt Bread" with butter. Make sure the butter is room temp.
- 7) Place buttered toast on a plate.
- 8) Take a HEAPING TABLESPOON of white sugar and sprinkle ALL of it onto the slice of bread. The sugar will clump to the warm slathered-on butter and create "little white snowdrifts".
- 9) Lift toast and take a bite. Repeat.
- 10) After you have finished the slice, run around, and do things for 20-30 minutes (depending on your metabolism), then lay down and take a sugar-induced nap.

Recipe brought to you by Michael Patrick King on Episode 2 of "Cooking By Heart" with Chris Sarandon.

[www.ChrisSarandon.com](http://www.ChrisSarandon.com)



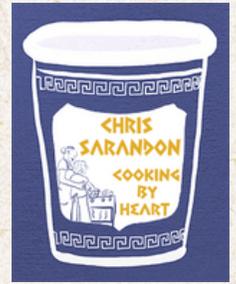
# Tom Holland's Tomato Soup and Grilled Cheese

## The Story:

Campbell's Tomato soup (made with one can of milk, not water) and a grilled cheese sandwich. I was raised on it, my mother made it for dinner whenever she was just home from work, out of time, and no food in the pantry, which was a lot of times. Reach for the Campbells.

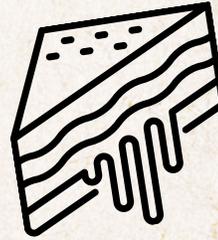
I loved it so much that I wrote it into Psycho 2 when Norman Bates (the brilliant Tony Perkins) tells Meg Tilly how his mother made it for him. Yup, that mother, the one who drove him to kill all those people.

So, think twice when you reach for comfort food, tomato soup and a grilled cheese sandwich anyway.



## Ingredients needed:

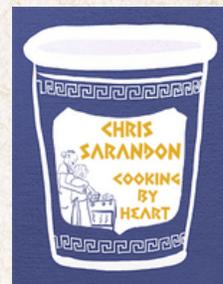
- One Can Campbell's Tomato Soup
- 1 C Whole Milk
- 2 Slices White Bread
- 2 Slices American Cheese



## How to make Tomato Soup and Grilled Cheese

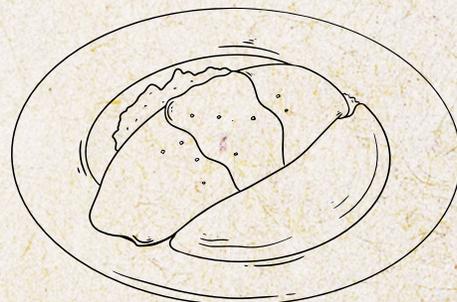
1. Pour the can of soup into a medium saucepan.
2. Add milk to the soup and blend with a spoon or ladle.
3. Place the pan on a medium-high stove burner.
4. While the soup is heating slowly so as not to curdle the milk, butter both sides of the bread, place the cheese between them, and place them in a pan under medium heat.
5. When one side is browned, turn the sandwich over and brown the other side.
6. When the cheese is melted, place the sandwich on a cutting board and cut it gently, diagonally with a serrated knife so as not to squeeze out too much of the melted cheese.
7. Ladle the soup into a small bowl, add salt and pepper and enjoy Momma's comfort food!

# Cary Elwes' Spanish Omelette



Tortilla Española is a Spanish potato omelette and is made with the simple ingredients of potatoes, onion, eggs, salt, and olive oil.

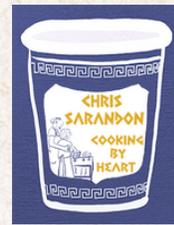
- Peel three potatoes and slice them into thin slices.
- Chop 2 onions.
- Heat olive oil in a pan on simmer/medium. Add sea salt.
- Cook the potatoes and onions in the olive oil. Don't overcook. Until light brown only. Then drain them and place in bowl.
- Do not discard the oil in the pan as you will use it again
- Crack the eggs into another bowl and add 1/2 teaspoon of salt.
- Beat the eggs and then pour over the cooked potatoes and onion and mix.
- Pour contents into the pan with the olive oil you used to cook the potatoes and onions
- Cook on high heat for 1 minute. Then medium heat for about another 5. Use spatula to turn the omelette as it starts to harden.
- When one side of the omelette is cooked. Flip it over and cook the other side.
- Stick toothpick into center of omelette. When it comes out clean, the omelette is ready
- Add salt and pepper and omelette is ready to eat.
- You may also eat it cold the next day by wrapping the omelette in tin foil and putting it in the fridge



Recipe brought to you by Cary Elwes on Episode 4 of "Cooking By Heart" with Chris Sarandon.

