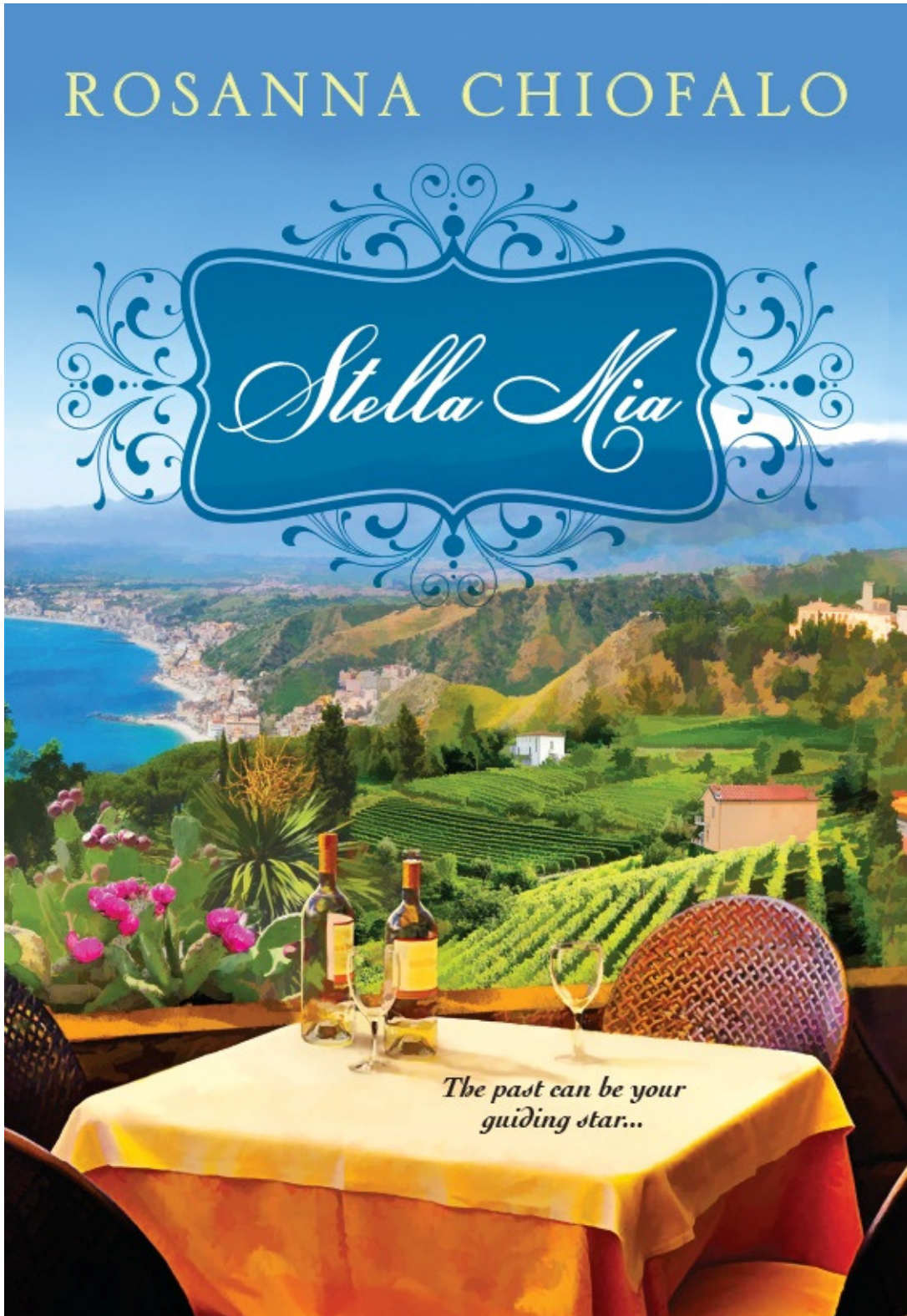


The following recipes are featured in my novel, *Stella Mia*



Tetu
(Clove-Scented Chocolate Cookies)

- ✓ **1 cup blanched whole almonds**
- ✓ **4 cups unbleached all-purpose flour**
- ✓ **8 tablespoons (1 stick) unsalted butter, softened**
- ✓ **2 ounces unsweetened chocolate**
- ✓ **1 cup milk**
- ✓ **1 ½ cups sugar**
- ✓ **1 teaspoon ground cloves**
- ✓ **2 teaspoons baking soda**
- ✓ **½ teaspoon salt**
- ✓ **1 teaspoon vanilla**
- ✓ **1 egg, beaten lightly to blend**

GLAZE

- ✓ **2 cups sugar**
- ✓ **1 ½ cups water**
- ✓ **12 ounces unsweetened chocolate, roughly chopped**
- ✓ **2 cups powdered sugar, sifted**

Preheat the oven to 375 degrees.

Spread the almonds on a baking sheet and toast in the oven for 15 to 20 minutes, or until well browned. Let cool. Grind the almonds to a coarse powder in a food processor or in a coffee grinder in small batches. Transfer to a large bowl, stir in the flour, and set aside.

In a medium saucepan over low heat, melt the butter, chocolate, and milk, whisking until the butter is melted. Whisk in the sugar, remove from the heat, and let cool to lukewarm.

Whisk the cloves, baking soda, salt, vanilla, and egg into the butter mixture. With a wooden spoon, stir the liquid ingredients into the flour-almond mixture just until combined. Chill the dough, covered, for 1 hour, or until easy to handle.

