



RECIPES FROM FRANK'S KITCHEN

Looking great starts
with eating well!

By Frank A. Schipani

Luxury is a lifestyle. It's about looking and feeling your best and enjoying life to the fullest. That starts by fueling your body with savory meals made from the freshest ingredients, shared with friends and loved ones. To fully experience the pleasure of cooking, don't forget to drink at least one glass of great wine in the process!

SPIGOLA AL FORNO (Oven Baked Stripe Bass)

Ingredients:

- Fresh Stripe Bass or other white fish steaks or filets
- 1 large onion
- 1 small fennel bulb
- 2 tomatoes
- 1 tbsp. capers
- Dried oregano
- Extra Virgin Olive Oil

½ cup white wine
½ cup chicken stock
Sea salt
Fresh ground black pepper

Preparation: Preheat oven to 370°. Slice tomatoes and layer one piece under and atop each filet in a baking dish. Add the capers and oregano over top. Slice fennel and onion and spread them equally around the fish, then add the stock and wine. Generously drizzle with oil and season with salt and pepper to taste. Bake for approximately 20 minutes, until fish just becomes opaque. People tend to overcook it!

PASTA OPTION:

Prepare the fish as directed, but use only ½ of the fennel bulb and onion, add 3 sliced cloves of fresh garlic, one 28 oz. can of imported San Marzano D.O.P. plum tomatoes, ½ stick of unsalted butter and additional dried oregano.

Bring a pot of salted water to near boiling and cook about ¼ lb. of spaghetti per person (adding it to the water a few minutes before the fish is done). Once cooked, remove fish from platter and cover to keep warm. Keep the baking pan of remaining sauce warm on the stove, and when the pasta is al dente, strain it and add to the pan of sauce. Toss and cook for 1-2 minutes over a low flame, stirring continuously. Plate individual servings of pasta, top each with a fish filet, and garnish with a generous amount of fresh parsley.



INVOLTINI DI POLLO (Rolled Stuffed Chicken Cutlets)

Ingredients:

Pounded chicken cutlets
(use at least 2 per person)
Prosciutto di Parma
(1 slice per cutlet)
Worcestershire sauce
Plain bread crumbs
Grated parmesan or pecorino
Fresh torn basil
4 to 5 minced fresh garlic cloves
Sea salt
Fresh ground black pepper
Extra Virgin Olive Oil
½ cup chicken stock
½ cup cream sherry
Fresh mozzarella (optional)
Toothpicks

Preparation: Preheat oven to 370°. Sprinkle the cutlets with a dash of Worcestershire and olive oil. Then sprinkle over in this order: salt and pepper, bread crumbs, cheese, minced garlic. Place prosciutto near to one end of the cutlet, sprinkle the basil on top, and then roll, starting from the prosciutto end, until folded. (Optional: place a ½ inch slice of fresh mozzarella atop the prosciutto before rolling.) Skewer each roll with toothpicks that have been soaked in water.

Place rolls in a baking pan and add the stock and cream sherry. Sprinkle with some more Worcestershire and generously add olive oil over and around the cutlets. Bake for approximately 20 minutes. Serve with remaining pan juices.