

Mark Valceschini, *Personal Chef*

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PASTA FOUR SEASONS

½ c. Béchamel Sauce
1 c. diced Monterey jack Cheese
1/3 c. crumbled blue cheese
½ c. grated parmesan cheese
½ c. Little Joe's Tomato Sauce
½ c. chicken broth
Chopped parsley
White pepper
1 lb. pasta, cooked



Combine in saucepan, 1/2cup of Béchamel Sauce, 1 cup of diced Monterey Jack cheese, 1/3 cup of crumbled blue cheese, ½ cup grated parmesan cheese, ½ cup Little Joe's Tomato Sauce, and ½ cup of chicken broth. Sprinkle in some chopped parsley. Simmer mixture until it thickens and pepper with white pepper to taste. Stir in pasta of your choice which has been preheated in a strainer dipped in boiling salted water. Serves 2 persons.

BECHAMEL SAUCE

1/3 c. finely minced onions
1 ½ Tbls. flour
2 Tbls. Melted butter
1 c. heated milk



Sauté 1/3 cup of finely minced onions in 2 tablespoons of melted butter. Stir in 1 ½ tablespoon of flour using a wire whisk. Next, slowly add 1 cup of heated milk and continue with wire whisk to prevent lumping. When mixture has thickened, cut fire to minimum and allow sauce to simmer for 5 minutes. Last, put sauce through a strainer. Makes about 1 cup

CACIUCCO (FISH STEW)

1 cracked, preboiled crab
3 clams
4 mussels
7 small prawns
1/3 filet of rock cod
3 Tbls. olive oil
1 Tbls. minced garlic
1/3 c. white wine
1 c. broth
1 c. Little Joe's Tomato Sauce



At many restaurants caciucco is cooked in batches ahead of time, and then placed in a steam table where it becomes “tired” and loses its fresh cooked flavor. At Little Joe's caciucco is freshly “cooked to order.” This delicious fish stew is at its best when cooked fresh.

Take 1 cracked preboiled crab, 3 clams, 4 mussels, 7 small prawns and 1/3 fillet of rock cod which has been cut into 3 even pieces, and sauté in 1 tablespoon of minced garlic. When rock cod is cooked half way, add 1/3 cup of white wine, 1 cup of broth, and 1 cup of little Joe's Tomato Sauce. Simmer on high heat until liquids reduce to 1 cup. By this time the clams and mussels should have opened, indicating that the caciucco is done.

Serve in soup bowl.

Serves 1 person.

LITTLE JOE'S TOMATO SAUCE

2 qts. Crushed tomato in heavy puree	1/4 c. minced garlic
2 qts. chicken broth	1/2 c. olive oil
4 stalks celery	1/4 c. cornstarch dissolved in
3 onion, finely minced	1/2 c. water
1 Tbls. Dried ground oregano	Pasta of choice Grated Parmesan
1 tsp. dried rosemary	cheese (for topping)
4 bay leaves	
2 Tbls. Chopped fresh sweet basil	

It is not necessary to sauté any of the items in this recipe. Combine 2 quarts crushed tomato in heavy puree, 2 quarts chicken broth, 4 stalks of celery and 3 onions finely minced, 1 tablespoon of dried ground oregano, 1 teaspoon dried rosemary, 4 bay leaves, 2 tablespoons of chopped fresh sweet basil, 1/4 cup of minced garlic, and 1/2 cup of olive oil. Bring all ingredients to a boil for 2-4 hours. Thicken with 1/2 cup dissolved cornstarch. Serve over pasta of your choice. Top sauce and pasta with grated Parmesan cheese. This sauce can be bottled and frozen for later use.

Serves 8-10 persons.