

Mark Anthony & Micheff Sisters, “Italian Cooking”

Mark Anthony’s Marinara

2 lb. crushed tomatoes
6 oz. tomato paste
1/2 c. diced peppers
1/2 c. diced onions
2 garlic cloves, crushed
2 c. water
2 Tbsp. sugar
1 Tbsp. oregano
1 Tbsp. basil
1 Tbsp. thyme
1 bay leaf
2 tsp. salt
1 Tbsp. yellow mustard, dry or prepared

Combine all ingredients in a large saucepan and simmer over low heat for approximately 1 hour. **Mark Anthony**

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Vegan Alfredo Sauce

1 pkg. extra-firm tofu, drained
2 c. soy milk
1 tsp. onion powder
1 tsp. garlic powder
1/2 tsp. salt
1/4 tsp. red pepper
1/4 tsp. nutmeg
1 c. vegan rice parmesan cheese

Place tofu and dry ingredients in blender. Add soy milk and blend until smooth. Pour into saucepan and heat over low heat to desired temperature. **Mark Anthony**

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Basil Pesto

1/2 c. salted soy nuts
3/4 c. virgin olive oil
1 oz. fresh basil leaves
1 Tbsp minced garlic
1/4 tsp. kosher salt
1/4 c. vegan parmesan cheese

Place all ingredients into blender and pulse until smooth. **Mark Anthony**

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Blueberry Almost Ice-cream

1 c. frozen blueberries
1/2 c. frozen pineapple chunks
1 tsp. vanilla
1 Tbsp. pure maple syrup
1/2 soy milk

Combine all ingredients in blender and blend until smooth. Serve. **Linda Johnson**

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Pasta Bar

1. Prepare sauces, such as Marinara, Pesto and Alfredo.
2. Prepare several types of pasta, such as penne, fettuccine, bowties etc.
3. Prepare veggies and toppings, such as fresh spinach leaves, diced fresh tomatoes, sliced zucchini and summer squash, onions, red, green and yellow bell peppers, fresh mushrooms, green and black olives, artichokes, vegan steak and chicken (Morningstar Farms meal starters), green and black olives, pine nuts, fresh mango cubes, jalapeno dices, minced garlic, and vegan Parmesan
4. Have everything ready in bowls for people to choose their own combinations.
5. Sauté vegetables of choice. Add pasta and sauce to the skillet and heat. tossing to mix. Serve.

Suggestions:

Florentine Pasta: In skillet, sauté garlic in olive oil. Add spinach and heat until wilted. Add fettuccine and alfredo sauce and some diced tomatoes and heat.

New York Steak Pozole: Sauté garlic, onion, peppers, mushrooms, veggie steak strips. Add fettuccine and marinara sauce. Heat. Sprinkle with Parmesan.

Diablo: Sauté garlic. Add mango and jalapeno and heat. Add penne and marinara sauce.

Chicken Cacciatore: Sauté onions, red and green peppers, zucchini and squash and veggie chicken strips. Add bowties and marinara sauce. Sprinkle with Parmesan.

Bowtie Bianca: Sauté garlic, add diced fresh tomatoes and pine nuts. then bowties and pesto.

Chicken Alfredo: Sauté onions, mushrooms, spinach, and veggie chicken strips. Then add green olives, fettuccine and Alfredo sauce. Sprinkle with Parmesan.

Combo: Sauté onions, red, yellow and green peppers, and veggie chicken strips. Add pasta, pesto and Alfredo sauce.

Chef Anthony's garnishes included carved watermelons, watermelon boat, carved watermelon fish, an apple bird, carrot roses, carrot curls, painted turnip flowers and lettuce bundles.

Mark Anthony

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