

Re: EM signals

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golden brown, remove.

Add the garlic and onions and cook down a bit.

Add some lemon juice and some zest, then de-glaze with stock.

Add a little cornstarch (dissolved in cold water) to the sauce.

You are just about there, Pour the sauce over the cutlets,
top with parsley, lemon slices and cracked pepper.

Serve with spinach salad, macaroni and cheese (homemade) and iced tea...

Spaghetti with Real Italian Meatballs

If you don't have an expendable bambino on hand,
you can use a pound of ground pork instead.

The secret to great meatballs, is to use very lean meat.

1 lb. ground flesh; human or pork

3 lb. ground beef

1 cup finely chopped onions

7 - 12 cloves garlic

1 cup seasoned bread crumbs

½ cup milk, 2 eggs

Oregano

basil

salt

pepper

Italian seasoning, etc.

Tomato gravy (see index)

Fresh or at least freshly cooked spaghetti or other pasta

Mix the ground meats together in a large bowl,
then mix each of the other ingredients.

Make balls about the size of a baby's fist
(there should be one lying around for reference).

Bake at 400° for about 25 minutes –
or you could fry them in olive oil.

Place the meatballs in the tomato gravy, and simmer for several hours.

Serve on spaghetti.

Accompany with green salad, garlic bread and red wine.

Newborn Parmesan

This classic Sicilian cuisine can easily be turned into Eggplant Parmesan
If you are planning a vegetarian meal. Or you could just as well use veal –
after all, you have to be careful – Sicilians are touchy about their young
family members...

6 newborn or veal cutlets

Tomato gravy (see index)

4 cups mozzarella, 1 cup parmesan, 1 cup romano

Seasoned bread crumbs mixed with

parmesan

romano

salt

pepper

oregano

garlic powder

chopped parsley

Flour