[www.ChrisSarandon.com](http://www.ChrisSarandon.com)

# Jonathan Stark's Chocolate Wafer Icebox Cake



My mother was a pretty good cook of meat, a terrible cook of vegetables but a master of desserts. This is no doubt where I get my sugar addiction. So, to my favorite sugary dessert. It was first introduced by Nabisco in 1929 as "Chocolate Wafer Icebox Cake". My mother and grandmother made this since I can remember. It's the simplest dessert ever and as the wafers sit overnight, they become cake-like and incredibly delicious. Combined with real, hand-whipped whipping cream, it's comfort food at its best. And, really, these days a little comfort food can go a long way to brighten your day. Personally, I could never let the cookies sit overnight, I'd keep opening the fridge and dipping my finger into the whipped cream, pulling out a glop until there was a notable chunk missing and then, of course, claim innocence. Give this simple recipe a try. I think Billy Cole had some of this in the fridge for him and Jerry (he didn't just eat apples) but they sadly were not able to finish them.

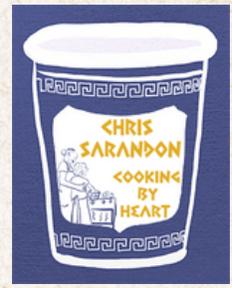
## Ingredients

- 1 tsp. vanilla
- 2 cups unwhipped chilled whipping cream.
- 1 - 9 oz. package of Nabisco Famous Chocolate Wafers (they may be at your store but if not get them at Walmart or Amazon)

## Instructions

1. Combine whipped cream and vanilla in a glass bowl. Beat with mixer until stiff peaks form (don't add sugar to the whipped cream, the wafers are sweet)
2. Spread just a teaspoon of whipped cream onto each wafer.
3. Stack wafers together. Then stand on edge on serving platter to make a log.
4. Frost with remaining whipped cream.
5. Refrigerate at least 4 hours (overnight is better).
6. Cut dessert diagonally into 14 (or so) slices.
7. Decorate with mini chocolate chips, chocolate shavings, nuts, toasted coconut or just serve as is.
8. Tell your kinds if any is missing the next day they could lose a finger.
9. Then tell them that you would never do that but they'll get a good talking to.

# Amanda Bearse: Danny's Devil Food Chocolate Cookies (the easy way)



My Grandma Mary was the Christmas cookie baker during my childhood, and I thought she alone had come up with this Devil's Food cookie recipe. They were delicious, but it was my older brother, Danny, who CRAVED them...so much so that they became known in my family as "Danny Cookies". Danny had a powerful spirit & lived a vibrant life, but he flew off the planet at age 26...he's lived on in my memories these past decades, and forever & always when his cookies appear. The recipe below is a current one, but the results are the same.

## DEVIL'S FOOD CRINKLE COOKIES

Prep Time 10 minutes

Cook Time 10 minutes

Total Time 20 minutes

Author Sara Phillips



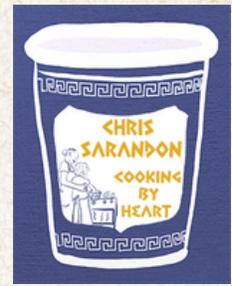
## Ingredients

- 1 box Devil's Food Cake Mix
- 2 eggs
- 6 TBSP butter melted
- 1/2 cup powdered sugar

## Instructions

1. Preheat the oven to 375°
2. In a large bowl, combine all ingredients and stir until everything is incorporated.
3. Using your hands, make 1" balls with the dough.
4. Roll the ball through the powdered sugar and place it on an (ungreased) cookie sheet.
5. Bake for 9-11 minutes.
6. Let cool for 5-10 minutes and then move them to a cooling rack.
7. ENJOY!

# William Ragsdale: Memaw's Mexican Chicken Casserole



This is my grandmother's famous (to my family) Mexican casserole. It was my favorite as a child and she would always make it, especially for me (or so I assumed). She was widowed early in her marriage and her home was a small, charming little cottage, simply appointed and well-ordered. But when she made this dish, it usually meant that there were going to be a lot of people in the house and extra card tables were going to be set up for everyone to have a place to eat and visit. I suppose the festive, crowded, family-style feel of those meals lent to my affection for the dish.

As a parent, this hearty, comfort food meal is a go-to dish for my three boys. I usually make two batches to accommodate their teenage appetites and, as a leftover (if there is any!) it's always a welcome sight in the refrigerator.

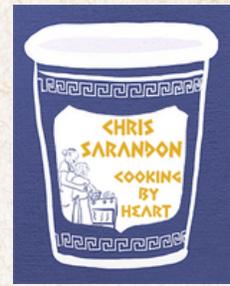
I'm very much immersed in the warm, happy memories of my grandmother and parents whenever I make this dish, and enjoy hearing their echoing presence in the sound of my own children's forks and plates scratching as they dive enthusiastically into the meal.