Preheat the oven to 375 degrees. Grease two baking sheets.

Pinch off a tablespoonful of the dough at a time, roll between the palms of your hands into smooth balls, and arrange 2 inches apart on the greased baking sheets.

Bake the cookies for 15 minutes, or until puffy but still slightly soft in the center. Allow the cookies to cool for 10 minutes before removing them from the pan.

Meanwhile, make the glaze: In a medium saucepan, bring the sugar and water to a boil, whisking constantly. Boil for 3 minutes, then remove from the heat and whisk in the chocolate until melted. Whisk in the powdered sugar until smooth.

While the cookies are still warm, immerse them, a few at a time, in the warm glaze, then place them on a cooling rack over a baking sheet to catch the drips. It's important that both the cookies and the glaze be warm so that some of the glaze soaks into the cookies. Cool on a rack.

MAKES ABOUT 3 DOZEN

Granita di Caffè
(Coffee Granita)

- ✓ **¾ cup finely ground Italian espresso**
- ✓ **4 cups water**
- ✓ **2 tablespoons sugar, or to taste**
- ✓ **Whipped cream (optional)**

In an espresso maker or drip coffeepot, make coffee according to the manufacturer's directions, using the espresso and water. Add the sugar if desired, and stir until dissolved. Let cool slightly, then cover and chill until cold.

Pour the coffee into a chilled 12- by 9- by 2-inch metal pan. Freeze for 30 minutes, or until ice crystals begin to form around the edges.

Stir the ice crystals into the center of the mixture. Return the pan to the freezer and continue freezing, stirring every 30 minutes, until all of the liquid is frozen, about 2 to 2 ½ hours.

Serve in large goblets, with whipped cream if desired.

MAKES 1 ½ QUARTS

Arancini di Riso
(Sicilian Rice Balls)

- ✓ **2 cups Italian Arborio or American Carolina rice**
- ✓ **1 cup meat sauce**
- ✓ **1 cup grated Pecorino Romano cheese**
- ✓ **1 (10-ounce) package frozen peas, thawed**
- ✓ **2 eggs**
- ✓ **1 pound ricotta**
- ✓ **1 cup flour**
- ✓ **2 cups dried bread crumbs**
- ✓ **3 cups canola or vegetable oil for deep-frying**

Boil the rice until tender and drain. When the rice is still hot, but cool enough to handle, add the sauce, cheese, peas, and eggs. Mix well and let cool. Take a handful of rice, make a depression in the middle, and fill with 1 tablespoon of ricotta. Cover the ricotta with more rice, and shape into a ball. As you shape the *arancini*, place them on a tray.

When you have finished making all of the *arancinis*, make a paste out of the flour plus 1 cup of water, and using your hands coat each one with the flour paste. When all have been coated, roll each one in bread crumbs. Refrigerate for at least 1 hour or overnight.

When ready to serve the *arancini*, deep-fry them in the oil until golden, drain on paper towels, and serve hot or at room temperature.

MAKES ABOUT 16

Pasta alla Norma
(Pasta with Eggplant)

- ✓ **2 eggplants**
- ✓ **Kosher salt**
- ✓ **½ to 1 cup canola or other vegetable oil**
- ✓ **1 pound uncooked spaghetti or macaroni**
- ✓ **2 cups marinara sauce**
- ✓ **8 ounces ricotta salata, shredded, or Greek feta cheese, crumbled**

Cut the eggplants lengthwise into ½-inch slices. Layer them in a colander, sprinkling salt in between the layers. Top the stack of slices with a weight and let them drain off the dark bitter juices for at least 30 minutes. When ready to fry them, rinse off the salt, dry on paper towels, and fry in the hot oil.

Cook the pasta according to the package directions. Drain, place in a bowl, add the sauce and the cheese, reserving some of each for the topping. Arrange the fried eggplant all around the serving platter, fold the eggplant slices over the pasta, top with the reserved sauce and serve hot or at room temperature.

SERVES 6 TO 8

Frittata con Patate e Cipolle
(Omelet with Potatoes and Onions)

- ✓ **6 tablespoons extra-virgin olive oil**
- ✓ **2 potatoes, peeled and cubed**
- ✓ **2 onions, sliced**
- ✓ **6 eggs**
- ✓ **Salt and black pepper to taste**

Heat 2 tablespoons of the olive oil in a medium frying pan, and fry the cubed potatoes until they are golden brown. Place in a bowl, and set aside. Add another 2 tablespoons of olive oil to the same pan, and cook the onions until browned and fragrant. Add to the potatoes. Heat the last 2 tablespoons of olive oil in the frying pan.

Meanwhile, in another bowl, beat the eggs with the salt and pepper, stir in the potatoes and the onions. Pour the mixture in the heated pan, and running a fork along the bottom of the *frittata*, pierce it, allowing the egg to run to the bottom. When the top is just dry, turn the *frittata* on to a plate, and slip it back into the frying pan to cook the other side.

SERVES 4

The recipe for *Tetu* was adapted from *Sweet Sicily: The Story of an Island and Her Pastries*, Victoria Granof (HarperCollins). The recipe for *Granita di Caffè* was adapted from *La Dolce Vita*, Michele Scicolone (William Morrow and Company). All the other recipes were adapted from *Sicilian Feasts*, Giovanna Bellia La Marca (Hippocrene Books). For more recipes, special reading group features, and blog posts, please visit www.RosannaChiofalo.com.