Recipe brought to you by William Ragsdale on Episode 7 of "Cooking By Heart" with Chris Sarandon.

[www.ChrisSarandon.com](http://www.ChrisSarandon.com)

# William Ragsdale: Memaw's Mexican Chicken Casserole



## Ingredients:

- 2 lbs. cooked boneless chicken (cut up)
- 2 bags 16 oz. shredded cheddar cheese
- 2 large bags of tortilla chips
- 1 can Cream of Mushroom soup
- 1 can Cream of Chicken soup
- 1 C. chicken broth
- 2 can Ro-tel® diced tomatoes & chiles (drained)
- 2 C. sliced carrots (steamed or blanched until slightly soft)
- 1 C. sliced green olives
- 1/2 C. sliced pickled jalapeños (optional)

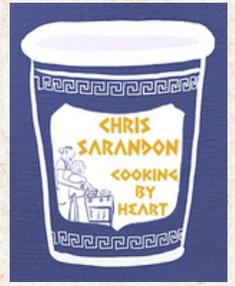


## Directions:

1. In a saucepan, combine and warm the Chicken and Mushroom soups and the chicken broth until well mixed.
2. Lightly oil a 9x13 casserole dish, and line the bottom and sides with tortilla chips.
3. Add a 1/2 inch layer of combined chicken, shredded cheese, Ro-tel® tomatoes, carrots, and green olives, then top with a layer of chips.
4. Repeat the above combination for a second layer, again covering the mix with a layer of tortilla chips.
5. Pour the warmed, combined soup and broth over all, then top with another layer of cheese and evenly distributed jalapeños (if desired).
6. Refrigerate overnight, then bake a 350° f. for 45 mins or until the cheese on top is bubbly and brown. Let cool for 10 mins. before cutting.

This can easily be cooked without the overnight refrigeration if desired. The overnight “soak” just makes the tortilla chips more integrated as layer and allows the flavors to blend. A small amount of sour cream can be added to the layers as well for a little extra tanginess. Yum!

# Alexis Sarandon's Carrot Ginger Soup



This soup recipe was near and dear to me when I was pregnant. For whatever reason, especially with my third baby, I craved carrot ginger soup like no other. My sister Stephanie sent this to me and I've slowly adapted it here and there. I now love to make it for a thanksgiving appetizer in little cups for the whole family.

As an acupuncturist, I think about how in Chinese medicine soups and cooked foods are encouraged in colder months (around Thanksgiving) and support healthy digestion, as does ginger.

## Ingredients:

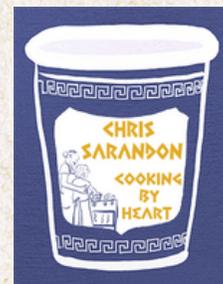
- 1 large onion
- 2 lbs organic carrots
- 1-2 Tbsp grated fresh ginger (depending on how spicy you like it!)
- Salt and pepper to taste
- 2 Tbsp olive oil or ghee
- bone broth ( about 4 cups)
- Cilantro (optional)



## Directions:

1. Melt ghee (or good olive oil) over medium-low heat in a large pot
2. Roughly chop onion and add to pot.
3. Season with salt and pepper and let the onions cook down until they become translucent.
4. Rinse and roughly chop carrots (just wash, no need to peel) and toss them into the pot as well.
5. Fill the pot with bone broth-just enough so that the veggies are covered and bring to a steady boil. You can grate the ginger and add at this now too.
6. Once boiling, cover and bring down to lower heat and simmer until carrots are tender when poked with a fork.
7. Pour the entire contents of the pot into a blender or food processor and blend until smooth- careful here as the soup is HOT!
8. Taste after blending and add more salt and pepper accordingly. I often blend in cilantro now too (one big handful.)
9. Drizzle with olive oil and top with cilantro (optional)

# Mick Sarandon's Lahanodolmathes or Greek Stuffed Cabbage



Traditionally done w/ an avgolemono (egg-lemon) sauce. I make this recipe with tomatoes instead. It's a little more rustic and reminds me of my first trip Lefkada Island, Greece where my wife and I went to a small family run restaurant and this is how they served it. We proceeded to eat at this restaurant as many times as we could before we left.

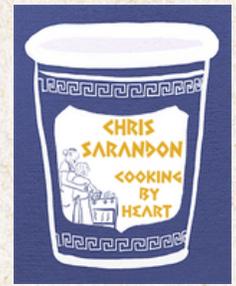
## Ingredients:

- 1 medium-head green cabbage
- 1/2 pound ground lamb, or ground beef
- 1/2 pound ground pork
- 1/2 cup uncooked short-grain rice
- 1 large onion, finely minced
- 1 teaspoon ground cumin
- 1 large egg
- 1/2 cup chopped fresh parsley
- 1/2 cup chopped fresh dill
- 2 teaspoons salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 cup olive oil
- 1 cup canned tomatoes, crushed

## Directions:

1. Remove the outer layers of the cabbage and discard.
2. Turn the cabbage head over and using a sharp knife cut out as much of the core as you can.
3. In a large soup pot, boil enough water to submerge the cabbage head.
4. Boil the entire cabbage head for 10 to 15 minutes or until the leaves are nicely tender and can be removed easily.
5. In a large mixing bowl, combine all the ingredients except for the tomatoes and olive oil. Mix well.
6. Remove the cabbage from the water and drain. Remove the leaves one by one
7. Lay the cabbage leaf vein side up with the stem end towards you. Cut the leaf stem to remove any thick spine remaining.
8. Depending on the size of your leaf, place a portion of the stuffing mixture in the bottom center of the leaf. Leave room for the sides of the leaf to fold inward toward the center.
9. Roll the cabbage leaf toward the top making sure to press the stuffing in tightly.
10. Add 1/2 cup olive oil to a large flat-bottomed saucepan with lid. Place the cabbage rolls seam-side down in the pan in tight rows. Try to fit as many in a single layer as possible.
11. Add the tomato sauce and enough water to barely cover the top of the cabbage rolls. Invert a heatproof plate on top of the cabbage rolls to keep them submerged during cooking.
12. Bring the liquid to a boil and then simmer covered for approximately 1 and 1/2 to 2 hours or until the leaves are tender and the filling is cooked.
13. Re-season with salt and freshly ground black pepper to taste

# Stephanie Sarandon's Squash on Toast



This recipe has become a staple Thanksgiving appetizer at our family feast. It's a crowd pleaser for kids and adults: sweet, salty and spicy with added freshness from the mint. The leftover squash mixture (if there is any) is great on its own or on pasta for another day! Don't skimp on the salty cheese layer, it balances out the sweet spicy squash. Adapted from a NYT Cooking recipe based on Jean-George Vongerichten's squash on toast.

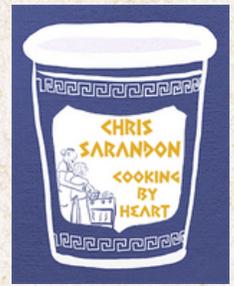
## Ingredients:

- 1 -3lb butternut squash, peeled and cut into 1-1/2" cubes
- ½ C Extra Virgin olive oil plus more for grilling bread
- ½ t dried chili flakes
- Kosher salt
- 1 large yellow onion, peeled and thinly sliced
- ¼ C apple cider vinegar
- ¼ maple syrup
- 1 loaf of high quality white sourdough bread, sliced
- 8-12 oz of goat cheese or feta at room temp so it is easy to spread
- Chopped mint

## Directions:

1. Toss the squash with half the olive oil, salt to taste, and chili flakes and roast on a sheet pan in a 425-degree oven until tender and slightly brown, about 30 minutes.
2. Meanwhile in a large skillet over medium-low heat sauté the onions in the remaining olive oil until soft and just beginning to brown, about 15 minutes. Add the vinegar and maple syrup to the pan and continue cooking until the onion mixture has a jam-like consistency, another 10-15 minutes.
3. Mix the squash and onion mixture together in a large bowl.
4. Toast slices of bread in a well-oiled pan on both sides until brown. Add oil as you go so the bread absorbs some as it toasts.
5. Spread the toasted bread slices with cheese and top with a generous layer of the squash onion mixture.
6. Sprinkle with chopped mint and flaky sea salt. Cut each bread slice into thirds and serve.

# JOHN SEBASTIAN'S STORY OF RAVIOLI NUDI



## JOHN SEBASTIAN'S STORY OF RAVIOLI NUDI

I was one of those lucky kids who got to go to Italy for five summers while my classical musician Dad played concerts all over Europe. He parked us all in Fiesole, outside Florence, and the family had a divine cook named Rita, from the Po valley, whose kitchen magic never stopped. One of the most amazing dishes she would occasionally produce was ravioli nudi (or gnudi) a frustratingly simple dish of kale, eggs and cheese that was like ravioli without the pasta.

Winter would come and we'd be back in New York, missing our heavenly dish. Our neighbor who had come to Italy with us was also obsessed with the recipe. My Mom would shake her head, having tried it countless times and failed. Our neighbor would come across the hall with another attempt. My brothers and I were the guinea pigs on this because we wouldn't lie. And she never got it. It wouldn't stick together or it would turn into a disappointing, soupy mess.

It was years later, eating with Francesco Buitoni (yeah, that Buitoni) that I was finally served perfect ravioli nudi. In an Italian tradition, I asked if there was a small apartment available above the restaurant.

Mangiate bene! John Sebastian